



**SUMMER  
 OF THE  
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JUNE 22, 9:30 p.m. - 2 p.m.  
 Roadrunner Community Center

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

# JBSA Stage 3 water restrictions in effect; conservation critical

By Steve Elliott  
 FSH News Leader

As a result of the continuing drought conditions, the Bexar County index well J-17 – the official well for recording groundwater elevations in the San Antonio Pool of the Edwards Aquifer – fell under 642 feet mean sea level earlier this week.

This was the trigger that sent all three Joint Base San Antonio military installations into Stage 3 water restrictions.

The J-17 well is actually housed in a nondescript building on Fort Sam Houston, just off Harry Wurzbach and near the Fort Sam Houston National Cemetery. It serves as the official well for recording groundwater elevations in the San Antonio Pool of the Edwards Aquifer, according to the Edwards Aquifer Authority website (<http://www.edwardsaquifer.org>).

J-17 is the most cited and recognized in a network of observation wells maintained by the Edwards Aquifer Authority to monitor aquifer conditions in Uvalde, Medina, Bexar, Comal, and Hays counties. Water level readings at J-17 are continuously recorded and monitored by the Authority, the website stated.

The current drought is the third worst in Texas history, according to Texas State Climatologist John Nielsen-Gammon.

In "Climate Abyss," the online blog Nielsen-Gammon writes for the Houston Chronicle (<http://blog.chron.com/climateabyss>), data indicates the current drought is the state's third-harshpest, trailing droughts in 1918 and 1956.

"Those droughts were preceded by other dry years, making water shortages then more severe," said Nielsen-Gammon, who also is a Texas A&M University professor of atmospheric sciences.

The changes facing homeowners off base and

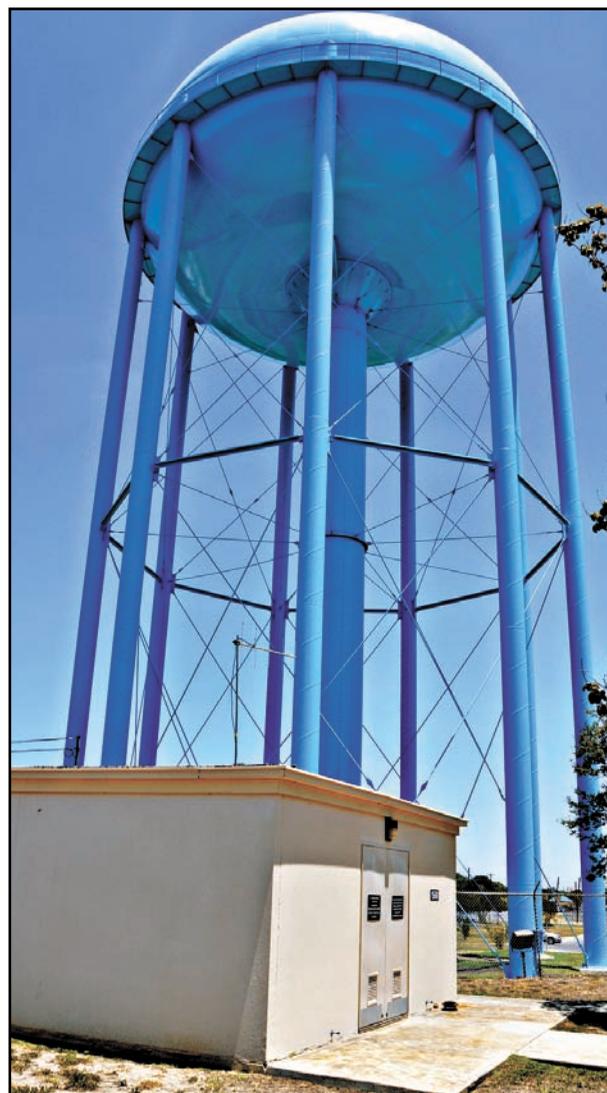


Photo by Steve Elliott

The Bexar County index well J-17 is located on Fort Sam Houston in the small building above and is the official well for measuring the aquifer level.



Photo illustration by C. Todd Lopez

Recently announced changes to the Army Combat Uniform involve allowing Soldiers to sew on certain items to their uniform in lieu of using the provided Velcro.

## ACU changes make Velcro optional, patrol cap default headgear

By C. Todd Lopez  
 Army News Service

The voice of the Soldier has been heard: the Army announced the patrol cap will replace the black wool beret as the default headgear for the Army combat uniform.

Also changing are the options for how Soldiers can attach certain items to their ACU shirts. Army Chief of Staff Gen. Martin E. Dempsey said Soldiers will soon be able to sew on name tapes, service tapes, rank insignia and skill badges, instead of using Velcro.

The changes were made after Dempsey received input from Ser-

geant Major of the Army Raymond F. Chandler III, who had been tasked to gather opinions from Soldiers in the field.

"I am a scout for General Dempsey, who asked me to look into everything a Soldier wears from the top of his head to the bottom of his feet," Chandler said. "These are changes that the field said they wanted to see."

Typically, uniform changes come as a result of a board that meets twice a year. But Chandler said issues surrounding both the ACU headgear and the use of Velcro were changes the Army

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# BRAC: On time, on target

By Lt. Gen. Rick Lynch  
Commanding General, Installation  
Management Command

The past 10 years have brought a great deal of change to our Army.

Not only do our Soldiers continue to fight in two wars, but the Army is going through the greatest organizational change since World War II.

Between instituting the Army Force Generation model, reorganizing around modular brigades and the Base Realignment and Closure process, our Army looks very different than it did 10 years ago.

The BRAC process is a large part of that reorganization. With its completion on time and on target in September, the Army will have reshaped its infrastructure to better support Soldiers, civilians and Families.

The Base Realignment and Closure commission made recommendations about how to make efficiencies in the Department of Defense to the president, who presented them to Congress and those recommendations became law in September 2005.

Of the 182 commission recommendations, 113 affected the Army. This BRAC is an important part of the Army's historic transformation and has affected many commands, including the Installation Management Command Headquarters in San Antonio, Texas.

BRAC 2005 enables the Army to reshape its infrastructure to support its forces. It repositions our forces, making them more relevant and combat ready for the combatant commander.

It also creates doctrinal efficiencies by consolidat-



ing schools into centers of excellence and headquarters and other activities into joint or multifunctional installations for efficiency and cost control.

Joint Base San Antonio is experiencing the largest economic development in its history with 10,000 Families relocating here. This BRAC move has transformed the former Fort Sam Houston into a premier medical complex and the

largest medical training campus in the world.

Joint installations, like JBSA, improve training capabilities and eliminate excess capacity while providing the same or better service at a reduced cost.

Fort Benning (Ga.), the new home of the Maneuver Center of Excellence, is a good example of how BRAC growth has been handled in an environmentally and fiscally sustainable way.

Thirty-four new projects have been built there as a result of BRAC and all of them have been designed to be LEED Silver certified. All of the new construction supports increased operational capacity and our war-fighting capability.

On installations across the Army you can see

signs of success in meeting the goals of BRAC 2005.

Construction alone has brought thousands of jobs to surrounding communities. Expanded installations have caused local businesses and service providers to grow. Even communities surrounding closure installations have benefitted by working

with the Army to redevelop the surplus property.

But with BRAC successes, there are also challenges. More people require more schools, houses and emergency services. The city of El Paso is a great example of a community that turned its challenges with BRAC into a success story.

See BRAC, P16

Weekly Weather Watch						
	Jun 16	Jun 17	Jun 18	Jun 19	Jun 20	Jun 21
San Antonio Texas	101° AM Clouds/PM Sun	102° AM Clouds/PM Sun	102° AM Clouds/PM Sun	99° Partly Cloudy	98° Partly Cloudy	97° Partly Cloudy
Kabul Afghanistan	94° Sunny	92° Sunny	92° Sunny	91° Sunny	92° Sunny	93° Sunny
Baghdad Iraq	107° Sunny	110° Sunny	109° Sunny	108° Sunny	106° Sunny	108° Sunny

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

## News Briefs

### Juvenile Curfew Hours

On post housing curfew hours for children 17 years old and younger are Sunday-Thursday 10:30 p.m. to 6 a.m. and Friday and Saturday midnight to 6 a.m. Call 221-2222 to report illegal, unusual or unsafe activity on post.

### ID card Appointments

The One Stop/Welcome Center, Building 367 on Stanley Road is open to walk in customers Monday-Friday 7:30-11 a.m. or the first 50 people and the first Saturday of each month 8 a.m.-noon. Appointments can be made online at <http://appointments.cac.navy.mil/appointment/building.aspx?BuildingId=23>. Appointment hours are Monday-Friday 1-3 p.m. Call 221-0415 for information.

### 187th Med. Bn. Change of Command

Lt. Col. Thomas Bundt will relinquish command of the 187th Medical Battalion to Lt. Col. Soo Lee Davis during a ceremony June 17 at 8 a.m. at MacArthur Parade Field.

### FSH Summer Safety Day

Watch demonstrations on responsible driving, motorcycle safety, pool safety, military working dogs and more June 22, 9:30 a.m.-2 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. Visit with local mascots and enjoy free pizza. Call 221-4543 for information. Fire extinguisher training will be given in conjunction with Safety Day at 10 a.m., 11 a.m., noon and 1 p.m. in Building 2797, Training Room 1. Fire safety/fire extinguisher training is required for all personnel on a yearly basis. Call the Fire Prevention Section at 221-2727/5752 for information.

