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## BAMC team makes medical history with heart-lung bypass mission

By Elaine Sanchez  
 BAMC Public Affairs

A Brooke Army Medical Center team made medical history recently by completing the military's first trans-Atlantic movement of an adult on external lung support.

A team of Army and Air Force doctors and nurses treated the patient with extracorporeal membrane oxygenation, or ECMO, during a nonstop C-17 Globemaster III flight from Germany to San Antonio – a 5,000-mile, 11-and-a-half-hour trek.

ECMO is a lifesaving heart-lung bypass system that circulates blood through an external artificial lung before sending it back into the patient's bloodstream, giving a critically ill patient's lungs or heart time to heal, explained Air Force Lt. Col. (Dr.) Jeremy Cannon, ECMO director and trauma chief at San Antonio Military Medical Center, BAMC's inpatient facility.

"This historic mission was a true demonstration of our commitment to caring for service members and their families," Cannon said, "no matter how ill or far away they are."

Cannon first learned of the patient, an active-duty Army spouse, late last month. She had been admitted to a German civilian hospital with a respiratory illness that was compounded by infection.



Photo by Senior Airman Hailey Haux

A specialized medical team ensures a patient is safe and ready for takeoff July 10 at Ramstein Air Base, Germany. A team of Brooke Army Medical Center doctors and nurses treated the patient with extracorporeal membrane oxygenation, or ECMO, during a nonstop C-17 Globemaster III flight from Germany to San Antonio.

See ECMO, P17



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# JBSA-FSH Employee Assistance Program offers civilian employees free confidential counseling

By **Lori Newman**  
JBSA-Fort Sam Houston  
Public Affairs

Mike, a civilian employee, needed help to cope with some personal and professional issues. He self-referred to the Employee Assistance Program at Joint Base San Antonio-Fort Sam Houston.

"I have been diagnosed with depression," he said quietly.

Mike suffers from something called survivor's guilt. He said he was depressed because even though he retired from the military after 30 years, he never served in combat.

There were other issues weighing on Mike. His wife is a breast cancer survivor and he has a child with autism. He has been dealing with an aging parent and the loss of a beloved pet.

He was also taking prescription medications for chronic back pain.

Mike realized he had a problem he couldn't deal with alone, so he contacted Steve Henry, an Employee Assistance Program coordinator at JBSA-Fort Sam Houston.

"It was the only safe and non-threatening place where I had no fear of reprisal," Mike said.

In the beginning, Mike saw Henry on a daily basis.

"Looking back I was probably taking the medication more than I should have," Mike said. "But I legitimized it by telling

myself that if a doctor prescribed it, I could take it.

"Steve was able to talk to me about that. He was able to help get me off the prescription pills and help me arrange for other professional counseling," Mike said.

Michelle's supervisor thought she had a problem managing her anger in the workplace and was taking her stress out on her co-workers.

When she first went to see Henry, she said she wasn't happy about being sent there.

"I was sitting on the edge of my seat, all tense and shaking my legs back and forth," she said.

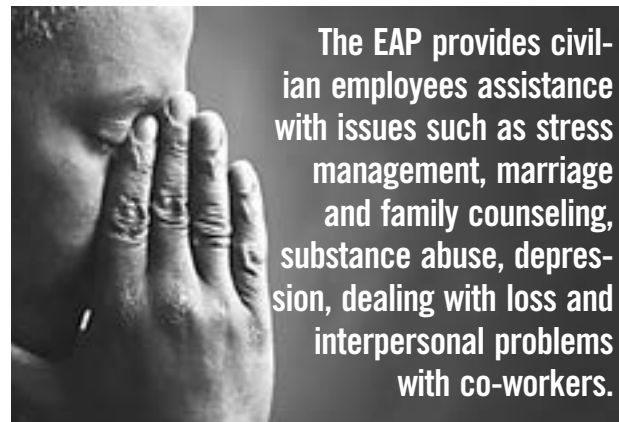
"Mr. Henry took it upon himself to find the right words to calm me down," she remembered. "When I walked out of there, I was laughing and having a good time."

"I went in not knowing what they had to offer," Michelle said. "When I got there, Mr. Henry explained what the program was all about. I just kind of opened up and told him what had happened."

Michelle had a confrontation with one of her co-workers and said she felt they were cornering her and not giving her a straight answer.

"Mr. Henry was able to help me out with my stress levels, my anger issues and my frustration," she explained.

Henry helped Michelle realize she can't control what other people think or say and how they act



The EAP provides civilian employees assistance with issues such as stress management, marriage and family counseling, substance abuse, depression, dealing with loss and interpersonal problems with co-workers.

and feel.

"I can only control myself," she said. "By speaking to him, I've been able to be more at ease when an issue arises."

Michelle's supervisor also went to talk to Henry.

"I think we have a better understanding of each other now," Michelle said.

Now she refers co-workers to EAP because she thinks it will help them.

The EAP provides civilian employees assistance with issues such as stress management, marriage and family counseling, substance abuse, depression, dealing with loss and interpersonal problems with co-workers.

Any JBSA employee can utilize these services at JBSA-Fort Sam Houston whether they are Army, Air Force or Navy. That includes retired civilian employees and their spouses, on a space-available basis.

"I don't turn anybody away," Henry said.

"The program is strictly confidential. I strongly

urge people to talk to their supervisor and let them know what's going on because their supervisor can also provide resources to help them."

"My responsibility is the safety and security of the individual and to the area where they work," he said.

EAP also offers short-term one-on-one counseling on job performance.

"Regardless of why you go there, whether it is for a serious incident or you're trying to manage your stress, the program is excellent," said Amy, another civilian employee.

"It really helps balance the workplace and your home life. It's holistic; it should be part of a wellness program."

JBSA-Fort Sam Houston employees can call 221-0133 to speak to a counselor.

JBSA-Randolph and JBSA-Lackland have a similar program; however the services are only available to appropriated fund civilian employees and counseling is con-

ducted at VESA Health's satellite office at 10010 San Pedro Ave., Suite 610.

Counseling is provided in private, confidential sessions where employees can be seen individually, as a couple or as a family.

"I provide individual and family counseling services," said Graci Ortiz, licensed professional counselor. "They get five free sessions per employee and per family member."

JBSA-Lackland and JBSA-Randolph appropriated fund employees can call 213-6454 to set up an appointment.

"The patient calls in and gives me their name, telephone number and their office symbol. Then I call civilian personnel to verify they are an employee of JBSA-Lackland or JBSA-Randolph," Ortiz said.

"Once their employment is verified, I call the patient back and I start services with them."

At the end of the five free sessions, patients can continue services under their health insurance and there may be a co-payment.

The JBSA-Fort Sam Houston EAP website offers employees and supervisors tips and information on several topics at [http://www.samhouston.army.mil/hra/asap/EAP\\_Training.aspx](http://www.samhouston.army.mil/hra/asap/EAP_Training.aspx).

*(Note: Employees' names have been changed to protect their privacy.)*



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

## News Briefs

### Three-Week Delay on CAC/ID Cards Appointments

Due to a high volume of customers during the summer months, appointment times at the main ID Card/CAC issuance facilities at Joint Base San Antonio are about three weeks out. All military members, retirees, dependents, civil service employees and contractor customers who need to update their CAC/ID cards should schedule appointments accordingly. Appointment times are 8 a.m. to 3:30 p.m. Monday through Friday, scheduled in 20 minute intervals. Customers can schedule appointments at any of these facilities by visiting <https://rapids-appointments.dmdc.osd.mil> or calling 502nd Force Support Squadron, Building 367, JBSA-Fort Sam Houston, 221-0415; 802nd Force Support Squadron, Building 5616, JBSA-Lackland, 671-4178; and 902nd Force Support Squadron, Building 399, JBSA-Randolph, 652-1845.

### Lincoln Military Housing Back to School Bash/Town Hall

The Lincoln Resident Center at 407 Dickman hosts a back to school bash and town hall from 5 to 8 p.m. Aug. 14. Food served from 5 to 7 p.m., with speakers starting at 6:15 p.m. RSVP is required by 5 p.m. Wednesday by sending an email to [eventsatlmh@gmail.com](mailto:eventsatlmh@gmail.com). Include your name, address and number of dependants attending. The event is open only to current residents of Lincoln Military Housing at Joint Base San Antonio-Fort Sam Houston. Enter through the side door of the building to receive a raffle ticket and bag filled with goodies, while supplies last. For more information, call 270-7638.

### New Hours for Post Exchange

The new hours for the Joint Base San Antonio-Fort Sam Houston Exchange are 8:30 a.m. to 9:30 p.m. Mondays through Saturday and 9 a.m. to 7:30 p.m. Sunday.

### Exchange Cutest Kiddo Contest

Through Aug. 9, Exchange patrons worldwide may post photographs of their children holding a completed coloring page to the Army and Air Force Exchange Facebook page at <http://www.facebook.com/AAFES.BX.PX> for the "Color Me' Cutest Kiddo" contest. Four coloring pages

See NEWS BRIEFS, P6

# DOD undersecretary honors Soldiers with Purple Hearts, thanks BAMC staff for service

By Maria Gallegos  
BAMC, Public Affairs

A senior Department of Defense leader from the Pentagon honored two Soldiers and visited with warriors, families and staff at Brooke Army Medical Center July 17.

Jessica L. Wright, acting undersecretary of defense for personnel and readiness, presented Sgt. Anthony Ayers and Spc. Joseph Contreras with their Purple Heart medals and certificates, while Maj. Gen. Jimmie Keenan, commander of Southern Regional Medical Command, was the host for the ceremony.

Wright, a retired veteran with 35 years of service and a mother of a deployed Soldier, voiced her admiration and empathy to the Purple Heart warriors at the ceremony.

"It is clearly an honor to be here," she said. "I am humbled because I am a former Soldier and a mom of a Soldier ... I am humbled to be here in your presence. Thank you very much for everything you have done.

"The fact that you have given your time and energy and of yourself to preserve this intangible gift – that we, the United States enjoy every day – thank you very much for that," Wright added.

Ayers, an infantryman, was conducting a combined dismounted patrol in Afghanistan May 14 when he was struck by an improvised explosive device

resulting in his combat injuries.

