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**MILITARY MEDICINE YEAR IN REVIEW** **PAGES 10-11, 13**



**U.S. ARMY ALL-AMERICAN BOWL** **PAGE 15**

# U.S. Army South opens inaugural army-to-army staff talks with Peru

By Eric R. Lucero  
U.S. Army South Public Affairs

Maj. Gen. K.K. Chinn, U.S. Army South commanding general, led a U.S. delegation to Lima, Peru for the opening ceremony of the inaugural bilateral army-to-army staff talks between the U.S. Army and the Peruvian Army Dec. 14, 2015.

During the ceremony, both countries pledged to build upon their pre-existing bond, using the weeklong staff talks as an opportunity to formalize the framework of interactions and provide a strategic forum in order to promote professional relationships and coordinate engagement activities.

“This important event has plans of action to interchange topics on defense and security as well as the elements we’ll have to consider to counter new threats to the security of our region,” said Peruvian General de Division Luis Ramos Hume, the chief of staff of the Peruvian Army. “This will allow us to draw conclusions which will enrich and stoke the developments of our institutions.”

Following Hume’s remarks, Chinn reaffirmed the U.S. commitment to assisting Peru as a regional leader in exporting peace and security throughout the Western Hemisphere and beyond.

“We look forward to a week of learning from you and sharing



Photo by Eric Lucero

Maj. Gen. K.K. Chinn (right), U.S. Army South commanding general, speaks with Peruvian General de Division Luis Ramos Hume (left), the chief of staff of the Peruvian Army, during the opening ceremony of the inaugural bilateral army-to-army staff talks between the U.S. Army and the Peruvian Army in Lima, Peru, Dec. 14, 2015.

ideas with you, as well as building a stronger relationship between our armies,” Chinn said. “The Peruvian Army has an amazing history and incredible reputation. We look forward to working together with the Peruvian Army and to improving our interoperability.”

During his closing remarks, Chinn took the opportunity to recognize the Peruvian Army for allowing the development of the first Peruvian Army foreign liaison

officer to Army South in July, thanking the Peruvian Army chief of staff for sending Peruvian Lt. Col. Mauricio Mansilla to San Antonio to work within the Army South headquarters.

“He’s an amazing officer who is doing great things for you and U.S. Army South,” Chinn said. “He’s a treasure to our team and part of our Army South family.”

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# Soldiers see increase in clothing allowance for 2016

By C. Todd Lopez  
 Army News Service

The Army's G-4 released an All Army Activities, or ALARACT, in December 2015 that lists the fiscal year 2016 clothing bag list for enlisted Soldiers, as well as the dollar amount for the accompanying clothing allowance. For fiscal year 2016, Soldiers saw an increase of about seven percent for their clothing allowance.

Inside the clothing bag, new additions reflect the Army's adoption of the Operational Camouflage Pattern.

The "clothing bag" is the name for the set of clothing items issued to Soldiers in basic training. That list of items evolves and changes year-to-year as the needs of the Army change. The clothing bag list is published yearly, and all Soldiers are required throughout their career to maintain in their possession serviceable items that match what is listed in the most current clothing bag list.

New additions to the clothing bag this year include four sets of Army Combat Uniforms, or ACUs, in the Operational Camouflage Pattern, as well as a number of items that match the new color scheme. The total list of new additions is:

- Tan riggers belt
- Hot-weather combat boots in coyote color
- Temperate-weather combat boots in coyote color
- ACU Operational Camouflage Pattern patrol cap
- ACU Operational Camouflage Pattern coat

- ACU Operational Camouflage Pattern trousers
- Tan drawers, men's brief
- Lightweight cold weather drawers
- Mid-weight cold weather drawers
- Black light duty utility glove
- Coyote glove inserts
- Black glove inserts
- Tan moisture-wicking t-shirt
- Lightweight undershirt, cold weather
- Mid-weight undershirt, cold weather

According to a spokesperson for Army G-4, changes to the clothing bag are made after taking recommendations from a number of sources, including Training and Doctrine Command, Soldier feedback and limited user evaluations.

The recommendations are presented to the Army Uniform Board, and subsequent adoption of new items is first approved by the Army's chief of staff.

Soldiers in basic training will start getting the new ACU in the Operational Camouflage Pattern later this month.

For Soldiers already in the force, they can continue to wear the Universal Camouflage Pattern ACU until Sept. 30, 2019. It's not until Oct. 1, 2019 – the very next day – that they will be required to both own and wear the Operational Camouflage Pattern ACU.

The male and female clothing bags that are issued in basic training are similar in what they contain. Male Soldiers are issued about 83 items, while female Soldiers are issued about 74 items. Of



Courtesy photo

The Army's G-4 released the fiscal year 2016 clothing bag list for enlisted Soldiers in December 2015. New additions to the clothing bag reflect the Army's adoption of the Operational Camouflage Pattern.

those, more than 60 are exactly the same.

Differences between the clothing bags are mainly due to clothing items that are designed specifically for either male or female Soldiers. Included in that list are male and female versions of the Army Service Uniform coat, male and female white dress shirts, male and female versions of the Operational Camouflage Pattern ACU, the male neck tie versus the female neck tab, and various dress shoes.

Male Soldiers are issued nine items more than female Soldiers because male Soldiers are issued seven tan underwear briefs as well as two white cotton crew neck T-shirts. Female Soldiers are provided a larger cash allowance to purchase their own undergarments.

Both male and female Soldiers get cash allowances as part of their

initial issue of uniforms in basic training. For male Soldiers, that \$94.33 cash allowance is meant for them to purchase running shoes and socks for physical training. For female Soldiers, their larger cash allowance of \$391.27 allows them to purchase running shoes, physical training socks, underwear, black dress pumps, and a handbag.

To help enlisted Soldiers maintain the items they are required to have, as spelled out in the clothing bag list, the Army provides them with a yearly clothing replacement allowance, or CRA.

For male Soldiers with less than three years of service, their CRA for fiscal year 2016 is \$327.60 – an increase of about 7.05 percent. For those with more than that time in service, their CRA is \$468 – a 7.43 percent increase. For female Soldiers under three years of service, their CRA

is \$349.20 – a 7.77 percent increase over last year. Female Soldiers beyond the three-year mark will get an annual \$496.80 CRA – a 6.97 percent increase over fiscal year 2015.

Soldiers are meant to use the yearly CRA stipend to ensure they own all of the items listed in the clothing bag list, and that the items are serviceable. Soldiers are allowed to manage on their own how they use the CRA. The CRA shows up as an untaxed item in a Soldier's paycheck, annually, on the anniversary month in which the Soldier entered the service.

For Soldiers who are assigned at a duty station where they are required to wear civilian clothing to work, the Army provides an initial civilian clothing allowance of \$1,022.40. That clothing allowance is offered to Army officers who serve overseas, and to enlisted Soldiers worldwide.



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## News Briefs

### Check Your Military, CAC, Dependent ID Expiration Dates Now

All Defense Enrollment Eligibility Reporting system Command Access Card and military ID card locations throughout Joint Base San Antonio operate by 100 percent appointment only and the wait time for an appointment can be up to 30 days. Civilian and military members need to remember when their CACs and military IDs expire and schedule renewal appointments appropriately. Plan ahead for when family members need their ID cards or and DEERS updates. Appointments can be made online at <https://rapids-appointments.dmdc.od.mil>.

### IMCOM Voluntary Placement Program

The U.S. Army Installation Management Command's Voluntary Placement Program is a career-broadening opportunity for permanent, appropriated fund (GS-9 and above and wage grade equivalent) employees. The program gives first consideration to internal employees wishing to move overseas or return to the continental United States from an overseas position. Available job opportunities are posted on the Army Knowledge Online Portal every Tuesday. Interested employees are required to submit one resume per week. If selected for a position, the employees will receive an official offer through the Civilian Personnel Advisory Center. CONUS employees can check out OCOUNS vacancies at <http://www.us.army.mil/suite/page/697591>. For more information, contact the IVPP team at [usarmy.jbsa.imcom-hq.mbx.voluntary-placement-program@mail.mil](mailto:usarmy.jbsa.imcom-hq.mbx.voluntary-placement-program@mail.mil).

### VIA Metropolitan Transit Bus Schedule Now Includes Sundays

VIA Metropolitan Transit expanded their weekend express service from Joint Base San Antonio-Lackland and JBSA-Fort Sam Houston to the downtown USO to Saturdays and Sundays. Express Route 65 serves JBSA-Lackland and operates Saturday, every 30 minutes from 8:15 a.m. until 7:30 p.m. then hourly until 10:30 p.m.; Sunday, hourly from 9:15 a.m. until 7 p.m. Express Route 16 serves

See NEWS BRIEFS, P6

# Wounded warrior and mini-warrior share more than missing limbs

By Maj. Janelle Garner  
U.S. Army South Public Affairs

A carefully planned act of kindness occurred Dec. 11, 2015, bringing a young boy and a U.S. Air Force veteran, who is a double amputee, together in a moment that was destiny.

Diego Mercado is the 9-year old son of Capt. Jason Mercado, U.S. Army South Headquarters and Headquarters Battalion supply officer and newly selected commander of the Headquarters and Headquarters Company, U.S. Army Installation Management Command.

Diego was born with a form of amniotic band syndrome, which affects his lower right leg and multiple digits on his right hand. ABS occurs randomly when the fetus becomes entangled in string-like, amniotic bands in the womb and

is not genetic.

Colton Read, a former Airman, lost both his legs during a botched gall bladder surgery in 2009. The path of these two warriors intersected when the Heart Songs for Veterans organization picked up on the GoFundMe plans initiated by Diego's family.

Heart Songs for Veterans founder Jill Pavel, recalls hearing about Diego through a mutual friend on social media.

"I immediately thought about having Colton present the (recumbent three-wheeled cycle ) bike, since I am currently working with him and other organizations to get him a service dog," Pavel said.

In a small ceremony held behind the Army South HHBN building, Read presented Diego a newly outfitted recum-

bent three-wheeled cycle, replacing his previous 3-year-old trike he outgrew.

Also present was Donna Dye, an employee with the tactical gear store at Joint Base San Antonio-Lackland, who offered Diego a new multi-camouflaged-patterned uniform, complete with his name, first lieutenant and American flag.

"Looking at Diego, I am sure he has his own challenges in his daily life, yet he continues to reach out to help veterans," Read said. "It's everyday people, challenged by difficult circumstances, who are brave, knowing that they could easily be defeated but still continue forward."

