



**MILITARY SPOUSE APPRECIATION DAY**  
MAY 6  
Noon-6 p.m.  
Sam Houston Club

*"One Team, Supporting Military Missions and Family Readiness!"*

## First, second ladies visit troops at BAMC, WFSC

First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, visited Fort Sam Houston April 13, spending time with wounded warriors and their families, touring the Warrior and Family Support Center and meeting with leaders from Brooke Army Medical Center and the Center for the Intrepid.

Obama and Biden were greeted by 100 troops and their families at the WFSC.

It was one of many stops the First Lady and Dr. Biden made in a whirlwind two-day tour to kick off the "Joining Forces" military family support campaign.

The campaign will join forces with federal government, businesses and nonprofit organizations, Obama said, as well as with people from the entertainment and sports industries, to ensure military families receive

the support they need.

The campaign's goals are to enhance the well-being and psychological health of the military families, ensure excellence in military children's education and their development, develop career and educational opportunities for military spouses and increase child care availability and quality of the Armed Forces.

"We want to give back to these families that have given all of us so much," Obama said in a statement about the program.

The First Lady and Dr. Biden have been meeting with military families, learning about their successes and challenges, and have made it their priority to support them.

"They personified both the sacrifice of war on those who fight them

**See OBAMA, P6**



Photo by Billy Calzada/Express-News

First Lady Michelle Obama shakes hands with Judith Markelz, director of the Warrior and Family Support Center April 13.

## Antiterrorism office offers tips for Joint Staff Integrated Vulnerability Assessment

A team of specialists from the Defense Threat Reduction Agency visits Fort Sam Houston April 24 through 29 to evaluate the installation's ability to deter and/or respond to a terrorist incident.

According to Samuel Meta, installation antiterrorism officer with the 502nd Security Forces Squadron, the objective

of the Joint Staff Integrated Vulnerability Assessment team is to assist the 502nd Mission Support Group commander with the installation's antiterrorism program.

To prepare for the assessment, Meta suggests reviewing force protection condition checklists:

- Be familiar with the Department of Defense Force Protection Con-

ditions, or FPCONS: Normal, Alpha, Bravo, Charlie, and Delta.

- Ensure offices have the most current checklists and door sign visual aids. These items are available from the Installation Antiterrorism (AT) Office.

- Display only one door sign at a time (either exercise or real world).

- Know which FPCON the installation is in and understand why. People who have questions should contact their unit antiterrorism officer, unit AT representative or chain of command.

- Understand individual responsibilities and office role for each FPCON and display the appropriate degree of vigilance based on the

current FPCON.

- Educate family members on what is expected of them if they are in the middle of shopping at the Base Exchange or commissary or if they are outside in the housing areas.

"Each squadron within the 502nd MSG will be observed as to how they support the antiterrorism program as well as all

mission Partners and tenant organizations," Meta said.

"Members of the team will be active throughout the installation," Meta added. "People shouldn't be surprised if a member of the team approaches them at random and ask them questions about topics such as the installation force protection condition."

# News Leader

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# New Army Chief of Staff sees network as Army's future in war

By Rob McIlvaine  
Army News Service

In meeting the demands of conflict, Army Chief of Staff Gen. Martin E. Dempsey knows the American Soldiers' ability to adapt and learn will overcome the enemy.

Dempsey became the 37th Army chief of staff April 11, 2011. Although he is nearly 60, he says he understands the new generation of Soldier.

"I read recently that a young man or woman is likely to have had four jobs between the time they graduate high school or college until they turn 34. I think this generation thinks differently about what longevity is and what continuity is. I think they embrace adaptation far more easily than my generation does.

Dempsey knows, based on his own children's lives, that the new generation wants to sit in the middle of an open field with a smart phone, be by themselves, but be connected to the world.

"I'm an advocate of social media," Dempsey said, who just opened his own Chief of Staff Facebook page.

Referring to Lt. Gen. Mark Hertling, the former commanding general of initial military training at TRADOC, Dempsey applauded his efforts to connect Soldiers to digital applications so they can pull information off the net and begin learning on their own.

"It's having remarkable results. But there are two issues I have to figure out. One is the security protocols. This is more difficult than the bandwidth issue, though the bandwidth issue



Photo by Rob McIlvaine

Gen. Martin E. Dempsey, chief of staff of the Army, speaks at his swearing-in ceremony at Joint Base Myer-Henderson Hall, Va., April 11, 2011.

for the deployed force is a bigger issue. But we have to be secured, because the information makes us vulnerable," Dempsey said.

America's enemies are commanding and controlling their forces using smartphones, Dempsey said, adding "we can't let them become more adaptable than we are."

Adaptability is not just about technology, though. The new chief of staff believes it's also about organizational design.

"I think the Army should think of itself as an organization that will adapt about every five to seven years and organizational design ought to be part of that," Dempsey said. "It's not just about equipment."

"Let's say that in 2020 our assessment is that we might need fewer heavy brigades and more engineering brigades or more infantry brigades. But our projection for some future chief of staff in 2025 or 2030, we might need to recapture the design of a heavier force and we ought to be adaptable enough to do that and I think we can be," Dempsey said.

Over the past 10 years, he said, the Army has learned that the force is distributed on the battlefield in a way that junior leaders have quite a bit of responsibility. He said a sense of confidence and trust needs to be developed at the junior leader level all the way up to the top.

It's not about pushing things down now, it's actually about pulling things up. You give a Soldier a mission, you give a leader a mission and they've got to have tools, and they've got to have your trust and confidence to execute and they've got to provide you the context for you to understand what's going on -- a completely different paradigm than when I was growing up. That's why we need the network," he said.

To accomplish this task, he said, the Army has to figure out how the smart phone and similar items can come into play. This will empower a junior leader to let commanders know what's happening on the ground.

"When I was a captain, I completely relied

on the colonels to provide me what I needed in terms of information intelligence. I mean, I knew I had an obligation to develop the situation myself, but my expectation was that all the really good intel was going to come from the top down. Not now. Now the really good intel comes from the bottom up and we have got to build the network to deliver," Dempsey said.

With talk of the budget being slashed, though, can the network become part of the new Army?

"I think the answer is yes," Dempsey said. "But it's about less long-term exquisite and expensive programs and more about commercial and government off-the-shelf, because here's the other reality of networks."

"By 2017, as an ex-

ample, your contact lens could be your iPad. So we have to learn faster and understand better than our enemies, and we have to leverage the technologies that exist, instead of trying to find that exquisite answer," he said.

The biggest challenge, he said, is reconciling the very different pressures that exist between meeting the current demand, winning the current fight and building the future force. To this end, Dempsey said he is committed to building an Army that is well organized, well trained and well equipped.

"The armed forces of the United States, and that's not just the Army, have to provide the capability that the nation requests, requires and demands," Dempsey said.

## Edwards Aquifer Level

in feet above sea level

**CURRENT LEVEL\* = 657.39'**

\*determines JBSA water conservation stage

Normal - above 660'

Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'



## Weekly Weather Watch

	Apr. 21	Apr. 22	Apr. 23	Apr. 24	Apr. 25	Apr. 26
San Antonio Texas	92° AM Clouds/Pm Sun	91° AM Clouds/Pm Sun	89° Isolated T-Storms	89° Partly Cloudy	91° Mostly Cloudy	92° Partly Cloudy
Kabul Afghanistan	78° Sunny	83° Sunny	82° Sunny	84° Sunny	83° Sunny	82° Mostly Cloudy
Baghdad Iraq	90° AM T-Storms	85° Rain/Thunder	82° Partly Cloudy	85° Sunny	90° Partly Cloudy	91° Sunny

(Source: The Weather Channel at www.weather.com)

## News Briefs

### Construction Impacts WHMC Parking Lots

North Wilford Hall Loop Road and the staff parking Lot B near the Highway 90 gate is closed to allow construction of the new Wilford Hall Ambulatory Surgical Center parking garage. Wilford Hall staff currently parking in Lot B will park in the new WHASC 800-space parking lot along Bong Avenue or in staff parking Lot D. Call 292-7171 for information.

### FSHISD Board of Trustees Nominations

Fort Sam Houston Independent School District is accepting nominations for three positions on the Board of Trustees. Nominees for the Board of Trustees may be a service member, military Family member or a civilian employee residing or employed on Fort Sam Houston. Nominees should have an anticipated retention date at this location through July 20, 2013; be a registered voter in the state of Texas and have been a resident in the state of Texas for 12 months on or before July 20. Individuals nominated must volunteer and be willing to serve on the Board of Trustees without pay. Nominees must submit their resume and memorandum by close of business April 22. For more information, call 295-4806.

### Holocaust: Day of Remembrance Commemoration

The commemoration ceremony will be held May 2, noon-1 p.m. at the Roadrunner Community Center, Building 2797. The guest speaker is Hungarian Holocaust survivor George Fodor. Call 295-6295 for information.