Serving as a tank crewman, Contreras was conducting a mounted patrol when his vehicle was struck by an IED Aug. 4, 2011, resulting in his combat injuries.

"My grandpa was a World War II veteran. I know he would be proud of me right now, if he was here," Contreras said.

After the ceremony, Wright said the Purple Heart medal is something that the Soldiers don't want to have, but "once they are wounded, we owe them the honor, we owe them the dedication and the respect, not just today but every day of their lives. They have given us this intangible gift and there are a lot us that don't realize that gift is freedom."

Wright also understands the apprehension family members feel when a loved one is deployed, but said the military provides the best medical care, equipment and technology to ensure service members' safety.

"As a Soldier, I have gone over to [Afghanistan] myself and sent a lot of people over there, but as a mom, your heart goes – and so my son is there – and there's not a moment in the day that I'm not thinking about him and his safety," Wright said.

"But I know this – I know that he has the best equipment, I know he has the best training and I know he has the best leaders that this world can offer, and that

he will be fine; and if he is not fine, it's something that God wanted."

Following the ceremony, Wright visited with warriors, their families and staff at the Warrior Transition Battalion, Center for the Intrepid, Fisher House, Burn Center and the emergency department at San Antonio Military Medical Center.

She thanked the warriors, families and staff for their dedication and gave words of encouragement and gratitude for their commitment to our country.

"We couldn't do it without these people who give their time and energy. All of you are truly a gift from God," Wright said.

Wright is the deputy senior policy advisor to the Secretary of Defense on recruitment, career development, pay and

benefits for 1.4 million active duty military personnel, 1.3 million Guard and Reserve personnel, 680,000

Department of Defense civilians and is responsible for overseeing the overall state of military readiness.



Jessica L. Wright, acting undersecretary of defense for personnel and readiness, thanks a wounded warrior for his dedicated service during her visit at the Warrior Transition Battalion. Following the Purple Heart ceremony, Wright visited with warriors, their families and staff at the Warrior Transition Battalion, Center for the Intrepid, Fisher House, Burn Center and the Emergency Department at San Antonio Military Medical Center July 17.



Photos by Rebekah Almquist

(From left) Southern Regional Medical Command Sgt. Maj. Marshall Huffman, SRMC Commander Maj. Gen. Jimmie Keenan, Sgt. Anthony Ayers, Spc. Joseph Contreras and Acting Undersecretary of Defense for Personnel and Readiness Jessica Wright, pose after the Purple Heart ceremony at the Warrior and Family Support Center July 17. Wright was the presenter at the ceremony.







## News Briefs

### Continued from P3

are available online at <http://www.shopmyexchange.com/Community/PatriotFamily/>. Grand prize winner gets a seven-night resort stay and an \$800 gift card. An additional \$5,000 in gift cards will be divided among first-, second-, third- and fourth-place winners in each age category, who will be selected by an online poll, held Aug. 19 to 23.

### Seeking Volunteers for Operation JET

Joint Base San Antonio-Lackland is looking for at least 50 volunteers Aug. 16 to assist with Operation Junior Expeditionary Team, a mock deployment for about 250 children across Joint Base San Antonio. For more information or to volunteer, call 671-3565 or 705-1060.

### Straight Talk Line

For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line call 466-4630 at Joint Base San Antonio-Fort Sam Houston, 671-6397 at JBSA-Lackland or call 652-7469 at JBSA-Randolph.

### Commander's Action Line

The Action Line is your avenue for addressing issues you've been unable to resolve through your chain of command or an appropriate agency. It also allows you to give feedback and recognize outstanding people and units. Leave your name and telephone number or email address so officials can obtain more information to help resolve the issue. To submit an Action Line comment, email your local public affairs office at JBSA-Fort Sam Houston, [usaf.jbsa.502-abw.mbx.fsh-public-affairs-office@mail.mil](mailto:usaf.jbsa.502-abw.mbx.fsh-public-affairs-office@mail.mil); at JBSA-Lackland, [502abw.paola.inbox@us.af.mil](mailto:502abw.paola.inbox@us.af.mil); and at JBSA-Randolph, [randolphpublicaffairs@us.af.mil](mailto:randolphpublicaffairs@us.af.mil).

### CPAC Furlough Call Center

The Joint Base San Antonio-Fort Sam Houston Civilian Personnel Advisory Center has a Furlough Call Center at 466-3065 or 221-1425. People can also send an email to [usarmy.jbsa.hqda-cpac.mbx.inquiry@mail.mil](mailto:usarmy.jbsa.hqda-cpac.mbx.inquiry@mail.mil). For the latest furlough information, visit the CPAC website at <http://www.samhouston.army.mil/cpac/>.

# 470th Military Intelligence Brigade changes commanders

By Gregory Ripps  
470th Military Intelligence Brigade  
Public Affairs

Even while dark clouds hung threateningly over the MacArthur Parade Field, the 470th Military Intelligence Brigade shined brightly July 17 for its change of command.

Col. Timothy A. Chafos succeeded Col. Pierre Gervais as brigade commander, with Maj. Gen. Stephen Fogarty, commanding general of the Intelligence and Security Command at Fort Belvoir, Va., acting as the reviewing official.

The change of command ceremonies included the passing of the colors, a walk-around inspection, a pass in review and music provided by the 323rd Army Band "Fort Sam's Own." Arrayed on the parade field were formations

of Soldiers representing five battalions and two companies of the 470th MI Brigade.

Fogarty pointed out that three of the brigade's constituent battalions were not represented because two were deployed to Afghanistan in support of Operation Enduring Freedom, while another was preparing to deploy. He also noted that the 470th was the largest brigade in INSCOM, which includes 18,000 Soldiers and civilians.

During the two years Gervais commanded the brigade, more than 1,100 of its Soldiers deployed and almost 400 of its Soldiers are on current deployments, according to Fogarty.

"The work you do at Fort Sam Houston and deployed forward saves lives," Fogarty said. "I commend you on your

superb performance exercising full-spectrum intelligence support."

After recognizing the brigade's "tremendous accomplishments" under Gervais's command, Fogarty said, "The 470th is going to remain in great hands."

Chafos, a career intelligence officer, most recently served as deputy chief of staff for intelligence with the Combined Joint Inter-Agency Task Force-Afghanistan.

"As I've begun to learn about the 470th, I have been immediately impressed by the complexity and diversity of missions performed by the brigade in the U.S. Southern Command area of responsibility and around the globe," Chafos said. "Even more impressive are the people of the brigade, who reflect practiced expertise and deter-



Photo by Gregory Ripps

Maj. Gen. Stephen Fogarty (right), commanding general of the Intelligence and Security Command, passes the unit colors to Col. Timothy A. Chafos, symbolizing the passing of the brigade's command to Chafos. The brigade conducted the command change at Joint Base San Antonio-Fort Sam Houston July 17.

mined purpose."

After broadly outlining the work he said needed to be done, Chafos said he and the brigade would be ready for the challenges sure to come.

"Grounded in the Army Values and inspired by our Warrior

Ethos, I am confident we will excel at the first task of an Army: to find, know and never lose the enemy," Chafos said. "We will be well served by a sense of urgency and tenacity, professional and physical fitness and, above all, integrity, for in truth lies victory."

## OPERATIONAL CONTRACTING SUPPORT JOINT EXERCISE PREP

Service members and officials representing the Department of Defense, Army and Air Force met to discuss and develop scenarios July 16 at Joint Base San Antonio-Fort Sam Houston in preparation for the Operational Contracting Support Joint Exercise. The Master Scenario Event List II workshop got underway July 15 and concluded July 19. Scenarios developed will be incorporated into the exercise taking place Jan. 7-31, 2014, at Fort Bliss, Texas, in order to test and build Soldier and civilian contracting officer skills. It is one of three workshops in addition to three planning conferences leading to the exercise. OCSJX-14 is the premier contingency contracting exercise designed to prepare uniformed and civilian operational contract support professionals to deploy and support any contingency, humanitarian or operational mission. It also provides Defense Department contracting professionals training on joint contingency contracting and warrior tasks that include contract planning, execution and administration.



Photo by Ryan Mattox



## MEYERS ROAD CLOSURE

A portion of Meyers Road (formally Liscum Road) between Stanley Road and Dragon Valley Road (formally S-4 Road) will be closed to through traffic from July 29 through May 22, 2014, due to the Building 133 courthouse renovation. Motorists are encouraged to follow the detour route through

Stanley and S-5 Roads. This closure is required for the location of the contractor's lay-down area during construction and full renovation of Building 133. Traffic control devices and signs will be set up starting Monday. For more information, call 221-3196.

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# Army North prepares for Vibrant Response 13.2

By Sgt. 1st Class  
Christopher DeHart  
and Staff Sgt. Corey Baltos  
Army North Public Affairs

Exercise Vibrant Response 13.2, led by U.S. Army North (Fifth Army), will take place in various venues in Central and Southern Indiana from Tuesday through Aug. 17, with military and civilian government agencies from throughout the nation participating.

VR 13.2 is the most comprehensive exercise the Department of Defense conducts for its specialized homeland response forces and confirms the operational and tactical capabilities of elements of DOD's Chemical, Biological, Radiological and Nuclear Response Enterprise.

Key exercise tasks include executing mission command, performing technical tasks in CBRN consequence management, conducting other life-saving missions, providing logistics support to a theater of operations, and exercising military homeland CBRN response and civil support plans.

It will also feature nearly 6,000 civilian and military personnel from around the United States, representing numerous government agencies.

Although a bit smaller in scale this year, accomplishing this seemingly impossible exercise took months of planning and coordination by the Army North team and their planning partners.

"We started planning for this event last fall," said Clark Wigley, an Army North joint exercise planner.

"We looked at what was possible and what wasn't – given the budget and manpower constraints. We also talked to the units that are going to be trained to find out what their training objectives were."

Despite the ambitious approach being taken as VR13.2 approaches, no one at Army North has lost sight that this is the most important exercise of the entire year, after a multitude of different exercises.

"This is the one we own," said Lt. Col. Michael Moloney, Army North Vibrant Response exercise team chief.

"We planned it, we put it together and now we will execute it. This is our baby and we're responsible for the conduct of it – this is why we exist."

A change for this year's VR exercise is the field training exercise portion has been reduced from six days to four.