Outfitted with a prosthetic leg when he was just eight months old, Diego has been on a mutually beneficial



Colton Read (left), a double amputee and U.S. Air Force veteran, presents Diego with his new recumbent trike funded by a GoFundMe account created by his family.

adventure with several wounded warriors since his father was stationed at Fort Hood, Texas, in 2012. According to the senior Mercado, Diego has always looked up to wounded warrior amputees as role models of what he can achieve. Diego's dad, along with family, friends and their close-knit neighborhood community, created the GoFundMe page to raise funds for a new updated recumbent bike for Diego.

"I didn't want Diego to not be able to participate in wounded warrior events," Mercado said.

A surprised, and seemingly never discouraged Diego, has watched his father perform his daily duties as a Soldier his entire life and has desires to grow up and be just like him one day, according to Mercado. A grateful

and humbled Diego, expressed gratitude to Read and Dye.

"I just want to thank you guys for everything," Diego said.

Soldiers within the command shook Diego's hand after the presentation, congratulating him and thanking him for being such an inspiration. Sgt. Michael Roux, assigned to the HHBN property section, completed Diego's new uniform by placing his own U.S. Army South Galleon patch and 10th Mountain Division combat patch on the shoulders of Diego's new uniform.

"Now your uniform is complete," Roux said.

With the support of wounded warriors like Read, family and friends, Diego knows he is not disabled, just "differently abled" as he continues to overcome challenges in his path.



Photos by Maj. Janelle Garner

As Diego Mercado's parents and sister look on, Capt. Thomas Mohr (right), U.S. Army South Headquarters and Headquarters Battalion company commander, promises Diego he'll see him at the finish line of next year's Army Ten-Miler.

# Local IMCOM employee serves community as Fort Sam Houston ISD school board vice president

By Joshua Ford  
U.S. Army Installation Management Command Public Affairs

A management analyst for the U.S. Army Installation Management Command at Fort Sam Houston was recently appointed to the Fort Sam Houston Independent School District Board of Trustees as the vice president of the board.

Willie White, who works at the command's College of Installation Management, believes children of active duty military face a number of unique challenges to include transitions from school to school because of frequent changes in duty station, which can introduce a lack of consistency in the way they learn.

"Curriculums can differ from state to state," he said.

Moving from an overseas school can be even

more challenging, White said. The Department of Defense is the school's authority overseas, so a civilian independent school district introduces a change in culture, as well.

"I wanted to be a member of the school board because I know what it's like to have a child that is moving constantly when their parents are serving in the military," said White, who retired as an Army first sergeant at Fort Sam Houston in 2009.

White witnessed his son, Rashad, experience both the inconsistency and changes in culture while growing up.

The Virginia Beach, Va., native saw the local school board position as an opportunity to give back to his community in an area he said he knows very well: education.

"I've always had a passion for education,"

White said. "Our military children face a ton of challenges and transitioning from one post to another puts a lot of stressors on a military child.

"I'm happy to work for an organization where the leadership supports education and development of military service men and women and IMCOM employees, which coincides with supporting their children," White said.

"White's appointment to vice president of the school board is consistent with IMCOM's culture of service to support Soldiers, families and the military communities in and around all Army installations," said Maj. Gen. Warren Patterson, IMCOM deputy commanding general. "IMCOM helps families start strong, serve strong, reintegrate strong and remain strong. We

know that the communities around our installations play a vital part in supporting families as they transition to new installations and school systems."

"I know what the Army family has done for me and my family and now I'm in a position to give back, extending IMCOM's values to the local community," White said.

During his tenure as the Fort Sam Houston Independent School District Board of Trustees vice president, White's main objectives are to continue renovation on Fort Sam Houston Elementary School and redesign the band practice area for Robert G. Cole High School where his son Rashad graduated with honors.

"Many service members carry a culture of service from their time in the military to whatever they choose to do after they retire," said Mi-



Photo courtesy of Willie White

Willie White (left) takes the oath of office as vice president and member of Fort Sam Houston Independent School District Board of Trustees Sept. 17, 2015.

chael S. Johnson, IMCOM College of Installation Management director of operations and training.

"White served and protected our nation with honor for over 20 years," Johnson said. "As the Fort Sam Houston ISD School Board vice president, his relentless effort and unwavering support to continue serving our nation's active-duty force and their children

incorporates the holistic meaning of taking care of our Armed Forces personnel, civilians and families."

White also serves on the San Antonio Chapter of President Barack Obama's My Brother's Keeper initiative, the San Antonio Chapter of the National Association for the Advancement of Colored People and the National Caucus of Black School Board Members.

## Recent upgrades help improve TRICARE Online user experience

By Shannon Carabajal  
59th Medical Wing Public Affairs

Officials with the 59th Medical Wing at Joint Base San Antonio-Lackland are encouraging eligible patients to give TRICARE Online another look and take advantage of recent upgrades aimed at improving the user experience.

TOL, the Department of Defense's online patient-focused portal, gives beneficiaries secure, anytime access to health care information and services. The portal is open to TRICARE patients, at least 18 years old, receiving

care at a military hospital or clinic.

"The improvements to TOL are great. It's easier than ever for our patients to schedule appointments themselves without having to call the appointment line. They can also easily refill prescriptions and access or print select medical documents, saving them a trip to the clinic," said Maj. Joseph Popham, 59th Medical Support Squadron TRICARE Operations and Patient Administration flight commander.

The appointment-setting feature includes options for beneficiaries to

make, change and cancel appointments; view future and past appointments; and set up email and text message reminders.

Family members over the age of 18 must have their own TOL account, but authorized family members – based on relationships established in the Defense Enrollment Eligibility Reporting System, or DEERS – can manage appointments and prescription refills for other family members for whom they've been granted access, according to the TOL website.

"An active-duty Airman can grant his spouse the

ability to book and cancel appointments for the couple and their dependent children," Popham explained.

Another feature of TOL online is called Blue Button, a tool giving beneficiaries easy access to their medical record information. Patients can review, print or download information about medications, allergies, immunization records and lab and radiology results.

Beneficiaries can also use the site to get refills on existing prescriptions for themselves and their family members, Popham said.

"Users can request up

to 10 refills at a time and check their status," he explained.

For active-duty members transitioning out of the military, TOL includes a service separation page with medical information and guidance for people preparing to separate from active duty or the reserves. The page includes guidance on filing a Veterans Affairs disability claim, has access to the Transition Assistance Program portal, and offers steps to assist service members through the separation process.

"TOL has really improved over the past year.

We hope everybody signs up and takes a few moments to look around. The site has a lot to offer," Popham said.

The system is user-friendly and registration takes only a few minutes:

1. Go to <http://www.tricareonline.com> and click Log In.
2. Log in with a DOD Self-Service username / password; a DOD common access card, or DFAS myPay credentials. Users without a CAC or myPay account can register for DS logon credentials by clicking Register.
3. Select the TOL feature you wish to explore.

# Army Chief of Staff: Many Soldiers alive today because of Horoho

By David Vergun  
Army News Service

“I was there in Afghanistan to witness her performance, and it was incredible. There are many, many lives today that would not be living without the efforts of Patty Horoho,” said Army Chief of Staff Gen. Mark A. Milley during a special retirement review in honor of Lt. Gen. Patricia D. Horoho, the 43rd Army surgeon general, at Conmy Hall, Joint Base Myer-Henderson Hall, Va., Dec. 15, 2015.

While deployed to Afghanistan, Horoho saved lives through improvements to tactical combat casualty care, medevac procedures, getting needed care during the critical “golden hour” following wounds or injuries, tele-behavioral health, resiliency training, encouraging sleep discipline, looking after women’s health, health records improvements, and much more, Milley said.

Following her deployment, she was the first woman, and the first non-physician in any service to serve as a surgeon general, “and that’s an amazing achievement,” Milley said.

Horoho received a direct commission from the University of North Carolina as a nurse.

As surgeon general, and throughout her career, Horoho epitomized the best qualities of Army leaders, the chief said. She has had a reputation for breaking down barriers, increasing collaboration, innovativeness, upholding moral and ethical values and team building.



Photos by David Vergun

Army Chief of Staff Gen. Mark A. Milley (left) awards the Distinguished Service Medal to Army Surgeon General Lt. Gen. Patricia D. Horoho during a retirement ceremony at Conmy Hall on Joint Base Myer-Henderson Hall, Va., Dec. 15, 2015. At the right is her husband, Ray.

She accomplished every mission given her.

She’s also a leader of great character and compassion, Milley added, saying these characteristics are “the embodiment of what I expect in all our senior leaders.”

The job of surgeon general is a big one, Milley said. She’s tasked with providing health and medical services to some 1.8 million Soldiers from all components, retirees and all their Families.

Besides that, she’s “dual-hatted,” commanding the U.S. Army Medical Command and its vast network, covering five continents, he added.

As surgeon general, Horoho significantly increased readiness and resilience, with her emphasis on sleep, activity and nutrition, which forms what’s termed the Performance Triad, he said.

Besides that, she’s delivered proactive Army medicine and health care

and her warrior care effort has resulted in about 45 percent of sick, ill or wounded Soldiers on the road to recovery and back in a duty status, he said.

She’s also collaborated with the Department of Veterans Affairs to help reduce medical board process time required for transitioning Soldiers, he said.

In sum, “she puts meaning into taking care of troops and their Families more than any person I know,” Milley said.

Horoho said the Army is fortunate to have great leaders who are selfless, committed and serve with honor.

Three words best sum up why the Army is great, she said: “service, relationships and trust.”

She said she’s been blessed to have a great life, career and Family, along with her “brothers

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## News Briefs

### Continued from P3

JBSA-Fort Sam Houston and operates Saturday, every 30 minutes from 8:45 a.m. until 7:30 p.m., then hourly until 10:30 p.m.; Sunday, hourly from 9:45 a.m. until 7 p.m. It costs \$2.50 each way or a \$4.00 day pass can be purchased with exact change at the bus. The VIA bus service to other routes are available with stops just outside the gates. For more information, go to <http://www.viainfo.net>.

### Fort Sam Houston Museum Open

Take a step into history at the Fort Sam Houston Museum in the Quadrangle, building 16, the oldest structure on the installation. The museum chronicles the history of the Army in San Antonio from its arrival in 1845 to the present. Learn about the vital role Fort Sam Houston played in the development of the Army and connect with the Soldiers who served on the historic post. The museum offers numerous services for military members and their families to include professional development, neighborhood histories and special history searches for the kids. Admission to the museum is free to all active duty service members, retirees, civilians and family members. The hours are 10 a.m. to 4 p.m. Tuesday-Friday, noon to 4 p.m. Saturday and closed Sunday, Monday and federal holidays. For more information, call 221-1886.

### Budge Dental Clinic Welcomes Army North, Army South Soldiers

The Budge Dental Clinic at 3145 Garden Ave. provides dental treatment for all U.S. Army North and U.S. Army South Soldiers. Hours of operation are 6 a.m. to 3:30 p.m. Monday through Thursday and 6 a.m. to 3 p.m. Friday. Call 808-3735 or 808-3736 for more information.