### Military Spouse Appreciation Day

An event will be held May 6, noon-6 p.m. at the Sam Houston Club. There will be refreshments, information on health and beauty, giveaways, prizes and more. Call 221-0946 or 221-2418 for information.

See NEWS, P4

# ProTECT III study targets treatment for traumatic brain injury

By Sue Campbell  
59th Medical Wing Public Affairs

Air Force doctors at Brooke Army Medical Center will soon begin a research study to see if progesterone can decrease damage from a traumatic brain injury.

Traumatic brain injury is sudden damage to the brain caused by an outside force such as a car crash, a fall, or something hitting the head.

Every 15 seconds someone in the U.S. suffers a major TBI and every five minutes someone is forever disabled as a result

of a TBI.

TBI is expensive to families and the society. The lifetime cost to care for a survivor of a severe TBI can be greater than \$4 million and the total yearly cost of TBI in the U.S. was almost \$60 billion in 2000.

"Even though it is a huge problem, scientists have not been able to come up with a drug treatment that works for TBI," said Air Force Col. (Dr.) Randall McCafferty, chief of neurosurgery at BAMC and lead researcher on the TBI study. "In fact, no medication has been helpful in treating TBI in over 30 years."

Since there is no specific drug treatment for TBI, currently physicians try to control blood pressure and oxygen levels to limit the amount of damage to the brain. However, recent studies have shown that progesterone may be effective to decrease brain damage from a TBI.

"Small studies in humans have shown that progesterone is safe and might decrease brain injury. A large study is now ongoing to find out whether it is helpful in treating TBI," said McCafferty.

"There are 17 medical centers across the U.S. that are already

participating in the study and BAMC was recently chosen as an additional research participant," McCafferty said. "Considering the number of military members who suffer TBI on the battlefield, it's exciting to be part of this research."

Progesterone is a hormone found in the human body and is a Food and Drug Administration-approved medication that has been used for decades, but not for treatment of TBI. Many animal studies show that giving progesterone soon after a TBI

See TBI, P7

## Use of air guns, bows, paint ball guns prohibited on FSH

If you or your child is caught shooting an air or pellet gun or any type of bow and arrow or crossbow on Fort Sam Houston or Camp Bullis, the penalties can be severe, according to security forces officials.

According to FSH Regulation 190-7, paragraph 7-2: "Military members, government employees, Family members or civilians will not fire or discharge any firearm, or other weapon (air guns, bow and ar-

rows, cross bows, etc.) on Fort Sam Houston or Camp Bullis unless expressly authorized or acting within the scope of that person's military or law enforcement duties."

Actually, the list of firearms and weapons not allowed for storage or use here is rather lengthy.

When a person knowingly has or carries about his or her person, unless in an open manner and fully exposed to view, any bludgeon, metal

knuckles, firearm, or knife designed for the purpose of offense and defense, or any other dangerous or deadly weapon or instrument of like character, outside of his or her home or place of business, they are committing the offense of carrying a concealed firearms or weapon.

When it comes to knives, any with automatic blade openers (switch blades, ballistic knives, gravity knives, stilettos) of any blade length,

folding or fixed bladed knives with a blade length of more than 5-1/2 inches and also swords, tomahawks, sabers, and machetes with sharpened blades are prohibited and deemed contraband subject to immediate confiscation.

For more information, see the regulation on the FSH intranet page at [https://fsh-intranet.amedd.army.mil/rmb/sn\\_regulations/FSH\\_Reg\\_190-7\\_Control\\_of\\_Weapons\\_1Aug10.pdf](https://fsh-intranet.amedd.army.mil/rmb/sn_regulations/FSH_Reg_190-7_Control_of_Weapons_1Aug10.pdf).

## DOD launches sexual assault response helpline

Defense Department officials launched the Pentagon's newest initiative to support victims of sexual assault April 15.

The DOD Safe Helpline allows service members to click, call or text for victim support services for themselves or others.

The resource is free, anonymous and confidential. Those who need the service will connect with live sexual assault support professionals. It is live 24 hours a day, every day.

In addition to improving victim care, officials designed the Safe Helpline to be secure and confidential to encourage

**Sexual Assault**  
Awareness Month

victims to come forward when they might not otherwise.

"The underreporting of sexual assault poses a serious challenge to military readiness," said Clifford L. Stanley, undersecretary of defense for personnel and readiness.

"We believe the Safe Helpline will provide DOD sexual assault victims with a variety of support outlets, which will lead victims to report sexual assault, seek needed information, and receive care."

Safe Helpline offers three access options designed for service members.

Users can go to <http://Safe-Helpline.org> to receive live, one-on-one confidential help with a trained professional through a secure instant-messaging format. The website also provides vital information about recovering from and reporting sexual assault.

A second option is to call the telephone hotline at 877-995-5247 to speak with Safe Helpline staff for personalized advice and support. Safe Helpline staff also can transfer callers to installation-based sexual assault response coordinators,

on-call victim advocates, civilian rape crisis centers or to the Suicide Prevention Lifeline.

The third option is for users to text their location to 55247 inside the United States or (202) 470-5546 outside of the United States to receive automated contact information for the sexual assault response coordinator at their installation or base.

For more information on the Defense Department's sexual assault prevention and response office, go to <http://www.sapr.mil>.

(Source: American Forces Press Service)

## News Briefs

from P3

### Volunteer Recognition Ceremony

The 2011 Fort Sam Houston Volunteer Recognition ceremony is May 4, 10 a.m.-noon, at the Sam Houston Club. Call 221-2611.

### Army Officer Candidate School

The 502nd Force Support Squadron, Military Personnel Branch will conduct an Army Officer Candidate School structure interview board May 20 at 8 a.m. in Building 2263 Stanley Road, Room 117B. Soldiers must have a bachelor degree and 35 years old or younger, no exceptions. For a complete listing and checklist of the OCS requirements and forms, visit <https://www.hrcapps.army.mil/site/protect/branches/officer/Operations/Accessions/OCS/index.htm>. Packets must be submitted by May 11. Call 221-0885 or 221-0995 for information.

### 502 MSG Quarterly Town Halls

The 502d Mission Support Squadron Commander's Quarterly Town Hall meetings for housing residents are scheduled for May 23 at 6 p.m. at the Watkins Terrace Community Center; May 24 at 6 p.m. at the Harris Heights Community Center; and May 25 at 6 p.m. at the Main Resident Center, 407 Dickman Road. Several organizations will conduct summer safety briefings. There will be a bouncy castle, snow cones, cotton candy and Sparky the fire dog and McGruff the crime dog, will be on-hand. Bring your swim gear, the pools will be open and refreshments will be provided. Call 270-7638.

### Base Transformation Office Moving

Effective April 25, the Base Transformation Office will transition from Building 122 to Building 4196. BTO will have email capabilities with limited phone services during the move. New phone numbers will be provided at a later date. Mission and functions will remain the same.

# ARSOUTH completes humanitarian exercise in Trinidad and Tobago

By Robert R. Ramon  
ARSOUTH Public Affairs

Fuerzas Aliadas Humanitarias 2011, known as FA HUM11 (Allied Humanitarian Forces 2011) came to a successful close in the Caribbean nation of Trinidad and Tobago April 13.

The aim of FA HUM 11, which began April 4, was to partner regional military and civil organizations in order to better respond to humanitarian assistance/disaster relief operations throughout the region.

FA HUM 11 tested national and regional disaster-response plans and improved the capabilities and interoperability of the various governmental and non-governmental organizations that typically support rescue and recovery efforts after a

major calamity within the Caribbean and Central American region.

"It's about saving lives and alleviating human suffering," said Maj. Gen. Simeon G. Trombitas, U.S. Army South commanding general.

"It's about our coordination and cooperation at all levels to be able to respond to these disasters in a unified manner; bringing to bear all our capabilities and allowing us to practice, increasing our capacity to do this."

The Caribbean nation of Trinidad and Tobago hosted FA HUM 11 in cooperation with U.S. Army South, U.S. Southern Command's executive agency for the exercise.

Approximately 30 partner nations and 10 governmental, non-governmental and interna-



Photo by Robert R. Ramon

Maj. Gen. Simeon G. Trombitas (right), U.S. Army South commanding general, presents a plaque to Col. Kenrick Marahaj, Trinidad and Tobago acting chief of defence staff, during the Fuerzas Aliadas Humanitarias 2011 closing ceremony here April 13.

tional organizations teamed up for the exercise.

FA HUM 11 used an earthquake scenario that tested par-

ticipants in tactical-level field training events such as search

See ARSOUTH, P11

## Exercise validates 14th MI Battalion's human intelligence capabilities

By Capt. Lauren Greenup  
14th Military Intelligence Battalion

To prepare for a deployment to Afghanistan, the 14th Military Intelligence Battalion conducted an exercise at Camp Bullis April 4 through 7 to ensure a 55-Soldier detachment could execute full-spectrum human intelligence operations, with a focus on interrogation.