In spite of this, he said they'll still be able to execute two 24-hour missions with the DCRF.

The DCRF will also incorporate four days of mission rehearsal prior to its four-day FTX, which translates to improved readiness and accelerates DCRF TSF equipment flow prior to the exercise.

One of the key units training at VR13.2 is Task Force 51, a dedicated staff of Army professionals, assigned to Army North, prepared to provide immediate aid upon request of federal or state authorities.

The task force provides command and control for military forces requested to support



Photo by Sgt. Terence Ewings

Sgt. Seth Light (right), an observer controller trainer assigned to 821st Engineer Company out of West Virginia, looks on as Sgt. Alex Gaboric, a military policeman from the 811th Engineer Company, an Ohio National Guard unit out of Tarlton, and Tech. Sgt. Ashley Blackburn, an airman and combat medic assigned to the 811th, treat a survivor of a simulated nuclear blast attack during last year's Vibrant Response 13 field training exercise at the Muscatatuck Urban Training Center, Ind.

**"This is our time to show how we save lives, limit suffering and put things back in order for the American people we serve – as a team."**

*Col. Michael Gibler, chief of staff, Task Force-51*

a catastrophic disaster within the United States or, possibly, its territories.

"Vibrant Response is our Super Bowl," said Sgt. 1st Class Adrian Lambert, a fusion cell team leader for TF-51. "We've been working up to this for almost a year."

To prepare for Vibrant Response, TF-51 con-

ducted several exercises throughout the last few months.

"In February, we conducted a hurricane response exercise with the 302nd Maneuver Enhancement Brigade," said Maj. James Kemter, operations officer, TF-51.

"This was followed up by our participation in Ardent Sentry in May

and a digital (command post exercise) in Chicopee, Mass."

The 302nd MEB is an Army Reserve unit based out of Chicopee.

Once VR13.2 begins, the men and women of Army North will shift from the planning process to the operations aspect of the exercise.

Army North Soldiers and civilians are re-

sponsible for every facet of the exercise, from observing and coordinating the training and logistics to providing other services, such as chaplain support, facilitating media coverage and coordinating civilian role players.

Each of the response forces will participate in the exercise at different times during the three-week exercise period.

"We haven't taken the guts out of the training," said Wigley. "We're still going to (push) the units to go through the entire process: receiving the order, developing the order, the command and control process, lanes training, etc."

One of the reasons for making the units go through the entire process is that, in the event of a real-world situation, the units would have to go through this process with civilian agencies.

"Many people forget that if this type of incident were to happen, we work for a civilian incident commander," said Wigley, "so it is important that we work with our civilian partners.

The teamwork concept is vital and the mission could not be accomplished without each agency and organization working together. VR13.2 gives everyone the chance to prove they can do it when the need is there.

"This is the culminating event of a (year's) worth of training," said Col. Michael Gibler, chief of staff, TF-51. "This is our time to show how we save lives, limit suffering and put things back in order for the American people we serve – as a team."



# Joint Base San Antonio FORCE SUPPORT SQUADRON

## Monthly Events

## August

### Arts and Crafts

#### Arts and Crafts implements new operating hours

The JBSA-Lackland Arts and Crafts Center has new operating hours. The facility is open Tuesdays-Thursdays, 9 a.m.-6 p.m., and Fridays, 9 a.m.-5 p.m. For more information, call 671-2515.

### Bowling

#### Patrons pay a penny a pin

Patrons can bowl for a penny a pin every Sunday in August from 1-9 p.m. at the JBSA-Randolph Bowling Center. For more information, call 652-6271.

#### Patrons take the stage at open microphone night

The JBSA-Lackland Skylark Bowling Center hosts open microphone night Aug. 10, 8-11 p.m., in Primo's Lounge. All singers, musicians and poets are invited to take the stage and perform. For more information, call 671-1234.

#### Back to school bowling special

The JBSA-Randolph Bowling Center offers the last bowling outing before school starts. Head to the bowling center Aug. 5-9 (Monday-Friday) and Aug. 12-16, 10 a.m. to 4 p.m., and enjoy bowling for only \$2 per game, per person with \$2.25 shoe rental. For more information, call 652-6271.

#### League bowlers offered special rate

The JBSA-Randolph Bowling Center offers league bowlers a chance to tune up their game at the special "Welcome Back League Bowlers" rate of \$1.75 per game, per person Aug. 12-16, 10 a.m.-4 p.m. For more information, call 652-6271.

#### Bowlers treated to sports and attraction tickets

The JBSA-Lackland Skylark Bowling Center hosts the Diamonds-to-End Zones program every Wednesday during open bowling through Aug. 14. Bowlers can play for \$1 per game, per person and \$1 shoe rental. Bowlers have the chance to win tickets to sporting events, area attractions and other prizes. For more information, call 671-1234.

#### Bowling to Win concludes this month

The JBSA-Fort Sam Houston Bowling Center offers bowlers the opportunity to win great prizes. Receive Bowling to Win entry forms with every paid game through Aug. 23. Drawings will be held Aug. 26 during Bowler Appreciation Week. For more information, call 221-4740.

#### There's a league for everyone

There is a league for everyone to include ladies only, senior

citizens, Christian fellowship, youth and mixed three-, four- and five-person team leagues at the JBSA-Fort Sam Houston Bowling Center. Leagues play at various times, Tuesday through Saturday. For more information, call 221-4740.

#### Sweetheart deals at the Bowling Center

The JBSA-Fort Sam Houston Bowling Center offers \$1 games and shoe rentals Sunday, Tuesday, Wednesday and Thursday. For lunchtime bowling fun Wednesday and Friday, knock down a red pin between 11 a.m.-1 p.m. and get a free game. For more information, call 221-4740.

#### Bowlers go cosmic

Cosmic bowling with glow-in-the-dark balls and pins, laser lights and music takes place every Friday, 9 p.m.-midnight, and Saturday, 7 p.m.-midnight, at JBSA-Lackland Skylark Bowling Center. A DJ plays music the third Saturday of the month. For more information, call 671-1234.

### Clubs

#### Chef prepares special dinner

The JBSA-Lackland Gateway Club presents a special chef's dinner Aug. 2, 5-8 p.m., featuring t-bone steak with sautéed mushrooms, fried shrimp, baked potato, broccoli and salad. The price is \$16.95 for members and \$18.95 for nonmembers. For more information, call 645-7034.

#### Patrons enjoy prime rib buffet

The JBSA-Lackland Gateway Club holds a prime rib buffet Aug. 9, 5-8 p.m. Entrées of prime rib, stuffed pork chops and baked tilapia with white wine sauce are on the menu along with side dishes, soup, salad and bread pudding with bourbon sauce for dessert. The price is \$17.95 per person for members and \$19.95 for nonmembers. For more information, call 645-7034.

#### Lonestar Lounge hosts karaoke fun

The JBSA-Lackland Gateway Club hosts karaoke Aug. 10 and 24, 8 p.m.-midnight, in the Lonestar Lounge. For more information, call 645-7034.

#### Club members gather for Appreciation Night

The JBSA-Lackland Gateway Club hosts Members' Appreciation Night Aug. 20, 5-8 p.m. Patrons will dine on a buffet dinner with beef, chicken and fish entrées. Big band music and a ballroom dance contest are also featured. The price is \$10.50 for members and \$12.50 for nonmembers. For more information, call 645-7034.

#### Patrons enjoy 2-4-1 steak

The JBSA-Randolph Parr Club brings the 2-4-1 steak back every Friday night in August. If a patron purchases a 10-ounce NY strip

for \$17.95 or an 8-ounce rib eye for \$13.95, they will get another one of equal or lesser value free. The a la carte menu will also be available. Dinner includes tossed salad, steak fries and steamed Catalina blend vegetables, coffee and iced tea. Coupons will not be accepted. For more information, call 652-4864.

#### Patrons enjoy Champagne brunch

Sunday brunch takes place at the JBSA-Randolph Parr Club every Sunday from 10 a.m.-1 p.m. It includes a carving station, oysters, mussels and salmon. The cost is \$20.75 for club members or \$22.75 for nonmembers. For more information, call 652-4864.

### Community Programs

#### Missoula Children's Theater Performs "Snow White"

The JBSA-Lackland Bob Hope Performing Arts Center hosts the Missoula Children's Theater performance of "Snow White and the Seven Dwarfs" Aug. 2, 3 p.m. Featured actors are JBSA students who were chosen by audition. The show is free and open to everyone. No tickets or reservations are needed. For more information, call 671-2619.

#### Don't miss the August flea market

The JBSA-Fort Sam Houston Flea Market is Saturday, Aug. 3, 7 a.m.-1 p.m. Sellers are advised to arrive no later than 6:30 a.m. to set up. The sale is open to the public. For more information, call 221-5224.

#### These shoes were made for walking

Enjoy a walking tour of historic downtown San Antonio, Aug. 29, 9 a.m.-1:30 p.m. The tour includes the world-famous Riverwalk, Alamo Plaza, Hemisphere Plaza, La Villita and Market Square. Transportation is provided to and from the USO downtown. The bus leaves JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797, at 9 a.m. For more information, call 221-2418.

#### Performing arts group presents variety show

The JBSA-Lackland Performing Arts Group presents a variety show Aug. 30, 5:30-7:30 p.m., at Arnold Hall. Entertainment includes singers and dancers performing hits from the 1970s to the present. Admission is free. Food and beverages are available for purchase. For more information, call 671-2619.

#### Reminisce at the Harlequin Dinner Theatre

"Let's Go to the Movies" is on stage at the JBSA-Fort Sam Houston Harlequin Dinner Theatre until Aug. 31. This musical revue features songs from Grease, Saturday Night Fever, Wizard of Oz, Footloose and others. Doors open at 5:30 p.m., dinner is at 6:15 p.m. and the show is at 8 p.m. For information and reservations, call 222-9694.



# JBSA FSS



Your kids can be in the show!  
Go to  
[www.FourPalsGetFit.com](http://www.FourPalsGetFit.com)  
to find out more!

Magik Theatre Presents

## Four Pals Get Fit!

In Cooperation with:



August 24 at JBSA Lackland!

Location: Bob Hope Performing Arts Center  
Time: 3 p.m.