### North New Braunfels, Harry Wurzbach West Access Control Points Open In Mornings

The North New Braunfels Access Control Point, located by the Quadrangle, and the Harry Wurzbach West ACP, also known as the Pershing Gate, are open for incoming and outgoing traffic from 6-9 a.m. Monday through Friday, except on federal holidays, according to the 502nd Security Forces Squadron.

# 'Going diving' promotes healing in 59th Medical Wing's hyperbaric chambers

By Tech. Sgt. Christopher Carwile  
59th Medical Wing Public Affairs

Going diving at the Wilford Hall Ambulatory Surgical Center on Joint Base San Antonio-Lackland is helping wounded warriors, diabetics and cancer patients recover more quickly from their ailments.

But the dives are not quite what people might picture. There is no plunging into deep waters.

Instead, members of the 59th Medical Specialties Squadron's Hyperbaric Medicine Flight use two hyperbaric chambers to treat patients. The treatments are called dives because the chamber increases environmental pressure, much like diving in water.

Although the flight's official mission is treating aviation decompression sickness, the flight treats patients with a variety of ailments – mostly retirees, Veterans Affairs patients and dependents of retired military members, said Col. Michael Richards, Hyperbaric Medicine Flight commander.

"The decrease in altitude chamber use has cut down on the number of altitude related decompression sickness cases that we have treated," Richards said.

One of two in the Air Force, the facility is the only one in South Texas operating 24 hours a day, seven days a week. The flight operates two chambers: a monoplace chamber for treating individual patients and a multiplace chamber

capable of treating up to six patients at once.

Decompression sickness is only one of many reasons to treat patients in a chamber. Treatable conditions include crush injuries, bone infections, sudden hearing or vision loss and some types of soft tissue infections.

Doctors tailor treatment plans to each patient's specific needs. Ninety percent of patients seen at the facility are being treated for diabetic foot and lower extremity wounds, or damage caused by radiation therapy.

Foot wounds become problematic for diabetic patients because they can lose sensation in their feet, unknowingly making wounds worse. Additionally, radiation therapy designed to eliminate unhealthy cells and tissue in cancer patients can damage healthy tissue and bone as well.

"Using the hyperbaric chamber to treat suitable illnesses and injuries allows us to provide patients with a 100 percent oxygen environment at a higher pressure," Richards said. "With higher pressure, we can deliver more oxygen, increasing oxygenation of the blood and capillary bed density. This results in faster healing."

The flight typically carries a small patient load, five or six at any given time, and treats each patient for about 30 consecutive sessions. Each session lasts around 90 minutes, although decompression sickness treatments can take five to six hours.

As few as 10 sessions



Col. Michael Richards, 59th Hyperbaric Medicine Flight commander, observes as Staff Sgt. Sherri Jones, hyperbaric medical technician, demonstrates the controls of the monoplace hyperbaric chamber at the Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio-Lackland, Nov. 18, 2015. Treatments in the chamber help wounded warriors, diabetics and cancer patients recover more quickly from their ailments.

in the chamber can help wounded warriors recover from their injuries more quickly and move on to the rehabilitation stage sooner because patients "with amputations are not able to be fitted for prosthesis until they heal," Richards said.

The hyperbaric medicine flight is also a significant part of Air Force pararescue training.

"We provide the dive qualification test for pararescue students before they are allowed to move on to dive school," said Master Sgt. Sandra Diaz, Hyperbaric Medicine Flight chief.

Students are required to show that they can safely reach a depth of 60 feet before they can proceed to dive school training, Diaz said.

"We have very few failures, and are usually able to teach them how to get to depth without injury," he added.

The facility will temporarily move to



Photos by Tech. Sgt. Christopher Carwile

Col. Michael Richards and Staff Sgt. Maribel Cortez communicate with patients undergoing treatment in the multiplace hyperbaric chamber at the Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio-Lackland, Nov. 18, 2015. Patients are closely monitored during each dive by technicians and doctors, both inside and out of the chamber, to ensure patient safety at all times. Richards is the 59th Hyperbaric Medicine Flight commander; Cortez is a hyperbaric medical technician.

San Antonio's Southwest General Hospital in March 2016 while a new home is being built at JBSA-Fort Sam Houston.

Currently under construction, the facility will be located adjacent to the San Antonio Military Medical Center. It is

slated for completion in August 2016.

Once the move is complete, the flight will be able to offer inpatient capabilities not currently available. For more information about the hyperbaric medicine flight, call 292-3483.



Col. Nancy Spencer (right), U.S. Army South director of logistics, speaks with Peruvian Col. Carlos Alfonso del Carpio Valdivia, Peruvian Army logistics, prior to the opening ceremony of the inaugural bilateral army-to-army staff talks between the U.S. Army and the Peruvian Army in Lima, Peru, Dec. 14, 2015.

**PERU from P1**

Following the ceremony, the two nations settled in for a series of presentations to include the review of engagements between the two nations during 2015, a Peruvian

brief on the current mission and vision of the Peruvian Army and their plan for institutional development through 2021 and a brief discussion on events coordinated by the West Virginia National Guard through the State

**Partnership Program.**

In addition to the formal presentations, both delegations took time to break into smaller working groups to discuss topics such as regional security, human resources management, education and training, operational law and military justice, logistics, health, engineering, civil affairs, peace operations and planning.

These smaller groups allowed the directors of both countries the chance to sit face-to-face with their counterparts, ensuring both armies understand the desired objectives that will guide interactions between the U.S. and Peru over the next five years.

“Working side-by-side with our counterparts allows us to bring a personal aspect to our proposed engagements,” said



Col. Randy Bruett (right), U.S. Army South director of civil affairs, speaks with Col. Raul Devoto Uribe, Peruvian Army civil affairs, prior to the opening ceremony of the inaugural bilateral army-to-army staff talks between the U.S. Army and the Peruvian Army in Lima, Peru, Dec. 14, 2015.

Lt. Col. Edward Bayouth, from the Army South office of human resources. “In most cultures within this region, being able to shake hands while conducting business means the world.”

U.S. Army South conducts staff talks with multiple countries throughout Latin America and believes Peru is a critical part of that exchange.

Chinn believes this inaugural event will pay



**Photos by Eric Lucero**  
Peruvian Col. Mauricio Mansilla, the Peruvian foreign liaison officer to U.S. Army South, speaks to members of the U.S. and Peruvian delegations during the opening ceremony of the inaugural bilateral army-to-army staff talks between the U.S. Army and the Peruvian Army in Lima, Peru, Dec. 14, 2015

both immediate and long-term dividends for both countries.

“We know this is the first of many bilateral army-to-army staff talks and a continued lasting friendship that we can continue to build upon,” Chinn said.



Col. Rocky Burrell (left), the U.S. Army South director of regional affairs, listens to Peruvian Col. Mauricio Mansilla, Peruvian Army foreign liaison officer to Army South, during the opening ceremony of the inaugural bilateral army-to-army staff talks between the U.S. Army and the Peruvian Army in Lima, Peru, Dec. 14, 2105

**3 x 2.35 AD**

**3 x 4.75 AD**

# Military ambassadors chosen for 2016

*Military ambassadors from the Army, Marine Corps, Navy, Air Force and Coast Guard will represent their respective services at San Antonio-area community events, including nearly 150 activities associated with Fiesta San Antonio. They also participate in parades and visit local schools, nursing homes and retirement facilities throughout the year.*



**Staff Sgt. Jacquelyn M. Jones  
and Sgt. 1st Class Thomas Richardson**

Staff Sgt. Jacquelyn M. Jones, from Jacksonville, N.C., is assigned as the Army Music Recruiting liaison with the 5th Recruiting Brigade. She proctors auditions, conducts Army music outreach and awareness tours and presentations at high schools, universities and music conventions for the U.S. Army Music Program.

Sgt. 1st Class Thomas Richardson, from Halifax County, Va., is the operations NCO for the 412th Contracting Support Brigade. He directly supports 65 Soldiers and 234 Department of the Army civilians and is the primary liaison between the brigade S3 to one battalion, six contingency contracting teams and six contracting centers.



**Sgt. Dawn P. Casiano  
and Sgt. Thiago M. Alves**

Sgt. Dawn P. Casiano, from Princeton, Texas, is assigned to the 4th Reconnaissance Battalion as a supply administrative and logistics NCO. Her responsibilities include ensuring all supply administrative operations are accomplished to meet all procurement needs for five outlying companies within the battalion.

Sgt. Thiago M. Alves, from Recife, Brazil, is assigned to the 4th Reconnaissance Battalion. His responsibilities include being a personnel clerk, where he is responsible for pay, travel and administrative issues. He is also responsible for training Marines for honor guard duty and acts as a Sergeant of Marines.



**Petty Officer 1st Class Kadia Griffin and  
Petty Officer 1st Class Calvin Wilburn**

Petty Officer 1st Class Kadia Griffin, from Hollywood, Fla., is a Navy dental assistant program leading petty officer and instructor at the Navy Medicine Education and Training Command at JBASA-Fort Sam Houston. She is responsible for leading the daily operations of and providing instructional hours to students for the Navy Dental Assistant Program.

Petty Officer 1st Class Calvin Wilburn, from Killeen, Texas, is assigned to the Navy Information Operations Command Texas at JBASA-Lackland, where he is an administration department leading petty officer, guiding a team of 12 junior personnel in processing the administrative and pay and personnel requirements for more than 600 command personnel.



**Tech. Sgt. Jacqueline I. Crow  
and Tech. Sgt. Steven Nowicki**

Tech. Sgt. Jacqueline I. Crow from San Antonio is the intelligence NCO in charge at the 149th Fighter Wing's Operations Support Squadron. She ensures the intelligence team maintains the capability to provide timely and accurate operational support and fully trained personnel. Crow also develops scenarios for unit training missions and creates threat of the day briefs and mission planning studies for peacetime.

Tech. Sgt. Steven Nowicki is assigned to the 341st Training Squadron at JBASA-Lackland, where he is the team chief for the Military Working Dog Handler Course. Nowicki guides the instructor team that provides formal training in basic MWD principles.



**Petty Officer 1st Class Betsy L. Harrell and  
Petty Officer 1st Class Marco Rivera**

Petty Officer 1st Class Betsy L. Harrell, from Lenoir, N.C., is assigned to the U.S. Coast Guard Recruiting Office San Antonio. She is responsible for processing qualified applicants into the U.S. Coast Guard.