### Personal Property Moves

Due to the summer peak moving season, shipment requests require a minimum four weeks' notice from date of pickup. It is paramount that service members contact the transportation office as soon as they receive orders and/or to immediately establish a login ID in Defense Personal Property System to initiate their move. Call

See NEWS, P4

# Parking violations may lead to vehicles being towed

By Lori Newman  
FSH News Leader

Parking, or more accurately, parking violations are becoming a growing concern on Fort Sam Houston.

"The complete disregard of parking rules and regulations by many on Fort Sam Houston is forcing us to re-evaluate our enforcement measures," said 502nd Mission Support Group Command Sgt. Maj. Donald Freeman.

"Many parking lots have become downright unsafe," Freeman said.

Parking violations include parking on the grass, sidewalks, adjacent to trash dumpsters and parking on both sides of narrow streets.

"The two most com-

mon parking violations are parking against the flow of traffic and impeding the flow of traffic," said Linda Furlow-Patty, 502nd Security Forces Squadron security manager. "Other common violations are parking in a seeded area, not parking in a designated space, parking in a fire lane or parking in a handicapped parking space."

"Most significant problem areas are around the Medical Education Training Campus Barracks, the Sam Houston Club, around Buildings 2263, 2264, 2265, 2266 which surround the Installation Management Command Headquarters and around Building 1000,"

said Ray Acuna, operations officer, 502nd Security Forces Squadron.

According to Furlow-Patty, there have been 946 Armed Forces Traffic Tickets issued since Jan. 1. Forty-eight percent, or 454 tickets, were for parking violations. This is an 86 percent increase of parking violations over the same period last year.

Most tickets are not monetary citations, however, individuals parked in a handicap space without a proper decal or license plate can receive a \$95 fine, Acuna explained.

"Citations will be forwarded to the violators' unit commander or director for action to be taken," Acuna added.

People will be as-

sessed traffic points for each violation. If a person exceeds 12 points in 12 consecutive months or 18 points in 24 consecutive months, the person's installation driving privileges can be suspended for at least six months.

Beginning June 20, any vehicle that is illegally parked and interfering with safe movement on roadways or parking lots, double parked or parked in a fire lane, will be towed at the owner's expense.

Fort Sam Houston Regulation 190-8 states when a vehicle is illegally parked, blocking an emergency exit door of any public place (theater, club, dining hall, hospital, or other facility) or essentially when

the vehicle is interfering with the orderly flow of traffic, the vehicle will be towed away.

"These violations are occurring all over the installation, including Brooke Army Medical Center and near construction areas," Furlow-Patty said.

"In most cases, there is a legal parking spot available within a quarter mile of any illegally parked vehicle on the installation," Freeman said. "We don't have a parking problem as much as we have a walking problem."

To report violations, call the Security Forces Squadron operations desk at 221-2222 or send a text message to the SFS "See it, Send it" number at 834-4531.

# Sexual assault summit: Never the victim's fault

By Airman 1st Class Precious Yett  
Randolph AFB Public Affairs

The first Joint Base San Antonio Sexual Assault Summit was conducted June 7 at the Parr Officers' Club at Randolph Air Force Base and helped to educate senior leaders about their roles and responsibilities when it comes to sexual assault and sent the message that sexual assault will not be tolerated.

The summit topics ranged from the unnamed conspirator, offender characteristics and behaviors to increased accountability and concerns for the military as well as military sexual trauma.

The event was coordinated and assisted by the eight JBSA Sexual Assault Prevention and Response team members as well as a dozen volunteers from JBSA.

"The topics covered in

the summit were important for senior leaders to hear," said Dr. Charlotte Moerbe, JBSA Sexual Assault Prevention and Response coordinator. "It goes back to the findings of the Air Force Gallop Prevalence survey in which Airmen reported they felt like people were not being held accountable for sexual assault.

"Focusing military

See ASSAULT, P11



Photo by Rich McFadden

Anne Munch, attorney and national expert on sexual assault, speaks out against sexual assault in a summit at the Randolph AFB Parr Officers' Club June 7.

JOINT BASE SAN ANTONIO  
SEXUAL ASSAULT REPORT HOTLINE

**210-808-SARC**

(210) 808-7272

24 hr/day

Serving ALL service branch military members, dependents and DoD civilians in the Joint Base San Antonio community.

For training, volunteer or program questions, call the JBSA Sexual Assault Prevention and Response office numbers:  
Randolph AFB 652-4386 Fort Sam Houston 221-0598 or 808-0110 Lackland AFB 671-7273

## News Briefs

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221-1605 or stop by Building 367 for more information.

### Shortage of Household Goods Carriers

HHG carriers have blocked most of June through mid July for arranging shipments. Transportation Offices are improvising/evaluating every option to arrange HHG pickups. Individuals' household goods may not be picked up or delivered on desired dates. Customers should be flexible and commanders and supervisors need to ensure people are afforded time to properly coordinate moves to avoid last minute requests. Call the Traffic Management Office at 221-1605 or stop by Building 367 for more information.

### Gazebo Concert

Army Surgeon General Lt. Gen. Eric Schoemaker will host a concert June 26 at 7 p.m. at the gazebo on Staff Post Road.

### Wilford Hall Emergency Department Closing

The Wilford Hall Medical Center Emergency Department will close effective June 30 and become an Urgent Care Center effective July 1. Emergency services are still available at Brooke Army Medical Center. For minor illnesses or injuries, call 916-9900 for an appointment with your primary care manager prior to coming to the Urgent Care Center for care.

### 4th of July Salute to the Union

Fort Sam Houston's 4th of July Salute to the Union features 50 cannon fired in succession saluting each of the 50 states. Members of the Sons of the American Revolution in period uniform will ring a commemorative bell 13 times to honor the original 13 Colonies of the United States of America. The Army Medical Command Band will provide patriotic music. The ceremony commences at 11:30 a.m. at the post flagpole, Stanley Road.

# County Judge signs Declaration of Disaster banning the sale and use of fireworks



Under a disaster declaration signed June 10 by Bexar County Judge Nelson Wolff, fireworks will not be sold in Bexar County and it will be illegal to use them.

Citing the extreme drought conditions, Wolff also asked Gov. Rick Perry to extend the declaration beyond the 60-hour selling period and the July Fourth holiday.

"The last time we had an all-out ban on fireworks in 2008, the conditions then were not near as bad as they are

now," Wolff said. "We don't like telling a business they can't open, but we also don't want to tell a family, 'Sorry you lost your home because of fireworks.' We simply can't put commerce above the safety of the community."

Bexar County typically receives an average of 13.79 inches of rain by this time of the year. The year-to-date precipitation has been significantly less in 2011, totaling only 4.03.

The rainfall received in the fall was significant enough only to cause more problems

for this fire season by creating tall, now dried grasses and vegetation.

The Keetch-Byram Drought Index (KBDI) is currently at 694 on the 0 to 800 scale. A KBDI reading from 600 to 800 represents the most extreme drought conditions.

Fire and weather professionals expect the KBDI for Bexar County to reach the 700s by the July Fourth holiday.

On the KBDI scale, 800 represents the driest air and soil conditions. The weather forecast for the next week

has daily high temperatures around 100 degrees with winds from 5 mph to gusts of 25 mph. Humidity, which also affects fire conditions, is expected to remain around 51 percent.

A violation of the ban could result in a fine of no more than \$1,000.

*(Source: Bexar County Commissioners Court)*

## WOUNDED WARRIOR GOLF SCRAMBLE A MONTHLY TRADITION



Photo by Deyanira Romo Rossell

Even in triple-digit heat, the Wounded Warrior Golf Scramble at the Fort Sam Houston Golf Club is an anticipated monthly event for veterans, service members and family members. The tournament June 10 drew 60 golfers all vying for prizes for the longest drive and the closest to the pin. Foursomes compete and often mix with different generations offering camaraderie, moral support and a shared appreciation for service and sacrifice. In the photo, 1st Lt. Matt Anderson (left) guides and watches Sgt. Chris Champion as he putts for par at hole #3 at the Salado Del Rio Course. The two Soldiers are with the 166 4th Infantry Division.

## AF EOD TECH RECEIVES PURPLE HEART



Photo by Dwayne R. Snader

Maj. Gen. Timothy Byers (left), the Air Force Civil Engineer, Headquarters U.S. Air Force, Washington, D.C., congratulates Air Force Staff Sgt. Daniel J. Fye of the 627th Civil Engineering Squadron, Joint Base Lewis-McChord, Wash., after presenting him the Purple Heart medal July 8. Fye, an explosive ordnance disposal technician, was wounded by an improvised explosive device in Afghanistan last month. He is recovering at Brooke Army Medical Center. Byers is responsible for installation support functions at 166 Air Force bases worldwide.

# Wilford Hall's new urgent care center: to go or not to go?

By Maj. Erika Hooper  
9th Emergency Medical Squadron

It's 10 p.m. and your child has a fever with an earache. Or, you've twisted your ankle while running and now it is swollen and painful. What do you do now?