Join the Fun - Free Show - See The Award Winning Four Pals  
Your kids will learn the importance of eating healthy and staying physically active!

Free tickets Available at ITT—Seating is Limited  
Characters and show created by a military spouse

No federal endorsement of sponsors, products or services intended.

### Talent workshop hones performance skills

The JBSA-Lackland Arnold Hall Community Center offers a talent workshop Tuesdays, 6-7 p.m. Patrons learn microphone techniques, stage presence, showmanship, wardrobe selection and basics of the entertainment business. The fee is \$15 per session. To sign up, call 671-2619.

## Fitness and Sports

### 10K bike ride challenges patrons

The JBSA-Randolph Rambler Fitness and Sports Center challenges patrons to go the distance by biking a 10K Aug. 3, 7:30 a.m., at Eberle Park. For more information, call 652-7263.

### Gillum Fitness Center hosts 5K run

The JBSA-Lackland Gillum Fitness Center holds Run-the-Hill, Aug. 16, 6:30 a.m. Patrons will start the run at Stapleton Park. For more information, call 977-2354.

### Blacklight Zumba® Fest is the hottest ticket in town

JBSA-Fort Sam Houston METC Fitness Center hosts the Blacklight Zumba® Fest Aug. 17, 10 a.m.-noon. The registration fee is \$12. Patrons can register at the METC or Jimmy Brought Fitness Centers. The first 100 registrants will receive a backpack. Open to all DOD cardholders 13 and older. For more information, call 808-5709.

### Intramural letters of intent are due

Letters of intent for Student Intramural Flag Football are due no later than Aug. 23. Send letters to the Sports Office, METC Fitness Center, building 1369, Williams Rd., or call 808-5710.

### Runners invited to last marathon training run

The JBSA-Randolph Fitness Center is hosting an 18-mile run for all runners training for a marathon Aug. 24 at 6 a.m. at Eberle Park. This is the last of the three marathon training runs. This event is sponsored by Randolph-Brooks Federal Credit Union and Randolph Family Housing. For more information, call 652-7263.

### Athletes meet the challenge

Don't miss the final triathlon on Aug. 25, 6:30 a.m., starting at the JBSA-Fort Sam Houston Aquatic Center. Participants will swim 600 meters, bike 15 miles, and run 3 miles. The registration deadline is Aug. 18 and the fee is \$20. For more information, call 221-1234.

### Two person teams participate in a biathlon

The JBSA-Randolph Fitness Center urges patrons to get a team mate and meet at Eberle Park Aug. 31 at 7:30 a.m. The first team member must complete the 10-mile bike route in order for the second team member to start running the 5K. For more information, call 652-7263.

### Parents and toddlers enjoy some exercise

JBSA-Fort Sam Houston Fitness Center on the METC offers parents with strollers use of the indoor track, Monday-Friday, 9-11 a.m. A personal trainer will be available 9-10 a.m. to assist with training needs. For more information, call 808-5709.

### Aquatic Center is open daily

Cool off at the JBSA-Fort Sam Houston Aquatic Center daily, noon-8 p.m. Pool passes are still available. For more information, call 221-4887.

### Experience virtual fitness classes

JBSA-Fort Sam Houston Fitness Center on the METC offers Fitness on Request, an innovative fitness system providing virtual, state-of-the-art classes to patrons throughout the day. Classes range from 20 to 60 minutes and include Step Aerobics, Yoga Fusion, Kinetics, Dance Aerobics, Indoor Cycling and more. New classes continue to be added. For more information, call 808-5709.

### Fitness centers offer on-demand workout videos

The JBSA-Randolph, the JBSA-Lackland Medina and JBSA-Lackland Kelly Fitness Centers offer on-demand workout kiosks. The new system allows patrons to choose from a large variety of videos featuring instructor-led workouts. Patrons may also select the level of intensity and duration for each chosen workout. For more information, call Medina Fitness Center at 671-4525, Kelly Fitness Center at 925-4848 or Rambler Fitness Center at 652-7263.

## Golf

### Golfers hit the links

The JBSA-Lackland Gateway Hills Golf Course holds the Four-Club Tournament Aug. 11, 8 a.m. Participants are allowed to bring their choice of three clubs plus a putter to use during the tournament. The fee is \$25, which includes a goody bag, a meal and tickets for drawing prizes. Green and cart fees are not included. To sign up, call 671-3466.

### Gateway Hills holds course championship

The JBSA-Lackland Gateway Club holds the annual Gateway Hills Championship Aug. 31-Sept. 2. Play begins with an 8 a.m. shotgun start each day. The event is a 36-hole, stroke play with championship, open, senior and super senior flights. Registration is \$50 per person, which includes a tee prize, a meal on the last day and gift certificate prizes. Green and cart fees are not included. The tournament is open to JBSA-Lackland players. To sign up, call 671-3466.

### Family golfers offered special price

Starting at 6 p.m. Monday-Friday (except for holidays) families can golf together for the low price of \$3 per person for adults and \$2 per person for children. Call the JBSA-Randolph Golf course at 652-4653 for more information.

### Custom club fitting available

The JBSA-Randolph golf club is a certified Ping, Nike, Taylor Made and Callaway Custom Club fitting pro-shop. To schedule a free personalized fitting, call Clay at 652-4653.

### Golfers improve swing

The JBSA-Randolph Golf Course offers golfers the opportunity to make personal appointments with Brian Cannon or Charles Bishop (PGA). Participants can improve their game, lower scores and enjoy the game more. For more information, call 652-4653.

## Information, Tickets and Travel

### Great music available at Fiesta Noche del Rio

Fiesta Noche del Rio is an outdoor musical extravaganza featuring the music and dance of Mexico, Spain, Argentina, and Texas. This event takes place Fridays and Saturdays through Aug. 10 at 8:30 p.m. at the Arneson River Theatre. Tickets are \$9 for ages 15 and older and \$5 for children 6-14. Be sure to stop by the JBSA-Randolph ITT to pick up your tickets. For more information, call 652-5142, option 2.

### Free baseball tickets hit a home run

All JBSA locations offer complimentary tickets to watch the San Antonio Missions play against the Corpus Christi Hooks July 31 and the Frisco Rough Riders Aug. 31. All games start at 7:05 p.m. Tickets can be picked up at the ticket office in the JBSA-Fort Sam Houston Community Center, ITT in JBSA-Lackland's Arnold Hall and ITT in the JBSA-Randolph Community Services Mall. For more information, call 808-1378 at Fort Sam Houston, 671-3133 at Lackland and 652-5142, option 1 at Randolph.

### ITT offers Military Sundays water park discount

Both JBSA-Lackland and JBSA-Randolph ITT's sell Schlitterbahn Military Sundays discount tickets. Admission is \$34 per person for ages 3 and older. The discount applies to military personnel and their families. For more information, call 671-3133 for Lackland or 652-5142, option 1 for Randolph.

### Patrons head to Las Vegas

The JBSA-Lackland ITT office offers a three-night trip to Las Vegas Sept. 16-19. Accommodations are at the Excalibur Hotel. Rates start at \$309 per person, double occupancy. Round trip airport



transfers are included. Additional travel dates are available. For more information, call 671-7111.

### Make the most of summer with discount tickets

The JBSA-Fort Sam Houston MWR Ticket Office in the Sam Houston Community Center sells discount tickets and often has free tickets to local events. For more information, call 808-1378.

## Library

### Story time is a hit with preschoolers

Stories, crafts and songs are all part of the weekly story time at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library, every Thursday, 10 a.m. This month's story time dates are Aug. 1, 8, 15, 22 and 29. For more information, call 221-4702.

### Library hosts wrap-up for the summer reading program

The summer reading program, Have Book Will Travel, continues at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library, Aug. 1, 1:30-3 p.m. The final frontier is outer space. The Wrap-up Party and Back to School event is Aug. 10, 9-11 a.m. For more information, call 221-4702.

### Gaming Day moves to second Friday

The JBSA-Fort Sam Houston Keith A. Campbell Memorial Library has changed its monthly Gaming Day to the second Friday of every month to accommodate more players. This month's gaming day is Aug. 9, 2:30-5:30 p.m. Gamers can choose from Xbox, Wii, PS3 and classic board games. For more information, call 221-4702.



# FAMILY NIGHT

**AT THE PARR**  
 Aug. 8 from 5-8 p.m.  
 Dinner • 5-7 p.m.  
 DJ • 6-8 p.m.

\$12.95 for club members  
 \$15.95 for nonmembers  
 Children up to 12 eat FREE

- DJ Derrick
- Dance competitions ages 2-6 years old 7-12 years old
- Hula Hoop Contest
- Musical chairs
- Twister
- Fire Department and Sparky
- Bouncy castle
- Bungee run.

**RANDOLPH-BROOKS**  
 FEDERAL CREDIT UNION

No federal endorsement of sponsor intended. This event is open to all DOD ID cardholders and their children.

For more information, call 652-4864.

## Outdoor Recreation

### JBSA Recreation Park at Canyon Lake offers sunset cruise

JBSA Recreation Park at Canyon Lake offers a sunset cruise every Saturday evening in August. The cruise starts from the Hancock Cove Marina at 7:30 p.m. and lasts approximately 1.5 hours as patrons tour the lake and watch the sunset over the beautiful hillside. The cost for this relaxing evening is \$10 for adults and \$6 for children under 12. They also conduct private tours and family outings Sunday through Thursday with a minimum of eight participants and five days notice. Guests may bring drinks and snacks but no styrofoam containers. To make a reservation, call 800-280-3466.

### Catfish Pond is open for the fishing season

Now through Sept. 15, the JBSA-Camp Bullis Catfish Pond is open 8 a.m.-1 p.m., Saturday-Sunday but closed during inclement weather. No license is required. The pond operates on a "you caught it, you bought it" basis. Caught fish is \$3 per pound. All DOD patrons and their guests are eligible to participate. For more information, call 295-7577.

### Sportsman Range is open for target practice

The JBSA-Camp Bullis Sportsman Range is open Saturday-Sunday, 8 a.m.-noon, through the last weekend of September. The range offers DOD ID cardholders a place to shoot their personal pistols, rifles and shotguns. Firearms must be registered at JBSA-Camp Bullis. The range may close unexpectedly due to weather or troop use. For range availability and information, call 295-7577.