Petty Officer 1st Class Marco Rivera from Houston is assigned to the Coast Guard Cryptologic Unit Texas at the Texas Cryptologic Center at JBASA-Lackland. He is an intelligence specialist, performing a wide range of duties associated with the collection, analysis, processing and dissemination of intelligence in support of Coast Guard operations.

# 2015 marks numerous advances for women

Women's strides made big news throughout 2015, with graduating from Ranger School, to the appointment of the first black female Army surgeon general to Defense Secretary Ash Carter opening up all military occupational specialties, or MOSs, to women.

Here are some of the highlights:

## All Occupations Open To Women

On Dec. 3, 2015, Carter announced that beginning in January 2016, all Defense Department positions will be open to women, without exception.

For the first time in U.S. military history, as long as they qualify and meet specific standards, the secretary said women will be able to contribute to the mission with no barriers at all in their way.

"They'll be allowed to drive tanks, fire mortars and lead infantry Soldiers into combat," Carter added. "They'll be able to serve as Army Rangers and Green Berets, Navy SEALs, Marine Corps infantry, Air Force parajumpers, and everything else that was previously open only to men."

Even more importantly, he said, the military services will be better able to harness the skills and perspectives that talented women have to offer.

In a memorandum to the secretaries of all military departments and others, Carter directed the military services to open all MOSs to women 30 days from Dec. 3 – a waiting period required by law – and by that date to provide updated

implementation plans for integrating women into the positions now open to them.

Carter's announcement came after the Army had been opening many new positions for women in recent years.

For example, on Feb. 25, then-Army Secretary John M. McHugh signed Directive 2015-08, opening more than 4,100 positions to women in the U.S. Army Special Operations Command.

About 1,000 positions were opened to women following the 2013 rescinding of the Direct Ground Combat Rule by the defense secretary. This paved the way for women to serve in direct combat roles and in MOSs that were previously open only to males.

## Women Earn Army Ranger Tab

For the first time in Army history, two women were among the Soldiers who received the coveted Ranger tab Aug. 21, 2015.

The two female Ranger School graduates were 1st Lt. Shaye L. Haver and Capt. Kristen M.

Griest, both also graduates of the U.S. Military Academy at West Point, New York.

Army Chief of Staff Gen. Mark A. Milley, who attended the graduation, said Ranger School is the Army's "most grueling" leadership course, in a statement. The course no doubt stretched all 96 graduates "to and beyond their physical and emotional limits," he said.

"I'm proud of everything each of these Rangers has endured and I am confident they will go on to serve our Army and our nation. For those who have made it through this arduous course, you know that there is only one standard: The Ranger standard."

And then there was another.

When Maj. Lisa Jaster graduated from the Ranger course, Oct. 16, she became the third female Soldier to earn the Ranger tab.

A lesser known distinction setting Jaster apart was the fact that she is one of several thousand Soldiers, who



Photo by John Martinez

Acting Army Secretary Eric Fanning (left) swears in Lt. Gen. Nadja West as the 44th surgeon general of the Army and commanding general of U.S. Army Medical Command, Dec. 11, 2015.

serve their country under the auspices of a specialized component of the Army's Select Reserve: the Individual Mobilization Augmentee, or IMA, program.

Jaster is a U.S. Military Academy at West Point, New York, graduate and mother of two, married to a Marine Corps Reserve officer. In her civilian career, she is a project manager with Shell Oil Co. - specializing in oilfield issues. As a Soldier with MOS, 12A, engineer, she transferred from active duty to IMA status in May 2012.

## A Surgeon General First

Lt. Gen. Nadja West became the Army's first black surgeon general.

West became the Army's first female black lieutenant general and the highest-ranking woman to graduate from the U.S. Military Academy at West Point, N.Y.

The Senate confirmed West Dec. 9, 2015, for the position and Acting Army Secretary Eric Fanning administered the oath of office to her Dec. 11, making her the Army's 44th surgeon

general and commanding general of U.S. Army Medical Command, or MEDCOM.

West most recently served as the Joint Staff surgeon at the Pentagon.

The Army surgeon general provides advice and assistance to the Army secretary and chief of staff on all health care matters pertaining to the U.S. Army and its military health care system.

## Woman With Two Firsts

Brig. Gen. Diana Holland was named the first female commandant of cadets at the U.S. Military Academy at West Point, New York. She will assume command as the 76th commandant of cadets during a ceremony scheduled at West Point, Jan. 5.

Holland is serving as the deputy commanding general (support), 10th Mountain Division (Light) on Fort Drum, N.Y. She will replace Maj. Gen. John C. Thomson III, who

relinquished command of the Corps of Cadets during a ceremony at West Point. He has been named commanding general, 1st Cavalry Division on Fort Hood, Texas.

Acting Army Secretary Eric Fanning praised the selection of Holland. "Diana's operational and command experiences will bring a new and diverse perspective to West Point's leadership team," Fanning said. "She is absolutely the right person for this critical position."

"I am very honored to be named the next commandant of the U.S. Corps of Cadets," Holland said. "It's a privilege to be part of the team that trains and develops leaders of character for our Army. I look forward to continuing the legacy set by Maj. Gen. Thomson and all previous commandants."

Holland's other first was her previous assignment to 10th Mountain Division, which had never had a female general.

## First For Maryland

Maj. Gen. Linda Singh, the first black and first woman to serve as adjutant general of the Maryland National Guard, took command of the Maryland National Guard, Feb. 28.

"This is huge - just for the progress of women in leadership," Singh said.

Singh discussed the challenges of starting off in the Army as a young female enlisted Soldier in the 1980s. She recalled how, at the dawn of her career, a first sergeant told her that because of her pregnancy, she would not make it through advanced initial training. But of course she proved him wrong.

## Retrospective Of Progress

Female Soldiers and civilians at the Pentagon



Photo by Patrick A. Albright

Army Chief of Staff Mark A. Milley (left) shakes hands with Capt. Kristen M. Griest, one of the latest Soldiers to earn the Ranger tab at Fort Benning, Ga., Aug. 21, 2015.

# 2015 banner year for Army medicine

Army medical researchers continued to make great strides during 2015 in new technologies designed to save lives, reduce injuries and improve Soldier physical performance.

Some of the biggest Army medical news of 2015 came with the release of the first-ever Health of the Force report and the first-ever Performance Triad Sleep Summit.

## Health Of The Force Report

The Health of the Force report, released by Army Medical Command, or MEDCOM, provides a snapshot of the health of active-duty Soldiers on all major U.S.-based installations.

A MEDCOM spokesperson said the report will become even more valuable over time, as data is tracked and collected, to show improvements or the need thereof in key health indicators: injuries, behavioral health, chronic disease, obesity, tobacco use, sleep disorders, hospital admissions, and other health measures.

The report was a wake-up call for the important issue of Army readiness. Medical readiness was not achieved by 17 percent of Soldiers, according to the report.

Noted also in the report, injuries affect nearly 300,000 Soldiers annually. Some individuals experience multiple injuries in a single year, impacting personal readiness and increasing the burden on medical systems. Approximately 1,295 new injuries per 1,000 Soldiers were diagnosed in 2014.

Also in the report, about 15 percent of Soldiers had a diagnosed behavioral health disorder. Among behavioral health diagnoses, adjustment disorder, mood disorders and anxiety disorders were most common.

## Sleep Summit

The Army Office of the Surgeon General-, or OTSG-sponsored Performance Triad Sleep Summit took place Dec. 7 to 9. Future sleep summits are planned once every two years, according to an OTSG spokesperson.

The Health of the Force report, released a day after the sleep summit, notes that one-third of Soldiers get five

hours or less of sleep per night and 62 percent of Soldiers get less than seven. The report lists effects of inadequate sleep, including increased likelihood of injuries, behavior disorders, anxiety, post-traumatic stress and depression.

And, the report notes very sobering information that “individuals who routinely get five to six hours of sleep perform much like a person with a blood alcohol content of 0.08.”

Experts at the sleep summit had their work cut out. They tackled a wide range of issues:

- Sleep data needs to be better tracked
- Physicians need better training in sleep therapy, not just prescribing medications
- Better sleep guidelines need to be published
- Sleep recommendations need to be in the curriculum at the school houses
- An Army-wide culture shift is needed in viewing sleep as a better performance resource

## Army Surgeon General Honored

Among big news this month was the retirement of the Army's Surgeon General Lt. Gen. Patricia Horoho.

During her retirement ceremony, Dec. 15, Army Chief of Staff Gen. Mark A. Milley said, “I was there [in Afghanistan] to witness her performance, and it was incredible. There are many, many lives today that would not be living without the efforts of Patty Horoho.”

While deployed to Afghanistan, Horoho helped improve tactical combat casualty care, medevac procedures, getting needed care during the critical “golden hour” following wounds or injuries, tele-behavioral health and resiliency training. She encouraged sleep discipline, looking after women's health, health records improvements,

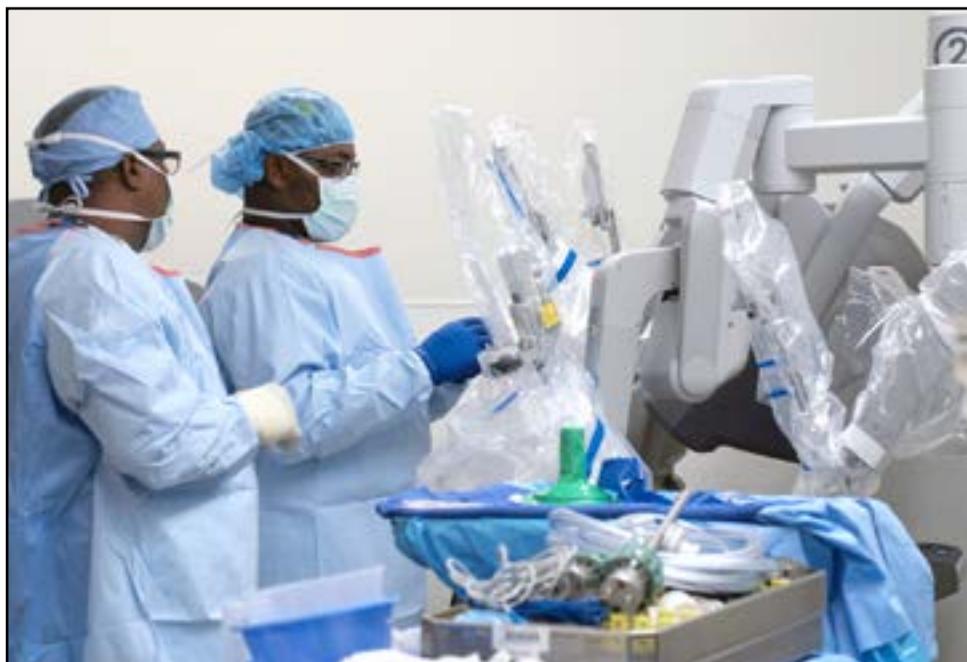


Photo by Eve Meinhardt

Surgical technicians prepare the da Vinci surgical system for a patient before a laparoscopic surgical procedure at Womack Army Medical Center on Fort Bragg, N.C., Aug. 12, 2015.

and much more, Milley said.