The Fort Sam Houston-based detachment consisted of several sections and teams that included a detachment operations section that provided operational oversight; a human intelligence operations cell to manage requirements and taskings for the teams; an operations management team to provide operational and technical control; a collection management and dissemination section to manage the intel-

ligence requirements; and a document exploitation section that exploited any media captured from the detainees.

"This training exercise not only was a great opportunity to train the functionality of a deployable detachment, but also gave the sections an opportunity to train on their standard operating procedures," said Battalion Commander Lt. Col. Kris Arnold. "Each interrogator had an opportunity to work with an analyst to achieve a more focused and refined interrogation product."

The detachment trained several mission-essential tasks included conducting tactical deployment, command and control, sustainment operations, protection operations, unit movement operations and crisis action planning.

The battalion's headquarters



Photo by Gregory Rippes

Two Soldiers of the 14th Military Intelligence Battalion conduct preliminary questioning of a "detainee" during an exercise to validate their human intelligence gathering capabilities.

and headquarters detachment, led by Capt. Charles McMillian, provided critical support to the exercise and simulated a forward operating base to provide more realism to the training.

This detachment was instrumental to the success of the battalion's exercise by establishing "retransmission"

See 14TH, P12

# Two Navy barracks dedicated to fallen heroes

By L.A. Shively  
FSH News Leader

Two fallen Navy corpsmen were honored during a ceremony dedicating two new Navy Medicine Training Center barracks at Fort Sam Houston April 19.

Hospital Corpsman 2nd Class Jaime Jaenke and Hospital Corpsman 3rd Class John Fralish were both killed in action supporting the Global War on Terrorism.

Jaenke was killed by a roadside bomb in Iraq June 5, 2006. Assigned to Naval Mobile Construction Battalion 25 out of Fort McCoy, Wis., Jaenke was the "Doc" for her unit, whose mission was to build schools, housing, airstrips, and water wells, among other projects, to restore Iraq's infrastructure. Janke completed 25 missions, escorting 375 personnel in convoys across the country.

Fralish was killed by enemy fire during a firefight with insurgents while on patrol Feb. 6, 2006 in Afghanistan. Assigned to 1st Battalion, 3rd Marine Regiment, out of Marine Corps

Base Hawaii, Fralish was "Doc" to his Marines who were supporting provincial reconstruction and stabilization efforts in that country.

Calling a corpsman "Doc" is an honor fellow service members bestow, communicating their trust that person will care for them no matter what.

In the field, a service member's life is in the "Doc's" hands because immediate access to a physician is not always possible, explained Hospital Corpsman 1st Class Robert Browning.

"It doesn't happen out of school, it happens when you bond with your Seabees, Sailors and Marines. It's a wonderful feeling," Browning said, as he remembered the first time he was called "Doc."

Beyond "doc'toring," Browning assisted fellow Seabees from his unit, San Antonio-based NMCB-22, construct the cement pad and raise the flagpole for the Jaenke and Fralish barracks.

"It gives me a sense of pride to drive by and see the flagpole," he said.



Photo by L.A. Shively

Navy Senior Chief Hospital Corpsman Brad Weiss, center, with the 3rd Marine Regiment out of Kaneohe, Hawaii, and Navy Master Chief Hospital Corpsman Barry Moore, right, command master chief for Navy Medicine Training Center, unveil a portrait of Navy Hospital Corpsman 3rd Class John Fralish. The portrait will hang in the entrance of the new Fralish Barracks. A second barracks was dedicated to Hospital Corpsman 2nd Class Jaime Jaenke, killed in Iraq. Fralish's dad James Fralish, left, came with other members of his family to participate in the ceremony.

"I'm glad that we can honor two corpsmen – two 'Docs,' said Navy Builder 1st Class Gary Ondrej, who was in charge of the flagpole project.

"All of us here know of the sacrifice that these two individuals made while serving in distant lands," said guest speaker retired Master Chief Petty Officer of the Navy Joe Campa, speaking to the several hundred Sail-

ors, Airmen, Soldiers and civilians in the audience gathered for the event.

"But the stories of these two sailors go well beyond the sacrifice they made on the battlefield," Campa said. "Their stories are of a young man and young woman who had a great love for their families, their country and the meaningful work they found in being hospital corpsman."

Helping people and

serving her country was what Jaenke loved to do, according to her cousin, Tifani Eisentrager. As a civilian, Jaenke had volunteered as an emergency medical technician and was planning to become a nurse.

Fralish was inspired to join the Navy because of 9/11, said his uncle, John Fralish Jr., adding that military service was a family tradition and his nephew wanted to help

others by becoming a doctor.

During the ceremony, portraits of each corpsman were unveiled. The Jaenke and Fralish portraits will grace the quarterdeck of each of the barracks named after them. Bronze plaques chronicling the circumstances under which each corpsman lost their lives were also unveiled.

"I am deeply honored that his name is there. For years to come, that plaque will serve as a beacon for many classes of corpsmen," Fralish said.

Family members then released gold and navy blue balloons, officially opening both barracks.

"Like ships, they are living things once the crew comes aboard and brings them to life," said Navy Capt. R.G. Craig-miles, NMTC commanding officer, emphasizing that the buildings, like their namesakes, are of heroic proportions. "These 'megabuildings' each include more than 330,000 square feet of living space, with 600 rooms housing 1,200 Sailors."



Photo by Maria Gallegos

The First Lady and Dr. Biden also met and spoke with students in the University of Texas at San Antonio's Collegiate Entrepreneurs' Association, who had volunteered to cook brisket and sausage for the wounded warriors and their families.

### **OBAMA from P1**

on our behalf and their families as well as the extraordinary strength of America's military families," wrote Trooper Sanders, deputy director of policy to the First Lady about the FSH visit on the WhiteHouse.gov blog.

"Some wounded warriors will return to the front lines and military service. Others may not, but still have a lifetime of skills, strength, and commitment to service to contribute to our country.

"From ensuring they have the care, support and services they need to expanding opportunities for meaningful careers and active roles in our communities, all segments of our society can work together to express our debt of gratitude to the military families who serve and protect us by supporting and engaging them," Sanders added.

The First Lady and Dr. Biden also met and spoke with students in the University of Texas

at San Antonio's Collegiate Entrepreneurs' Association, who had volunteered to cook brisket and sausage for the wounded warriors and their families.

While visiting the Warrior and Family Support Center, the First Lady and Dr. Biden were highly impressed with the services and amenities offered at the Warrior and Family Support Center.

"Everything in this building is all donated from the community. Without the community's support, this facility would not be standing here today," said Judith Markelz, WFSC director. "The work we do here is secondary to what they have done for us. They [wounded warriors] fought with honor and shame on us if we forget their sacrifice."

"The thing that is amazing, one of the reasons why we wanted to come to this facility, is because, as Judy explained, all of this that you see around is donated by the community

– 100 percent of every salary, of every brick, of every piece of wood, of every bit of food, this is all done by the community," Obama said.

"This family center is an example of how communities step up and support the military families and the troops, and they do it with their own dollars, with their own energy," the First Lady added.

"We need thousands of more communities like this [San Antonio] to step up to support the military families."

"I think we leave here more inspired, because of the resilience and strength we see in our wounded warriors and their families," Dr. Biden said after meeting with soldiers and their families.

For more information about the Joining Forces program, click on <http://www.joiningforces.gov>.

*(Maria Gallegos, BAMC Public Affairs, and Steve Elliott, News Leader editor, contributed to this article.)*

**TBI from P3**

may reduce brain swelling and damage.

"There are possible side effects as progesterone can increase liver enzymes and the risk of blood clots and infection, but since we do not have a treatment that is best for TBI, a person entered into this study has a chance to benefit significantly by participating," McCafferty said.

The ProTECT III study will involve individuals who have suffered a TBI and are brought to the BAMC emergency department for care. If an individual meets the research criteria, they will be included in the study unless they have indicated they do not wish to participate in advance.

"Normally people have ample time to decide whether they want to participate in a research study, but individuals who

have just suffered a TBI are not alert enough to understand the study or to consent," McCafferty said. "The study medicine has to be given quickly, so there may not be enough time to reach their legal guardian who can give permission."

Therefore, this study will fall under very specific federal rules called Exception from Informed Consent, or EFIC.

EFIC guidelines require the BAMC emergency department to attempt to locate a legally authorized representative, or LAR, to get permission to enter a patient into the study. If a LAR cannot be located in that time, the patient will be started on the study medicine without consent, but the treatment can be stopped if a LAR is located and objects to the study.

If a person does not want to be in the study,

they can log on to the ProTECT III website at <http://www.protectiii.com> to sign up for the opt-out registry.

EFIC rules also require the researchers to inform the community about the study. McCafferty and members of his team will be scheduling town hall meetings to explain the study and assess public opinion.

"We are eager to hear comments from anyone in the San Antonio area who has a concern or wishes to voice their support," McCafferty said. "We are excited to proceed and be part of something that may benefit future TBI patients at home and at war."

For more information about ProTECT III, contact the study team at 916-1827 or access the research web site at <http://www.protectiii.com>.

