

## U.S. Army North welcomes Trombitas as deputy commanding general

By Army Staff Sgt. Corey Baltos  
Army North Public Affairs

U.S. Army North (Fifth Army) welcomed back a familiar face Aug. 27 during a ceremony in the historic Quadrangle.

Maj. Gen. Simeon G. Trombitas brings with him a lifetime of experience that will serve him well in his new capacities.

“Today is a great day at Army North. We get to welcome Sim and Kellie back home to San Antonio,” said Lt. Gen. Perry Wiggins during the welcome ceremony. Wiggins is the commanding general of Army North and senior Army commander for Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis.

Trombitas had been stationed in San Antonio from 2009-2012 while he served as the commanding general for U.S. Army South.

“I spent about an hour and a half last night rehearsing so I wouldn’t say ‘Army South,’” joked Trombitas during the ceremony.

After leaving Army South, Trombitas served as the senior defense official/defense attaché at the U.S. Defense Attaché Office in Mexico. Wiggins mentioned Trombitas’ work as a defense attaché as one of the things that made him especially qualified for his new position.

“A big part of being the Army North commander is our partnership with Mexico,” he said. Wiggins went on to say that Trombitas’ relationship with Mexico would continue to play a big part.

In his capacity as defense attaché, Trombitas assisted the Army North command team in facilitating the visit of several senior Mexican military commanders to the United States in May.



Maj. Gen. Simeon Trombitas, deputy commanding general for U.S. Army North (Fifth Army), speaks to those assembled at his welcome ceremony Aug. 27 in the Quadrangle at Joint Base San Antonio-Fort Sam Houston. Trombitas had been stationed here from 2009-2012 as the commanding general for U.S. Army South. The general most recently served as the senior defense official at the U.S. Defense Attaché Office in Mexico.



Photos by Army Staff Sgt. Corey Baltos

Members of U.S. Army North senior leadership render honors during the playing of the National Anthem Aug. 27 during a welcome ceremony at the Quadrangle on Joint Base San Antonio-Fort Sam Houston for Maj. Gen. Simeon Trombitas, deputy commanding general, Army North. Pictured, from left, are Lt. Gen. Perry Wiggins, commanding general for Army North and senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis, and Trombitas, standing next to his wife, Kellie.



JBSA CFC KICKS OFF

PAGE 2



AMPUTEE OVERCOMES OBSTACLES

PAGE 6



FIRST FEMALE CAISSON DRIVER

PAGES 10-11

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# Joint Base San Antonio Combined Federal Campaign underway; \$4.6 million goal set

By Steve Elliott  
JBSA-Fort Sam Houston  
Public Affairs

The San Antonio Area Combined Federal Campaign began Monday and is in full swing, with military members and federal civilians being asked to make a difference in the lives of those less fortunate by making a donation to their favorite charity.

The Combined Federal Campaign is the once-a-year workplace campaign available to federal employees which eliminates year-round on-the-job solicitations, while allowing employees a convenient way to give to the charitable organizations of their choice. The San Antonio area campaign is made up of 160 local military and federal organizations with more than 66,000 employees.

It is also the only authorized solicitation of federal employees in their workplaces. The Office of Personnel Management regulates the CFC and provides guidance and oversight to the local campaigns.

The OPM is accountable for assuring federal employees that their designations are honored and distributed to the charitable organizations of their choice and maintains strict eligibility and public accountability criteria that all participating CFC charities must meet.

In 2013, despite se-



**“While the monetary target this year is \$4.6 million, we will continue to focus on efforts to ensure 100 percent of the personnel are contacted, If done properly, the overall amount raised will take care of itself.”**

*Rick Robel, CFC director for the United Way of San Antonio and Bexar County*

questration and civilian furloughs, the contributions of Joint Base San Antonio members totaled \$4,062,234, making San Antonio the sixth largest CFC campaign in the world. For 2014, the goal has been set at \$4.6 million.

“As with all CFC campaigns, the overall goal is to ensure that all eligible military and federal employees are given the opportunity to make a pledge to the charity or

charities of their choice,” said Rick Robel, CFC director for the United Way of San Antonio and Bexar County.

“While the monetary target this year is \$4.6 million, we will continue to focus on efforts to ensure 100 percent of the personnel are contacted,” he added. “If done properly, the overall amount raised will take care of itself.”

There are new ways people can contribute and

get information about CFC-approved charities, Robel noted, in addition to the traditional contributions by check and cash. If desired, contributions can also be made anonymously.

For example, there is now a “search charities” tool on the San Antonio Area CFC website at <http://www.cfcsanantonio.org> that connects to an online database – identical to the printed charity brochure – where donors can review more than 2,900 charities by name, location, category, fundraising rates and more.

The database can display national, international and local organizations that have met CFC eligibility requirements. Key elements include: the organization’s new five-digit CFC code, the legal name in parentheses shown if it is “doing business as” under another name, the employer identification number, a 25-word statement of purpose, its administrative and fundraising expense rate and its service categories (taxonomy codes).

Military members and DOD civilians can also make payroll deductions directly from their myPay accounts as well by using the San Antonio Area CFC website’s direct link to the myPay website (<https://mypay.dfas.mil>) and instructions on how to contribute.

“For 2014, we are excited to include an on-line

payroll deduction pledge option for all military and DOD civilians through myPay,” Robel said. “This option allows employees to make their pledge directly with Defense Finance and Accounting Services, thus eliminating the need for coordinators to physically walk paper pledge forms to finance.”

Donors can contribute to charities that work around the world or right in their backyard. In the San Antonio area, there are 274 participating charities, including six local federations.

“Thanks to the generosity of JBSA contributors in 2013, San Antonio is No. 1 in Texas and No. 6 out of 184 CFC campaigns worldwide,” Robel said. “The CFC belongs to you – the federal employee. It doesn’t belong to the federal government, the United Way or to the charitable organizations that benefit from it. You control where your gift will go.

“You don’t have to go far to find people in need. Many of our family members, friends and neighbors will at some point benefit from the services of charities participating in the CFC,” Robel added.

“Whether it’s advances in medicine provided by research, support for our aging parents, wounded warrior care, disaster assistance or the opportunity for a child to participate in after school programs – the CFC enables each of us to truly make a difference.”