For years, the answer was easy for many people in the San Antonio area. They headed to the Wilford Hall Medical Center Emergency Department where they were seen and treated.

However, after decades of service to the military beneficiaries and San Antonio community, the emergency department will officially close its doors July 1.

The Air Force will continue to provide high quality care for emergent and life threatening issues at the Brooke Army Medical Center Emergency Department at Fort Sam Houston, working in partnership alongside U.S. Army Medical Department personnel there.

In addition, high quality urgent care will be provided to active duty



Photo by Tech. Sgt. Andy Bellamy

Marlene Williams, licensed vocational nurse (left), and Capt. Mackenzie Prince, registered nurse, check Lt. Col. Bart Hughes' vital signs June 6 in the Wilford Hall Medical Center Emergency Department at Lackland Air Force Base. Wilford Hall will close the ED on July 1, converting it to an urgent care center that will treat minor illnesses and injuries. Williams and Prince are assigned to the 59th Emergency Medical Squadron and Hughes is assigned to the Joint Information Operations Warfare Center at Lackland AFB.

members, their dependents and retirees at the new Wilford Hall Urgent Care Center.

The new UCC will be housed in the emergen-

cy department's current location. It will operate 24 hours a day, 7 days a week on a walk-in basis. The UCC will see patients with minor ill-

nesses and injuries who require urgent care, but are not serious enough for the emergency department.

"Many times patients

get sick after hours or in the middle of the night and they do not want or need an ER, but civilian urgent care clinics are not open that late. The new UCC will be a perfect place for them," said Capt. Stephen Ray, 59th Emergency Medical Squadron clinical nurse specialist.

The main goal of most urgent care clinics is to provide access for unscheduled acute minor medical care.

"Ideally, a patient would be seen first with their primary care manager, but if there is no availability and they cannot wait for care for an acute minor condition, then the UCC would be an option," said Lt. Col. (Dr.) Patrick Muehlberger, commander, 59th EMDS.

Examples of appropriate complaints for the UCC include coughs, flu, nausea, rashes, ear ache, sprains and

minor cuts. Patients with issues that are too complex for the UCC to handle will be transferred to the BAMC ED or another ED for further evaluation.

Most UCCs do not have ambulance service capabilities co-located in the same area.

"Our ambulances are staffed by certified paramedics who belong to the 59th EMDS, but they will remain stationed on Lackland AFB to provide medical coverage for the large basic trainee and technical school population and to transport patients from the UCC to BAMC or other facility when necessary," said Maj. Chris Lawler, commander, 59th Emergency Medical Flight.

"As we transition from an ED to UCC, the Air Force and 59th Medical Wing are committed to excellence and patient safety," Muehlberger said.

# 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 5 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 there. “In fact, no medication has been helpful in treating TBI in over 30 years.”

Since there is no specific drug treatment for TBI, 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,” McCafferty said. “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.”

“Considering the number of military members who suffer TBI on the battlefield, it’s exciting to be part of this research,” he said.

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 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, for one hour 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 will be able to 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. Dr. McCafferty and members of his team will be scheduling town hall meetings with various organizations in the San Antonio area to explain the study and assess public opinion.

“The study has not been officially approved or started here yet and we are eager to hear comments from anyone in the San Antonio area who has a concern or wishes to voice their support,” said Dr. McCafferty. “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>.

## **UNIFORMS from P1**

chief of staff wanted to bring to the Secretary of the Army immediately.

Chandler said he spoke with "several thousand" Soldiers and also received comments via social media sites, like Facebook.

"I have also discussed this with my board of directors – the most senior sergeants major of our Army," Chandler said. Post-deployment combat uniform surveys were used as a basis for the changes.

The No. 1 and No. 2 issues, Chandler said, involve the beret and Velcro. "The Soldiers didn't like the fact that the beret was hot – it was not something that they wore the majority of the time," he said. "And they didn't like the fact it didn't shade the sun and it took two hands to put on. And they didn't like to carry two pieces of headgear to do

different functions during the day."

The beret has been the standard headgear for the Army's ACU -- the camouflage uniform worn by most Soldiers. But most Soldiers still needed to switch to the patrol cap based on the work they were doing – in a motor pool or in the field, for instance.

Those Soldiers would have to carry two pieces of headgear with them, one in each pocket, and switch depending on what they was doing. In the field, they put on the patrol cap. Back on base, they'd have to switch to the beret.

The new policy will make the patrol cap the standard. But the beret isn't going anywhere. It will remain as the standard for the Army service uniform, and as an optional uniform item with the ACU – at the discretion of commanders.

"They could choose to say for an event, like change of command, that they want them to wear the beret," Chandler said.

The change in the beret policy will save the Army about \$6.5 million over the lifecycle of the ACU.

Chandler pointed out that Soldiers didn't ask to eliminate the beret – just to change when it's worn.

"Soldiers said we don't want to wear it with this uniform, but they do feel they look very professional wearing it with the Army service uniform," Chandler said.

The Army implemented a mandatory wear date for the ACU in April 2008. The ACU, a replacement for the Battle Dress Uniform, featured many design changes. Included among those were a different cut for the fabric, new placement for pockets and a new "digital" color pattern.

Also included were Vel-

cro fasteners that allowed pockets to be sealed shut, sleeves to be cinched down, and rank insignia, name tapes, service tapes, patches and skill badges to be added and removed at will – without time-consuming and sometimes costly trips to clothing alterations.

Still, some Soldiers were displeased with Velcro on the uniform, Chandler said.

The Army's new policy on attaching accouterments to the ACU will allow Soldiers to sew on rank insignia, the name tape and the service tape. Additionally, skill badges such as the Airborne, pathfinder, combat action, combat infantryman's, and expert infantryman's badge will also be authorized for sewing.

Currently, those badges are provided in painted metal and have to be pinned to the uniform. Pinning badges to the

uniform can be a lengthy process because they have to be aligned using a ruler. The new policy will allow Soldiers to sew those badges to the uniform.

Combat and unit patches on the left and right sleeve and the U.S. flag will remain Velcro-only, the SMA said. Additionally, the ACU will continue to come with Velcro in the same locations it is now. Where a Soldier is authorized to sew something on, they will sew it on top of the Velcro.

Chandler also said Soldiers had asked for changes to how cargo pockets are fastened. Velcro had been used – now, ACUs are available with buttons used to keep the pockets closed. A similar change is being discussed for how sleeve cuffs are fastened, but Chandler said that decision will be made by the July uniform board.

A more localized uniform decision will affect Soldiers assigned to the Army's headquarters at the Pentagon in Washington, D.C. There, Soldiers had been wearing the ACU as their daily uniform. By as early as October, those Soldiers will show up to work in the Army service uniform, Chandler said.

"Our perspective is that this is the corporate part of the Army," he said. "The business-part of the Army is done in the Pentagon, and as a professional there are certain standards of attire associated with certain activities. For the business aspect of the Army, it is the Army service uniform."

Implementation dates for the announced changes have not yet been decided. Soldiers should wait for direction from their commands before implementing any uniform changes.

# Fort Sam Houston puts on 'A Musical Splendor'

By **Deyanira Romo Rossell**  
502nd FSS Marketing

Music and voices filled Fort Sam Houston's Hacienda Recreation Center June 9,

as service members performed in the BOSS Festival of the Arts U.S. Army Competition.

This year's event, titled "A Musical Splendor" and directed

and produced by Ben Paniagua, featured 18 acts with 16 performers, including singers, a saxophonist and even a mentalist making their grand debuts.

"It was great. Everything fell into place," said Paniagua, who last year garnered six awards for his show and his performers. "I thought the service members were magnificent."

The Festival of the Arts is the Army's annual celebration of theater, art and music. Awards go out to the top three winners in theater, music and special event categories. Top artists are noticed and selected to join Family and MWR's entertainment programs such as the



Photos by **Deyanira Romo Rossell**

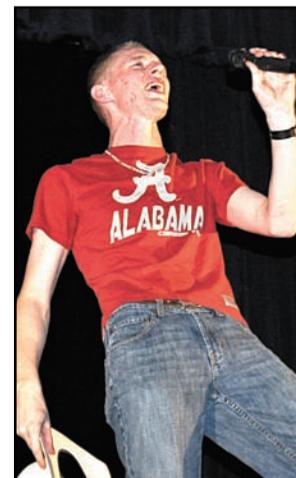
Jakob Lopez performs a religious song he wrote and composed called "How He Loves," a song inspired by a near-fatal illness. The 19-year-old is the son of a soldier.



Airman 1st Class Michael McAnderson takes a moment to get close the crowd while singing "In the Air Tonight" by Phil Collins.

U.S. Army Soldier Show.

The competition, established to recognize and encourage distinguished achievement in



Airman 1st Class Cody Bond sings "Tomorrow" by Chris Young. Bond was the only country-western crooner at the Festival of the Arts U.S. Army Competition.

entertainment and recreation, pits local performers against a global talent pool including 18

military installations.

Sgt. Tony Cooper, a vocalist with the 232nd Medical Brigade Band, has been performing all his life. The Festival of the Arts offered a great stage for his talents.

"I really enjoyed the venue," said Cooper, who was dressed in white from head to toe including a slightly tilted fedora. "The stage was great. It was a wonderful place to perform."