# JBSA visioning workshop planned for April 25-27

A strategic planning workshop for Joint Base San Antonio takes place April 25 through 27 at a local venue. It is being conducted as part of the ongoing process for the Joint Base San Antonio Integrated Master Plan.

To kick off the workshop, an ice breaker event will be held for workshop attendees and community stakeholders April 25. During the April 26 and 27 sessions, a diverse group of decision-makers from the Joint Base Partnership Council and major mission partners will work together with professional facilitators and physical planners

to craft a vision for JBSA today and into the future.

The format for the workshop has been designed to provide each attendee a platform for direct participation and to help inform the infrastructure framework of the joint base as it moves forward. This work has immediacy, since JBSA is now at full operating capability, effective Oct. 1, 2010, and in the context of multiple ongoing strategic efforts.

The Master Plan will establish the framework for decision-making, with regard to the future development of JBSA. It incorpo-

rates elements such as operational, environmental, urban planning and quality of life. This project develops a web-based comprehensive Installation Master Plan and Capital Investment Plan for Joint Base San Antonio. This plan will address the relationships between the Installations and the functional areas within to integrate them into a comprehensive long-term regional plan.

The plan encompasses: Randolph and Lackland Air Force Bases, Fort Sam Houston, Canyon Lake Recreation Area, Seguin Auxiliary Airfield and Camp Bullis.

# Soldiers need to retake Global Assessment Tool survey

By J.D. Leipold  
Army News Service

Within the next couple of weeks, Soldiers will begin to see reminders that they must re-measure their resiliency and psychological health by taking the Global Assessment Tool survey again.

One reminder will be seen on the Army Knowledge Online portal. Splash screens will show an additional button under "my professional data" that will be glowing red if Soldiers have not taken the GAT a second time.

As the front-line tool for Comprehensive Soldier Fitness, the GAT allows Soldiers to assess their inner strengths in the emotional, social, spiritual and familial areas.

After completing the 105-question online survey, those elements are quickly evaluated from scientifically validated scales and displayed in a graph of four bars showing weakest and strongest areas.

Soldiers can then immediately look through a variety of comprehensive resilience modules, or CRMs, and decide the areas they need to work on, and what skills they need to become more flexible in dealing with the challenges of daily life in and outside the Army.

"More so than anything else, the skills that can be learned from the modules can be applied in almost every aspect of your life, be it on deployment, in combat, back at the garrison, in your

family life and civilian community," said Capt. Paul B. Lester, a psychologist with CSF.

"We're not trying to teach what to think, but how to think and approach challenges, then how to negotiate those challenges," Lester added.

The Army kicked off the GAT survey about 18 months ago, making it mandatory for all non-deployed Soldiers to complete on an annual basis. In February 2011, the number of Soldiers who had been assessed through the GAT reached 1 million.

Lester, who oversees CSF program evaluation, said his team is working through the many statistics involved in determining the successes of the GAT and

the modules and much of what they're seeing has indicated a wide distribution of resilience already.

"We're not seeing a major difference in resilience between genders, so we know men and women are equally resilient," he said. "We're not seeing major differences between ranks, so there's a wide dispersion of psychological resilience across the force, specifically along demographic lines."

Recently, the evaluation team received data from the 2nd Infantry Division in Korea on the results of their aggressive CSF training during in-processing. Lester said the division has trained 85 percent of their force in less than a year.

"We know, based on what they're telling us,

78 percent of the suicidal gestures, ideations or attempts have come from the 15 percent of the Soldiers who, for whatever reason, were unable to go through the training during the initial in-processing," he said. "Those statistics are fairly strong, but we'll continue to analyze the data over time."

Initially the feedback given to Soldiers was just basic, but that has been evolved as the number of modules also increases every few months.

About six months ago, the evaluation team talked with Soldiers from the bottom rung up to mid-level and strategic leaders who said they wanted help in making meaning of the scores. Feedback is now "light years ahead" of where it

was a year ago, Lester noted.

Instead of receiving just a general narrative and overview of the scores, Soldiers now taking the GAT will see a tailored narrative that tells them what areas they're strong in, as well as weak in, and it will identify some potential areas where they could improve, Lester said.

Soldiers are also able to compare their scores to their peers based on age, military occupational skill, marital status, times deployed, rank and other criteria that give a better perspective of where they stand relative to others.

"For example, I get compared to thousands of other captains, and it shows me how well my

**See GAT, P10**

## 470TH MI BRIGADE OBSERVES WOMEN'S HISTORY MONTH



**Photo by Gregory Ripps**

Col. Bridget Rourke, commander, 5th Brigade, U.S. Army Cadet Command, addresses members of the 470th Military Intelligence Brigade during the unit's primary Women's History Month event at the brigade's headquarters March 31. O'Rourke recounted the progress women have made in the Army, but explained that the Army has a way to go. She reminded those attending the event that they should strive to live up to the ideal of "a culture that provides opportunity and promotion based on merit with a minimum of barriers."

## 201ST MI BATTALION CHANGE OF RESPONSIBILITY



**Photo by Gregory Ripps**

Lt. Col. Joe Barber (left), 201st Military Intelligence Battalion commander, presents the non-commissioned officer sword to Command Sgt. Maj. Earl Jacobs during a change of responsibility ceremony April 1. The action symbolized the transfer of authority of the battalion's top-ranking NCO to Jacobs from Command Sgt. Maj. Michael Ables. The battalion returned from Afghanistan in February after a one-year deployment in support of Operation Enduring Freedom.

## LOOKING INTO FORT SAM HOUSTON



Photo by Kathy Salazar

Cadet Capt. Shawn Voulgaris, a member of the Wharton High School Air Force Junior ROTC, looks through a microscope April 15 at the Fort Sam Houston Veterinary Laboratory during a tour of the post. The students also visited the Combat Medic Patient Simulator, the FSH Fire Station and had lunch at the Rocco Dining Facility.

### GAT from P8

scores are compared to everyone else who's a captain, so it just helps you keep your scores in perspective," Lester noted.

"If you score pretty low on something, it doesn't mean you're failing, it just shows where you need to improve

within your demographic lines."

The CSF folks realize psychological resilience isn't a one-size-fits-all program, so they're also working on tailoring the training specifically to the individual, he said, but that will take another year or two of development. In the next couple of years, he expects to

see modules become more focused on specific issues, such as how to lose weight properly in order to make tape.

"We would really love for Soldiers to go through all our modules, but that's really not the intent," Lester said. "The intent is that over time the modules are tailored to a Soldier's needs."

## Show seeks military families for home makeover

By Elaine Sanchez  
American Forces Press Service

The producers of ABC's "Extreme Makeover: Home Edition" are seeking people involved in the military whose home deserves an extreme makeover.

The producers are looking for people with "amazing strength of character and who put their own needs aside to help others," a press release said. "Whether it's a soldier, a mom, a teacher or a fireman, we think deserving families are families who inspire those around them."

Additionally, the show's producers are seeking families whose houses need major alterations or repair – "homes that present serious problems for the family and affect the family's quality of life."

To be eligible, families must own their single family home and be able to demonstrate how a makeover will make a difference in their lives.

Interested military families or people who wish to nominate a military family should e-mail a short description of the family's story to emheu-

sa@gmail.com.

The e-mail should include the names and ages of household members, a description of the family's challenges, an explanation of why the family is deserving of a makeover or is a positive role model in the community, photos of the family and their home, and contact numbers.

The deadline for nominations is May 30, but people should send submissions early, the release said.

For more information visit <http://abc.go.com/primetime/xtremehome/index?pn=apply>.

## ARSOUTH from P4

and rescue, mass casualty assistance, and logistics support, and operational/strategic national-level emergency operations center command and control operations as well as international coordination in response to requests for assistance.

Simply having disaster response plans in place isn't enough, said Senator the Honorable Brig. Gen. (Ret.) John Sandy, Trinidad and Tobago minister of national security.

"We must ensure that systems and plans are

in place and consistently and sufficiently tested in order to be able to effectively react to natural and manmade disasters," Sandy said. "FA HUM 11 is one way in which we tried to improve our efforts to deal with a major impact which would undoubtedly challenge our resources. These plans must be tested repeatedly, because it's only through consistent testing that we can be sure the collaborative response continues to improve."

FA HUM 11 also marked accomplishments in significant and specific

areas.

"We transferred the operations from the Trinidad National Emergency Operations Center to the Tobago Emergency Management Agency while the NEOC relocated to a more hardened facility," Trombitas said.

The exercise also established a humanitarian operation center to integrate, coordinate and synchronize support from all of the international partners and agencies involved.

"We'll never be able to do things alone but we need to coordinate," Trombitas said. "Having this center allows us to do that."

Overall, the exercise was a success according to the U.S. Ambassador to Trinidad and Tobago.

"I had the opportunity to visit the sites and see the responders in action and I was very impressed with the commitment and

dedication of the participants," said Ambassador Beatrice Welters. "We are always striving to improve and increase our capabilities, since as we've seen time and time again, you can never be too prepared for a natural disaster."