Following her deployment, she was the first woman, and the first non-physician in any service to serve as a surgeon general, “and that's an amazing achievement,” he added.

After Horoho's departure, Maj. Gen. Nadja West was sworn in as the Army's first African-American surgeon general.

## Ebola Mission Ends

The 20th Chemical, Biological, Radiological, Nuclear, Explosives Command, or CBRNE, departed West Africa in late May, following its success in combating the deadly Ebola virus as part of Operation Unified Assistance.

Col. Sven Erichsen, commander of the 48th CBRNE Brigade, said the highlight of deployment came in May, “when the World Health Organization declared Liberia Ebola-free after an epidemic that lasted over a year and took 4,000 lives.”

The World Health Organization declared Liberia free of Ebola, May 9, after 42 days without any new cases. Liberia was the country most impacted by the outbreak. In September 2014, Liberia was reporting 300 to 400 new cases a week.

Leading the transitional headquarters

for the humanitarian-assistance mission, Erichsen said his Soldiers served side-by-side with joint, interagency and allied organizations in Liberia.

In support of the U.S. Agency for International Development, the brigade worked together with the Centers for Disease Control, Uniformed Public Health Service, Disaster Area Response Teams and many other international and volunteer organizations.

The other major news on the Ebola front was that Army medical researchers made remarkable strides in protecting Soldiers and populations around the globe from Ebola and other diseases, said Army Vice Chief of Staff Gen. Daniel B. Allyn, citing a promising vaccine under development for Ebola.

“The rapid development of a promising vaccine illuminates the incredible ability and capacity of this team,” Allyn told researchers after touring the Walter Reed Army Institute of Research, or WRAIR, May 20.

A clinical trial at WRAIR of VSV-EBOV, a promising Ebola vaccine, preceded large-scale vaccine trials in Africa now. New vaccines like this one may help stave off future Ebola epidemics, Army researchers said.

The work of Army Medical Command,

WRAIR and the U.S. Army Medical Research Institute of Infectious Disease helped get the Ebola outbreak in West Africa under control, saving hundreds of thousands of lives, Allyn said.

The Ebola outbreak in West Africa was projected to reach 1 million cases, Allyn said.

“This team ... helped stop it at 11,000 - that’s 989,000 lives saved,” he said. “What the Medical Command, specifically this team of professionals, achieved is absolutely remarkable.”

### Enlisted-To-Doctor Pathway

For years, some had dreamed of becoming a doctor, a physician or a surgeon, but life had different plans. For a variety of reasons, they wound up enlisting in the military, some as medics, some in non-medical fields, some even made it to special operations. That first dream became something to be pursued someday, in another life, after the military.

In the Army, doctors and senior non-commissioned officers also spent years losing their most talented Soldiers to that dream, wishing they could offer them more opportunities while on active duty.

“This is something that I’ve wanted to see happen since I’ve been on active duty,” said retired Command Sgt. Maj. Althea Green-Dixon, director of recruitment and outreach for the F. Edward Hébert School of Medicine at the Uniformed Services University of the Health Sciences, or USUHS, and director of the new Enlisted to Medical Degree Preparatory Program.

In the new EMDP2 program, which the USUHS runs with George Mason University, qualified service members have the opportunity to devote two years to classroom study and preparing for the Medical College Admission Test, or MCAT. During that time, they don’t have to worry about deploying or training. Their sole duty is to be students.

### Robot-Assisted Surgery

Robots are increasingly assisting surgeons in operating rooms. For instance, take the one at Womack Army Medical Center, or WAMC, on Fort Bragg, North Carolina.

WAMC began using the da Vinci Surgical System in September for laparoscopic urology and gynecology surgeries. Two surgeons are using the system and additional surgeons are training to start performing procedures in the near future. The robot is already assisting with urology and gynecology surgeries and, once everyone is trained, will help perform general surgeries, as well.



Photo by Robert T. Shields

Maj. George Kallingal showcases a robotic surgical system while Lt. Col. Thomas Novak, Brooke Army Medical Center’s chief of pediatric urology, looks on at San Antonio Military Medical Center July 6, 2015.

“This is a relatively new technology initially intended for challenging surgeries in small places,” said Maj. Patrick McDonough, chief, Urology Services, WAMC. “It’s wristed, meaning that the arms have a full range of motion, and able to make precise, steady movements. It also allows you to see everything better while you’re operating.”

McDonough said that studies have shown that after a robot-assisted surgery, patients experience less post-operative pain, shorter stays in the hospital after surgery and less blood loss during the procedure.

Meanwhile, surgeons at Brooke Army Medical Center on Joint Base San Antonio, Texas, are using their own robot.

They and the robot performed surgery on Jose Collado Jr., age 2, son of Maj. Jose Collado and his wife Alma, in June, to remove a large cystic mass from behind his bladder. The procedure marks BAMC’s first robot-assisted pediatric surgery.

“The surgery was very successful,” said Lt. Col. Thomas Novak, BAMC’s chief of pediatric urology. “We were incredibly pleased at the outcome and at the impact we made on Jose’s future quality of life.”

Robotic technology, he explained, offers numerous benefits: it’s minimally invasive, more agile in small spaces, offers 3D high-resolution magnification for better views of the surgical site, and typically involves a quicker recovery time.

### ‘Most Wired’ Hospital

For the fourth consecutive year, San Antonio Military Medical Center, or SAMMC, at Joint Base San Antonio, Texas, has been named one of the nation’s “Most Wired” medical facilities for its innovative use of health information technology.

The Hospitals and Health Networks magazine named only two Army Medical Command facilities as “Health Care’s Most Wired” out of more than 2,213 U.S.

hospitals. SAMMC and Madigan Army Medical Center on Joint Base Lewis-McChord, Washington, were among the 338 organizations which made the list.

To be named “Most Wired,” hospitals must meet requirements in the following areas: infrastructure; business and administrative management; clinical; quality and safety (inpatient and outpatient hospital); and clinical integration (ambulatory, physician, patient and community). This year, hospitals also were required to demonstrate meaningful use of technology.

SAMMC was recognized for demonstrating some of the most advanced information technology, or IT use and adoption in the nation, said Lt. Col. David Bowen, BAMC’s chief information officer.

*(Editor’s note: Contributing to this roundup of 2015 medical news was David Vergun, Walter T. Ham IV, Lisa Ferdinando, Elizabeth M. Collins, Eve Meinhardt and Elaine Sanchez)*

## Lack of sleep leads to lack of readiness, experts say

By David Vergun  
Army News Service

Staff Sgt. Jacob Miller said he realized he was putting himself and others in danger more than once.

Miller, who spoke at the Army Office of the Surgeon General-sponsored Performance Triad Sleep Summit Dec. 9, 2015, was describing his thoughts while driving home tired after long duty hours, sometimes 26 hours at a stretch, as a drill sergeant.

Since those long days “on the trail,” Miller said Army guidance has directed more time for sleep for drill sergeants, but enforcement of that is still needed.

Miller, who was named the 2015 Drill Sergeant of the Year, added that a shift in culture and leader engagement are also necessary to change old thinking that going without sleep is the mark of a dedicated worker.

Besides safety, Miller said fatigue can impact family relationships. Lack of sleep or poor quality sleep adds to the stress of daily life and decreases quality time with the Family.

The other two periods of sleeplessness, Miller said, were during two tours in Iraq as a military policeman. He said effects on performance were “really noticeable,” but there were times when lack of sleep was unavoidable because of mission demands.

Col. Ramona Fiorey, acting director of Quality and Safety, U.S. Army Medical Command at the Pentagon, said senior Army leaders are taking sleep, along with activity and nutrition, seriously now. Those three things are termed Per-

formance Triad and are considered key factors to increasing performance and resilience and reducing injuries and accidents.

Lt. Col. Angela Simmons, chief, Center for Nursing Science and Clinical Inquiry, Madigan Army Medical Center, Joint Base Lewis-McChord, Wash., said there’s a lack of data linking safety to sleep within the Army and more needs to be done in that respect.

Col. Samuel Sauer, director of strategic programs, Joint Trauma Center, Fort Rucker, Ala., said “you can’t fix what you can’t measure.” He noted that data for how lack of sleep results in accidents is hard to come by because there’s no definition of what fatigue is, so it’s not being measured.

The solution, he said, is to “develop a standardized lexicon to use at safety centers for analysis.” That would facilitate data collection.

Maj. Sharron Lankford, G-3/7 at the U.S. Army Medical Department Center & School at Fort Sam Houston, said the Performance Triad, including sleep, needs to be built into programs of instruction at the school houses, as well as at recruit training.

Maj. Joseph Dombrowsky, a family physician sleep specialist at Fort Belvoir, Va., said primary care physicians are “ill-equipped” to handle sleep issues because of lack of training in diagnosis and treatment.

Furthermore, many physicians are not getting adequate sleep, he said, so “if they don’t do it for themselves, how can they help their patients?”

See SLEEP, P13

4 x 9.75 AD

# The Air Force Medical Service's year in review

By Kevin M. Hymel  
Air Force Surgeon General  
Public Affairs

In 2015, the doctors, nurses and technicians of the Air Force Medical Service, or AFMS, made a difference in the Air Force's mission, while new AFMS technologies and training exercises ensured air and space superiority.

By working with overseas partners, and helping the Resolute Support Mission in Afghanistan, AFMS aided the Air Force in rapid global mobility and precision engagements. Meanwhile, the service reinforced the Air Force's core values at home and abroad during a leadership transition.

## Technology

The AFMS saw advances in technology. In January, the U.S. Transportation Command launched the Transport Isolation System, which allows airplanes to move multiple patients with infectious diseases; and a computer-aided design and computer-aided machining helped the 779th Dental Squadron at Joint Base Andrews, Md., make same-day crowns and other tooth restorations, which used to take four to six weeks.

## SLEEP from P12

Maj. Scott Williams, Sleep Clinic chief at Walter Reed National Military Medical Center, Md., said it's important that sleep get its own "area of concentration," or AOC. Having its own AOC would mean that doctors, health providers and military psychologists could get in-depth sleep training, which would enable them

In February, a usable sweat sensor prototype, a Band-Aid-like device used to analyze a person's biometrics, underwent the first successful human trials at Wright-Patterson Air Force Base, Ohio.

In September, the 59th Medical Wing Emergency Medical Services at the Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio-Lackland, became the first Air Force unit to use the Perfusor Space Infusion Pump System to administer IV medications to patients on board ambulances.