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## News Briefs

### 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 Golf Course Road at Eberle Park at JBSA-Randolph Saturday, at MacArthur Parade Field on JBSA-Fort Sam Houston Sept. 13 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 Sept. 13 from 8-11 a.m. For more information, send an email to [JBSARunforLife@yahoo.com](mailto:JBSARunforLife@yahoo.com).

### 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.

### Wounded Warriors To Play NFL Greats

The Wounded Warrior Amputee Football Team will challenge former National Football League greats in a flag football game from 6-9 p.m. Wednesday at Toyota Field, located at Interstate 35 and Thousand Oaks Drive in San Antonio. Attendance is free for active duty military and their families

See NEWS BRIEFS, P6

# New Benson Barracks building gets rededicated for deaf education pioneer

By Esther Garcia  
AMEDDC&S Public Affairs Office

The memory of Army 1st. Lt. Elizabeth English Benson was honored at Fort Sam Houston in 1973 when newly constructed barracks building 1382 was named in her honor, recognizing her contributions to Army Medicine in the field of deaf education and tutoring wounded Soldiers.

But as a result of recent post renovations, building 1382 was demolished and a new building constructed.

Barracks building 3312, located on Williams Way, was re-dedicated in Benson's memory Aug. 19 and named Benson Barracks. The original plaque from building 1382 has been installed on the front facade of the new building.

"We honor a great American in Elizabeth English Benson," said Maj. Gen. Steve Jones, Army Medical Department Center and School commander and host for the ceremony.

"Army values have ties to the American people. We trace our roots to the minutemen who fought at Lexington and Concord, and consider ourselves citizen Soldiers. Benson is a former comrade who showed us what it means to be a truly citizen Soldier."

Benson, nicknamed "Benny," was born in Frederick, Md., in 1904. Both her parents were deaf and attended and taught at the Maryland School for the Deaf. Benson's sister, Mary,



Photo by Esther Garcia

U.S. Army Medical Department Center and School Command Sgt. Maj. Gerald Ecker (left) and Maj. Gen. Steve Jones, AMEDDC&S commander, unveil a banner Aug. 19 with the portrait of 1st Lt. Elizabeth English Benson, dedicating barracks building 3312 in her honor for her contributions towards Army Medicine in the field of deaf education and tutoring wounded Soldiers during World War II.

was also involved with deaf education and taught for many years at the school.

Benson followed in their footsteps and was dedicated to the field of deaf education her entire life. She taught at Gallaudet University, located in Washington D.C., which is a university chartered by President Abraham Lincoln and is the world's only university with programs designed specifically for students who are deaf and hard of hearing.

At Gallaudet University, Benson taught graduate students audiology and lip reading and she is considered a pioneer in the field of

hearing evaluation.

For 10 years, she spent her summer vacations in Virginia at the Hampton Institute, where she assisted African-American teachers meet the certification requirements needed to teach deaf studies.

Benson became frustrated with legal jargon and procedures when she tried to interpret for deaf clients in the courts, so she went to law school to overcome that barrier.

Ready to serve her country during World War II, Benson volunteered as a driver for the American Women's Voluntary Services and in 1943 joined the Women's

Army Corps as a private. The Army recognized her talents and assigned her to the Borden General Hospital in Chickasha, Okla., teaching sign language and lip reading to servicemen who had been deafened during World War II.

Her work was recognized by the Army Surgeon General and Benson was promoted from private to first lieutenant. She was the first WAC to receive an appointment under a War Department directive authorizing a direct commission for people having skills needed in the Army's rehabilitation program.

In 1946, she came

to Fort Sam Houston to be released from active duty and then returned to teaching at Gallaudet University. Four years later, Benson was named the dean of women.

Benson became a well-known skilled signed interpreter. She signed for many prominent people such as Presidents Lyndon B. Johnson and John F. Kennedy, FBI Director J. Edgar Hoover, Cardinal Archbishop of New York Francis Spellman and many other senators, congressmen and government officials. Benson retired in 1970 after 44 years in the faculty

See BENSON, P15

# Resilience training: a keystone for a healthy force

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

The dictionary defines resiliency as “the power to return to the original form; the ability to overcome challenges.”

This simple definition has a great impact on the military today. After more than 13 years of the military constantly engaged in war time efforts around the world, the Army has come to understand resiliency is a keystone for the psychological health of its service members and their families.

The Comprehensive Soldier and Family Fitness program ensures service members, their families and Army civilians have the training and knowledge to improve their psychological health and resiliency.

The Joint Base San Antonio-Fort Sam Houston CSF2 Training Center is accomplishing this by certifying service members and civilians as master resiliency trainers. Commanders will use the MRTs to make sure Soldiers and their families have the knowledge and resiliency to bounce back from adversity.

To ensure a resilient fighting force, JBSA-Fort Sam Houston hosted more than 85 Department of Defense personnel from around the globe Aug. 18-29, certifying them as MRTs.

“Becoming resilient is just like breaking down your M-16”, said Ed Bojorquez, JBSA-Fort Sam Houston CSF2 Training Center manager. “It takes practice to get to know all the parts and how the

weapon works to become proficient in breaking that weapon down. It’s the same with learning to become a resilient service member.”

To be a master resiliency trainer, Soldiers have to learn to become resilient themselves. The course makes students look inward – at an intimate level – to understand their characteristics, beliefs and values and help focus on six core competencies; self-awareness, self-regulation, optimism, mental agility, strength of character and connection.

Capt. Perilla Swartz, Bravo Company commander, Warrior Transition Brigade, and MRT trainee, said she came to learn how to teach her Soldiers how to become more resilient.



Photo by Sgt. 1st Class Wynn Hoke

Jill Wierzba, master resiliency trainer performance expert and primary instructor for the Joint Base San Antonio-Fort Sam Houston master resiliency trainer course discusses character strengths with service members and Department of Defense personnel during the MRT course Aug. 18-29.

She learned people have to be resilient themselves before they can teach it to others.

“We, as an Army, have been physically resilient

for so long,” Swartz said.

“It’s time to sit down and think where we are mentally and emotionally. As a leader, I’m learning how can I be resilient and

then teach these skills to my Soldiers.”

While going through the MRT class, Swartz said she has had a lot of “a-ha” moments.

“I had to take a look at myself,” Swartz said. “I realized it’s not just about Soldiers, it’s also about me and who I am as a person. This class allows me to emerge as a better person and more effective leader.”