### Patrons draw for deer season hunting stands

This year's drawing for deer season hunting stands at the JBSA-Camp Bullis is Aug. 3, at the Armed Forces Reserve Center drill hall, building 5044. Parking is available in lot G. Tickets will be issued 8-8:45 a.m. only. The Natural Resources Manager will be the official timekeeper. Hunters who are not issued a ticket by 8:45 a.m. will not be allowed to participate. In the event of inclement weather or a priority training requirement, an alternate location will be made available. For more information, call 295-7889.

### Proper information required for storage renewal

All patrons using JBSA-Camp Bullis for vehicle, RV, boat and trailer storage are reminded to provide updated registration and insurance information upon renewal. For more information, call 295-7577.

### Outdoor Equipment Center has rentals for everyone

The JBSA-Fort Sam Houston OEC has equipment rentals to meet all needs. OEC has camping, trailer and towing, water fun, sports, biking, barbecue, party and lawn equipment. For more information on equipment availability and prices, call 221-5224 or 221-5225.

## Service Member and Family Readiness

### Learn how to navigate the dating scene

Dating 2.0 teaches the ins and outs of dating. Whether single or reentering the dating scene, these sessions provide participants an

opportunity to enhance relationship-building skills. This three-part series occurs Aug. 8, 15 and 22, 5-6:30 p.m., at JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797. For more information, call 221-0349 or 221-2418.


### U.S. Citizenship and Immigration Service offers assistance

The San Antonio Field Office for USCIS will be at JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797, Aug. 13, 12-2 p.m., to assist military and family members with issues and questions pertaining to immigration and citizenship. For more information, call 221-1372/9698/2418.

### Patrons learn resume techniques

The JBSA-Lackland Military and Family Readiness Center conducts a resume writing class Aug. 13, 11:30 a.m.-1:30 p.m. Resume formats, what to include and how to write cover letters and reference lists will be discussed. To sign up, call 671-3722.

The JBSA-Randolph Military and Family Readiness Center staff teaches new techniques for developing a resume Aug. 7, 9-10:30 a.m. For more information, call 652-5321.



**Fort Sam Houston Bowling Center**

SUNDAY	TUESDAY	RED PIN
WEDNESDAY & THURSDAY	WEDNESDAY & FRIDAY	11 A.M. TO 1 P.M.
\$1 PER GAME PER PERSON	KNOCK DOWN A RED PIN	GET A FREE GAME
\$1 SHOE RENTAL		

www.fortsamwvr.com

### Exceptional Family Member Program supports families

The EFMP Support Group meets Aug. 15, 11:30 a.m.-12:30 p.m., at the JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797. The group fosters new friendships, networking, and helps members share common experiences unique to special needs. Come share ideas for future events. For more information, call 221-2962 or 221-2418.



### Child safety seats to be inspected

The JBSA-Fort Sam Houston Fire Department, building 3830, inspects children's safety seats Aug. 15, 9:30-11:30 a.m., for recalls, functionality and proper installation. One seat will be provided per child to replace those that are deemed unserviceable. Registration is required. Children must be present for proper weight and height measurements. For registration and information, call 221-0349 or 221-2418.

### Class focuses on Veteran Affairs claim process

The JBSA-Lackland Military and Family Readiness Centers offers an Understanding the VA Claim Process class Aug. 19, 10 a.m.-noon. Topics include electronic benefits, how to fill out claim forms and the power of attorney process. To sign up, call 671-3722.

### Learn to be financially prepared

The JBSA-Randolph Military and Family Readiness Center offers a financial readiness class Aug. 20, 9-10:30 a.m., aimed at preparing today's Airmen for financial challenges through financial education and training. The class offers attendees ways to enhance money management skills. For more information, call 652-5321.

### Spouses learn reintegration and resiliency skills

The JBSA-Randolph Military and Family Readiness Center is offering spouses of returning military members a pre-reintegration workshop called Open Arms Aug. 21, from 1-2 p.m. The class will cover solutions to the various challenges specific to couples and families reuniting and provide resiliency skills and resources. Seating is limited and registration is required. To register, call 652-5321 or email randolpha&frc@us.af.mil.

### Parents learn techniques to overcome power struggles

The JBSA-Randolph Military and Family Readiness Center offers a workshop Aug. 22, 3-4 p.m., on power struggles. Individuals will discuss several ways to reduce power struggles with their children and learn methods of having their children cooperate without intimidation or giving in. To sign up, call 652-5321.

### Members learn car buying tips

The JBSA-Lackland Military and Family Readiness Center holds a car buying class Aug. 23, 10 a.m.-noon. Topics include the dangers of pay day lenders, how to purchase a car at the best price and what is available from financial institutions. To sign up, call 671-3722.

### Master Resiliency Training is for all DOD ID cardholders

Active Constructive Responding (ACT) and Praise will be presented Aug. 27, 9-11:30 a.m., at the JBSA-Fort Sam Houston Education Center, trailer 4011A, 2427 Hood St. Respond to others in ways that build strong relationships and learn how to use praise. For more information, call 221-0946 or 221-2418.

### Getting a job requires more than a good resume

Interview Skills and Dress for Success teaches job seekers how to put the shine on the all-important interview. The class is offered Aug. 28, 9 a.m., at the JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797. Reservations are required. To sign up or for more information, call 221-0946 or 221-2418.

### Family Readiness Group offers two-day class

FRG personnel in key positions are invited to attend a two-day FRG Leadership Academy, Aug. 28-29, 8 a.m.-4 p.m., at JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797. Learn roles and responsibilities, how to establish a network of resources and how to properly communicate. To register or for more information, call 221-0946 or 221-2418.

### Financial Readiness is important for everyone

Multiple classes to include Credit and Debt Management, Budgeting, Saving and Investing and Consumer Awareness help arm service members and their families with the information needed to face an uncertain financial future. All classes are offered at JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797. Registration is required for all these classes. For information on dates and times or to register, call 221-2380 or 221-2418.

## Youth Programs

### Little renegades soccer opens for registration

Little Renegades is a parent/child program that helps build confidence in children 3-5 years old while they are having fun and learning basic soccer skills. Register at the JBSA-Randolph Youth Programs (building 585) through Aug. 16. The cost is \$35 per child. A sports physical is required. For more information, call 652-3298.

### Fall sports registration ends Aug. 16

The JBSA-Randolph Youth Programs registration for fall sports ends Aug. 16. All youth must have a current annual physical and sports registration form on file. The cost is \$45 per child for flag football; ages 5 yrs and older, volleyball; ages 9 yrs and older and cheerleading; ages 5 and older. For more information call, 652-3298.

### Parents register for before and after school care

JBSA-Lackland Youth Programs conducts registration for before and after school care through Aug. 9. The program is open to ages 5-12. Fees vary based on household income. Parents may sign up Monday-Friday, 6:30 a.m.-6:30 p.m. For more information, call 671-2388.

Registration for before and after school care at JBSA-Fort Sam Houston begins Aug. 1, 8 a.m.-5 p.m., at Parent Central, building 2797, and will continue until the program is full. For more information, call 221-4871.

### Youth enjoy the end of summer bash

JBSA-Randolph Youth Programs offers kids a chance to say goodbye to summer with lots of fun filled games and activities Aug. 22 from 2-5 p.m. Activities include, face painting, arts and crafts, relay races, and lots more. This event is sponsored by Randolph-Brooks Federal Credit Union. For more information, call 652-3298.

### Youth celebrate back to school

Tweens and teens are invited to celebrate going back to school Aug. 23, 5-8 p.m., at the Middle School Teen Center, building 2515, Funston Rd. Youth must be registered at JBSA-Fort Sam Houston Parent Central, building 2797, to participate in Middle School Teen Center activities. For registration information, call 221-4871. For MST information, call 221-3164.

### Preschool soccer registration underway

JBSA-Lackland Youth Programs holds First Steps soccer registration Aug. 26-30. The program teaches the fundamentals of soccer focusing on age-appropriate gross motor skills training for children ages 3-5. Parents are required to participate as an extension of the instructor. For more information, call 671-2388.

### Parents get a night off

JBSA-Lackland Youth Programs and JBSA-Lackland Child Development Center hold Give Parents a Break/Parents' Night Out Aug. 30, 7-11 p.m. Care is provided for children ages 6 weeks to 12 years old. Preregistration is required. The fee is \$15 per child. Fees may be waived with a Give Parents a Break referral. To sign up, call the JBSA-Lackland Youth Programs at 671-2388 or the JBSA-Lackland CDC at 671-1052 by August 28.

### Splash pad has limited hours

The splash pad is an area of splashing fountains for kids to have fun, get wet, but not swim. The splash pad is open to everyone after 3 p.m. until dark Monday-Friday, and on weekends 9 a.m. until dark. To reserve the splash pad, call 221-3502.

### Child, Youth & School Services offers classes and activities

Parents can enroll children in fun, exciting and safe activities by visiting [www.FortSamMWR.com/youth.html](http://www.FortSamMWR.com/youth.html) for JBSA-Fort Sam Houston Youth programs and contact phone numbers. There is also a link to WebTrac, which provides lists of all activities and offers parents the option to pay online.

### Registration for football and cheerleading ends Aug. 30

JBSA-Fort Sam Houston football and cheerleading is open to youths 5-12. Parents and guardians can register children at Parent Central, building 2797. Fee is \$85. For more information, call Parent Central at 221-4871 or Youth Programs at 221-5519.

### Volunteers are needed

Football Fun Day will be a day filled with football scrimmages. If you wish to volunteer for this event, contact JBSA-Fort Sam Houston Youth Sports at 221-3502.



[HTTP://WWW.RANDOLPHFSS.COM](http://www.RANDOLPHFSS.COM)  
[HTTP://WWW.LACKLANDFSS.COM](http://www.LACKLANDFSS.COM)  
[HTTP://WWW.FORTSMMWR.COM](http://www.FORTSMMWR.COM)



# Voluntary fiscal 2014 force management programs announced

By Debbie Gildea

Air Force Personnel Center  
Public Affairs

The Air Force will implement several officer and enlisted force management programs for fiscal 2014, officials said July 18.