Cooper mellowed the crowd with his soulful rendition of James Brown's "It's a Man's World."

Winners of the worldwide competition will be announced at the end of September. For more information on the Festival of the Arts or to get involved in the BOSS program, call the Hacienda Recreation Center at 224-7250.



**WATER from P1**

residents of on-base housing from Stage 2 are substantial.

“All the Stage 2 restrictions are still in place. In addition, irrigation is now once every other week with watering times from 3 to 8

a.m. and 8 to 10 p.m.,” said Anthony Martinez, 502nd Civil Engineer Squadron. “This will be done with an irrigation system, sprinkler or soaker hose, and only on your designated watering day.

In Stage 3, the water-

ing days are:

- Address/facility number ends in 0 or 1, Monday is the watering day;
- Address/facility number ends in 2 or 3, Tuesday is the watering day;
- Address/facility

number ends in 4 or 5, Wednesday is the watering day;

• Address/facility number ends in 6 or 7, Thursday is the watering day;

• Address/facility number ends in 8 or 9, Friday is the watering day.

“Use of portable yard pools is prohibited, as well as fire hydrant and sewer flushing,” Martinez added. “Government-operated vehicles are allowed to be washed once per month and no new planting is allowed.”

Additionally, there will be no watering on weekends with a sprinkler, soaker hose or irrigation system.

According to the SAWS website (<http://www.saws.org/conservation/aquifermgmt/stage3.shtml>), use of fountains, waterfalls, or other aesthetic water features

– outdoors or indoors – is prohibited, unless a variance has been granted for 100 percent non-potable water use.

As JBSA continues during this drought, watering rules must be strictly adhered to. The Joint Base San Antonio Drought Management Plan is on the 502nd Air Base Wing website at <http://www.502abw.af.mil>.

“JBSA personnel should not confuse the JBSA water restrictions with the SAWS restriction levels,” Martinez stressed. “At this point of the drought, the JBSA water restrictions are more stringent and begin sooner than SAWS restrictions.

“JBSA Stage IV of water restrictions will occur when the J-17 level reaches 640.5 feet,” Martinez added. “As we get into these more severe stages, we’ll need

everyone’s help to conserve.”

A new JBSA Hotline and process will be deployed soon that will allow for easier reporting of water abusers and will bring potential disciplinary measures to violators, Martinez said.

At present, to report misuse, call 221-4251 at Fort Sam Houston, 671-4844 at Lackland Air Force Base or 652-5205 at Randolph AFB.

These water points of contact will respond to calls, investigate, annotate abuse and inform the resident, facility manager or responsible individual of the problem, Martinez said. The POCs will then report the problem to the 502nd ABW, with further action coordinated from this point.

For people who live off base, SAWS has an

**See WATER, P13**

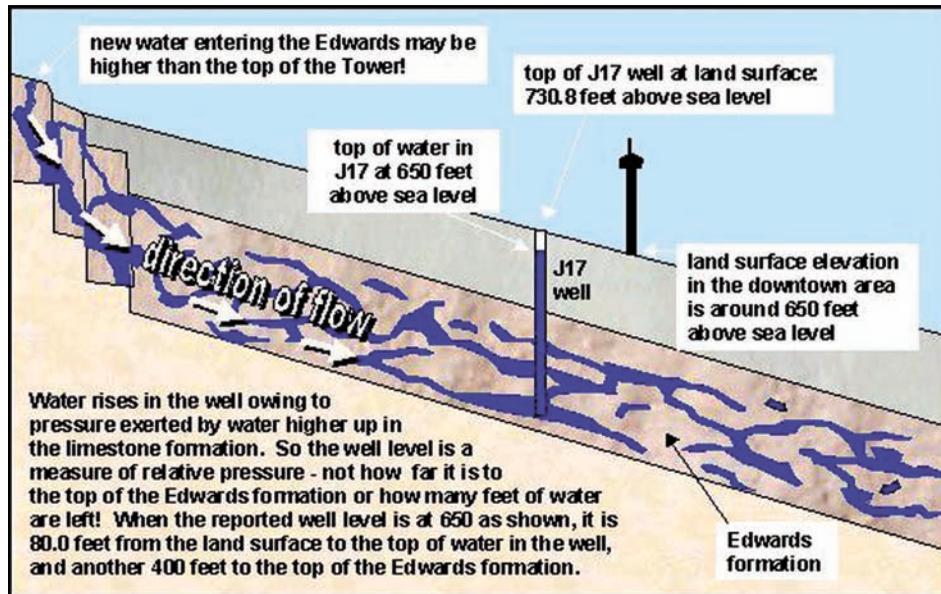


Illustration courtesy Edwards Aquifer Authority

## **ASSAULT from P3**

members on attitudes within a society as well as the dynamics of offenders and the problems with prosecution are critical for the success of prevention of sexual assault," Moerbe added.

Guest speakers included Col. Robert Bridgford, 502nd Air Base Wing vice commander, who gave the opening remarks; Anne Munch, keynote speaker at national and international speaker conferences on violence against women; Dr. David Lisak, psychology professor at the University of Massachusetts, who briefed about the unnamed conspirator and increased accountability; and Dr. Gail Heather-Greener from the Victim's Advocate Military Sexual Trauma Center.

During the briefing about the unnamed conspirator, Ms. Munch played a snippet from a 9-1-1 emergency call.

During the call a young woman explained she'd been sexually assaulted by a man she met at a bar and taken home. She went to the doctor but was given misinformation about needing to file a police report before she could be treated medically.

The woman gave in to self-blaming, vehemently stating it was her fault she was assaulted. As the 9-1-1 call played, the faces of the senior leaders gave way to surprise, shock or solemn, down-cast looks.

"I'm glad to be here, to be able to listen to the speakers," said Sara Digennaro, 502nd ABW OL-B victim advocate. "The speaker [Munch] gave an amazing analogy about how the victims of crimes of sexual assault are often blamed.

"A rich man goes to an ATM and an average Joe goes to the same ATM. The rich man gets robbed. The average Joe tells the rich man, 'It's your fault you got robbed. Look how you are dressed.' That really hit home for me. It's never the victim's fault," Digennaro said.

The summit showcased shirts decorated by people who support the advent to assist with the support of sexual assault victims and to decrease the number of future sexual assaults.

Some of the shirts had vivid inspirational messages such as "Can't touch this," and "I am a survivor. I am strong. I am not alone."

"This was an awesome opportunity to assist with such a worthwhile program," said Cheri Rae, 502nd Air Base Wing OL-B victim advocate and summit volunteer.

The volunteers wore shirts along the same theme. One shirt had "Strength" written across the front and on the back "is for defending: Don't stand by. Stand UP. Stop sexual violence." Another shirt had the words "do something" in red across the front and "take action" across the back.

"The phrase 'do something' takes on a whole new meaning when examined under the microscope of sexual assault awareness," said Army Sgt. 1st Class Mary Ramsey, Headquarters Company, Wounded Transition Battalion, Fort Sam Houston and JBSA victim's advocate.

"It's easy to attend a meeting or briefing and say what you would do. It's another entirely to be in a situation that requires action and to have the courage to do it."

## KAPLAN COLLEGE STUDENTS VISIT COMBAT MEDIC TRAINING

Linda Blair has 60 seconds to properly apply a tourniquet to a mannequin with mock injuries in the dark during a June 1 visit to the Department of Combat Medic Training, 232nd Medical Battalion. Blair is attending Kaplan College in San Antonio studying as a medical assistant. The students received a brief overview of how combat medics are trained at Fort Sam Houston.

**Photo by Esther Garcia**



## RENOWNED TRAVEL AUTHOR VISITS POST



**Photo by Esther Garcia**

Lt. Col. Madonna Higgins (left), assistant to the chief, U.S. Army Veterinary Corps, presents a commander's coin to Peter Jenkins in appreciation for his visit to Blesse Auditorium in Willis Hall June 2. Jenkins, known as a travel author, spoke about the different people and adventures he encountered when he began his tour from New York to Oregon in 1973 with his dog, Cooper, that led to his writing the book. Now, 35 years later, Jenkins is writing a new book called "Walk Across America, 35 Years Later" and was on Fort Sam Houston to gather information about how military working dogs are trained that will be included in his upcoming new book. Jenkins' past books include "The Walk West," "Journey into China," "The Tennessee Sampler," "Across China," "The Road Unseen," "Close Friends," "Along the Edge of America," "The Untamed Coast" and "Looking for Alaska."

# 502nd Air Base Wing scores at Federal Executive Board awards luncheon

The annual awards luncheon for the Alamo Federal Executive Board was conducted June 8 at the Omni San Antonio Hotel and five members of the 502nd Air Base Wing were recognized.

San Antonio has the largest presence of federal employees outside of the Washington, D.C. area, according to Ellen

Nelson, Alamo Federal Executive Board executive director.

Nelson said there are 58 federal agencies employing 90,000 federal employees and that number is growing.

"All the Department of Defense nominees should be proud because they competed against many non-DOD agencies,"

Nelson said.

The mission of the Federal Executive Board is to encourage closer cooperation between government agencies at a local level, particularly in the areas of emergency preparedness, human capital readiness, and intergovernmental and community activities.