The resilience core competencies help service members, family members and civilians increase their ability to cope with stress, overcome setbacks, solve problems and perform under pressure while helping to increase confidence and decrease feelings of helplessness, depression and anxiety.

**See RESILIENCE, P13**

# New 502nd ISG commander returns home to make a difference

By Senior Airman Lynsie Nichols  
JBSA-Lackland Public Affairs

The new 502nd Installation Support Group commander's No. 1 goal is straightforward: Improve communication within Joint Base San Antonio.

"I want to help the ISG reach maturity with everybody in the 502nd Air Base Wing understanding what we are, what we do and also the processes that we have," said Col. Alexander Smith, 502nd ISG commander.

Smith took over command of the 502nd ISG from Col. William Eger in a ceremony July 11 at JBSA-Lackland. His last duty assignment was chief of joint information in the environment division for the Air Force Cyberspace Operations directorate at the Pentagon, Washington, D.C.

"Having grown up in this area, I want to make sure the decisions I make support the needs of the military, but

also take into account the concerns of the local area where possible," Smith said.

Smith comes from a military background. He was born at Tachikawa Air Base, Tokyo, Japan, but was raised in San Antonio where his father retired from the Air Force in 1976 and the family settled here. Smith later graduated from local John F. Kennedy High School in 1985 and received a Bachelor of Arts and Mathematics from the University of Texas at Austin.

This current assignment was not Smith's first time back home since joining the military; he was stationed at then-Lackland Air Force Base in November 2007 through June 2009 as the network operations division chief, communications directorate for the Air Force Intelligence, Surveillance and Reconnaissance Agency.

"The biggest change I've

seen since my last assignment is the joint 502nd Air Base Wing," he said. "When I was leaving, it hadn't fully stood up yet. The consolidation of the organization as a result of that change has been big."

One of the differences about JBSA from other bases is that it is one installation, but with different locations that have histories, expectations and missions that are somewhat different, Smith explained.

"How we are functioned within the 502nd ABW is unique," he said. "There are three support groups and each of us is responsible for non-overlapping functional areas. To have a group that specifically focusses on certain functions is unique."

Smith hopes that communication awareness will help him achieve his goals of providing the best support.

"I want to communicate an

understanding of not just how things are supposed to work in theory, but what the reality is and the challenges that the organization faces whether it be because of geography, manning or the environment," he said.

The 502nd ISG commander knows this is a job that cannot be done alone.

"This is a team effort, I need to rely on the whole team to ensure that we are successful," Smith said. "We have a lot of folks who have experience and expertise, so listening and relying on those who deal with these issues every day is important."

Returning home for this assignment means a lot to Smith.

"I'm excited about being here," he said. "I think I've been blessed to have been given this opportunity because not everybody gets to go home to do something important."



Photo by Benjamin Faske

Brig. Gen. Bob LaBrutta (left), 502nd Air Base Wing and Joint Base San Antonio commander, passes the guidon to Col. Alexander Smith, the incoming commander of the 502nd Installation Support Group in a change of command ceremony July 11 at the JBSA-Lackland Gateway Club.

## News Briefs

### Continued from P3

and special needs families of San Antonio. Prices for others is \$10 for adults, \$5 for students from 13 to 17 years old and free for children under 12. Many of the WWAFT players were cared for at Brooke Army Medical Center and the Center for the Intrepid, and they will compete with more than 25 NFL, University of Texas Longhorns and Texas A&M University Aggies alumni, led by former Dallas Cowboy defensive end Randy White and former Houston Oiler quarterback Dan Pastorini. Warriors who are interested in playing or coaching at the game should call the WWAFT at 703-923-3000.

### 9/11 Commemorative Run

A 9/11 remembrance run takes place from 7 a.m. to 4:11 p.m. Sept. 11 at the Joint Base San Antonio-Lackland Medina Fitness Center. The event is open to all JBSA Department of Defense cardholders and their family members. Call 671-3766 to register.

### Temporary Lane Closures On Garden Avenue

Construction on Garden Avenue between Wilson Road and Hardee Road will continue through Thursday, which will not allow two-way traffic during that time. Access to driveways along both sides of Garden Avenue will remain open.

### Lincoln Military Housing Closures

All Lincoln Military Housing Offices will be closed from 8 a.m. to 5 p.m. Sept. 12 and 19 for training. For maintenance emergencies, call 225-5564. For other emergencies, call 911.

### 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. Sept. 17 at the Sam Houston Community Center, 1395 Chaffee Road on Joint Base San Antonio-Fort Sam Houston. For information, call 571-372-2123.

### JBSA Air Force Ball

The 2014 Joint Base San Antonio Air Force Ball, themed "Honoring Our Heroes," will be held Sept. 20 at the Westin Riverwalk Hotel in downtown San Antonio. Social hour begins at 6 p.m. and ball festivities start at 7 p.m. For event details, visit <http://www.JBSA-AFBall.org>.

# Amputee won't let injury overcome his drive

By Elaine Sanchez  
BAMC Public Affairs

A hit and run driver robbed Staff Sgt. Michael Smith of his arm and nearly his life, but failed to impact his single-minded determination.

"My commitment was to staying in the Army for 20," he said. "There was no way I was going to be shortchanged due to someone else's negligence."

After two years of intense rehabilitation and training at Brooke Army Medical Center, Smith's persistence paid off. An above-the-elbow amputee, Smith met every standard and was approved earlier this month to return to duty as a career Soldier.

"I'm very excited about what the future holds," the 15-year veteran said. "With or without my injury, I want my daughter to know what true commitment looks like."

In the years since

his accident, Smith's commitment has never wavered.

A recruiter in Nashville, Tenn., at the time, Smith was riding his motorcycle when a texting driver slammed into him from behind. He flew over the guardrail and was hit midair by a driver coming from the opposite direction.

"I was knocked unconscious on impact and when I woke up I was lying on the highway," Smith recalled. "My boots and helmet had come off and my arm was hanging on by the skin inside my jacket sleeve."

Smith tried to move off the road but was unable. The texting driver had driven off but the second driver, a Navy corpsman, rushed over and tended to his wounds until the ambulance arrived. In the coming months, Smith underwent six surgeries due to infection, which eventually claimed most

of his right arm.