Force management programs enable the Air Force to both size and balance the force, with the goal of meeting mandated end strength numbers in the right career fields and at the right grades, said Lt. Col. John Barlett, the Air Force Personnel Center operations division chief.

Officials anticipate ending fiscal 2013 within or marginally over the 329,460 authorized end strength, but also expect fiscal 2014 authoriza-

tions to drop.

"Air Force leaders are working hard to ensure we meet end strength restrictions without harming the mission or the Airmen who accomplish it," Barlett said.

"Force management programs help us do that – they enable us to offer retirement and separation incentives and options that Airmen wouldn't otherwise have. Every approved volunteer is one fewer Airman we may have to lose to a non-volunteer program."

Enlisted members in non-critical career fields will be able to apply for limited active duty service commitment waivers, a waiver of up to two years on their current enlistment contract, a waiver of

all but six months of promotion-related ADSC, or the expanded Palace Chase program (reduced commitment to the Air Reserve Component of one year for each year of ADSC waived), Barlett said.

Eligible officers from overmanned fields will be able to apply for time in grade waivers, limited ADSC waivers, the Expanded Palace Chase Program, and the 10-vs-8 Commission Waiver Program (allowing prior enlisted officers to retire with eight years of commissioned time versus 10).

Interested, eligible Airmen must apply online via the virtual Military Personnel Flight, with application windows open through July

1, 2014. Those approved must separate by Sept. 30, 2014, and approved retirements must be no earlier than Oct. 1, 2013 and no later than Sept. 1, 2014, Barlett said.

While eligible Airmen may apply for available waivers, some Airmen, depending on their circumstances, may be required to repay the Air Force for benefits received including tuition assistance and transferring Post 9/11 GI Bill benefits to dependents.

"Airmen need to carefully review the eligibility criteria and recoupment information before they apply for a force management program," Barlett said.

"Some ADSC waivers don't require repayment, like permanent change

of station and technical training, but others do; so you'll want to be prepared. And do look into the Palace Chase option; you may be excused from all repayment."

Eligible, interested members should apply early, as well, Barlett said.

"Force management programs may provide you with opportunities to separate or retire earlier than you had expected, but not all applicants will be approved," he added.

"As the Air Force meets targets, some career fields will be removed from the list, so if you wait, you may be denied."

Members selected for voluntary and non-voluntary FM programs

must attend an Air Force Transition Assistance Program seminar before separating or retiring, as well, so applying early will help ensure they are able to get into a seminar, Barlett said.

In addition to those voluntary FM programs, the Air Force will implement additional programs and measures through the fiscal year, as necessary to bring end strength numbers within requirements.

For additional information about voluntary FM programs, go to the myPers website at <https://mypers.af.mil>. Enter "PSDM 13-64" in the search window for enlisted programs and "PSDM 13-65" for officer programs.

## CDOS campaign addresses sports and recreational safety

By Airman 1st Class

Alexandria Slade

Joint Base San Antonio-Randolph  
Public Affairs

Sports and recreation safety are important topics in this year's Critical Days of Summer campaign.

Summertime offers an increased amount of opportunities to stay fit through outdoor activities, so it's important everyone knows how to stay safe, said Linda Howlett, 502nd Air Base Wing ground safety manager.

Running and playing sports are fun ways Airmen and their families can stay healthy during the summer, added

Staff Sgt. Gary Lund, 502nd ABW ground safety technician.

"I think any activity a person is passionate about can keep them physically fit," Howlett said.

"The main thing is to stay active and to know your limits."

Due to transitional weather, physical limitations and excessive exertion, "any sport can have a mishap victim," Lund said.

Despite the inherent risk of physical team activities, participating in a sport does not mean one should be competitive to the point of injury, Howlett said.

To avoid injuries,

participants should stretch prior to activities and never consume alcohol during recreation or fitness, Lund said.

To remain safe in the sun, stay hydrated and nourished before, during and after participating in exercise, he said.

Use sunblock, wear a hat and be aware of how much time has passed.

Another potential danger with outdoor activity is a motorist colliding with a cyclist or runner.

"Dress to be seen," Howlett advised.

Runners and cyclists should wear bright clothing and reflective gear to catch motorists'



attention on the roads, she said. Drivers, runners and cyclists must always remain alert and focused.

If an military member is injured, the initial step is to seek medical attention, Lund said.

Afterward, they must fill out an Air Education and Training Command Form 435, or mishap reporting worksheet, initiated and signed by his or her supervisor, unit safety representative and unit commander.

## FEDS FEED FAMILIES CAMPAIGN UNDERWAY



Photo by L.A. Shively

The 2013 Feds Feed Families campaign has begun and runs through Aug. 31. The campaign collects non-perishable food items that will be donated to local food banks. Boxes with "Feds Feed Families" signage will be showing up at entrances and exits of various offices around Joint Base San Antonio-Fort Sam Houston. Feds Feed Families program manager Deborah Seabron said she is hoping for 100 percent participation during this third year of the campaign. Donation boxes around DOD typically have a list of the "most wanted" items, such as canned fruits and vegetables, grains, canned protein such as tuna and salmon, multigrain cereals, healthy snacks, baking goods and hygiene items. Call 295-1098 or email [deborah.e.seabron.civ@mail.mil](mailto:deborah.e.seabron.civ@mail.mil) for more information.



# Teams, volunteers needed for Rambler 120 Team Challenge

By Alex Salinas

Joint Base San Antonio-Randolph  
Public Affairs

As the annual Rambler 120 Team Challenge approaches its eighth year of putting participants through their paces in a 22-mile bike ride, 6-mile run, 2-mile rafting trip and a mystery event Oct. 5 at Joint Base San Antonio Recreation Park at Canyon Lake, teams are encouraged to register for the competition early and start practicing.

"Cost increases have forced us to raise the registration fees," said Steve Knechtel, JBSA-

Randolph community programs manager. "However, this doesn't take effect until Aug. 24. Signing up before that date locks in last year's lower fees."

Early bird fees are \$100 for four-person "Xtreme" teams and \$150 for five- to eight-person relay teams. After Aug. 24, Xtreme teams must pay \$120 and relay teams \$180. The last day to sign up is Sept. 20.

Teams, which are all-male, all-female or coed, can earn first-, second- or third-place awards based on their category and type. In 2012, 35

teams contended in the Rambler 120; this year, Knechtel said his goal is to have 50 teams.

"During the first six years, eligibility was limited to Department of Defense ID cardholders such as active duty, family members, retirees and DoD civilians," Knechtel said.

"For the second year in a row, we're expanding eligibility to include any federal government agencies. Last year we had teams from Homeland Security, the Navy and ROTC."

Also for the second year, children ages 5-12

can register for the Iron Kid, a youth biathlon event happening on the same morning of the Rambler 120. The fee is \$8 and registration includes a commemorative T-shirt, barbecue lunch and awards.

The advantage of assembling a team early is getting a head start with practice, which means "if you can handle 100-degree weather in July and August, your team should be confident to compete in October."

Practicing early is also a chance for teams to get everyone on the same pace, especially

when biking and rafting, said Maj. Peter Sprin-girth, 433rd Logistics Readiness Squadron competed in the Rambler 120 twice.

His team came in first place in the coed relay division in 2012.

"Some teams are really competitive, while others are not," he said.

"But the Rambler experience is however hard you want it to be. If you find people with similar skill levels, it makes competing more enjoyable (since teams must cross the finish line together)."

Eighty to 100 helpers across JBSA are needed to support the community event, "so if you don't compete but want to be part of it, you can select a specific activity or task as a volunteer and work various two- to four-hour shifts," Knechtel said.

Volunteers receive a free lunch and a T-shirt. Minors ages 16 and 17 can join a team with a parent or guardian. One non-federal employee is permitted per team.

To download entry forms, visit <http://www.randolphss.com>. For more information, call 267-7358.

## ECMO from P1

She was treated and released to a rehabilitation center, but a downward spiral in her health spurred her German providers to initiate ECMO.

The German doctors soon after contacted Air Force Lt. Col. (Dr.) David Zonies, medical director of the ECMO program at Landstuhl Regional Medical Center in Germany.

With Cannon's consensus, they decided the best course of action would be to bring the patient to SAMMC, where she could be provided expert ECMO care around the clock.

The hospital is one of a few adult ECMO-capable medical facilities in the nation.

The treatment is commonly used in neonatal intensive care units around the world on newborns, including at SAMMC, but adult applications are just now emerging.

Convinced by past successes and new data supporting the use of ECMO in adults, Cannon spearheaded the effort to

offer the treatment here several years ago.

In October 2012, he oversaw the care of the hospital's first adult ECMO patient, and BAMC leadership officially stood up the program in May.

After the call from Zonies, Cannon swiftly assembled an ECMO team and flew to Germany while the patient was moved from the German hospital to Landstuhl.

The following morning, they boarded a C-17 and flew nonstop to Joint Base San Antonio-Lackland, where they arrived July 10.

A quick ambulance ride later, and the patient was admitted and moved to the ECMO unit in the U.S. Army Institute of Surgical Research Burn Center, located in SAMMC.

Although still on ECMO, the patient is doing well, Cannon said.

"She even asked for pancakes in Germany, but had to settle for a pop-sicle instead," he recalled with a smile. "But we made sure she got her pancakes here."

"The trans-Atlantic trip signified the last piece of the ECMO puzzle at BAMC," Cannon noted.

He had long envisioned a program in which ECMO patients could be transported directly

from the battlefield to a stateside location, such as SAMMC, for their recovery.

The ultimate vision, he said, is to create a military ECMO network around the world to

ensure wounded and other critically ill service members and beneficiaries can receive the most advanced care available anywhere.

"We've proven we can very safely take care of

even most critically ill patients within the military health system," he said.

"I look forward to a future in which these types of missions aren't a 'first,' but a routine part of our mission."