And the Battlefield Airmen Trauma Distributed Observation Kit, or BATDOK, a computer program that runs on a smartphone, or other devices, and can monitor multiple patients and alert medics to someone needing critical care, went through more testing with the 711th Human Performance Wing, Human Effectiveness Directorate, at Wright-Patterson Air Force Base, Ohio.

## Training

The year also saw continuous training around AFMS as well as innovations in teaching and new programs to teach clinical teams.

In late January, the

to have sleep be their secondary specialty.

Maj. Amy Thompson, a brigade combat team surgeon on Fort Riley, Kan., said she'd like all of her doctors and physician assistants to get training in sleep-related issues, as she has seen the negative impacts lack of sleep has on readiness. She suggested that training take the form of a mobile training team since travel

first six Sustained Medical and Readiness Trained (SMART) program students graduated from the course at Nellis Air Force Base, Nev. To better teach students, a C-17 Globemaster III was shipped in parts to the U.S. Air Force School of Aerospace Medicine's Aeromedical Evacuation Training Facility at Wright-Patterson Air Force Base, Ohio.

AFMS teams trained in various exercises: Operation Joint Medic, a training exercise at the Silver Flag Alpha range complex in Nevada; Ultimate Caduceus 2015 at Naval Air Station Joint Reserve Base in New Orleans April 16, 2015, where teams conducted aeromedical evacuation training; MEDBEACH 2015, a joint service exercise at Patrick Air Force Base, Fla., which prepared military medical personnel for deployments; and the annual EMT Rodeo, where 21 medical teams of elite emergency medical technicians competed in 19 categories of competition over two days at Cannon Air Force Base, N.M.

## Overseas

Throughout the year, AFMS Airmen helped partners from other nations train and also lent a hand in crises.

costs for everyone would be prohibitive. About a 20-hour block of instruction would suffice.

Lt. Col. Ingrid Lim, sleep lead for Performance Triad, Office of the Surgeon General, Falls Church, Va., said there's an entire chapter on sleep in Field Manual 6-22.5 "Combat and Operational Stress Control Manual for Leaders and Soldiers."

As a result of the



Courtesy photo

Lt. Gen. (Dr.) Mark A. Ediger was promoted June 8, 2015, as the 22nd Air Force surgeon general at the Defense Health Headquarters in Falls Church, Va. He had been the deputy surgeon general since July 2012.

In January, Airmen from the 379th Expedition Medical Group trained with their Qatari counterparts at Al Udeid Air Base, Qatar, to enhance their ability to jointly respond to medical emergencies. In March, AFMS participated in Operation Pacific Angel, a humanitarian assistance operation in Quang Ngai, Vietnam, which ensured the two countries' militaries could work together in a crisis. AFMS also participated in Pacific Angel 15-4 in Goroka, Papua New Guinea, providing medical care for 3,895 patients, refurbishing

Performance Triad Sleep Summit, a number of working groups have been tasked with moving sleep to the forefront in terms of incorporating sleep into training and publications, she said. "It's still in the very early stages, but we're hopeful progress will be made."

Lim said five brigades have been involved in Performance Triad pilot studies and mid-term data

three schools for 3,000 students, and helping two local hospitals overhaul their ability to respond to emergencies.

As the Ebola crisis in West Africa receded, the Air Force wound down Operation United Assistance, which provided an air bridge into Liberia. After an earthquake hit Nepal on April 25, a team from the 36th Contingency Response Group assisted with communications between the U.S. Air Force, Department of State and the U.S. Agency for International Development with the Nepalese army.

Possibly the greatest overseas contribution came from Airman 1st Class Spencer Stone of the 65th Air Base Group at Lajes Field, Azores, who, with two friends, subdued a terrorist gunman onboard a train traveling through northern France Aug. 21, 2015. Stone later provided medical aid to a fellow passenger.

## Afghanistan

While American forces continued to retrograde from Afghanistan for most of the year, the AFMS provided valuable assistance treating the wounded and standing up the Afghan military's medical service.

is being collected.

Although information is still being collected, one significant change for Performance Triad has already been made, based on observations and interviews with participants, she said.

At the beginning of the study, squad leaders were tasked with coaching their Soldiers about Performance Triad. Now, the emphasis is on having platoon sergeants and platoon leaders take the

The Craig Joint Theater Hospital at Bagram Airfield treated both wounded and sick patients, boasting a 98 percent survival rate. Critical Care Air Transport Teams from the 455th Expeditionary Aeromedical Evacuation Squadron flew wounded service members to Ramstein Air Base, Germany; Al Udeid Air Base, Qatar; and other locations for higher care.

Throughout July, advisors with the Train, Advise, Assist Command-Air provided weekly training to the Afghan national army and Afghan air force to further develop and grow their flight medics' capabilities.

## Leadership

It was a year of change for AFMS leadership. Air Force Surgeon General Lt. Gen. (Dr.) Thomas W. Travis retired after a distinguished career. As his last official act he visited the 59th Medical Wing, Wilford Hall Ambulatory Center at Joint Base San Antonio-Lackland. On June 8, 2015, Lt. Gen. (Dr.) Mark A. Ediger was promoted as the 22nd Air Force surgeon general at the Defense Health Headquarters in Falls Church, Va. He had been the deputy surgeon general since July 2012.

lead on it because they can influence Soldiers "two levels up and two levels down."

She explained that while senior Army leaders and young Soldiers understand the importance of sleep, the mid-level leaders still don't have it in their culture. Platoon sergeants and leaders have a lot of influence with their first sergeants and company commanders and can better affect change.

# A Ranger's welcome back to Colombia

By Maj. Jamelle A. Garner  
U.S. Army South Public Affairs

History was made Dec. 6, 2015 as retired Col. Ralph Puckett Jr. took a trip back in time some 60 years to revisit Tolemaida, Colombia.

Puckett returned to the place where he was charged – as then-Capt. Puckett – to advise Colombians on the creation of their newly developed elite combat unit training school, Escuela de Lanceros, the school that has come to be known as the birthing ground for Colombian Lanceros.

Serving as the first U.S. Army advisor to the development of the Colombian Lancero School in 1955, Senior leaders of the Colombian military, met Puckett and gave him a warm, “hero status” welcome.

Maj. Gen. Alberto Jose Mejia Ferrero, national army commander, greeted the now 89-year-old Puckett as he landed in Tolemaida with a heartfelt embrace and gratitude for attending the 2015 graduation. Sunday's graduation marked the 60th anniversary of the Escuela de Lanceros.

Puckett, a Korean War veteran, said attending the graduation in Tolemaida was, “... a homecoming. I am in the home place of Lanceros. I remember very well my time with them 60 years ago.”

In a speech in front of the 2015 graduating Lancero class, members of the Lanceros' families and several military dignitaries, Puckett reflected on the changes and improvements that have occurred for the school since 1955.

“When we picked this

place to build the school, there was nothing,” Puckett said. “Now there stands a place to learn the military arts from hand-to-hand combat to battlefield tactics. It is equal to none other.

“This is a great day for me I am proud to be in the land of the Lanceros. This is a great day for you all,” he said to the new graduates.

In addition to the homecoming for Puckett, Maj. Gen. K.K. Chinn, U.S. Army South commanding general; retired Lt. Gen. P.K. Keen, former U.S. Army South commander; and Brig. Gen. Kurt L. Sonntag, commander for U.S. Army Special Operations Command South, were in attendance to witness history in the making as Lanceros past and present paid honor to Puckett for his contributions in building the Lancero school.

Mejia and Gen. Juan Pablo Rodriguez Barragan, Military Forces of

Colombia commander, presented various Colombian military awards to the U.S. delegates. These awards included the Medal of Military Merit to Chinn and Sonntag and the “Fe en la Causa” to Puckett and Keen.

The “Fe en la Causa” medal, created in 2010, highlights the importance of the human resource. The Colombian army designed the “Fe en la Causa” medal to recognize soldiers and civilians whose actions embody the spirit of ethical behavior and dedication to the cause and the nation. Puckett also received the distinctive Lancero Instructor Badge that he is attributed to developing.

“I suggested that it should be like the one that the U.S. Army awards to Soldiers who have participated in combat (the Combat Infantry Badge), but the rifles should be changed for the inscription in capital letters of LANCERO,”

Puckett said.

“The men who have passed through our school since Dec. 6, 1955 have reflected in their skin the hardness and rigor of the battle. Luckily for our Army, the tactical philosophy cultivated with deep mysticism and vocation by those who have had the honor of directing the faith of the school has strengthened over time encouraging the unavoidable commitment to train and prepare the best fighters,” Rodriguez said.

One of the men to pass through and graduate the Lancero School on this day was Staff Sgt. Porfirio Perez from Ingram, Texas, who is currently assigned to 7th Special Forces Group, out of Eglin Air Force Base, Fla.

“It was a solid course and it will forever help me in understanding the doctrine and how the Colombian military operates,” Perez said.

After the pageantry of the graduation ceremony that included fireworks, rappelling and enormous snakes held by the graduates, Puckett was besieged by well-wishers and former Lanceros who remembered him from his time in Tolemaida as an advisor.

A tired, but jubilant, Puckett said he was honored to talk to and take pictures with them all.

“It was a wonderful time to have the opportunity to speak to some of the ones who are doing the job today,” Puckett said. “They are doing much better than when I was here. They have improved tremendously and I am proud of them.”

When asked his thoughts on the Lancero School of today, Puckett



Photos by Maj. Jamelle A. Garner

During the 2015 Lancero Ranger graduation in Tolemaida, Colombia, Maj. Gen. Alberto Jose Mejia Ferrero (left) awards retired Army Col. Ralph Puckett the “Fe en la Causa” medal for his dedication to building the Lancero school.

noted, “Each tour and cycle has progressed and gotten better. They’ve improved and they do a tremendous job. It’s unbelievable what they do.”

Puckett, an inaugural inductee in the U.S. Army Ranger Hall of Fame due to his extraordinary courage and distinguished service as commander of the Eighth Company of Rangers in the Korean War, was also an instructor at the then-named U.S. Army Infantry School Ranger Department, which was later known as Ranger School.

Four hours after landing in Tolemaida, Puckett

boarded the military aircraft that would take him away, once again from the Lancero School that is forever intertwined with his life's history and work.

On the flight back, Puckett was asked his opinion on the recent U.S. Army change allowing females to attend Ranger School.

Puckett resides in Columbus, Ga. with his wife, the former Jean Martin. The retired colonel lives in the same city where Ranger students train, at Fort Benning, Ga. – proof positive that Rangers stick together.