Not long after, Smith had another brush with death when he suffered kidney failure. His father drove up from Amarillo, Texas, and sat by his bedside praying for hours.

"The next couple of days, I made a miraculous turnaround," he recalled.

Facing a long rehabilitation and based on a recommendation from his cousin, who works at BAMC, Smith requested to be assigned to BAMC's Warrior Transition Battalion. A week and a half later, he arrived at the Center for the Intrepid, BAMC's outpatient rehabilitation center.

His goal was to return to active duty, but Smith knew he was facing an uphill battle.

"I spoke to the CFI staff and they pushed me to do everything," he said. "I knew I had to prove I could do just

See AMPUTEE, P8



Courtesy photo

Army Staff Sgt. Michael Smith prepares to cycle in the Warrior Games Trials at West Point N.Y. in June. Smith qualified for cycling, but opted to compete in swimming and track and field at the Warrior Games in Colorado Springs, Colo., in September.

## Schertz Medical Home earns national recognition

By Maria Gallegos  
BAMC Public Affairs

After three years and six months of hard work, Schertz Medical Home has been recognized by the National Committee for Quality Assurance as a Level 3 Army Patient Centered Medical Home.

The NCQA is a non-profit organization dedicated to improving health care quality.

Since its founding in 1990, NCQA has been a central figure in driving health improvement throughout the health-

care system.

As part of the recognition process, NCQA reviewed hundreds of documents submitted by the Schertz Medical Home staff that provided fact-based evidence that the clinic was conducting business as a true medical home.

"This recognition tells our beneficiaries they matter," said Maj. Cynthia Buchanan, Schertz Medical Home medical director. "It's providing care coordination and communication the way our patients want it to be.

"A medical home is just that, a place where our patients feel comfortable, a place where our patients feel acknowledged and cared for. This recognition acknowledges the high quality care our staff provides every day – patient-centered care," she said.

The NCQA measures the ability of medical facilities to provide quality healthcare through standardized, objective measurement guidelines.

NCQA requires recognized facilities

to enhance access to care and patients' continuity with their provider teams, keep track of patient data to help manage patients' wellbeing, plan and manage care using evidence-based practices, provide self-care support and community resources, as well as track and coordinate tests, referrals and other care for patients.

Finally, clinics have to show that they measure their performance and patients' feedback to continue improving the quality of care.

Patients seen at the Schertz Medical Home can expect:

- **A personal provider.** Each patient has an ongoing relationship with a personal physician, physician assistant or nurse practitioner who is trained to provide first contact, continuous and comprehensive care.

- **Physician-directed medical practice.** The personal physician leads a team of individuals at the practice level who collectively

See SCHERTZ, P8

# JBSA-Fort Sam Houston Soldiers get an equal opportunity upgrade

By Staff Sgt. Corey Baltos  
Army North Public Affairs

The Army's Equal Opportunity Leaders Course is getting an upgrade.

"The new curriculum was written in April and released to the equal opportunity advisors for implementation July 25," said Master Sgt. Martin Hill, equal opportunity advisor for Joint Base San Antonio-Fort Sam Houston.

The new version, designated as EOLC 3.0, includes 20 more hours of training and will train the EOLs on equal opportunity aspects that had traditionally been filled by equal opportunity advisors.

"The curriculum was changed to broaden the scope of the EOL and better prepare them

to be more effective," Hill said. "The Soldiers will now learn how to plan and conduct ethnic observances and focus groups, as well as how to do an intake for an EO complaint," he said.

"These skills will allow them to be more effective listeners and communicators."

While the new course is scheduled to be implemented in October, Hill and his fellow EOAs were eager to share the new information with the installation's newest EOLs. Starting with the Aug. 20-26 class, JBSA-Fort Sam Houston's newest EOLs got the benefit of the new course material.

"This course is important because it is a combat multiplier for commands," Hill said. "It stresses the Army's zero tolerance policy towards

discrimination and ensures that the Army's environment is safe and maintains the highest standards."

EOLC is designed for Soldiers in the rank of sergeant or above that have been identified by their respective commands to carry out the additional duty as their command's EOL.

Many of the Soldiers who took the course said they found that it helped them take ownership of their own beliefs and ideas and realize how these can affect them and those around them.

"The beliefs and values that a Soldier has prior to coming into the military can lead to unintentional racism," Hill said. "One of the things this course goes over is how this impacts other people."

Sgt. Egnaro Bueno, a Brooke Army Medical Center medical laboratory specialist, said that while taking this course, he realized how much he used generalizations for other groups.

"I work with other services and civilians," Bueno said. "I would make generalized jokes about other services that would stigmatize them, but now I am more aware and I'm working to raise not only my awareness, but the awareness of everyone around me."

Sgt. Jonathen Bailey, a chaplain's assistant at Dodd Chapel, said taking the course has made him a more effective noncommissioned officer. "This course is a good compliment to my military occupational specialty," he said.

The next EOL course is scheduled for October.



Photo by Army Staff Sgt. Corey Baltos

Sgt. 1st Class Adam Mayo (second from left), U.S. Army North equal opportunity advisor, looks over an ethnic heritage presentation Aug. 26 during the Joint Base San Antonio-Fort Sam Houston Equal Opportunity Leaders Course 14-4. The course, which was held Aug. 20-26, is the newest version of the Army's EO program. Dubbed EOLC 3.0, the new course curriculum has been broadened to change the EOLs scope and make them more effective leaders.

## AMPUTEE from P6

as much if not more than anyone else.”

With this goal in mind, the former high school athlete dove into every sport possible. He mastered shooting firearms with his non-dominant arm; ran Spartan races, Tough Mudders and half-marathons; went rock climbing, skiing and snowboarding; swam; cycled; took part in track and field; and joined soccer, basketball and kickball leagues.

Earlier this month, Smith appeared before the physical evaluation board nervous, yet confident they'd approve his request to remain in the service. He was thrilled when they declared him fit for active duty.

“I've been committed to the Army my entire adult life,” he said. “I feel very blessed that I have the opportunity to



Courtesy photo

Army Staff Sgt. Michael Smith (left) competes in a Tough Mudder with a friend in May. Tough Mudders are 10-12 mile obstacle courses designed to test strength, stamina and teamwork skills.

continue to serve.”

Smith, who is set to be promoted to sergeant first class soon, hopes to resume his prior career in field artillery.