Created by President John F. Kennedy and signed into law in 1961, today there are 28 FEBs outside of the Washington, D.C., area, including San Antonio's Alamo Chapter.

The 2011 award winners from the 502nd Air Base Wing were:

**Category 5 (Professional):**

Winner: Steve Goldman, 502nd ABW Equal Opportunity Office, Fort Sam Houston

First Runner-Up: Michael Valdez, 802nd Comptroller Squadron, Lackland Air Force Base

**Category 6 (Customer Service):**

Winner: James Bivens, 502nd Mission Support

Group Legal Office, Fort Sam Houston

**Category 10 (Team, 11 or more members):**

2nd Runner-Up: Randolph AFB Fire and Emergency Services Flight, 902nd Civil Engineer Squadron  
Honorable Mention: Vaughn Caudill, 502nd ABW Comptroller Office, Fort Sam Houston

## WATER from P10

online form to report water wasters at <http://www.saws.org/conservation/waterwaste/report-form.cfm>. These offenses

can lead to citations and fines for homeowners and businesses not following the rules.

The SAWS website also states that citizens who witness water

waste by businesses or housing subdivisions can call 704-7297 and select option 4 to make a report. To report water and sewer emergencies, including main breaks,

any time of day or night, call (210) 704-SAWS (7297) for an immediate response.

For more water-saving tips, check out these

websites: <http://www.WaterUseItWisely.com> (111 ways to conserve), <http://www.EPA.gov> and <http://SAWS.org> (more information on water

conservation) and <http://blog.mysanantonio.com/environment/2011/05/8-ways-to-cut-your-water-use-now/>.

## Edwards Aquifer Level

in feet above sea level  
as of June 15

**CURRENT LEVEL\* = 640.8'**

\*determines JBSA water conservation stage

**Normal - above 660'**

**Stage I - 660'**

**Stage II - 650'**

**Stage III - 642'**

**Stage IV - 640.5'**

**Stage V - 637'**



# TRADOC Foreign Liaison Officers visit Army South

By Robert R. Ramon  
ARSOUTH Public Affairs

Foreign Liaison Officers assigned to the U.S. Army Training and Doctrine Command from Brazil, the Czech Republic, Denmark, Israel, Italy, Japan, Singapore and Spain visited U.S. Army South headquarters at Fort Sam Houston June 8.

The visit was designed for the officers to receive information about Army South's successful foreign liaison program. In addition, TRADOC representatives gathered information about Army South's unique mission of building partner nation capacity within Central and South America and the Caribbean.

"TRADOC is working on building a partner nation capacity concept for the Army," said Jeff Hawkins, the TRADOC International Army Programs Directorate foreign liaison program manager. "Army South is heavily involved in working with partner nations, so we came to see their FLO program in action."

The Army South staff knows well the benefits of including foreign liaison officers as part

of the team, said Dan Meyer, Army South deputy chief of staff. Foreign Liaison Officers from Brazil, Chile and Colombia currently serve at the U.S. Army South headquarters.

"We didn't realize how much these officers would bring to the table until they arrived here," said Meyer of the Army South FLOs. "It's a great benefit and we're certainly a better organization due to the presence of these three officers and their contribution to the command."

The TRADOC Foreign Liaison Officers toured the Army South headquarters and received briefs on the command mission, current operations, various exercises conducted with partner armies during the past year and presentations from other officers about their personal experience while assigned to the command.

"In order to understand TRADOC's mission and how TRADOC is supporting the rest of the Army, we feel it's important for the FLOs to go out and visit with U.S. Army South and other commands," Hawkins said. "It gives them a better understanding of our Army overall and its various



Robert L. Pelegreen (left), U.S. Army South International Military Affairs deputy director, visits with Foreign Liaison Officers at the Army South headquarters June 8.

Photos by Robert R. Ramon

missions."

The Army Foreign Liaison Officer Program was created to foster cooperation and mutual understanding between the U.S. Army and armies of partner nations.

"Having the TRADOC FLOs here today provides a leader-level exchange of information that we can benefit from, and they can take back to their countries," said Walter Leon, Army South deputy of exercises. "It's a better, hands-on approach of creating and providing enhanced theater cooperation."

According to Lt. Col. Daisuke Ichimiya of the Japanese Self-Defense Forces, the visit with Army South was helpful and very positive.

"This has been a great opportunity," Ichimiya said. "I'm always focused on partner nation capabilities within the Pacific region so the environment here at Army South is completely different than what I'm used to. It provides a very different perspective on great ways to do things."

Royal Danish army Lt. Col. Thorsten Lyhne Joergensen

said there's no replacement for actually visiting the various U.S. Army commands up close and personally.

"Typically, as in every other organization, you'll find there's a bit of discrepancy from what you hear secondhand versus what's actually going on," Joergensen said. "It makes a huge difference to actually see it for yourself and get a chance to talk to these guys and ask them the questions you want to ask."

The exchange of ideas was successful and "is a very use-

ful benefit for those of us who are part of smaller armies," said Czech Republic army Col. Petr Markvartl.

"Being able to see how such a big Army works and operates allows us to adapt and apply some things to use for ourselves and make things better," Markvartl said.

Hawkins said the 16 FLOs currently assigned to TRADOC tour various U.S. Army commands twice a year. After departing Army South the FLOs travelled across post to visit U.S. Army North.



Col. Ehrich Rose (center), U.S. Army South director of operations, visits with Foreign Liaison Officers at the Army South headquarters building June 8. FLOs assigned to the U.S. Army Training and Doctrine Command from Brazil, the Czech Republic, Denmark, Israel, Italy, Japan, Singapore and Spain toured the Army South headquarters and received briefs on the command mission, current operations, various exercises conducted with partner armies during the past year and presentations from FLOs about their personal experience while assigned to the command.



Lt. Col. Thomas Small (right), U.S. Army South Combined Operations and Intelligence Center chief, briefs Foreign Liaison Officers at the Army South headquarters building here June 8.

# BAMC wounded warriors excel at Warrior Games

By Maria Gallegos  
BAMC Public Affairs

Brooke Army Medical Center's Warrior Transition Battalion won five gold and two silver medals at the Warrior Games held in Colorado Springs, Colo., May 16-21. The Warrior Games is a competition between wounded, ill and injured servicemen and women.

Seven Warriors from BAMC WTB were selected from 200 Army, Marine Corps, Navy, Coast Guard, Air Force and Special Operations Soldiers. They competed against each other in numerous sports, including shooting, swimming, archery, sitting volleyball, cycling, track and field and wheelchair basketball.

BAMC's Master Sgt. Rhoden Galloway brought home three gold medals in the 50-meter and 100-meter men's freestyle open and the 50-meter men's backstroke open. Galloway also won silver in the 200-meter men's freestyle relay.

"After you're injured, you're told you can't do things and that's crushing," Galloway said. "Knowing you'll never be able to run again, especially being in the military where you have to complete a physical fitness tests, being able to run is important. Having the chance to swim gave me a chance to compete in adaptive sports again."

Sgt. Delvin Maston and Staff Sgt. Paul Roberts left with gold medals in the wheelchair basketball competition against the Marines with a winning score of 44-19.

Roberts was a silver medalist in the wheelchair basketball and won bronze in the shooting competition in last year's games.

As for Maston, he thought his days of playing basketball were over after he lost his right leg, but his peers were

persistent in getting him to play again.

"After several attempts to make the basket and miss," Maston said, "they told me I played the same before my injury. That's all it took."

He continued to practice in his wheelchair and realized that he enjoyed the activity. He now plays for the San Antonio Spurs wheelchair basketball team.

Spec. Jose Alfaro, who had a bilateral hip replacement, captured the silver medal in the seated volleyball competition.

Capt. Juan Guerrero competed in the "Ultimate Champion."

In this event, competitors compete in swimming, cycling, track and field and shooting. Guerrero did not place, as he missed his bronze by seconds in men's 30-kilometer cycling, but he did win the gold in 10-meter air rifle prone at the inaugural Warrior Games last year.

Sgt. Calvin Gomez competed in the swimming competition, however, he did not place this year.

Cadet Matthew Pirrello, Air Force ROTC, brought home three medals from the competition. He won gold in the 100 freestyle, silver in the 50 freestyle and bronze in the

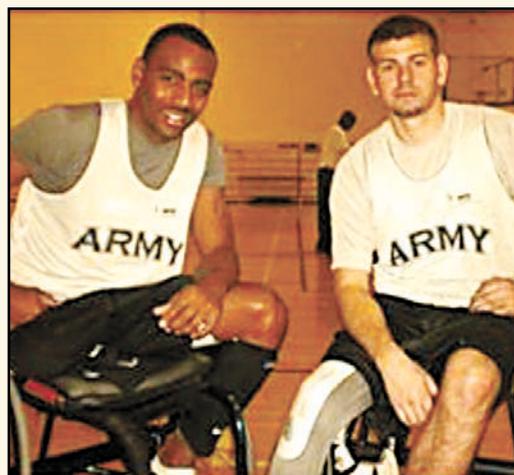
200 relay.

"Inspiration to compete came from a lieutenant who competed last year. He told me that the Warrior games were a great tool for my rehab and I should make it my goal to prepare myself to compete," Pirrello said.