Maj. Gen. K.K. Chinn (left), U.S. Army South commanding general, poses with the sole U.S. Army graduate from the 2015 Lancero Ranger School, Staff Sgt. Porfirio Perez in Tolemaida Colombia, Dec. 6, 2015.



Retired Col. Ralph Puckett shares a story about how his name came to be misspelled on the Lancero plaque, noting that they thought he had the word “Pocket” written where his nametag was so he could remember where his pockets were.

# U.S. Army All-American Bowl showcases nation's best football players

The U.S. Army All-American Bowl is the nation's premier high school All-American game, featuring the best 90 players in a classic East vs. West match-up in San Antonio's Alamodome at noon Saturday.

Last year's U.S. Army All-American Bowl marked the 15th anniversary of the game and drew a crowd of 35,687. This year's game takes place at noon Saturday, broadcast live nationally on NBC and live across the world to service members deployed overseas.

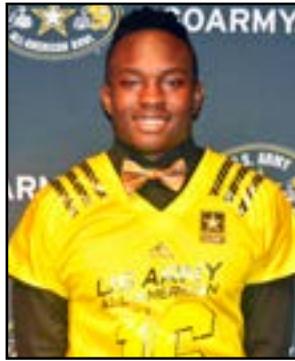
Each year, the U.S. Army All-American Bowl provides a glimpse into the future of college and

pro football. The history and tradition of the U.S. Army All-American Bowl is highlighted by Heisman Trophy winners and NFL MVPs.

A total of 299 U.S. Army All-Americans have been selected in the NFL Draft.

The bowl has consistently featured the nation's most elite football players, providing a launching pad for college and NFL stars such as Andrew Luck (2008), Odell Beckham Jr. (2011), Jamaal Charles (2005), Patrick Peterson (2008), Ezekiel Elliott (2013) and hundreds more.

Joining the players in being honored as Army All-Americans



Courtesy photo

Defensive lineman Mark Jackson Jr. of Byron P. Steele High School in Cibolo, Texas, will represent the local area at the U.S. Army All-American Bowl.

and performing in the Alamodome will be the U.S. Army All-American Marching Band, comprised of 125 of the

nation's finest young musicians who perform during halftime.

The All-American Bowl excitement gets started every fall when each U.S. Army All-American player and marching band member is honored during a pep rally at their school in front of army representatives, classmates, teammates, family members, school administrators and media.

The U.S. Army All-American Selection Tour touches more than 1.5 million students, athletes, coaches and families throughout the 10-week tour.

Selection as a U.S. Army All-American is an important and prestigious honor for these athletes and musicians.

Only the strongest are chosen to wear the Army colors, and these young men and women truly embody the characteristics of the Army Strong Soldier – demonstrating strength through loyalty, duty, respect, selfless service, honor, integrity, and personal courage on a daily basis.

Activities throughout Bowl Week help connect these All-American athletes and musicians with Army Soldier Heroes from around the country and provide better understanding of what it takes and what it means to be an Army Strong Soldier and an All-American.

San Antonio residents can cheer for local product Mark Jackson Jr. of Byron P. Steele II High School in Cibolo, as he has been selected to join an elite group of All-Americans for the 2016 U.S. Army All-American Bowl.

The 6-foot, 226-pound defensive lineman is



File photo

U.S. Army All-American Bowl players get pumped up in the huddle before last year's matchup at the Alamodome.

described as a defender with quick feet and a high motor. He works hard to make a play, even if it is away from his side of the field.

Jackson anchors the edge with regularity and he can fire off the snap to disrupt plays before they begin. His speed and athleticism present major troubles for offensive tackles.

"Mark has demonstrated versatility and adaptability both on and off the football field," said Mark S. Davis, deputy assistant secretary of the Army for marketing.

"It is these skills – skills we instill in every Army soldier – that have guided our selection of all of the 2016 U.S. Army All-American Bowl players. We are pleased to welcome these talented athletes to this year's elite team and we congratulate each of them on their selection."

Jackson Jr. was selected by the U.S.

Army All-American Bowl Selection Committee, which consists of All American Games, 247Sports and XOS Digital. U.S. Army All-Americans are eligible for the U.S. Army Player of the Year Award, the Anthony Muñoz Lineman of the Year Award, the American Family Insurance Defensive Player of the Year Award, the Pete Dawkins Game MVP Award and the Felix "Doc" Blanchard and Glenn Davis Awards.

As a result of Jackson being selected for the U.S. Army All-American Bowl, his head coach, Scott Lehnhoff, is invited to attend the U.S. Army Coaches Academy, an elite three-day learning experience, and participate in Bowl Week activities.

Jackson has committed to attending Texas A&M University after graduation.

(Source: U.S. Army All-American Bowl)



File photo

Soldiers welcome a U.S. Army All-American Bowl player onto the field at the Alamodome in San Antonio before the 2015 bowl game.



**Holiday Closures**

The JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797, is closed Jan. 18, in observance of Martin Luther King Jr. Day. Call 221-2418 or 221-2705.

**Closed for Training**

The Military & Family Readiness Center, building 2797, is closed every first and third Thursday from 1-4:15 p.m. for in-service training. Call 221-2418 or 221-2705.

**Employment Readiness Orientation**

Mondays, 9-10 a.m. Military & Family Readiness Center, building 2797. Learn about employment resources and review services offered. Call 221-2380.

**Helping Us Grow Securely (HUGS) playgroup**

Tuesdays, 10 a.m. to noon, Middle School Teen Center, building 2515. An interactive playgroup for infants and toddlers; open to parents and their children, ages 5 and under. Registration not required. Call 221-2418.

**Army Pre-Separation**

Tuesday-Friday, 8:30-11:30 a.m. Soldier for Life, building 2263. A mandatory counseling for all Soldiers separating from federal service. Begin the process 18-months prior to separation date. Call 221-1213.

**Post-Deployment**

Wednesdays, 1-3 p.m., Military & Family Readiness Center, building 2797. Service members scheduled to deploy, go on temporary duty for longer than 30 days or go on a remote assignment are required to attend this briefing. Call 221-2418.

**Anger Management**

Monday and Thursday, 9-11 a.m., Military & Family Readiness Center, building 2797. This is a four-part series that must be attended in order. Learn to identify triggers, signals, expressions of anger, and techniques to effectively control anger. Call 221-2418.

**Air Force Pre-Separation**

Jan. 19, 9 a.m. to Noon, Military & Family Readiness Center, building 2797. Airmen planning to separate from the federal service must attend a mandatory counseling. Begin the process 18 months prior to your separation date. Register at 221-2380.

**Car Seat 101**

Monday, 1-3 p.m., Military & Family Readiness Center, building 2797. Review the basics of car seat installation and make sure your child is seated properly within their car seat. This class is required before attending the Safety Seat Clinic. Call 221-2418.

**TAP-Goals, Plans, Success (GPS)**

Monday through Jan. 15, 8 a.m. to 4 p.m., Soldier for Life, building 2263. A mandatory five-day workshop for all service members separating from the military. The GPS workshop is facilitated by the Department of Labor, Veterans Administration and M&FRC. Pre-requisite course is Pre-Separation Counseling. Call 221-1213.

**Peer-to-Peer Support Group**

Tuesday, 9:30-11:30 a.m. SFAC, building 3639. Caregivers have the opportunity to build a peer support network, share experiences and information with a safe place to talk. Lunch is provided after the morning session. Call 221-2705.

**Army FAP Unit Training**

Tuesday, 9-11 a.m. and 1-3 p.m., Military & Family Readiness Center, building 2797. Mandated Unit Family Advocacy Training in accordance with Army Regulation 608-18 regarding domestic and child abuse identification, reporting and prevention. Other topics covered include the Lautenberg amendment, restricted/unrestricted reporting and transitional compensation program. Seating is limited; call to reserve seats for your unit. Reservations will be accepted up to a week in advance. Call 221-2418.

**Citizenship, immigration assistance**

Tuesday, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Review American customs and cultures, or meet with a Citizenship & Immigration Service

officer for assistance with applications. Eligible patrons will take the oath of allegiance at a naturalization ceremony beginning at 2 p.m., Jan. 26. Registration not required. Call 221-2705.

**Accessing Higher Education (ACES)**

Tuesday-Wednesday, 7:30 a.m. to 5 p.m., Education Center, building 2408. A two-day track for service member with a Bachelor's degree in pursuit of higher education. Review education requirements and resources that may support personal goals. Call 221-1213.

**VOYA Nomination Process**

Wednesday, 1-3 p.m., Military & Family Readiness Center, building 2797. Review the new nomination form and learn how to submit a package for 2016. This workshop will review helpful tips in writing a winning nomination. Nominations submitted on forms from previous years will not be accepted as they are obsolete. In order for your volunteer to be considered for the 2016 VOYA, nominations must be submitted no later than Feb. 29. Call 221-2380.

**Resume Writing Techniques**

Wednesday, 9-11 a.m., Military & Family Readiness Center, building 2797. Learn about the different resume formats and which one to use when writing a non-Federal resume. Get tips on how to effectively write summary statements, employment history and more. Call 221-2380.

**Relocation, Overseas Orientation**

Wednesday, 10-11 a.m. & 2-3 p.m., Military & Family Readiness Center, building 2797. Mandatory for personnel E-5 and below. Topics cover entitlement, shipment of household goods, emotional stressors of relocation, employment, and education. Only one session is needed. Call 221-2705.

**Bringing baby home**

Wednesday and Jan. 27, 9 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. This two-part series must be attended in order. Knowing what to expect will help ease the overwhelming feeling of preparing for your newborn baby's homecoming. Both parents

are encouraged to attend. Call 221-2418.

**Family Readiness Group Forum**

Wednesday, 11 a.m. to noon, Military & Family Readiness Center, building 2797. An open forum that provides networking and an opportunity to discuss issues, share lessons learned, facilitates questions and discussions. Call 221-2418.

**Volunteer Advisory Counsel**

Thursday, 9-10 a.m., Military & Family Readiness Center, building 2797. A monthly meeting for agencies with volunteers to discuss current issues, share program plans, success and proposed events. Call 221-2380.

**Trauma In The Unit**

Thursday, 8 a.m. to Noon, Military & Family Readiness Center, building 2797. Provides information and guidance to leaders on how to help service members, families and units understand and respond when traumatic events occur. Call 221-2418.

**Pre-Deployment**

Thursday, 1-3 p.m., Military & Family Readiness Center, building 2797. Service members scheduled to deploy, on temporary duty for longer than 30 days or go on a remote assignment are required to attend this briefing. Call 221-2418.

**Children in the Middle**

Thursday and Jan. 28, noon to 4 p.m., Military & Family Readiness Center, building 2797. A two-part series, must be attended in order. This free workshop meets the Texas court-ordered requirements for divorcing parents. Call 221-2418.