“I just want to be a regular Soldier, go to combat if needed,” he said. “I honestly feel like there's

nothing I can't do now, thanks to the support from my family, friends and the staff at the CFI who were with me every step of the way.”

As he awaits orders, Smith is filling his time with his other passion: sports. He's slated

to represent the Army in track and field and swimming at the Warrior Games next month, and continues to cycle daily in hopes of making the 2016 Paralympic team.

“Mike is driven by everything and everyone he encounters,” said Heather Miller, CFI recreation therapist. “I've participated in Spartan and Tough Mudder races with him and have seen the look of terror in his eyes as he hung off a wall with his only arm and feared that he would fall ... but he didn't. I have no doubt he will succeed everywhere he goes.”

Smith said he believes to this day that he lost his arm for a reason.

“I would like to inspire and motivate others struggling with mental or physical challenges,” he said. “No one should let their injury determine who they are or who they want to be.”



File photo

The Schertz Medical Home has been recognized by the National Committee for Quality Assurance as a Level 3 Army Patient Centered Medical Home.

## SCHERTZ from P6

take responsibility for ongoing patient care.

- **Whole-person orientation.** The personal provider is responsible for providing all of the patient's health care needs or for arranging care with other qualified professionals.

- **Coordinated and integrated care.** Each patient's care is coordinated and integrated across all elements of the health care system and the patient's community.

- **Quality and safety focus.** All members of the healthcare team are focused on ensuring high quality care in the medical home.

- **Improved access.** In the PCMH, enhanced access to care options are available through open scheduling, same day appointments, secure

messaging and other innovative options for communication between patients, their personal physician and practice staff.

The Army Medicine goal is to have all of its primary care facilities in the continental United States and overseas achieve NCQA recognition and transform to the Patient Centered Medical Home model of care no later than Oct. 1.

The transition to the PCMH model of care is part of Army Medicine's overall shift from a health care system to a system for health.

The Schertz Medical Home is located in the Horizon Center, 6051 FM 3009, suite 210 in Schertz.

For more information, visit <http://www.bamc.amedd.army.mil/departments/schertz-medical/>.



# Fort Sam Houston Caisson Section created to serve, revere, comfort

## Part V: Riding the crest toward a fully integrated U.S. Army

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

The Soldier snapped a sharp, rock solid salute. The gait of her horse was precise, measured. Rider and mount passed by the mourning family receiving the flag-draped casket saluting and trotting in perfect unison, but inside Spc. Lindsey Wilkerson trembled.

This was Wilkerson's inaugural ceremony leading the Fort Sam Caisson Section. She and the caisson section represent the U.S. military, honor the family and pay last respects to deceased members at the Fort Sam Houston National Cemetery.

Tilley, Wilkerson's horse, had just reared and was trying gallop away, spooked by a cameraman behind a tree who made a sudden move as the caisson team rounded a bend in the road at the cemetery.

She'd trained for months to perfect her riding and leading the more than 1,400-pound full-blood Percheron, so remaining steadfast in her saddle, Wilkerson reined Tilley in firmly but let the horse move forward in front of the rest of the team.

"I was holding him back as hard as I could," Wilkerson remembered, adding that she allowed the horse to move ahead so as not to rile Kidd, the "lead near" horse pulling the caisson, who was next to Tilley.

Tilley calmed down and the caisson team resumed escorting a fellow Soldier to his final resting place.

On compassionate assignment to Joint Base San Antonio-Fort Sam Houston, Wilkerson made history as the first female member of the Caisson Section.

Previously only infantry Soldiers joined the Caisson Section, as the tradition originated within U.S. Army Infantry units, but with Wilkerson's successful first ceremony, the Fort Sam Houston Caisson Section officially opened its

ranks to women.

The "Old Guard," the Third U.S. Infantry Regiment from Arlington National Cemetery recently included women in their caisson platoon and the move was poignant for families, explained Capt. Shawn Lynch commander, Military Honors and Fort Sam Houston Caisson Section.

"When the family sees a female member in the caisson, it resonates even deeper if their loved one, to whom they are saying farewell, is also a female," Lynch said.

Women in the caisson underscore how Soldier-moms, sisters, daughters or granddaughters had roles in paving the way for integrating women into all jobs in today's military, Lynch pointed out.

For Wilkerson, driving Percherons was a natural follow-on assignment after driving HETs – Heavy Equipment Transport System vehicles – across the arid, rocky terrain of southern Afghanistan.

But, as an 88-Mike or Army truck driver, Wilkerson's slight build easily contrasts with the 41,000-pound M1070 tractor, that when attached to the



Spc. Lindsey Wilkerson and Tilley.



Photos by L.A. Shively

Spc. Lindsey Wilkerson snaps a salute as she and Tilley pass by the mourning family. Wilkerson led the Fort Sam Houston Caisson Section during her inaugural ceremony at the Fort Sam Houston National Cemetery.

50,000-pound M1000 trailer, totals more than 80 feet and carries loads such as armored personnel carriers, self-propelled artillery and armored bulldozers. HETs deliver new equipment and retrieve non-mission capable armored vehicles.

At 5 feet 3 inches tall and 130 pounds, her stature also stands out against the massive horses she rides in the caisson.

American Percherons, a breed of draft horse, normally stand at 16.2 to 17.3 hands, which is between 66 and 71 inches and average from 1,900 pounds to a top weight of 2,600 pounds.

Percherons are larger and heavier than the American Quarter horses most are familiar with from rodeos and racing. The majority of the horses in the Caisson Section are full-blood Percherons, but several are crossed with quarter horses.

As Wilkerson talks about her deployment and background, John Deeley pokes his head through the door, then saunters into his small, relaxed office where caisson section Soldiers tend to congregate between missions, caring for the horses and cleaning stables.

Deeley is the caisson section stable master. Wilkerson pauses for a moment, allows him to settle into an empty chair and then continues.

At 22, she's already been in the Army for nearly six years.

"I was young. I was a wild child," she said. "So I joined when I was 17 to just get away, to grow up, take care of myself – get out of the small town environment and go different places."

"It's a country-western song right there," Deeley quips and, with a drawl



Courtesy Photo

The view from the Heavy Equipment Transport System vehicle, or HET, which Spc. Lindsey Wilkerson drove across southern Afghanistan.