"Bringing home three medals definitely has boosted my self-esteem," he added. "I swam in high school before and getting back into the water started out as part of my therapy. I just continued and was able to compete in the Warrior Games."

"I am very proud of our Warriors and their accomplishments," said Staff Sgt. Dewayne Johnson, WTB Alpha Company squad leader who traveled with the warriors to the competition. "They trained hard to compete and I believe competition like this [Warrior Games] keeps our warriors motivated and competitive, while incorporating a great workout and therapy."

The Warrior Games is a joint effort between the U.S. Department of Defense and U.S. Olympic Committee's Paralympics Program with support provided by the United Service Organization, Ride 2 Recovery and the American Red Cross.



(Left) Sgt. Delvin Maston and Spec. Blake McMinn competed in the wheelchair basketball game. Maston came home with a gold medal in the wheelchair basketball competition against the Marines.

Courtesy photo



Photo by Master Sgt. Dave Largent

Members of the Army team battle the Marines for a silver medal during the sitting volleyball finals in the 2011 Warrior Games held in Colorado Springs, Colo.



Photo by Kara Carrier  
Air Force ROTC Cadet Matthew Pirrello, an above-the-knee amputee, brought home three medals from the competition. He won gold in the 100 freestyle, silver in the 50 freestyle and bronze in the 200 relay. This was his first year competing in the 2011 Warrior Games.

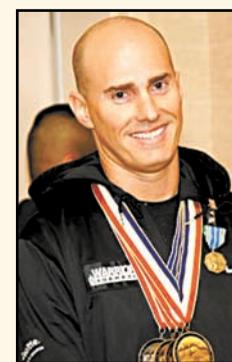


Photo by Kara Carrier  
BAMC's Master Sgt. Rhoden Galloway brought home three gold medals in the 50-meter and 100-meter men's freestyle open and the 50-meter men's backstroke open. Galloway also won silver in the 200-meter men's freestyle relay.



Photo by Kara Carrier  
Spec. Jose Alfaro captured the silver medal in the seated volleyball competition in the 2011 Warrior Games.

## Moving families can transfer TRICARE Prime enrollment

Military families are accustomed to change. But one thing stays constant – their TRICARE coverage.

TRICARE reminds all beneficiaries, no matter what TRICARE program they're enrolled in, their benefit is portable, making it easy to transfer coverage.

Active duty service members and active duty family members who are moving to a new location can now transfer their TRICARE Prime enrollment with a simple phone call. This new telephone option adds convenience for ADSMs and their families.

Moving active duty service members can call their current regional health care contractor to transfer their fam-

ily's enrollment, and include a cell number and e-mail address. The new regional contractor will contact them within five business days after the relocation date to finalize their TRICARE transfer.

The enrollment transfer includes a new primary care manager best suited to the location of the service member's work, home and anticipated medical needs. If moving within the current region, this process can be used to help them transfer to a new PCM.

Active duty service members and their families will not have to worry about coverage during this transfer process because they are continuously covered under TRICARE.

Once settled, they can confirm coverage on the Beneficiary Web Enrollment website. This link and more information can be found at <http://www.tricare.mil/moving>.

If an service member of family member forget to notify his or her current regional contractor of their upcoming move, they still have the option to contact the new regional contractor to transfer enrollment via phone.

This new phone option adds to the number of choices enrollees already have in transferring enrollment when moving. Other options include transferring thru military base in-processing, online through the Beneficiary Web Enrollment website and by down-

loading and completing an enrollment application (DD Form 2876) to mail. To download this form, visit <http://www.tricare.mil/forms>. Service members and their families can also visit a local TRICARE Service Center.

TRICARE believes this 'before and after' customer service approach will create a smooth enrollment transfer for ADSMs and their families. The "Moving Made Easy" enrollment transfer option is only available to active duty families.

For more information on transferring TRICARE Prime enrollment, go to <http://www.tricare.mil/moving>.

*(Source: TRICARE Media Center)*

## BRAC from P2

Fort Bliss is experiencing the largest BRAC realignment in history with unparalleled growth of 29,600 Soldiers and 45,000 Family members relocating there. El Paso embraced BRAC, building new schools, while the state invested \$1 billion for transportation projects in the city and creating thousands of civilian jobs.

When BRAC and Army Transformation are complete, Fort Bliss will have enough new facilities to accommodate 5 brigade combat teams, a division staff and their Families.

IMCOM plays a big part in transforming the Army's infrastructure through BRAC, supporting the movement of several organizations and welcoming thousands of Soldiers and Civilians onto our installations and into surrounding communities.

This transformation has made us a stronger more efficient and agile organization, supporting a stronger, more efficient and agile Army.

BRAC is an important

part of the largest Army transformation in three generations. Consolidating and repositioning several major commands will save millions in personnel and facilities costs and is needed to put the Army on the path to future sustainability.

We have no way of knowing exactly what the future will look like, but the 2005 BRAC process better positioned the Army to meet future challenges.

The Army has realigned its infrastructure with the new modular structure and modernized our support facilities, all while becoming more fiscally and environmentally sustainable. When it is complete it will be a major achievement for the Army.

By this September, the Army will have completed more than \$13 billion in construction and renovation projects, and a reorganization that will affect one-third of the Army. This will all have been done in six years putting the Army on time and on target to meet its future missions.

# Air Force doctors have new tool to cure aneurysm



**Photo by Sue Campbell**

Maj. (Dr.) Christopher Koebbe (left), a neurosurgeon with the 59th Surgical Specialties Squadron, talks with Col. Amy Bechtold during a follow-up visit June 7 at Wilford Hall Medical Center. Koebbe used a special glue to cure Bechtold's brain aneurysm.

**By Sue Campbell**  
59th Medical Wing Public Affairs

Maj. (Dr.) Christopher Koebbe, a neurosurgeon assigned to the 59th Surgical Specialties Squadron at Lackland Air Force Base, recently performed a unique procedure to treat a patient's aneurysm.

Using a special liquid, he was able to cure his patient without having to resort to surgery.

Col. Amy Bechtold, a criminal trial judge stationed at Randolph AFB, was suffering with a ringing in her ears. Upon examination, her doctors discovered she had a cerebral aneurysm.

"A friend of mine died last year from a brain

aneurysm, so I was very aware of the significance of my condition," Bechtold said.

A cerebral aneurysm is a bulging weak area in a vessel in the brain. It may be a congenital defect or a result of a medical condition, such as high blood pressure, or a head trauma.

If the weak vessel ruptures, the result is disability or death 50 to 60 percent of the time.

A common treatment for a brain aneurysm is surgery, which often takes six hours, involving a 10-centimeter incision in the skull. Patients can expect about a five-day stay in the hospital.

For Bechtold's aneurysm, Koebbe was able to use a rather new pro-

cedure, called endovascular aneurysm repair.

"Endovascular aneurysm repair involves inserting a catheter into an artery in the groin area and navigating it up into the brain cavity and inserting liquid into the aneurysm," Koebbe explained.

"It's a special kind of glue that fills the void in the aneurysm and prevents bleeding and rupture."

This "glue," a liquid embolic system, solidifies when it hits the blood, creating a permanent cure.

"When Dr. Koebbe told me about the endovascular procedure it sounded much better than the old fashioned way where someone is poking around in your

brain externally," Bechtold said.

Koebbe performed the endovascular aneurysm repair May 31 at Brooke Army Medical Center on Fort Sam Houston.

Instead of undergoing invasive brain surgery, Bechtold's procedure took one hour, involving a one-centimeter incision, and her hospital stay was only one day.

"Air Force radiologists, neurosurgeons, and neurologists are beginning to use this procedure," Koebbe said.

"I hope it can be used more and more for people suffering from brain aneurysms at home and in war zones. It's one of the few times that I can tell a patient that they are definitely cured."

## LOCAL SORORITY DONATES TO FISHER HOUSE



### Courtesy photo

Members of the Alpha Tau Omega Chapter of the Alpha Kappa Alpha Sorority, Inc., recently visited the Brooke Army Medical Center Fisher House to provide breakfast, recognition and some needed household items. The Fisher House provides a temporary home for military families during medical crises to help relieve some of the stress. The sorority members donated a number of dish, flatware, beverage and cooking sets so residents could prepare meals during their stay. The May 28 visit was in honor of National Military Appreciation Month and was a "celebrate and appreciate" community service project for the sorority chapter.



**CENTER FOR  
NUTRITION RESEARCH**  
U.S. Military-Baylor University  
Masters Program in Nutrition

**DEFEND YOUR  
HEART**

### Research Participants Needed

**Study Name:** Process Evaluation of a Web-Based Nutrition Education Program to Reduce Cardiovascular Disease Risk Among Department of Defense Beneficiaries ("Defend Your Heart" Study).

**Study Purpose:** To evaluate a website by using a survey.

#### To Participate You Must Be:

- Active duty, retired, and family members (over 18 years of age)
- Have elevated total blood cholesterol (above 200mg/dL) and elevated LDL cholesterol or bad cholesterol (above 100mg/dL)
- Currently not taking cholesterol lowering medications
- Do not have a pacemaker

#### If You Qualify - You Will Receive:

- A Measurement of your Blood Pressure
- A Measurement of Your Body Composition
- A Measurement of Your Lipid Profile

[For more information or to volunteer, please contact:](#)

MAJ Asma Bukhari, Principal Investigator, Faculty, GPN

asma.bukhari@amedd.army.mil (210) 221-6274 or (719) 310-6708.