Throughout the exercise, key leaders took note of successes and missteps alike.

"Everyone knows that we're not perfect," Trombitas said. "Success is identifying shortfalls, via means of this exercise, so we can improve on those areas where we are weak and so we can better respond to any natural disaster in the future."

Natural disasters are often unavoidable as witnessed during the recent earthquakes in Japan; however, the goal of FA HUM 11 was to minimize destruction as much as possible, said Dr. Stephen Ramroop, Trinidad and



Photos by Miguel Negron

Search and rescue personnel from the Trinidad and Tobago Fire Department assist mock victims during the simulated collapse of a three-story building here April 10. This scenario was developed to test the capabilities of firefighters and search and rescue personnel during Fuerzas Aliadas Humanitarias 2011.

Tobago's Office of Disaster Preparedness and Management chief executive officer.

"Disaster management is rooted in the fundamental belief that we can do something during a disaster to lessen the potential for substantial

loss of life, destruction of property and the environment on which people depend," Ramroop said.

"It's about helping our fellow man under trying circumstances and to come back from a disaster even better and stronger than before."



U.S. Air Force Master Sgt. Sherry Crandell (left), from the Air Combat Command Surgeon General Office and U.S. Army Sgt. 1st Class Donna Rousey, U.S. Army South Logistics and Transportation, receive 21 pallets of cargo from an MD-11 aircraft at Piarco International Airport here April 8 in support of Fuerzas Aliadas Humanitarias 2011.

**14TH from P4**

sites crucial to communications, sustaining

elements throughout the battlefield, conducting services on three vehicles and executing “mayoral”



Three Soldiers on a detachment from the 14th Military Intelligence Battalion prepared to move out during an exercise to validate their human intelligence gathering capabilities at Camp Bullis April 7.

duties in the cantonment area and at the forward operating base.

Bravo Company, led by Maj. Chad Wetherill, supported the exercise with analysts embedded in the detachment, serving as tiger team members, and also supplied role players at the villages and observer/trainers to evaluate the training.

During the exercise, the detachment conducted 13 human collection team missions, eight screenings and 18 interrogations. In addition, 14 intelligence information reports were produced, 10 requests for information submitted, four “walk-ins” were executed

and one source directed requirement was answered.

“This was a great training event that not only validated a detachment, but also trained the battalion staff and support elements on critical tasks like planning, resourcing, coordinating and supporting,” Arnold said.

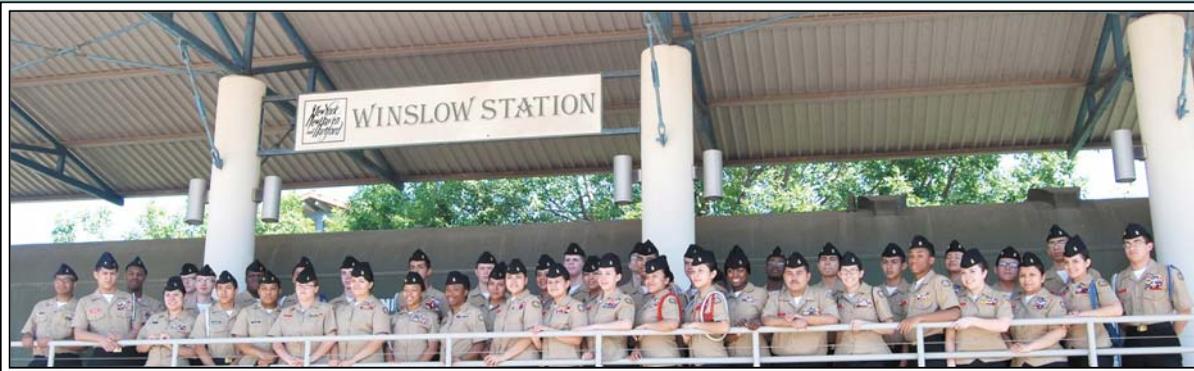
“It proves that if the battalion staff can plan and command and control an exercise of this magnitude and detail, we can easily plan and successfully conduct real-world missions down range.”



Photos by Gregory Ripps

Soldiers on a detachment from the 14th Military Intelligence Battalion consider a “person of interest” in a simulated village on Camp Bullis during an April 7 exercise. The purpose of the exercise was to validate the detachment’s capabilities of executing full-spectrum human intelligence operations with a focus on interrogation.

## NAVY JUNIOR ROTC VISITS COMBAT MEDIC TRAINING



Forty-four Navy JROTC students representing seven different high schools from Chicago, Ill., stopped by the Army Medical Museum while visiting Fort Sam Houston as part of their spring trip to Texas April 15. The schools represented were Taft, Corliss, Whitney Young, Rickover, North Chicago, and East Aurora High Schools. The students spent the day visiting the new Navy dorms, the Department of Combat Medic Training, which is part of the 232nd Medical Battalion, the Army Medical Museum and had lunch at the Rocco Dining Facility.



Navy JROTC students from Chicago, Ill., visit the computer room during a visit to a Navy dormitory while visiting Fort Sam Houston April 15. The students had the opportunity to view the quality of life for Navy students while they are attending medical training.

**Photos by Esther Garcia**



(From left) Paola Guzman, Michael Lazalde, retired Navy Chief Hospital Corpsman Lindsay Fry who is a Navy Junior ROTC instructor at Taft High School in Chicago, and Angelina Weglarczyk listen to the breathing and heartbeat of a lifelike patient simulator mannequin during a visit to the Department of Combat Medic Training, 232nd Medical Battalion April 15. The mannequins, used for training combat medics, are computer controlled and can be made to breathe, bleed, make sounds and talk.

# T.G.I. FIESTA!



A young Fiesta participant gets a smooch from two of the military Fiesta Ambassadors while two members of the Texas Cavaliers crack open a cascarone over her head.

Photo by Kathy Salazar



Photo by Lori Newman  
A member of The Old Guard Fife and Drum Corps performs in front of the Alamo during the Battle of Flowers Parade April 15.

Photo by Lori Newman  
Lt. Gen. Guy Swann III, commanding general of U.S. Army North, waves to the crowd during the Battle of Flowers Parade April 15.



Photo by Esther Garcia

Lt. Gen. Rick Lynch, commanding general, Installation Management Command and assistant chief of staff for Installation Management, is presented with a plaque from Dan Medrano, president of the Vietnam Veterans of America, Alamo Chapter, for his participation as keynote speaker at the All Veterans Memorial Service held in front of the Municipal Auditorium April 17.



Photo by Esther Garcia

(From left) 32nd Medical Brigade Commander Col. William LaChance and Command Sgt. Maj. Harry Tharp; Col. Dawn Smith, chief of staff, Army Medical Department Center & School; and Col. Donna Whittaker, dean of Academy of Health Sciences, hold on to patriotic decorated wreaths as they prepare to join military, civic and veterans organizations in the Pilgrimage to the Alamo April 11. Participants carry wreaths as they walk silently from Municipal Auditorium to the Alamo Plaza where a brief memorial service takes place. Sponsored by the Alamo Mission Chapter of the Daughters of the Republic of Texas, this annual event is a memorial tribute to the defenders of the Alamo and the heritage of Texas.

Lt. Gen. Guy Swan III, commanding general, U.S. Army North (center) leads a solemn procession during the Pilgrimage to the Alamo April 11. Participants carry wreaths as they walk silently from Municipal Auditorium to the Alamo Plaza where a brief memorial service takes place. Sponsored by the Alamo Mission Chapter of the Daughters of the Republic of Texas, this annual event is a memorial tribute to the defenders of the Alamo and the heritage of Texas.



Photo by Kathy Salazar



Col. Robert S. Bridgford, 502nd Air Base Wing vice commander, places a wreath at the Alamo during the the Pilgrimage to the Alamo April 11. Participants carry wreaths as they walk silently from Municipal Auditorium to the Alamo Plaza where a brief memorial service takes place.

Photo by Kathy Salazar



Photo by Esther Garcia

The All Services Color Guard helped kick off the 2011 Fiesta Flambeau night parade April 16.



Photo by Esther Garcia

The U.S. Army Medical Command Band, led by Chief Warrant Officer Douglas Paarmann, marches in the Fiesta Flambeau parade April 16. The night parade is one of numerous Fiesta activities the MEDCOM Band supported in San Antonio throughout the 11 days of Fiesta.



Photo by Sgt. Maj. Eric Lobsinger

Lt. Gen. Guy Swan III, commanding general, U.S. Army North, along with the Fiesta military ambassadors representing the Army Air Force, Navy, Marine Corps and the Coast Guard, prepare to cast off during the Texas Cavalier's River Parade April 11.



Photo by Staff Sgt. Keith Anderson

Members of the U.S. Air Force Band of the West, from Lackland Air Force Base, perform for Fiesta San Antonio revelers during the Texas Cavalier's River Parade April 11. More than 45 civic and military organizations hosted floats in the parade.