Photo by L.A. Shively

Spc. Lindsey Wilkerson (right) leads the Fort Sam Houston Caisson Section during her inaugural ceremony at the Fort Sam Houston National Cemetery.

that mimics hers, sings: "I got married by sevente-e-e-n."

He abruptly cuts off his serenade and turns toward Wilkerson. "But you didn't want to be in a county song, did you?"

"No!" Wilkerson replies laughing. "Too late, you are a country song,"

Deeley chides.

That easygoing banter between Wilkerson and Deeley is shared by all of the caisson Soldiers and bonds the unit together into a tight camaraderie. But that bond acted as a barrier for Wilkerson at first.

Wilkerson spent several months in the office with the Military Honors Platoon prior to coming to the caisson. Although Soldiers in her chain of command were adamant that she was suited for the assignment, others were worried, Deeley explained.

"Distractions around horses can get you hurt. But she's not a distraction. She's one of the guys. She fits," Deeley said. "It has nothing to do with gender – it's riding abilities. Number one is your riding ability and your ability to learn and be taught. I'm extremely proud of her."

Wilkerson's fellow caisson section Soldiers concur that having a woman on the team makes no difference.

"She's just another Soldier," said caisson section team chief Sgt. Jimmy Sandoval.

"I'm artillery and I've worked with females my whole career so it's normal," said Sgt. Andrew Holt.

"I think it's great. It diversifies us. She's the first and she does everything we do," agrees Sgt. Brian McDonald.

"She's a strong Soldier, she's a strong rider. She's a professional and is right where she belongs," said Honors Platoon Sergeant Sgt. 1st Class Loyd Lane. "This is the future of a fully integrated Army."



Photo by L.A. Shively

Spc. Lindsey Wilkerson and a member of the Fort Sam Houston Military Honors Platoon fire one of seven cannons during a recent retirement ceremony.



# Military, DOD civilians must know the rules for political activities

By Jacquelyn M. Christilles  
502nd Security Forces and  
Logistics Support Group  
Judge Advocate Office

It is hard to miss when the political season is in full swing. Signs dot front yards and media is riddled with commercials.

Active duty military personnel and Department of Defense civilian employees are encouraged to carry out the obligations of citizenship by exercising their constitutional right to vote. As employees of the federal

government, however, there are certain restrictions on political activities.

For active duty personnel, the general rule is that a member may not participate in "partisan political activities." That rule prohibits pretty much anything but mere attendance at fundraisers, rallies and conventions. Of course, members should not attend in uniform.

The rules also prohibit publishing political articles, letters or endorsements. When it comes to social media, these

rules still apply. In short, a member can "like" something or someone on social media or express his or her views on a subject, but is prohibited from sharing the item with others or indicating DOD endorsement.

Finally, members are permitted to display appropriate bumper stickers, but large partisan political signs are not allowed.

Material on a bumper sticker or in a social media post that violates the Uniform Code of Military

Justice or service regulation is still subject to disciplinary action. That means steer clear of messages that show contempt for public officials, release sensitive information, or contain unprofessional material that is prejudicial to good order and discipline under the UCMJ.

The above list of prohibitions is not exhaustive. There is an entire Department of Defense directive on this subject, so be mindful of political activities and check with your local legal office

when in doubt.

Political activities for DOD civilian employees are regulated by a number of sources including a federal law called the Hatch Act.

DOD civilian employees, except Senior Executive Service employees, are allowed to volunteer with a political campaign or political organization while in their personal capacities. These employees are however, prohibited from soliciting or receiving political contributions.

As with many restric-

tions on use of the federal workplace, federal employees may never engage in political activities while on duty or in a federal building.

This means that employees may not send or forward political messages to social media while in a federal building (including when off duty), even if the employee is using his or her personal smart phone, tablet or computer. Further guidance can be obtained from local legal offices.

## RESILIENCE from P4

"Before I come to this MRT class, I was at a point in my life and career where I wasn't feeling too great," said Staff Sgt. Andrew Lopez,

Louisiana National Guard. "After coming here and learning the material, it felt like I was really meant to be here.

"You think you don't have issues," Lopez said. "But you get into these

exercises and find out the amount of stuff you have going and this class helps you get back up and persevere."

Perseverance is the program's goal. A resilient individual is better able

to leverage intellectual and emotional skills and behaviors that promote enhanced performance.

"This program is not about 'taking the pill' or 'drinking the Kool-Aid,'" said Jill Wiezba,

master resiliency trainer performance expert and primary instructor for the course. "But we do know that this program is making an impact on people's lives, and our MRT's at those lower levels are

positively impacting our service members."

For more information, contact unit MRTs or the JBSA-Fort Sam Houston CSF2 Training Center at 808-6089 or visit <http://csf2.army.mil>.

# Army South hosts multi-national energy conference

By Sgt. Mahlet Tesfaye  
Army South Public Affairs

U.S. Southern Command and U.S. Army South co-hosted the Sustainability and Contingency Bases III – Energy, Water, and Waste Conference Aug. 26-29 at Joint Base San Antonio-Fort Sam Houston, bringing together military and civilian engineers from the U.S. and five partner nations.

The conference was held in support of SOUTHCOM's strategic goals of energy sustainability and environmental security which is operationally necessary, financially prudent and essential to mission accomplishment.

Col. Bradley Duffey, Army South assistant chief of staff for engineers, said the purpose of the conference is to share knowledge and build capabilities with partner nations.

“When Army South Soldiers deploy to South and Central America in response to natural and manmade disasters or

humanitarian assistance, we want to incorporate the different partner nation solutions to whatever problem we are facing,” Duffey said.

The conference facilitated roundtable discussions with El Salvador, Guatemala, Honduras, Jamaica, and Trinidad and Tobago on current military, civilian and academia environmental/energy considerations.

“I want to take away the best practices for reducing the impact on the environment,” said Lt. Col. Martin Rickman, commanding officer for Jamaican Defense Force Engineer Regiment. “There are lots of innovative ways and new technologies being applied by the military that help improve the environment that I want to adopt and take to my country for the engineers to use.”