APPROVED  
BAMC IRB MAY 20 2011

## Force Support Squadron

Family & MWR

### Announcements

#### EDGE! Summer Fun and Activities

Now registering children in first through 12 grades for various activities. To register, call 221-4871 or visit <https://webtrac.mwr.army.mil>.

#### Canyon Lake Annual Pass

An annual pass to the Joint Base San Antonio Recreation Park at Canyon Lake is \$50. This pass gets you into both the east and west sides of the park. Otherwise, the daily entry fee for the park is \$5 per visit, per vehicle. Annual passes include a vehicle and boat/trailer pass and are valid for one year from date of issue. Annual pass holders are not charged the boat launch fee. Call 1-800-280-3466.

#### Canyon Lake Joint Base Weekend Getaway

Aug. 5-8, \$70 per person, includes room and meals. Must be 18 or older to participate, payment due by July 15. Call 221-4242.

#### Junior Golf Clinics

Register now for junior golf clinics held 9-11 a.m., July 11-15 and Aug. 8-12 at the Fort Sam Houston Golf Club, 1050 Harry Wurzbach Road. Cost is \$100 per student. Call 222-9386.

#### Bowling for Adventure

Now through June 30 enter to win great prizes and enjoy a game of bowling. Visit the Bowling Center or call 221-4740.

#### 2011 Army Arts & Crafts Contest

Now through June 30 enter your best 2-D and 3-D original art or craft at <http://www.ats.armymwr.com>. Categories include 2-D drawings, oil base paintings, water base paintings, digital art, 3-D ceramics, fibers, glass, metals, jewelry, woods and mixed media.

#### Healthy Recipe Contest

Now through June 30 send your favorite healthy recipes to <http://www.usafhealthyrecipes.com>. Find the right recipe to win in one of three prize categories, plus

a daily special prize and grand prize. Prizes up for grabs include an iPad, iTunes gift cards, movie passes and more.

#### Learn to Swim

Register children 6 months to 16 years old for swimming lessons. Cost is \$40 per child. Call 221-1234.

#### Microsoft Office Classes

June 21 – Word Level 2  
June 23 – Excel Level 3  
June 28 – Word Level 3  
June 29 – Access Level 1  
June 30 – Publisher  
Classes are 8 a.m.-noon at the Roadrunner Community Center, Building 2797. To register, call 221-2518/2705.

#### 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.

#### Cattfish Pond at Camp Bullis

Camp Bullis has opened the pay-as-you-go cattfish pond. Cattfish are \$2 per pound (live weight). No fishing license required. Pole rental is \$1. Call 295-7577.

### Calendar of Events

#### June 16

##### Mandatory Initial First Termer Financial Readiness

The class is 10 a.m.-noon at the Roadrunner Community Center, Computer Lab Building 2797. To register, call 221-1612.

##### A Midsummer Knight's Read Activities

Keith A. Campbell Memorial Library will have activities from 1-4 p.m. Call 221-4702/4384 or visit the library at 3011 Harney Path.

##### EFMP, Autism Workshop

The Exceptional Family Member Program will offer an Autism workshop, 1-2 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0600/2418.

#### June 17

##### CARE Team Training

The training is 1:30-3 p.m. at the Roadrunner Community Center, Building 2797. To register, call

221-1829/0946 or email [samh.acs.mob.deploy@conus.army.mil](mailto:samh.acs.mob.deploy@conus.army.mil).

#### Dive-In Movie

"Tangled" begins at dusk at the Fort Sam Houston Aquatic Center, Building 3300 Williams Road. Inner tubes or floating chairs allowed in pool, no rafts or air mattresses. Call 221-4887.

#### June 19

##### Father/Son or Daughter Golf Tournament

The tournament begins at 12:30 p.m. with a shotgun start at the Fort Sam Houston Golf Club, 1050 Harry Wurzbach Road. Cost is \$25/members and \$35/non-members. Sign up by June 17. Call 222-9386

#### June 20

##### Saving and Investing

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

#### June 21

##### Pre-Deployment Planning

The class is 9 a.m.-3 p.m. at the Roadrunner Community Center, Building 2797. Bring a bag lunch. To register, call 221-1829/0946 or email [samh.acs.mob.deploy@conus.army.mil](mailto:samh.acs.mob.deploy@conus.army.mil).

#### H.U.G.S. playgroup

The group for children up to age 5 meets Tuesdays, 9-11 a.m. at the Middle School Teen Center, Building 2515, for interactive play. Call 221-0349/2418.

#### Credit Report, Where do you Stand?

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

#### June 22

##### Summer Safety Day

Watch demonstrations, visit with local mascots and enjoy free pizza 9:30 a.m.-2 p.m. at the Roadrunner Community Center and parking lot at Stanley and Schofield Roads. Call 221-4543 for information.

#### 5 Love Languages of Teens

This three-part series is June 22, 29 and July 6 from 5:30-7:30 p.m. at the Roadrunner Community

#### Outdoor Movie Nights

June 24, "Life as We Know It" at the flagpole

June 25, "Mega-mind" at Dodd Field

July 8, "The Green Hornet," rated PG-13, at the flagpole

July 9, "Gnomeo and Juliet" at Dodd Field

July 22, "Battle: Los Angeles" rated PG-13, at the flagpole

July 23, "Yogi Bear" at Dodd Field

All movies begin at dusk around 8-8:30 p.m. The movie time will get later as daylight remains longer. Bring chairs or blankets and enjoy free popcorn, snow cones and cotton candy. Call 221-2418/2704.

Center, Building 2797. To register, call 221-0349/2055.

#### Mandatory Initial First Termer Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

#### June 23

##### A Midsummer Knight's Read Activities

Keith A. Campbell Memorial Library will have activities from 1-4 p.m. Call 221-4702/4384 or visit the library at 3011 Harney Path.

#### June 25

##### 3D Archery Shoot

Register from 8-10 a.m. Event will be held 8 a.m.-1 p.m. Fees are \$15-16/competitive archers and \$10/non-competitive archers. Individuals must supply their own bows and arrows. Call Camp Bullis Recreation Center at 295-7577 for information.

#### June 26

##### Heart of Texas Triathlon

Register now for the HOT Triathlon, a 300 meter swim, 2 mile run and 15K bike ride. Call 385-8248 or visit <http://www.active.com>.



### Announcements

#### Logistics Officer Association Scholarship

The Alamo Chapter of the Logistic Officer Association is accepting applications for the 2011 scholarship program. All Enlisted Personnel and DOD Civilians up to GS-09, seeking advancement in a logistics related career field are encouraged to apply. All application packages must be received by June 27. Call 652-9433 or visit <http://www.loanational.org/chapters/index.php?id=46>.

#### 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.

#### 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 Longhorn Café, 1003 Rittiman Rd. All active duty Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information.

#### 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.

#### 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.

#### 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/>.

### Calendar of Events

#### June 20

##### Warrant Officer Association

The Lone Star Silver Chapter will meet at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. All active duty, retired, Reserve, National Guard warrant officers and family members are invited. Call 221-7327 or 666-9818.

#### June 22

##### Lone Star Tactical & Aviation Expo

The expo will be held 9 a.m.-5 p.m. in Arnold Hall on Lackland Air Force Base. Call 757-708-4136 or 757-416-6360.

#### June 23

##### Veteran Information Program

The "Veteran Education & Training Benefits and Opportunities" program will be held 6:15-8:30 p.m. at The Neighborhood Place, 3014 Rivas St. Meet veteran service advocates and learn about federal, state and local education and training benefits. This event is free. Babysitting services will be available. Reserve a seat by June 20. Call 832-3009 or email [veteran2004-VIP@yahoo.com](mailto:veteran2004-VIP@yahoo.com).

#### June 26

##### AUSA Golf Tournament

The Alamo Chapter, Association of the United States Army, will host the 14th Annual "For the Soldier" Golf Tournament at 11:30 a.m. at the Fort Sam Houston Golf Course. To sign up as a team or individually, visit the Fort Sam Houston Golf Course or <http://www.alamochapterausa.org>. Call 421-7782 for information.

# Fort Sam Houston Summer Camp:

# Life on the EDGE!



By Deyanira Romo Rossell  
502nd FSS Marketing

Summer campers who sign up for the EDGE! Program at Fort Sam Houston know to expect a challenge, and the Wednesday kayaking trip is one of the best.

Fifteen campers, many of

whom have never paddled a kayak or even been on a lake, take the trek to Canyon Lake and quickly discover that the real adventure is not in video games or movies.

"I have never been kayaking," says D'Andre Barnett on the 45-minute van ride

to the lake. The fifteen-year-old high school student, like the rest of the campers is anxious to get in the water. "I can't wait to try it!"

Once the campers arrive at the lake, program director Nita Ford-Hightower and five other EDGE! staff members go over safety

Twelve-year-old Logan Moseley enjoys his first time on a kayaking expedition with the EDGE! Summer Camp Program.

Photo by Deyanira Romo Rossell

information and hand out life jackets, the smallest one going to the youngest in the group, 7-year-old Lymaria Sprowl.