## JBSA SPOUSE APPRECIATION SOCIAL



Courtesy Photo

The Joint Base San Antonio community gathered July 20 at JBSA-Fort Sam Houston Community Center to thank military spouses. Unit first sergeants and chief petty officers from the Army, Navy, and Air Force nominated those spouses who have distinguished themselves for their unselfish contributions to service members and families' quality of life. The event was attended by senior leaders from across the joint base. Music was provided by the Band of the West and attendees had the opportunity to learn about programs tailored to benefit military families. Pictured are: Gen. Edward A. Rice Jr., commander, Air Education and Training Command and his wife Teresa; Misty Lopez, 502 ABW/902 SFS; Shannel Barnhill, 688 IOW/90 IOS; Donna Gardner, Navy Medicine Training Support Command, and her friend; Brooke Poole, 37 TRW/321 TRS; Carmelita Rocourt, HQs Bn., Army North; Laura Cada, AF Life Cycle Management Center Det 6; Alice Tapia, AETC command chief's spouse; Leslie LaBrutta and Brig. Gen. Robert LaBrutta, commander, JBSA and 502nd Air Base Wing.



# 2013-2014 Texas minimum state vaccine requirements for students grades kindergarten through 12

This chart summarizes the vaccine requirements incorporated in the Texas Administrative Code, Title 25 Health Services, Sections 97.61 to 97.72. This chart is not intended as a substitute for consulting the TAC, which has other provisions and details. The Department of State Health Services is granted authority to set immunization requirements by the Texas Education Code, Chapter 38, Health & Safety, Subchapter A, General Provisions.

## IMMUNIZATION REQUIREMENTS

A student shall show acceptable evidence of vaccination prior to entry, attendance, or transfer to a child-care facility or public or private elementary or secondary school in Texas.

Vaccine Required (Attention to notes and footnotes)	Minimum Number of Doses Required by Grade Level					NOTES
	K - 4 <sup>th</sup>	5 <sup>th</sup> - 6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup> - 11 <sup>th</sup>	12 <sup>th</sup>	
Diphtheria/Tetanus/Pertussis (DTaP/DT/DT/Td/Tdap) <sup>1</sup>	5 doses or 4 doses	5 doses or 4 doses	3 dose primary series and 1 Tdap/Td booster within last 5 years	3 dose primary series and 1 Tdap/Td booster within last 10 years		Two (2) doses of diphtheria-tetanus-pertussis vaccine, one dose must have been received on or after the 4 <sup>th</sup> birthday. However, four doses meet the requirement of the 4 <sup>th</sup> dose was received on or after the 4 <sup>th</sup> birthday. For students aged 7 years and older, three doses meet the requirement if one dose was received on or after the 4 <sup>th</sup> birthday. For 7 <sup>th</sup> grade, one dose of Tdap is required if at least 5 years have passed since the last dose of tetanus-containing vaccine. For 8 <sup>th</sup> -11 <sup>th</sup> grade, one dose of Tdap is required when 10 years have passed since the last dose of tetanus-containing vaccine. Td is acceptable in place of Tdap if a medical contraindication to pertussis exists.
Polio <sup>1</sup>	4 doses or 3 doses	4 doses or 3 doses	4 doses or 3 doses	4 doses or 3 doses	4 doses or 3 doses	Four (4) doses of polio, one dose must be received on or after the 4 <sup>th</sup> birthday. However, three doses meet the requirement if the 3 <sup>rd</sup> dose was received on or after the 4 <sup>th</sup> birthday.
Mumps, Measles, and Rubella (MMR) <sup>1,2</sup>	2 doses	2 doses	2 doses		2 doses	The 1 <sup>st</sup> dose of MMR must be received on or after the 1 <sup>st</sup> birthday. For K - 4 <sup>th</sup> grade, two doses of MMR are required. For 5 <sup>th</sup> - 12 <sup>th</sup> grade, two doses of a mumps-containing vaccine, and one dose each of rubella and mumps vaccine is required.
Hepatitis B <sup>2</sup>	3 doses	3 doses	3 doses	3 doses	3 doses	For students aged 11 - 15 years, two doses meet the requirement if adult hepatitis B vaccine (Recombivax) was received. Dose(s) and type of vaccine must be clearly documented. Two (2) 10 mcg/1.0 ml of Recombivax.
Varicella <sup>1,2,3</sup>	2 doses	1 dose	2 doses		1 dose	The 1 <sup>st</sup> dose of varicella must be received on or after the 1 <sup>st</sup> birthday. For grades K - 4 <sup>th</sup> and 7 <sup>th</sup> - 12 <sup>th</sup> , two doses are required. One (1) dose is required for all other grade levels. For any student who receives the 1 <sup>st</sup> dose on or after 13 years of age, two doses are required.
Meningococcal			1 dose			
Hepatitis A <sup>1,2</sup>	2 doses					The 1 <sup>st</sup> dose of hepatitis A must be received on or after the 1 <sup>st</sup> birthday.

<sup>1</sup> Receipt of the dose up to and including 4 days before the birthday will satisfy the school entry immunization requirement.

<sup>2</sup> Serologic confirmation of immunity to measles, mumps, rubella, hepatitis B, hepatitis A, or varicella or serologic evidence of infection is acceptable in place of vaccine.

<sup>3</sup> Previous disease may be documented with a written statement from a physician, school nurse, or the child's parent or guardian containing wording such as "This is to verify the status of student/child varicella disease (shingles) or to show child does not need varicella vaccine." This written statement will be acceptable in place of any and all varicella vaccine doses required.

## Exemptions

The law allows (a) physicians to write a statement stating that the vaccine(s) required would be medically harmful or injurious to the health and well-being of the child or household member, and (b) parents/guardians to choose an exemption from immunization requirements for reasons of conscience, including a religious belief. The law does not allow parents/guardians to elect an exemption simply because of inconvenience (for example, a record is lost or incomplete and it is too much trouble to go to a physician or clinic to correct the problem). Schools and child-care facilities should maintain an up-to-date list of students with exemptions, so they may be excluded in times of emergency or epidemic declared by the commissioner of public health.

Instructions for requesting the official exemption affidavit that must be signed by parents/guardians choosing the exemption for reasons of conscience, including a religious belief, can be found at <http://www.ImmunizeTexas.com>. Original Exemption Affidavit must be completed and submitted to the school or child-care facility.

For children claiming medical exemptions, a written statement by the physician must be submitted to the school or child-care facility.

## Provisional Enrollment

All immunizations should be completed by the first date of attendance. The law requires that students be fully vaccinated against the specified diseases. A student may be enrolled provisionally if the student has an immunization record that indicates the student has received at least one dose of each specified age-appropriate vaccine required by this rule. To remain enrolled, the student must complete the required subsequent doses in each vaccine series on schedule and as rapidly as is medically feasible and provide acceptable evidence of vaccination to the school. A school nurse or school administrator shall review the immunization status of a provisionally enrolled student every 30 days to ensure continued compliance in completing the required doses of vaccination. If, at the end of the 30-day period, a student has not received a subsequent dose of vaccine, the student is not in compliance and the school shall exclude the student from school attendance until the required dose is administered. Since many types of personal immunization records are in use, any document will be acceptable provided a physician or public health personnel has validated it. The month, day, and year that the vaccination was received must be recorded on all school immunization records created or updated after Sept. 1, 1991.

# FSHISD announces new student registration schedules for 2013

Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis comprise the geographic boundaries of the Fort Sam Houston Independent School District.

Children of military personnel residing on these locations are eligible to attend pre-kindergarten through grade 12.

Children of military personnel who do not reside on the location or children whose parent's name appears on the Lincoln Military Housing List may apply through the Non-Resident Trans-

fer Student Program. See <http://www.fshisd.net> for NRT program information.

For 2013-2014 registration, parents are asked to bring the following documents:

- Certificate of immunization (information available at [www.fshisd.net](http://www.fshisd.net))
- Copy of birth certificate
- Social security card for the student
- Grade report card from the previous school, if applicable
- Other school records from the previous school

- Proof of residency (Copy of Lincoln Military Housing Lease Agreement for active duty parents already living on the installation)

- Proof of residency (Non-Resident Transfer students will have provided this with their application)

- Driver's license of the parent/guardian
- Power of attorney, if applicable

## Fort Sam Houston Elementary

New student registration for pre-kindergarten

to grade five is from 8:30 to 11 a.m. and 1 to 3 Aug. 1 in the elementary school cafeteria.

State law allows all pre-kindergarten aged children of active duty military personnel to receive a public school education.

Children must be four years old on or before Sept. 1 to enroll in pre-kindergarten, 5 years old on or before Sept. 1 to enroll in kindergarten and 6 years old on or before Sept. 1 to enroll in first grade. District transportation is not provided for

pre-kindergarten students due to safety concerns.  
**Robert G. Cole Middle/High School**

In order to better serve parents and students in grades six through 12, registration will be conducted with a counselor on an appointment basis, organized by the student's enrolled grade.

Beginning Thursday, appointments can be made with a counselor by calling the high school office at 368-8733.

## Middle school registration dates

Aug. 12: 6th grade

Aug. 13: 7th grade  
Aug. 14: 8th grade  
Aug. 15 and 16: All levels

## High school registration dates

Aug. 12: 9th grade  
Aug. 13: 10th grade  
Aug. 14: 11th grade  
Aug. 15: 12th grade  
Aug. 16: All levels

All district and campus offices will be closed the morning of Aug. 20 for district convocation. Offices will re-open at 1 p.m.

*(Source: Fort Sam Houston Independent School District)*

# Tax-free weekend Aug. 9-11 helps parents purchase school supplies

Texas shoppers get a break from state and local sales taxes Aug. 9, 10 and 11 – the state's annual tax holiday.

The law exempts most clothing and footwear priced under \$100 from sales and use taxes, which saves shoppers about \$8 on every \$100 they spend.

For more information

before you shop, visit [http://www.window.state.tx.us/taxinfo/taxpubs/tx98\\_490/tx98\\_490.html](http://www.window.state.tx.us/taxinfo/taxpubs/tx98_490/tx98_490.html) or call (800) 252-5555.

Parents and students should also review the school districts dress code before purchasing clothes to be worn at school to ensure compliance with dress and grooming requirements.

Backpacks priced under \$100 to be used by elementary and secondary students are exempt.

A backpack is defined as a pack with straps one wears on the back. The exemption does not apply to items reasonably defined as luggage, briefcases, athletic/duffle/gym bags, computer bags, purses or framed

backpacks.

The 81st Texas Legislature passed HB 1801 (2009) expanding the list of items qualifying for exemption from Texas state and local taxes during the annual sales tax holiday.