Another mission of this conference was to continue SOUTHCOM's efforts to build relationships with partner nations by exchanging information regarding innovative approaches to improve



Lt. Col. Martin Rickman, commanding officer for the Jamaican Defense Force Engineer Regiment, discusses how the Jamaican military protects the environment during Sustainability and Contingency Bases III-Energy, Water, and Waste Conference hosted by Army South Aug. 26-29. The conference brought together U.S. Army South and partner nation military and civilian engineers to discuss energy sustainability and environmental security.

energy efficiency and reduce fossil fuel dependency while maintaining operational effectiveness, as well as information related to environmental hazards/risks, environmental degradation and changing environmental conditions.

“This conference forces us to stay ahead of the problem and not always be in a reaction mode,” Duffey said. “Research shows lack of potable water is going to be a problem in the future in our AOR. There is also an encroachment of salt water into fresh water and aquifers. Now we know that is a potential problem and we must ask ourselves ‘how do we stay ahead of those problems so it does not become a bigger crisis.’”

The event focused on providing an opportunity to share ideas, create partnerships, and discuss shared best practices to assist military engineers incorporating operational energy, environmental, and sustainability initiatives in SOUTHCOM area of operation.

“What we hope to get out of this conference is that Army South and the partner nations

the different methods their respective military component and civilian business apply energy efficient practices that will conserve energy and sustain environmental resources.

“Although Jamaica is an Island and a small country compared to many countries in the region, we still can implement the same practices used by others to save and conserve our natural resources,” Rickman said.

Conference participants also had the chance to visit different facilities around San Antonio such as the City Public Service Jamie Rochelle Training Facility to observe how those facilities are using innovative ways like solar panels to conserve energy and minimize cost.

“I think it is good SOUTHCOM and U.S. Army South are leading the charge when it comes to bringing the different nations and U.S. military engineers together in order to discuss the different ways each nation can protect the environment,” Rickman said.



Participants attending the Sustainability and Contingency Bases III-Energy, Water, and Waste Conference, hosted by U.S. Army South in San Antonio Aug. 26-29, visit the City Public Service Jamie Rochelle Training Facility. The purpose of the visit was to demonstrate how to utilize solar power to conserve natural resources and energy.



Photos by Sgt. Mahlet Tesfaye

Myrna López, an environmental security specialist with U.S. Southern Command, speaks to U.S. Army South and partner nation military and civilian engineers about defense environmental international cooperation on environmental and energy security during the Sustainability and Contingency Bases III-Energy, Water, and Waste Conference hosted by Army South Aug. 26-29.

## **BENSON from P3**

and 20 years as the dean of women at Gallaudet University.

Benson often reflected fondly on her service in the Army and once remarked, "Nothing thrills me more than when my company marches and there is the strong inspiring tempo of the band and the gallantry of waving our flag on high."

Jones said, "Although today we don't hear the switch of the skirts when they march in formation, her WAC uniform is proudly on display at the university's library."

Benson died in 1972 and a year later, building 1382 was named after her.

"As we upgrade buildings on Fort Sam Houston it is appropriate that we dedicate this state-of-the-art facility in her honor," Jones said. "Benson Barracks now joins Davis

Barrack, just across the way from us, and it is one of two facilities that are named for Army Medical Department women heroes. Thank you for helping us honor this great citizen Soldier."

Benson Barracks has 600 rooms with 1,200 beds, office and administration space for three companies, as well as multiple laundry rooms per floor, day rooms and computer rooms.

"The re-dedication of Benson Barracks represents the conclusion of the transition of all Soldier medics from old buildings to new state-of-the-art housing facilities, ensuring that each Soldier medic has sufficient sleeping space of at least 90 square feet per Soldier with two Soldiers to each room," said Capt. Eric Mies, 232nd Medical Battalion operations officer.

## **SOLDIERS HONORED AT RETIREMENT CEREMONY**



**Photo by Sgt. 1st Class Wynn Hoke**

The Joint Base San Antonio-Fort Sam Houston community recognized 10 Soldiers for their dedicated service and commitment to the Army Aug. 28 during the monthly Fort Sam Houston retirement ceremony in the historic Quadrangle. Lt. Gen. Perry L. Wiggins, commanding general, U.S. Army North (Fifth Army), and senior Army commander of JBSA-Fort Sam Houston and JBSA-Camp Bullis, presided over the ceremony. The retirees are (from left) Lt. Col. Hollis Y. Alexander, U.S. Special Operations Command, Fort Bragg, N.C.; Maj. Jo A. Whisenhunt, chief, Information Systems Branch, Army Medical Department Center & School; Master Sgt. Brian A. Brown, U.S. Army South; Master Sgt. Manuel Posada, Brooke Army Medical Center; Master Sgt. David M. Phillippi, Tripler Army Medical Center, Joint Base Pearl Harbor-Hickam, Hawaii; Sgt. 1st Class John A. Ramos Jr., Company C, 84th Chemical Battalion, Fort Leonard Wood, Mo.; Sgt. 1st Class Dale A. Scherberger, AMEDD Center & School Test Board; Staff Sgt. Desiree M. Rice, AMEDD Center and School; Staff Sgt. John Castilleja, 1st Battalion, 141st Infantry, JBSA-Camp Bullis. (Not present: Staff Sgt. Jeremy D. Kohlwes, Warrior Transition Battalion).

# LaBrutta represents JBSA at wreath-laying ceremony for LBJ

By Airman 1st Class  
Stormy Archer  
JBSA-Randolph Public Affairs

Each year on Aug. 27, a wreath is placed at Lyndon B. Johnson National Historical Park in Johnson City, Texas, on the grave site of the former president in observance of his birthday.

The event is a long-standing tradition sponsored by the National Historical Park service that includes an Air Force senior officer, while honoring the only U.S. president born and raised in Texas.

“It is my distinct pleasure and honor to represent the members of our armed forces and in particular, the men and women of Joint Base San Antonio, as we pay special tribute to one of our nation’s foremost leaders, President Lyndon B. Johnson,” said Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander.

“One hundred and six years ago, a visionary who led our nation, who was determined to build ‘a great society’ was born here, our only president born and raised in the great state of Texas,” LaBrutta said.



Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, speaks at the Lyndon B. Johnson wreath laying ceremony Aug. 27 at LBJ National Historical Park in Johnson City, Texas. Each year a wreath is placed at the grave site of President Johnson in observance of his birthday Aug. 27.

“With this wreath-laying ceremony, we not only remember his birth, but celebrate his life, his lasting legacy.”