Photo by Sgt. Maj. Eric Lobsinger

Senior leaders from throughout Fort Sam Houston, representing the Army, Air Force, Navy, Marine Corps and the Coast Guard service members on post, prepare to cast off during the Texas Cavalier's River Parade April 11.

# Rollout approaches for Young Adult TRICARE enrollment

By Donna Miles  
American Forces Press Service

TRICARE will soon allow qualified young adults, up to age 26, to purchase military health plan coverage on a month-to-month basis.

The new Young Adult Program includes an option to make coverage retroactive to Jan. 1.

This will ensure military families aren't left out as the new national health care reform law extends parents' health insurance for their children up to age 26, officials said.

The new program will allow qualified, unmarried children of service members without access to employer-sponsored health care coverage to buy health care coverage under their parents' TRICARE plans through age 26. That's up from the current maximum age of 21, or age 23 for full-time college students whose parents provide more than half of their financial support.

The fiscal 2011 National Defense Authorization Act gave the Defense Department the authority it needed to

extend TRICARE coverage to young adults. This ensures benefits extended are in line with those all American families receive under the Patient Protection and Affordable Care Act, which took effect in March 2010.

"We've been working hard to put TRICARE Young Adult on a fast track," said Navy Rear Adm. (Dr.) Christine S. Hunter, the director of the TRICARE Management Activity.

"Fortunately for our beneficiaries, the law signed by the president

includes opportunities for military families to elect this new premium-based plan retroactive to Jan. 1."

TRICARE officials expect to announce premium costs shortly, before enrollment begins. But because the 2011 defense authorization specifies that the rates must cover all program costs, premiums will be based on commercial insurance data about the costs of providing care.

Once premiums are determined, officials encourage eligible beneficiaries to explore all

of their health care coverage options to choose a plan that makes sense for them.

Hunter estimated that the program, once in place, could extend TRICARE coverage to several hundred thousand additional beneficiaries.

Officials plan to roll out the new program in two phases, first offering a premium-based TRICARE Standard/Extra benefit. Later this year, they plan to introduce the TRICARE Prime and TRICARE Prime Remote plan, including overseas options, and the Uniformed Services Family Health Plan.

Once the program is in place, eligible beneficiaries may submit an application and premium payment to the appropriate regional or overseas contractor for processing, officials said. Cost shares, deductibles and catastrophic caps will vary based on the plan selected and the sponsor's status.

Young adult beneficiaries will receive an enrollment card after they buy coverage and their payment is reflected in the Defense Eligibility Enrollment Reporting System.

The new beneficiaries may choose to pay premiums back to Jan. 1, which will entitle them to file claims for any health care costs they have accrued since that date. Officials advise beneficiaries save all receipts to ease claims processing.

For adults who need health insurance coverage but no longer qualify for TRICARE coverage, officials advise exploring the Continued Health Care Benefit Program. This program offers temporary, transitional health coverage for 18 to 36 months.

Coverage must be purchased within 60 days of losing TRICARE eligibility. For more information, click on <http://www.tricare.mil/tya>.

## ARNORTH COMMEMORATES TREE PLANTINGS

Soldiers from the Headquarters and Headquarters Battalion, U.S. Army North, tag a tree during a tree-naming ceremony at the historic Fort Sam Houston Quadrangle April 6. The ceremony also featured the participants tagging their trees with replica military identification tags.



Photo by Luis Deya

Improvements underway in the Quadrangle include the planting of inner and outer rings of animal-friendly trees, the addition of picnic tables, benches and the installation of a new duck pond.

## AMEDDC&S SGM INDUCTED INTO PROFESSIONAL HALL OF FAME

Former cytology student April Glenn stops by his office to show Sgt. Maj. Jeffrey Lavender her new second lieutenant rank. Lavender, who recently served as the Academy of Health Sciences sergeant major, was inducted into the Texas State Society of The American Medical Technologists Hall of Fame April 8. He is only the 16th person ever inducted. Of the 16 Hall of Fame members, only 8 are still living. Lavender has been an American Medical Technologist (national) member for 22 years and was inducted in recognition of his extraordinary accomplishments and dedication to the laboratory field. Lavender also was recently named enlisted member of the year by the Society of Armed Forces Medical Laboratory Scientists. He was the only enlisted member selected by the tri-service organization from all services.



Photo by Phil Reidinger

# Kevlar bike shorts, female aviator uniforms among gear in works

By Jasmine Chopra  
Army News Service

Despite the nation's budget woes, efforts to develop and distribute gear that will enable Soldiers to be more lethal and resilient in any environment will continue to be supported, said Program Executive Officer Brig. Gen. Peter Fuller, April 18.

Fuller spoke at a PEO-Soldier media roundtable at the Pentagon about gear featured in the agency's fiscal year 2011 portfolio. That gear includes new cold-weather clothing, Nett Warrior, and a system which will allow Soldiers to locate the enemy behind walls, doors, and other obstructions.

The AN/PPS-26 "Sense Through The Wall" system is designed to allow Soldiers to detect, locate, and "sense" personnel from a standoff distance behind obstructions such as eight-inch thick adobe. It's a hand-held radar system that displays the enemy's location on a small grid monitor.

Nett Warrior is an in-

tegrated dismounted Soldier situational awareness system. It includes a hands-free display, a tiny computer processor and networked radio transmitter/receiver. It is designed to allow Soldiers in combat to find each other on a digital map, to enhance communication and information sharing.

The Generation III Extended Cold Weather Clothing System is designed to provide Soldiers a versatile, insulating system adaptable to varying operational and environmental conditions.

It includes silk-weight moisture-wicking undergarments, a water-repellent windbreaker and a new fleece jacket that mimics animal fur.

The new gear is light

years ahead of what Fuller said he was issued as a young armor officer in the 1980s. He recalled using World War II-era wool cold-weather gear in Germany.

"We had a brand new modern tank, but we were freezing," Fuller said.

Gortex was commercially available, but it was expensive.

The Soldier is not an accessory for the tank, Fuller said. The purpose of the tank is the Soldier, so you ought to spend some money making sure that the Soldier is optimized to use that platform, he said.

Without a doubt, the Army is a people-focused organization and how do you focus on the people? You give them

the best kit, said Fuller.

Fire-resistant uniforms, boots that match the environment, lighter loads, enhanced protection, it's all about making that Soldier decisive, and to be decisive, Soldiers need to be fit, awake and aware, Fuller said.

When a Soldier is freezing, can't see, is cramped or overloaded, it can really diminish that Soldier's capability, he added.

That's why the Program Executive Office Soldier labors to facilitate the implementation of high-quality, high-capability and ever-lighter gear, Fuller said.

Products in development include the XM-2010 Enhanced Sniper Rifle, better pelvic and groin protection in the

form of heavyweight silk underwear, Kevlar bike shorts that protect against debris from small blasts and the development of a female aviator uniform that makes taking care of biological functions much easier with a half-moon-shaped zipper. About 17 percent of Army aviators are female, according to PEO Soldier.

As with previous years, PEO Soldier is expending considerable effort in trying to lighten the weight of Soldiers' kits because gear that is too heavy and takes up too much space can reduce effectiveness, Fuller emphasized.

He added there is going to be continued modernization in the dismounted Soldier arena.



Photo by Jasmine Chopra

The "MultiCam" fire-resistant Army Combat Uniform for Afghanistan with new MultiCam-patterned Modular Lightweight Load-carrying Equipment.

# FSHISD announces its 2011-2012 Non-Resident Transfer Student Policy

Non-Resident Transfer Applications are being accepted for pre-kindergarten through 12th grade, and will be granted for one school year at a time, on a tuition-free basis. Transfer decisions are made without regard to race, religion, color, gender, disability, national origin or ancestral language.

A resident student who becomes a non-resident due to a parent retiring from military active duty or who moves out of the district shall be permitted to

continue in attendance for the remainder of the school year and shall be eligible to apply for a transfer.

Additionally, a parent may file a request at the office of the superintendent for their child to be admitted into district schools if the parent meets one of the following categories:

1. Is serving on active military duty. National Guard and Reserve military members shall be considered to be serving on active military duty only if called to active

military duty by order of the president of the United States.

2. Is awaiting housing and has a permission form from Fort Sam Houston Lincoln Military Housing office with an approximate move-in date into available quarters within the current school year. If quarters are refused, the district shall initiate withdrawal of the student.

3. Is employed by the district.

4. Has retired from active duty military service after having been assigned to a military

installation in San Antonio and is employed on federal property.

In approving transfers, the superintendent will consider availability of space and instructional staff, and the student's disciplinary history, attendance and grades, as well as the administrative regulations establishing a priority order based on the parent's military status. First priority will be given to students who meet the Non-Resident Transfer criteria and are currently enrolled in the district.

Students and their parents/guardians approved for Non-Resident Transfer status are required to agree to the administrative guidelines and the Non-Resident Transfer Student Agreement. Parents or guardians may obtain a Non-Resident Transfer Application from the District Administration Office located at 1902 Winans Road, from April 19 to Aug. 12. Applications received after Aug. 12 will be placed on a wait list.