Effective this year, in addition to clothes, footwear and some backpacks, Texas families also get a sales tax break on most school supplies priced at less than \$100 purchased for use by a student in an elementary or secondary school.

The following is an all-inclusive list of qualifying school supplies (if priced less than \$100): binders, book bags, calculators, cellophane tape, chalk, compasses, composition books, crayons, erasers, glue, paste and sticks, highlighters, index cards, index card boxes, lunch boxes, markers, notebooks, pencil boxes, pencil sharpeners, pencils, pens, protractors, rulers, scissors, writing tablets, legal pads, folders (expandable, pocket, plastic

and manila), paper (looseleaf ruled notebook paper, copy paper, graph paper, tracing paper, manila paper, poster board, and construction paper).

**Tax-free:** baby clothes, backpacks for use by elementary and secondary students, belts with attached buckles, boots (cowboy, hiking), caps/hats (baseball, fishing, golf, knitted), coats and wraps, diapers (adult and baby), dresses, gloves, gym suits and uniforms, hooded shirts and sweatshirts, hosiery, jackets, jeans, jerseys (baseball and football), jogging apparel, neckwear and ties, pajamas, pants and trousers, raincoats and ponchos, robes, shirts, shoes (sandals, slippers, sneakers, tennis, walking), socks (including athletic), shorts, suits, slacks, jackets, sweatshirts, sweat suits, sweaters, swimsuits, underclothes and work clothes and uniforms.

**Taxed:** accessories

(barrettes, elastic ponytail holders, wallets, watches), backpacks (unless for use by elementary and secondary students), baseball cleats and pants, belt buckles (without belt), boots (climbing, fishing, rubber work boots, ski, waders), buttons and zippers, cloth and lace (knitting yarns and other fabrics), dry cleaning services, football pants, golf gloves, handbags and purses, handkerchiefs, hard hats, helmets (bike, baseball, football, hockey, motorcycle, sports), ice skates, jewelry, laundering services, leather goods (except belts with buckles and wearing apparel), pads (football, hockey, soccer, elbow, knee, shoulder), personal flotation devices, rented clothing (including uniforms, formal wear, and costumes), roller blades and skates, safety clothing, glasses, shoes (bicycle, cleated, bowling, golf).

*(Source: Fort Sam Houston Independent School District)*

## 382ND TRAINING SQUADRON CHANGE OF COMMAND

Lt. Col. Richard Bert Jr. (right) accepts the banner of the 382nd Training Squadron from Col. Annata Sullivan, commander of the 937th Training Group, during a change of command ceremony at Anderson

Hall at the Army Medical Command Center and School July 17. Bert takes over for Lt. Col. Verne

Futagawa, who helped the squadron move from Sheppard Air Force Base to Joint Base San Antonio-Fort Sam Houston as part of the Base Realignment and Closure initiative. Futagawa will be promoted to colonel Aug. 1 and become commander of the 959th Medical Group at the San Antonio Military Medical Center. Bert comes from an assignment as interim commander of the 559th Aerospace Medicine Squadron at JBSA-Lackland.

The 382 TRS has 120 staff members training 1,200 students, officer and enlisted in 14 different Air Force medical specialty codes. Overall, the 382nd TRS sustains 77 courses and six national accreditations.

Photo by Staff Sgt. Christina Inman



# Public health officials continue trapping, testing mosquitoes at Joint Base San Antonio locations

By Robert Goetz

Joint Base San Antonio-Randolph  
Public Affairs

Public health officials at Joint Base San Antonio locations have not trapped any West Nile virus-positive mosquitoes so far this year, in contrast to a year ago.

Last year, West Nile-virus positive mosquitoes were identified at all four JBSA locations, starting with samples found at JBSA-Fort Sam Houston in mid-July.

However, ongoing surveillance has yielded nothing positive for West Nile virus at JBSA-Fort Sam Houston or JBSA-Camp Bullis in 2013, according to Capt. Caesar Sarmiento, U.S. Army Medical Command/Brooke Army Medical Center entomologist.

He advised military members who venture into damp areas during training or exercises to "leave mosquito traps alone."

"Wear protective equipment, uniforms treated with DEET and use insect repellent on exposed skin," Sarmiento said. DEET, or diethyl toluamide, is a substance used in repellents.

At JBSA-Lackland, no positive samples for

West Nile virus have been found, said Jorge RodriguezCatalan, 559th Aerospace-Medicine Squadron Public Health Flight community health manager.

"But that does not mean there are no mosquitoes carrying the virus. It just means we have not been able to catch any," he said.

"Everyone should continue to use precautions such as using DEET; limiting activities during dusk and dawn, while mosquitoes are biting; wearing long sleeves and pants; and eliminating breeding sites."

RodriguezCatalan said mosquito activity at Lackland has been consistent for the last couple of years.

"This year is no exception," he said. "When it rains, expect mosquitoes as early as three days after a good rain."

Tyrone Toombs, 359th AMDS Public Health Flight technician, called the mosquito problem at JBSA-Randolph "worse than last year, but none of the mosquitoes we have trapped have been carriers of the West Nile virus."

This year, weekly mosquito monitoring at JBSA-Randolph, which



Photo by Rich McFadden

Senior Airman Shannon Anderson, 359th Aerospace Medicine Squadron public health technician, collects mosquitoes July 11 near the Joint Base San Antonio-Randolph Bowling Center. Once collected, the mosquitoes are tested for West Nile virus.

consists of setting up traps at two high-risk locations, began April 2, nearly two weeks earlier than usual, Toombs said. Monitoring typically ends in early October

"We started hitting the threshold breach of 50 mosquitoes per trap in May," said Senior Airman Shannon Anderson, 359th AMDS Community Health Element preven-

tive medicine technician. "The average in May was about 150, and the average in June was comparable."

JBSA-Randolph "didn't go over the threshold at all last year," Toombs said, but the greater issue was that mosquitoes at all four locations tested positive for West Nile virus.

Most people bitten by

West Nile virus-infected mosquitoes have no symptoms, but others develop symptoms ranging from headache, nausea and vomiting to more serious conditions such as meningitis, encephalitis and paralysis.

RodriguezCatalan said JBSA-Lackland's vector surveillance program typically runs from April through September,

though it began in March this year.

"Climatic conditions determine the need to tweak our programs and geographical changes such as new construction, existing and new training sites or procedures, and customer complaints all factor into our decision to set out traps and where to set them," he said.

Sarmiento said mosquito surveillance at JBSA-Fort Sam Houston and JBSA-Camp Bullis occurs every week.

"At a minimum we put out two traps, but given our low capture results, I am increasing the number of traps I put out," he said.

Sarmiento said he chooses areas "where there is high potential for human contact," including training, housing and recreational areas.

Housing residents can help mitigate the mosquito problem by finding and eliminating breeding sites, public health officials said.

"Make sure you don't have standing water in your yard," Toombs said.

Possible breeding sites range from children's wading pools and plastic containers such as garbage cans and pet dishes to bird baths and boats.

## Edwards Aquifer Level

in feet above sea level as of July 24

**CURRENT LEVEL\* = 640.5'**

\*determines JBSA water conservation stage

Normal - above 660'

Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'



For water restrictions, visit <http://www.502abw.af.mil>.

## Weekly Weather Watch

	Jul 26	Jul 27	July 28	Jul 29	Jul 30	Jul 31
San Antonio Texas	100° Partly Cloudy	97° Partly Cloudy	99° Sunny	99° AM Clouds/PM Sun	98° Mostly Cloudy	97° Mostly Sunny
Kabul Afghanistan	96° Sunny	97° Sunny	99° Sunny	98° Sunny	97° Mostly Sunny	97° Mostly Sunny

(Source: The Weather Channel at [www.weather.com](http://www.weather.com))



**FOR SALE:** Patio bench, 53 inches long, with patio chair, cushions, \$23; hand-crafted metal table with black marble top, \$75; brand new Dodge RAM seat covers, misty grey, \$48; New Penmate dog grates, one large, one small; new Oakley Iridium sunglasses, with case, \$76. Call 313-0061.



# SAMMC guests connect with Wi-Fi

By Maria Gallegos  
BAMC Public Affairs

The 180-day guest wireless pilot program that began in January will soon be implemented as an added service at San Antonio Military Medical Center.

Wi-Fi will enable guests to continue to text, email or just browse the Internet using their tablets, smart phones or other wireless devices at the SAMMC.

“By offering the wireless service to our patients – especially to our inpatients – we have improved the quality of life and experiences at the medical center,” said Patti Steward, senior wireless engineer for BAMC Information Management Division.

“They can use this service to stay connected with friends or family in the facility while waiting for their prescriptions or during their recovery time.”

The success of the program is attributed to the constant feedback received from the Interactive Customer Evaluation survey that patients completed once they registered for the Wi-Fi service.

“The BAMC IMD team reviewed all the comments that was received from beneficiaries and made configuration changes to simplify the login process for patients within the limitation of ensuring that network security was not compromised,” said BAMC Chief Information Officer, Army Lt. Col. David Broyhill.

“More than 90 per-



Photo by Robert Shields

Katie Glover connects with her family on her iPhone during her husband's appointment at the San Antonio Military Medical Center. Beginning this month, Wi-Fi will enable BAMC guests to continue to text, email or just browse the Internet using their tablets, smart phones or other various wireless devices at SAMMC.

cent of those surveyed agreed and provided positive feedback, noting the new service as ‘excellent’ or ‘good,’” Steward said. “Due to Department of Defense security requirements, there are a few additional steps to register and log in.”

On the survey, one guest noted “the method used to gain access to the secure wireless was very unique ... but once I was able to clearly understand what was going on, the connectivity was great.”

“Access allowed me to communicate with work and others while waiting to be seen. Before this, I could not get data service via my phone. This is great,”

noted another guest.

The BAMC IMD team worked closely with the U.S. Army Medical Information Technology Center, the U.S. Army Medical Command enterprise IM/IT service providers to balance usability with the utmost security of personal health information with advanced information technology to better serve the patients at the medical center.

“This is a great example of collaboration between BAMC and USAMITC as we continue to bring the cutting-edge technology to our patients and beneficiaries of BAMC,” said Maj. Chad Fletcher, BAMC chief technology officer.