**Spouse Information Fair**

Thursday, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Meet with over 20 local military agencies and learn about services offered. Registration not required. Call 221-2705.

**Newcomer's Orientation**

Jan. 15, 8 a.m. to Noon, Military & Family Readiness Center, building 2797. Mandatory in-processing briefing for all military and civilian personnel newly assigned to JBSA. Service members must coordinate

with their unit personnel coordinator or commander support element. Spouses are welcome to attend; all patrons must be seated by 7:50 a.m. Call 221-2705.

**FRG Leadership Academy**

Jan. 19, 8:30 a.m. to 4:30 p.m., Military & Family Readiness Center, building 2797. This training covers key positions, roles and responsibilities. Establish a network, resources and communications. Call 221-2418.

**Instructor Trainer Course (ITC)**

Jan. 19-20, 8:30 a.m. to 3:30 p.m., Military & Family Readiness Center, building 2797. A professional development course designed to improve instructional skills. ITC modules include platform skills, the adult learner, characteristics of effective instructors, managing the learning environment, and the preparation process. Call 221-2380.

**Air Force Pre-Separation**

Jan. 19, 9 a.m. to Noon, Military & Family Readiness Center, building 2797. Airmen planning to separate from the federal service must attend a mandatory counseling. Begin the process 18-months prior to your separation date. Call 221-2380.

**OPM Federal Application Process**

Jan. 19, 1-4 p.m., Soldier for Life, building 2263. Review the Federal employment process and careers offered within the Federal government. Learn about resources that support the Veterans Employment Program, skill translators, resume builders and more. Call 221-1213.

**Coffee Talk EFMP Support Group**

Jan. 20, 11:30 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. This EFMP support group meets monthly for a casual dialogue to share helpful resources and ways to overcome challenges. Call 221-2705.

**VOYA Nomination Process**

Jan. 20, 9-11 a.m., Military & Family Readiness Center, building 2797. Review the new nomination form and learn how to submit a package for 2016. This workshop

will review helpful tips in writing a winning nomination. Nominations submitted on forms from previous years will not be accepted as they are obsolete. In order for your volunteer to be considered for the 2016 VOYA, nominations must be submitted no later than Feb. 29. Call 221-2380.

**Interviews, Dress For Success**

Jan. 20, 9-11 a.m., Military & Family Readiness Center, building 2797. Take pride in your appearance and follow expected guidelines of what to wear and be prepared for your interview. Discover ways to make a connection. Call 221-2380.

**Sponsorship Application training**

Jan. 20, 2-3 p.m., Military & Family Readiness Center, building 2797. Mandatory training for military sponsors. Review roles and responsibilities of a sponsor. The Electronic Sponsorship Application & Training website at <http://apps.militaryonesource.mil/ESAT> provides registration, training certificates, sponsorship duty checklist, newcomer needs assessment, welcome packet and links to important Department of Defense and service relocation websites. Call 221-2705.

**Career Technical Training**

Jan. 20-21, 8 a.m. to 5 p.m., Service members will receive guidance and help in selecting technical training schools and technical fields. Review accredited institute applications, scheduling a session with a counselor or a career technical training expert, and VA vocational education counselors. Call 221-1213.

**Pre-Deployment**

Jan. 21, 9-11 a.m., Military & Family Readiness Center, building 2797. Service members scheduled to deploy, going on temporary duty for longer than 30 days, or go on a remote assignment are required to attend this briefing. Call 221-2418.

**Safety Seat Clinic**

Jan. 21, 1:30-3:30 p.m., fire station, building 3830. Make sure your child is safe while traveling on the road by ensuring restraints are properly installed and fit the



**All Veterans Career Fair**

A career fair for military veterans and their spouses is being held from 11 a.m. to 3 p.m. Thursday at the Norris Conference Centers-San Antonio, 618 NW Loop 410,

suite 207. There will be national, regional and local job opportunities, as well as entrepreneurial and educational offerings. This event is being produced by RecruitMilitary in partnership with the Disabled American Veterans organizationb. Call 513-677-7035 for more information.

**Van Autreve Sergeants Major Association**

The Sgt. Maj. Of the Army 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. Call 539-1178.

**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.

**INSIDE from P16**

child appropriately. Child and vehicle must be present; parents will be seen by appointment only. Prerequisite course is Car Seat 101. Call 221-2418.

**Caregivers New Year Social**

Jan. 22, 6-10 p.m., Military & Family Readiness Center, building 2797. Caregivers and their warriors from all branches of service are invited to join us at the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center for an evening in honor of the caregiver. Join us for a dinner buffet, live music, DJ, dancing, a photographer and door prizes. To reserve a seat, call 501-606-1990. Business casual attire.

**Trails & Tales Guided Tour**

Jan. 22, 8 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. A guided tour of Joint Base San Antonio- Fort Sam Houston; learn about old and new structures that share a rich history dating back more than 150 years. Patrons must be ready for departure at the JBSA-Fort Sam Houston Military & Family Readiness Center by 8 a.m. Due to limited seating, registration is required. Call 221-2705.

**Accessing Higher Education (ACES)**

Jan. 25-27, 7:30 a.m. to 5 p.m., Education Center, building 2408. A three-day track for those pursuing higher education. Review education requirements and resources that may support personal goals. Call 221-1213.

**Army FAP Unit Training**

Jan. 26, 9-11 a.m. /1-3 p.m.,

Military & Family Readiness Center, building 2797. Mandated Unit Family Advocacy Training in accordance with Army Regulation 608-18 regarding domestic and child abuse identification, reporting, and prevention. Other topics covered include the Lautenberg amendment, restricted/unrestricted reporting and transitional compensation program. Seating is limited; call to reserve seats for your unit. Reservations will be accepted up to a week in advance. Call 221-2418.

**Citizenship, Immigration Assistance, Ceremony**

Jan. 26, 9 a.m. to noon, Ceremony 2 p.m., Military & Family Readiness Center, building 2797. Review American customs and cultures, or meet with a Citizenship & Immigration Service officer for assistance with applications. Eligible patrons will take the oath of allegiance at a naturalization ceremony at 2 p.m. Registration not required. Call 221-2705.

**Boots To Business Entrepreneurial Track**

Jan. 26-27, 8 a.m. to 4 p.m., Soldier for Life, building 2263. A two-day entrepreneurial education workshop hosted by the Small Business Administration. Discuss the opportunities and challenges of business ownership, review steps for evaluating business concepts, foundational knowledge required to develop a business plan, and information on SBA resources available to help access start-up capital and additional technical assistance. Call 221-1213.

**Salary Negotiation, Social Media**

Jan. 27, 9-11 a.m., Military & Family Readiness Center, building

2797. Learn the skill of salary negotiation and tap into the power of social media to find jobs and market yourself. Call 221-2380.

**Volunteer Management Information System**

Jan. 27, 9-10 a.m., Military & Family Readiness Center, building 2797. Volunteers will receive hands-on training with the Volunteer Management Information System. Open to all registered volunteers. Call 221-2380.

**Volunteer Orientation**

Jan. 27, 10-11 a.m., Military & Family Readiness Center, building 2797. Volunteers newly assigned to the M&FRC will in-process and receive training on their responsibilities. Call 221-2380.

**FRG Key Caller**

Jan. 27, 1-4 p.m., Military & Family Readiness Center, building 2797. This training defines the Family Readiness Group key caller's role and responsibilities, address issues key callers may face and identifies resources. Call 221-2418.

**Special Education Support**

Jan. 30, 10 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. Parents interested in attending this workshop must registration by Jan. 25. This class requires a minimum of 12 participants. Review and navigate the educational system, parents receive information on special education laws, ARD/IEP process, individualized support, and how to understand and access the available resources to help support their child's education. Participants will receive a meal, childcare, and a certificate with 3 credit hours. Call 221-2705.

**HOROHO from P5**

and sisters in arms."

Milley noted that her husband, Ray, is a retired Army colonel and since retiring, he's been a good supporting spouse and has volunteered his time to help Soldiers and their Families.

The Horohos have two children, Maggie, who is pursuing an FBI career, and John, an Army cadet at the College of Charleston, who will be commissioned next year. Milley presented John

his mother's second lieutenant bars.

For her 33 years of distinguished service, Milley awarded Horoho the Distinguished Service Medal.

Notable guests included former Army Chief of Staff Gen. Eric Shinseki and Ann Campbell, wife of Gen. John Campbell, the commander of all U.S. forces in Afghanistan.

Milley said it was fitting that the ceremony took place here, as Fort Myer has had a rich medical history, dating back to the Civil War,

when battlefield hospitals on post took care of the sick and wounded.

In all, some 85 hospitals were built throughout the Washington, D.C. area during the Civil War, including Walter Reed, which Horoho once commanded, he noted.

In conclusion, Milley said Horoho has been "a transformational leader focused on improving care and reforming the entire Army medical system; from health care delivery to patient care to a proactive system of health."

**WOMEN from P9**

had an opportunity to learn and trade ideas on how to empower themselves at a symposium, March 23.

In recognition of Women's History Month, the Army G-8 and the Office of the Assistant Secretary of the Army for Financial Management and Comptroller held its fifth annual women's symposium.

Krystyna M.A. Kolesar, who serves as deputy director for program analysis and evaluation in the G-8, kicked off the event, telling the back stories of women's firsts and their contributions, such as Delilah L. Beasley, a newspaper columnist and historian who was the first black to be regularly published in a major metropolitan newspaper. She also talked about the impact of the 19th Amendment to the Constitution,

which gave women the right to vote on Aug. 18, 1920, even though President Woodrow Wilson had opposed suffrage.

Hosting the symposium, Lt. Gen. Karen E. Dyson, military deputy to the assistant secretary of the Army (financial management and comptroller) and one of only five three-star women Soldiers, introduced the panel of two colonels and two Army senior executives.

"What you have here are some very complex women who are on our team and every one of them has a graduate degree and has either been through senior executive civilian training or one of the many war colleges," she said, adding that they had all worked at different levels in and outside of the Army as well as in different defense agencies and at the White House.

"They really demonstrate to all of us, the

richness that they've built within their own careers over the years by having the courage to travel," Dyson said. "When I say the courage, it does take a little bit of courage to travel, though for the colonels, it was a bit easier for us because we sort of got told along the way where we would be going.

"That might be a question to ask yourself - are you on a career path that you're happy with," she said. "Sometimes it's not our choice to travel, but it forces us out to do things, completely different things... that can be marked by change and opportunity -- sometimes the change creates the opportunity -- sometimes the opportunity creates the change."

*(Editor's note: Contributors included David Vergun, Cheryl Pellerin, David Ruderman, Gary Sheftick and J.D. Leipold)*

**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.

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