Johnson was a visionary who focused on ways to make the United States a better place to live, work and raise a family during his time in office.

LaBrutta quoted President Johnson saying, “If future generations are to remember

us with gratitude rather than contempt, we must leave them more than the miracles of technology. We must leave them a glimpse of the world as it was in the beginning, not just after we got through with it.”

LaBrutta also stated that Johnson’s dream of building a better way of life for all Americans was evident in the bills that he championed during his tenure in office

regarding urban renewal, education, environmental beautification and conservation.

Moreover, he led Congress to the passage of Medicare, Medicaid, additional voting rights and civil rights.

Aaron Hernandez, a 2014 graduate of Texas State University, was also at the event and spoke about the president’s legislative accomplishments.



Photos by Airman 1st Class Stormy Archer

(From left) Russ Whitlock, Lyndon B. Johnson National Historical Park superintendent, and Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, salute the grave of President Lyndon B. Johnson during a wreath laying ceremony Aug. 27 at LBJ National Historical Park in Johnson City, Texas. The event is a long-standing tradition sponsored by the National Historical Park Service that honors the only U.S. president born and raised in Texas.

“Fifty years ago, President Johnson formulated his all-inspiring vision, ‘The Great Society,’” Hernandez said. “As a true Texan, he knew what he wanted to do and how to do it. He truly believed in civil rights for all.”

Hernandez also quoted President Johnson and said, “While emancipation may be a proclamation, it is not fact until education is blind to color; until employment is

unaware of race.”

In 1964, Congress passed the Civil Rights Act. The following year, the Voting Rights Act of 1965 was enacted. These legislative accomplishments laid the foundation for Johnson’s vision of “a better tomorrow.”

“The Great Society did not end with his presidency,” Hernandez said. “The Great Society lives on. It is our job to continue the vision he set before us.”

## TRICARE Nurse Advice Line a resource available for parents

During and after back-to-school season, parents have many “to-do” items.

As parents are sending their children back to school or ramping up for another year of homeschooling efforts, they should know TRICARE provides several resources to help keep their families healthy.

Aches, pains and fevers can put a damper on the learning experience and sniffles and sore throats can send a children home from school early.

The TRICARE Nurse Advice Line at 800-TRICARE (800-874-2273), option 1, has advice on what to do.

The Nurse Advice Line is the Military Health System’s newest initiative to improve ready access to safe, high quality care.

When you call, a registered nurse will ask about the child’s illness. The child should be present so the parent can assess their condition as the nurse asks ques-

tions. If the child is over age 13, the nurse may ask to speak to the child directly. Parents can stay on another line or use a speakerphone option if that makes them more comfortable.

If self-care is recommended, the nurse may provide the parent with advice on home treatments

and remedies. If the child needs an appointment, the Nurse Advice Line will try to schedule one at the local military treatment facility or will advise the parent to seek care within the network.

The Nurse Advice Line helps parents get access to the right type of care at the right time.

To learn more about the services the Nurse Advice Line offers, visit <http://www.TRICARE.mil/NAL>. For more information on preparing for the back to school season with TRICARE, visit <http://www.TRICARE.mil/backtoschool>.

(Source: TRICARE)



**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 drop suggestions in an AFAP submission box. Boxes can be found at the Military and Family Readiness Center, San Antonio Military Medical Center, Warrior and Family Support Center and in and out processing. Call 221-9196 or 221-0918.

**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.

**Love Languages Of Couples**

Monday and Sept. 15 and 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.

**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.

**Key Caller Training**

Friday, 8:30 a.m. to 4 p.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. This training will define the responsibilities of the Family Readiness Group Key Caller and provides information on performing this role. Call 221-2418 or 221-2705.

**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. 16, 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. 16 and 23, 2-4 p.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Call 221-0349 or 221-2418.

**ScreamFree Parenting**

Tuesday and Sept. 16, 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.

**Immigration And Naturalization Services**

Tuesday, noon to 2 p.m., an Immigration and Naturalization Service representative will answer questions about immigration and citizenship at the JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Call 221-2418 or 221-2705.

**Learn To Use Word Level 1**

Tuesday, 9-11 a.m., JBSA-Fort Sam Houston Military & Family Readiness Center. Learn how to use bullets and tables in a word document. Call 221-2518 or 221-2418.

**Resume Writing Techniques**

Wednesday, 9-11 a.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Learn which resume formats the experts prefer when writing a non-Federal resume and how to effectively write summary statements, your employment history and other sections. Call 221-2705 or 221-2418.

**Care Team Training**

Wednesday, 9-11:30 a.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Training focuses on the CARE Team's responsibilities and provides guidance on how to handle issues dealing with emergencies. Call 221-2418 or 221-2705.

**Overseas Relocation Briefs**

Wednesday, 10-11 a.m. or 2-3

p.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Topics include entitlements, reimbursements, household goods shipments, recognizing and dealing with the emotional stress of relocation, employment and education. Call 221-2705 or 221-2418.

**EFMP Sensory Reading**

Wednesday, 10-11 a.m., JBSA-Fort Sam Houston Keith A. Campbell Memorial Library. Sensory stories give individuals the opportunity to share in the journey of a story by appealing to senses beyond language alone. Call 221-1033 or 221-2962.

**Volunteer Advisory Council**

Thursday, 9-10 a.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. The Volunteer Advisory Council is comprised of representatives from agencies having volunteers, appropriate command spouses and community representatives. Call 221-2336.



**RecruitMilitary Veteran Job Fair**

The military-to-civilian recruitment firm RecruitMilitary is producing a hiring event for veterans and other men and women with military backgrounds, sponsored by Disabled Veterans of America and Seventy Seven Energy, to connect veterans with dozens of veteran-friendly employers from 11 a.m. to 3 p.m. Thursday at the Norris Conference Centers, 4522 Fredericksburg Road in San Antonio. RecruitMilitary is inviting veterans who already have civilian work experience, personnel who are transitioning from active duty to civilian life, members of the National Guard and reserves, military spouses and other military family members.

**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 Sept. 13. 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.

**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 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>.

**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. For more information, call 288-0283.

**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**

11:30 a.m., Monday through Friday  
**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

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

**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

**JEWISH SERVICES**

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

**ISLAMIC SERVICE**

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

**LATTER DAY SAINTS SERVICES**

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

**BUDDHIST SERVICES**

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

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