The campers, some in canoes with instructors and the more daring in their own kayaks, begin navigating the water, with their brightly colored life jackets and vessels.

Riding with Hightower, Sprowl clings to the canoe and feels a little seasick, but after a while she loosens her grip saying, "I'm okay now. I'm starting to get used to it and its fun."

A couple of middle school Boy Scouts on the trip had a great time, adding more

See **EDGE, P21**

## EDGE from P21

hours of adventure to an already impressive resume as trained outdoorsmen. Brandon Sivil and Logan Moseley, both 12 years old, quickly maneuver through the lake like pros, ready to rescue any of their fellow kayakers.

“This is great. I love the water. I’ll be back next week,” says Moseley as he paddles around other kayakers just getting their sea legs. “It’s crazy. Everyone keeps running into me.”

Others bumped into each other and some wound up on the bank trying to push themselves back into the water.

“For a lot of these kids, this is the first time they have been exposed to being in a lake and a kayak, so it is good



Photo by Deyanira Romo Rossell

EDGE! Program Director Nita Ford-Hightower teaches 7-year old Lymaria Sprowl how to paddle a canoe.

exposure for them,” Hightower said, paddling toward the stranded kayakers.

Before returning to Fort Sam Houston, the campers take a dip in the lake, which turns out to be as much a part of the adventure as

learning to maneuver a kayak.

“My shoes are all full of mud and rocks,” Barnett said.

It was all worth it. On the trip home, Barnett said, “It was awesome. I got to go kayaking. It was a new

experience. I’ve never done that before.”

From kayaking to cooking, the EDGE! is boiling over with exciting activities for children in grades 1 through 12. Call 221-9854 for more information.

## SLIDE INTO THE CLUB FOR HOT DOGS



Photo by Deyanira Romo Rossell

Jim Lancaster, Chief, Sustainment Services Flight and his wife, Carolyn, try a hot dog slider from the Nathan’s Hot Dog Cart at the Sam Houston Club, one of the newest offerings for Service members on Fort Sam Houston.

# Fort Sam Houston Exchange rewards students who 'Made the Grade'

By Nicole Kochenburger  
FSH Exchange

According to the American Academy of Pediatrics, military children, especially those with deployed parents, face unique stresses that often result in higher rates of school absenteeism and failure.

Keeping these unique challenges in mind, the Army and Air Force Exchange Service established a unique educational rewards program that continues to receive

high marks from students and parents alike.

Now in its 10th consecutive year, the "You Made the Grade" program recognizes Fort Sam Houston students who achieve a "B" average or better with a benefits-filled booklet.

Exclusive offers include one free slice of pizza and medium drink from Anthony's Pizza, one free hamburger kids meal from Burger King, one free movie admission to Reel Time Theaters, one free regular

6 inch combo meal from Subway, video rental and \$2 off any new release DVD at the Power Zone, just to name a few.

Students who make the grade also can register for a drawing to win a savings bond worth up to \$5,000 by filling out and mailing an included entry form.

"It's simple; learning pays," said general manager Kenneth Klein. "Promoting the benefits of a good education is what makes this program so important to us

and the community we serve. This effort represents an investment in our nation's future."

To receive the "You Made the Grade" booklet, students need to present a valid military ID card and proof of an overall "B" or better average to the Fort Sam Houston Exchange.

Students may receive one coupon package for every qualifying report card, but may enter the savings bond drawing only once per calendar year.

Call 225-5566 for more information about the "You Made the Grade" program.

## FSHISD SUMMER WORK HOURS

### FSHISD Administrative Office

**June 6 – July 22** Monday-Thursday 7:30 a.m. to 5 p.m., closed Fridays

**July 25** Administrative Office resumes normal business hours, 5 days a week

### Fort Sam Houston Elementary School and Robert G. Cole Middle/High School

**June 6 – June 30** Monday-Thursday 8-11:30 a.m. and 12:30-3 p.m., closed Fridays

**July 1 – July 22** School

Offices closed

**July 25** School Offices resume normal business hours, 5 days a week

### Special Education Military Co-operative

**June 6 – June 30** Monday-Thursday 7:30 a.m. to 5 p.m., closed Fridays

**July 1 – July 22** Cooperative Office closed

**July 25** Cooperative Office resumes normal business hours, 5 days a week

### Thought of the Week

*There is nothing so annoying  
as a good example*

— Mark Twain

## 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 – June 17

#### Lunch – 11 a.m. to 1 p.m.

Old fashioned bean soup, cream of broccoli soup, Creole chicken, beef stroganoff, cheese french bread pizza, blackened catfish, mashed potatoes, egg noodles, egg noodles and cheese, collard greens, lima beans, glazed carrots

#### Dinner – 5 to 7 p.m.

Honey-glazed rock cornish hens, beef stir fry, baked salmon, redskin potatoes, long grain and wild rice, Brussels sprouts parmesan, corn on the cob, cheese ravioli

### Saturday – June 18

#### 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, herbed green beans, cauliflower combo, brown rice

#### 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, hacienda corn and black beans, spinach

### Sunday – June 19

#### Lunch – noon to 1:30 p.m.

Cream of broccoli soup, midwestern tomato and rice soup, Swedish

meatballs, sesame chicken breasts, chopstick tuna, grilled chicken breasts, vegetable curry with rice, steamed rice, mashed potatoes, cauliflower au gratin, succotash, broccoli

#### Dinner – 5 to 6:30 p.m.

Grilled turkey patties, southwestern shrimp linguine, hamburgers, cheeseburgers, chipotle chicken pannini sandwiches, vegetarian burgers, grilled cheese sandwiches, mashed potatoes, vegetable stir fry, cauliflower combo, sweet potato fries, baked beans

### Monday – June 20

#### Lunch – 11 a.m. to 1 p.m.

Chicken noodle soup, cream of mushroom soup, baked chicken, chili macaroni, Caribbean catfish, vegan pierogy with marinara, brown rice with tomatoes, mashed potatoes, carrots, broccoli

#### Dinner – 5 to 6:30 p.m.

Oriental pepper steaks, roast pork tenderloin, lemon pepper baked fish, macaroni and cheese, parsley potatoes, spinach, corn

### Tuesday – June 21

#### Lunch – 11 a.m. to 1 p.m.

Cream of chicken soup, tortilla soup, hot and spicy chicken, Yankee pot roast, grilled turkey patties, cheese enchiladas, red beans and rice, steamed rice, O'Brien potatoes, ratatouille, green beans, pinto beans, beef tacos, Mexican rice

#### Dinner – 5 to 7 p.m.

Jerk roast turkey, hamburger yak-

isoba, beef enchiladas, vegetarian nuggets, rice pilaf, sweet potatoes, cauliflower au gratin, Brussels sprouts combo, refried beans, cauliflower

### Wednesday – June 22

#### 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 breasts, turkey meat loaf, Cajun baked fish, grilled chicken breasts with mushrooms and onions, vegetable egg rolls, steamed rice, lyon-naised potatoes, carrots amandine, broccoli

### Thursday- June 23

#### Lunch – 11 a.m. to 1 p.m.

Cream of broccoli soup, chicken egg drop soup, pineapple chicken, vegetable lasagna, baked salmon, sweet and sour pork, steamed rice, garlic roasted potato wedges, fried rice, Brussels sprouts, pinto beans, Chinese fried cabbage

#### Dinner – 5 to 7 p.m.

Chicken enchiladas, Mexican baked chicken, beef fajitas, bean burritos, Spanish rice, Spanish style beans, carrot and celery amandine, Mexican corn, steamed rice

*Menus are subject to change without notice*



**For Sale:** HP Photosmart eStation printer, detachable Zeen screen and photo paper, \$180; Spinner Fit Stationary bike includes five DVDs and gel seat cover, \$400; Anthony Robbins Ultimate Edge DVD and book system, \$100. Call 661-0331.

**For Sale:** New bike helmet, \$20; new Oakley sun glasses with hard case, \$58; moving cartons \$1 each; storage cabinet, 30 inches by 17 inches by 60 inches, \$17; new 8-panel wire pet pen, foldable, 2 feet by 4 feet by 16 feet, \$45; handcrafted flower hanger beams, each holds 3 flower pots, \$8; 52-inch ceiling fan, 3-speed, 5-lights, 5 blades, \$12; Sunbeam gas barbecue grill, \$15. Call 313-0061.

## REMINDER CALENDAR

- June 17** 187th Medical Battalion Change of Command, 8 a.m. MacArthur Field
- June 17** Dive-In Movie "Tangled," dusk, Aquatic Center
- June 19** Father/Son or Daughter Golf Tournament, 12:30 p.m., FSH Golf Club
- June 20** Fitness Center on the METC Campus opening, 3 p.m.
- June 21** 232nd Medical Battalion Change of Command, 8 a.m., MacArthur Field
- June 22** 502nd Mission Support Group Family Safety Day, 9:30 a.m.-2 p.m., Roadrunner Community Center
- June 24** Outdoor Movie Night, "Life As We Know It," 8:30 a.m., post flagpole
- June 25** Outdoor Movie Night, "Megamind," 8:30 p.m., Dodd Field
- June 26** Army Surgeon General's Gazebo Concert, 7 p.m.