Completed applications should be submit-

ted to the office of the superintendent at the District Administration Office. Applications will be date and time stamped. You may submit the Non-Resident Transfer applications in person at the district office, scanned and sent by email to [transferapps@fshisd.net](mailto:transferapps@fshisd.net), or by U.S. mail only. For information, call 368-8701.

For complete details and requirements of the transfer policy and administrative guidelines, visit the FSHISD website at <http://www.fshisd.net>.

## FSHISD WEEKLY CAMPUS ACTIVITIES APRIL 25-30

### Fort Sam Houston Elementary School

#### April 26

Third and fourth grade TAKS Math

#### April 27

Third and fourth grade TAKS Reading

#### April 28

Fifth grade TAKS Science  
FSHISD School Board Meeting in the Professional Development Center, 11 a.m.

#### April 29

Spirit Day

### Robert G. Cole Middle/High School

#### April 26

Sixth, seventh and 10th grade TAKS Math  
TAKS Exit Level ELA

#### April 27

Sixth and seventh grade TAKS Reading  
TAKS Exit Level Math

#### April 28

Eighth, 10th and 11th grade TAKS Science

Ninth grade TAKS Math

Exit Level TAKS Science

FSHISD School Board meeting in Professional Development Center, 11 a.m.

#### April 29

Eighth, 10th and 11th grade TAKS Social Studies  
Exit Level TAKS Social Studies

#### April 30

Middle School Play Rehearsal in Fine Arts Building, 10 a.m. to noon  
Cole Junior/Senior Prom at San Antonio Botanical Gardens, 8 p.m. to midnight

## Smartphone app helps troops, vets manage stress

Veterans dealing with symptoms of post-traumatic stress disorder can turn to their smartphones for help any time with the “PTSD Coach” application created by the Veterans Affairs and Defense departments.

“This is about giving veterans and service members the help they earned when and where they need it,” Veterans Affairs Secretary Eric K. Shinseki said. “We hope they, their families and friends download this free app. Understanding PTSD and those who live with it is too important

to ignore.”

PTSD Coach lets users track their symptoms, links them with local sources of support, provides accurate information and helpful individualized strategies for managing symptoms, officials said. The app is now available for download from the iTunes Store and will be available for Android devices by the end of the spring.

“This application acknowledges the frequency with which our warriors and veterans use technology and allows them to get help

when and where they feel most comfortable,” said Dr. Jonathan Woodson, assistant secretary of defense for health affairs.

PTSD Coach is primarily designed to enhance services for individuals who are already receiving mental health care, though it is helpful for those considering entering mental health care and those who just want to learn more about post-traumatic stress, officials said.

*(Courtesy of the Department of Veterans Affairs)*



## Announcements

### Volunteer Needed to Explain Adaptive Clothing

Volunteer needed with a practical knowledge of the benefits of adaptive clothing. Volunteer must have experience in working with patients to explain the value of adaptive clothing to patients quality of life. Call 808-4980.

### Holiday Children's Story Contest

The U.S. Air Force Band of the West is hosting a Holiday Children's Story Contest. The story must be 800-1000 words and include one of the following themes: "A Hero's Holiday Wish," "A Patriotic Holiday" or "Holiday Traditions." The contest winner will have an original composition commissioned to be performed at Holiday in Blue 2011 performances.

All submissions are due by June 17. This contest is open to all San Antonio residents. Send submissions to [band.media@us.af.mil](mailto:band.media@us.af.mil) or 1680 Barnes Ave. Lackland AFB, TX 78236.

### Diabetes Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled, "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients." Candidates must be military medical beneficiaries (retired and family members of active duty and retired), 18-65 years old, diagnosed with Type 2 diabetes and on medication. Active duty personnel are unable to participate. Call 292-2210 for information.

### Cloverleaf Communicators Club

The Cloverleaf Communicators Club is open to military, family members and civilians who are interested in developing or enhancing their leadership and communications skills. Meetings are held the first and third Thursday of every month 11:45 a.m.-1

p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 for information or visit <http://powertalkinternational.com/>.

### Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Harris Heights Community Center on Patch Road. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-3887.

### Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-5194.

### Lost Property

If you have lost any property on Fort Sam Houston, call 221-2340. To claim items, you must have a

form of photo identification and be able to identify the property.

## Calendar of Events

### April 23

#### Comfort Easter Walk

The Hill Country Volkssportverein volksmarch club will host a 7k and 12k walk starting at the Hermann Sons Riverside Camp, 100 Altenheim Road, in Comfort. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 830-995-2421.

### April 25

#### U.S. Army Warrant Officer Association

The Lone Star Silver Chapter will meet at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Road. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. Call 375-9895 or 666-9818.

### April 29

#### AACA Golf Tournament

The African American Cultural

Association golf tournament tees off at 8 a.m. at Lackland's Gateway Golf Club. The fee is \$49/ player and includes lunch, greens fee, cart, range balls, on-course beverage coupons, door prizes and more. Register by April 21. Call 867-2091, 473-0979 or 872-5748.

### May 7

#### Hillsboro Triathlon

The triathlon consists of a 500-meter swim, 16-mile bike ride and 3.2-mile run beginning at 7:30 a.m. Registration pick-up and free spaghetti dinner for the athletes will be held May 6. Call 254-266-4355.

### May 11

#### Joint Base San Antonio Motorcycle Rally

The JBSA Motorcycle Safety Rally is 10 a.m.-2 p.m. in the Fort Sam Houston Commissary parking lot. Event includes a slow race competition, best-bike contest, inspection station and booths with product demos. Door prizes will be presented throughout the event; must be present to win. Call 221-3846 or 221-5239 for information.

### May 13

#### 187th Medical Battalion Golf Tournament

Tee off is noon at the Fort Sam Houston Golf Course. Cost is \$45/ person includes greens fee, cart, awards banquet, dinner and a chance at various door prizes. Register online at <http://www.golfdigestplanner.com/18473-T2S> by May 9 to receive a free subscription to Golf Digest. Call 221-8427 for information.

### May 14

#### Ride 4 Troops

Check-in between 8-9:30 a.m. at the Gruene Harley Davidson in New Braunfels and ride to Lukenbach, Texas. Pre-registration fee is \$25. Email [info@SAride4troops.org](mailto:info@SAride4troops.org) for information.

### May 15

#### Gazebo Concert

Maj. Gen. David Rubenstein, commanding general, Army Medical Department Center & School will host a gazebo concert at 7 p.m. at the gazebo on Staff Post Road.

## Rocco Dining Facility Menu

Building 2745, Schofield Road

### Dining Room Breakfast Hours:

Monday-Friday 6:15-8:15 a.m.,  
weekends and holidays 8-9:30 a.m.

### Friday – April 22

**Lunch – 11 a.m. to 1 p.m.**

Old-fashioned bean soup, cream of broccoli soup, Creole chicken, beef stroganoff, blackened fish, cheese French bread pizza

**Dinner – 5 to 7 p.m.**

Honey-glazed Cornish hens, beef stir fry, baked salmon, redskin potatoes, long grain and wild rice

### Saturday – April 23

**Lunch – noon to 1:30 p.m.**

French onion soup, cream of mushroom soup, turkey pot pie, grilled ham steaks, Parmesan-baked fish, vegetable egg rolls, Mediterranean brown rice, Franconia potatoes

**Dinner – 5 to 6:30 p.m.**

Beef tacos, barbecued chicken,

spaghetti with meat sauce, Italian pasta and broccoli, Mexican rice, garlic roasted potato wedges

### Sunday – April 24

**Lunch – noon to 1:30 p.m.**

Cream of broccoli soup, Midwestern tomato rice soup, Swedish meatballs, sesame chicken, chopstick tuna, vegetable curry with rice

**Dinner – 5 to 6:30 p.m.**

Salisbury steaks, Southwestern shrimp linguine, hamburgers, cheeseburgers, chipotle chicken pannini sandwiches, vegetarian burgers, grilled cheese sandwiches

### Monday – April 25

**Lunch – 11 a.m. to 1 p.m.**

Chicken noodle soup, cream of mushroom soup, baked chicken, chili macaroni, Caribbean flounder

**Dinner – 5 to 6:30 p.m.**

Oriental pepper steak, roast pork

tenderloin, lemon pepper baked fish, macaroni and cheese

### Tuesday – April 26

**Lunch – 11 a.m. to 1 p.m.**

Cream of chicken soup, knickerbocker soup, hot and spicy chicken, Yankee pot roast, grilled tuna patties, red beans and rice, steamed rice, O'Brien potatoes, ratatouille

**Dinner – 5 to 7 p.m.**

Jerk roast turkey, hamburger yakisoba, grilled ham steaks, vegetarian nuggets, rice pilaf, baked sweet potatoes, cauliflower au gratin

### Wednesday – April 27

**Lunch – 11 a.m. to 1 p.m.**

Cream of mushroom soup, minestrone soup, braised beef cubes, grilled pork chops, chicken parmesan, vegetable pizza, mashed potatoes, egg noodles, mustard greens, corn

**Dinner – 5 to 7 p.m.**

Santa Fe glazed chicken, turkey meat loaf, Cajun baked fish, vegetable egg rolls, Lyonnaise potatoes, steamed rice, broccoli, carrots amandine

### Thursday- April 28

**Lunch – 11 a.m. to 1 p.m.**

Cream of broccoli soup, tortilla soup, grilled hamburger steaks, pineapple chicken, baked salmon, steamed rice, garlic roasted potato wedges, Brussels sprouts, pinto beans, vegetable lasagna

**Dinner – 5 to 7 p.m.**

Chicken enchiladas, Mexican baked chicken, beef fajitas, bean burritos, Spanish rice, parsley potatoes, Spanish style beans, carrot and celery amandine, Mexican corn  
*Menus are subject to change without notice*

## Lenten and Passover Activities

### CATHOLIC

#### April 21 Holy (Maundy) Thursday

• Mass of the Lord's Supper, 5:30 at the Main Post Chapel

• 7 p.m. at the AMEDD Chapel

• Holy Thursday (Washing of the Feet; The Lord's Supper) 11 a.m.

#### April 22 Good Friday

• Good Friday Solemn Veneration of the Cross 11 a.m.

• Passion, 11:30 a.m. at the Main Post Chapel

• Passion, 7 p.m. at the AMEDD Chapel

#### April 23

• Easter Vigil, 8 p.m. at the Main Post Chapel

#### April 24 Easter

• Easter Sunday Masses 8:30 and 11:30 a.m.

### PROTESTANT

April 21 Living Last Supper, 7 p.m. at the Main Post Chapel

#### April 22 Good Friday

• Good Friday "Seven Last Words of Christ" 12:30 p.m.

• Good Friday Service, 5:30 p.m. at the AMEDD Chapel

#### April 24 Easter

• Easter Worship 10 a.m.

• Sunrise Service, 6:30 a.m. at the Lincoln Military Housing Office 407 Dickman Rd.

• Regularly Scheduled Worship Service Schedule

### JEWISH

#### April 22 and 29

• Shabbat Services, 8 p.m. at the Main Post Chapel

#### April 18-26 Passover

#### April 22

• Sabbath Passover, 8 p.m. at the Main Post Chapel, Kosher food following YESKOR Memorial Service (8th Day of Passover) (call 379-8666 for information)

### BAMC Chapel CATHOLIC

April 21 Holy Thursday (Washing of the Feet; The Lord's Supper) 11 a.m.

April 22 Good Friday Solemn Veneration of the Cross 11 a.m.

#### April 24

Easter Sunday Masses 8:30 and 11:30 a.m.

### PROTESTANT

April 22 Good Friday "Seven Last Words of Christ" 12:30 p.m.

April 24 Easter Worship 10 a.m.



**For Sale:** 2008 Itasca Navion 24.5 feet motor home, 9,400 miles, sleeps six, 14 mpg, like new, \$65,000. Call 437-0042.

**For Sale:** Girls' queen-size

four-piece ivory bedroom set, great condition, \$450; olive color microfiber sofa and love seat, wood trim, pillows with burgundy and gold chenille fabric, \$450; espresso counter-height table and chairs, six pieces, \$75. Call 364-2585.

**For Sale:** Chocolate couch with accent pillows, coffee and ends tables, \$350; female Army dress blue hat, \$15; cold weather Gortex desert combat boots, size 8, \$40; Belville desert combat boots, size 8-½ regular, \$35. Call 823-9312 or 221-6482.

## REMINDER CALENDAR

- April 26 Newcomer's Extravaganza, 9:30 a.m., Sam Houston Club
- April 27 Health and Wellness Fair, 10 a.m.-1 p.m., Jimmy Brought Fitness Center
- April 28 Consolidated Monthly Retirement Ceremony, 9 a.m., Quadrangle
- April 29 "Tron: Legacy," 8:30 p.m. at the post flagpole
- April 30 "Tangled," 8:30 p.m. at the Youth Service Community Park
- May 2 Holocaust Day of Remembrance, noon-1 p.m., Roadrunner
- May 4 Volunteer Recognition Ceremony, 10 a.m., Sam Houston Club

## Force Support Squadron

Family & MWR

### Announcements

#### Outdoor Movie Nights

Mark your calendars -- April 29, "TRON: Legacy" at the flagpole and April 30, "Tangled" at Dodd Field. All movies begin at dusk around 8 p.m. Bring chairs or blankets and enjoy free popcorn, snow cones and cotton candy. Call 221-2418/2704.

#### 3rd Annual Operation Baby Shower

Registrations will no longer be accepted for the 3rd Annual Operation Baby Shower to be held May, due to the unexpected large response and the Roadrunner capacity to meet fire code regulations.

#### Great Getaways

Enter now through June 15 for a chance to win a trip for two to an Armed Forces Recreation Center Resort destination. The winner will have the option of visiting one of the five AFRC resort destinations: Cape Henry Inn near Virginia

Beach, Edelweiss Lodge & Resort in South Germany, Shades of Green on Walt Disney World Resort, Hale Koa Hotel on Waikiki beach, or Dragon Hill Lodge in Seoul, Korea. The prize package will include airfare, lodging for two and \$2,500. Visit [http://www.edelweisslodge-andresort.com/great\\_getaway.html](http://www.edelweisslodge-andresort.com/great_getaway.html) for entry and rules.

#### Microsoft Office Classes

April 26 – Excel Level 2

April 27 – PowerPoint Level 2

Classes are 8 a.m.-noon at the Roadrunner Community Service, Building 2797. To register, call 221-2518/2705.

#### Coollest Toys, Hottest Gadgets Sweepstakes

In honor of Month of the Military Child military youth can enter the Coolest Toys, Hottest Gadgets Sweepstakes through April 30 for a chance to win an Apple iPad, Xbox 360 S, NOOK Color and more. To enter and view the rules, visit <http://www.MWRPromotions.com>.

#### Story Time at the Library

The Keith A. Campbell Memorial Library invites parents with toddlers and preschool age children

to story time Thursdays at 10 a.m. for stories, singing and arts and crafts. Call 221-4702.

#### Language Classes

English as a Second Language classes are held Monday and Wednesday 5-7:30 p.m. and Spanish classes are held Tuesday and Thursday 5-7:30 p.m. at the Roadrunner Community Center, Building 2797, for military I.D. cardholders. To register, call 221-1372/2705.

### Calendar of Events

#### April 21

##### CARE Team Training

The training is 1:30-3 p.m. at the Roadrunner Community Center, Building 2797. Call 221-1829/0946.

#### April 22

##### Baby Proofing Your Marriage

The class is 11 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0349

##### Battlemind Pre-Training for Families

The class is 2:30-4:30 p.m.

at the Roadrunner Community Center, Building 2797. Call 221-1829/0946.

#### April 23

##### 5K Run to Fight Sexual Assault and Child Abuse

The run begins at 9 a.m. from the Jimmy Brought Fitness Center. Register by 8:45 a.m. at the fitness center the day of the race. T-shirts and water will be provided. Call 295-0667 or 221-2418.

#### 3D Archery Shoot

The fee is \$15-16/competitive and \$10/non-competitive. Bow and arrows not supplied. Registration is 8-10 a.m. on event day. Open to all ages, must be a DOD cardholder. Call 295-7577.

#### Easter Egg Hunt

Children 11 and younger are invited to participate in the Easter Egg Hunt, 10 a.m.-noon at the Youth Center Baseball Fields. There will be crafts, information tables, and the Easter Bunny. An egg exchange will begin 10:30 a.m. Children 2 and under: 10:30 a.m.

Field 1; 3-4 year olds: 10:45 Field 2; 5-6 year olds: 11 a.m. Field 3; Special Needs: 11:15 a.m. Field 1; 7-8 year olds: 11:30 a.m. Field 2; and 9-11 year olds: 11:45 a.m. Field 4. Call 221-4492.

#### April 25

##### Unit Trauma Training

The training is 9 a.m.-2 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

#### Consumer Awareness

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-2380.

#### April 26

##### FRG Leadership Academy

The class is April 26-27, 8 a.m.-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

#### Newcomers Extravaganza

Service members, civilian employees and their Families who are new to Fort Sam are invited

to attend this event, 9:30-11 a.m. at the Sam Houston Club. Call 221-1372.

#### Mandatory First PCS Move

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-2380.

#### April 27

##### Health and Wellness Fair

The fair is 10 a.m.-1 p.m. at the Jimmy Brought Fitness Center. There will be cholesterol and diabetes screenings, injury prevention and more. Call 221-1234/2020.

#### New Parent Support Orientation

The class is 2-3:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349.

#### May 7

##### Aerobathon

The event is 9 a.m.-noon at the Jimmy Brought Fitness Center. Call 221-1234/2020.