

FORT SAM HOUSTON News Leader

A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO



SEPTEMBER 22, 2011
VOL. 53, NO. 38



GAZEBO CONCERT
SEPT. 25, 7 p.m.
Gazebo on Staff Post Road.

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

FSH Fire Department named best in DOD



Firefighters from the Fort Sam Houston Fire Department perform overhaul and check for hidden spread of fire during live-fire training. The department recently won the Department of Defense Fire Department of the Year (Small Department) award.

Photo by L.A. Shively

By Lori Newman
FSH News Leader

The Fire Sam Houston Fire Department recently culminated a successful year, taking the Department of Defense Fire Department of the Year (Small Department) award.

"This is recognition from our peers saying we are do-

ing the job. We are making a difference in our community and we are doing that well," said Chief Curtis Williams, Fort Sam Houston Fire Department.

"The award validates the blood, sweat and tears that these guys put in every single day, from the chief on down to the entire department," said Michael Grizer, direc-

tor, 502nd Civil Engineer Squadron.

After a nomination package is prepared and submitted, the entire department is judged on customer service, other accreditations and certificates, innovativeness, firefighter health and safety initiatives and quality of life initiatives.

The FSH Fire Department

also won at the Air Education and Training Command-level, then at the Air Force-level, making them eligible to compete for the DOD-level award, where only one submission competes from each service branch.

"This is the result of years and years and years of hard work, fine tuning and training," Grizer said. "Setting this

climate of excellence doesn't just happen overnight.

"There are 56 people in this flight," Grizer said. "Winning the best fire department award isn't just about the guys fighting the fire ... it's everyone working together."

"This truly doesn't come overnight; it has to be a vision," Williams added.

BRAC recommendations complete, benefits for San Antonio ongoing

By Lori Newman
FSH News Leader

After \$3.4 billion in construction and an estimated \$8.3 billion in positive economic impact to the city of San Antonio, the 2005 Base Realignment and Closure recommendations are complete.

"[BRAC was] one of the largest economic development programs in the entire history of San Antonio," said Mike Novak, a member of the Military Transformation Task Force.

"We have completed all of

the requirements set forth in the BRAC legislation," said Dr. "CEM" Maxwell, deputy director of the San Antonio Joint Program Office. "That's a considerable accomplishment."

Of the 200 overall BRAC recommendations made, 19 or almost 10 percent impacted military installations in San Antonio, Maxwell said, pointing out the six "major muscle moves," as he called them.

These include the Medical Education and Training Campus, which consolidated five major enlisted military medi-

cal training institutions from across the country at Fort Sam Houston.

METC consists of five new instructional facilities, six existing buildings, three dormitories, a new dining facility, new gymnasium and a headquarters building with a projected average daily student load of 8,000.

"There is nowhere on the face of the earth where students come and learn their skills to a higher level than they do at the Medical Education and Training Campus, in our 1.2 million-square-foot,

\$800 million-BRAC-purchased facility," said Rear Adm. William Kiser, METC commandant.

"In our short duration of existence, we have already received multiple 'kudos' for the quality of our graduates," Kiser added.

The second of the big six is the San Antonio Military Medical Center. Brooke Army Medical Center has transitioned to SAMMC and Wilford Hall Medical Center changed its name to Wilford Hall Ambulatory Surgical Center Sept. 15.

SAMMC construction

projects included a new 760,000-square-foot consolidated tower, renovations to BAMC, a 5,000-space parking garage, central energy plant and the Fort Sam Houston Primary Care Clinic at a total cost of about \$802.3 million.

"Once fully operational and staffed, SAMMC will be the largest inpatient health care facility in the Department of Defense and will continue to be the military's only level-one trauma center," said Maj. Gen.

See BRAC, P15

VISIT NEWS LEADER ONLINE: [HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/pao)

News Leader

Editorial Staff

502nd Air Base Wing Commander
Brig. Gen. Theresa C. Carter

502nd Mission Support Group
Commander
Col. John P. Lamoureux

Public Affairs Officer
Karla L. Gonzalez

Editor
Steve Elliott

Associate Editor
L. A. Shively

Writer/Editor
Lori Newman

Layout Artist
Joe Funtanilla

News Leader office:
2330 Stanley Road
Building 122, Suite C
Fort Sam Houston
Texas 78234-5004
210-221-1031
DSN 471-1031

News Leader Advertisements:
Prime Time
Military Newspapers
2203 S. Hackberry
San Antonio, Texas 78210
Phone: 210-534-8848
Fax: 210-534-7134

**Due to the e-mail migration,
a temporary e-mail address
has been established for the
News Leader**
fshnewsleader@gmail.com

News Leader online:
www.samhouston.army.mil/PAO

This Air Force newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of Defense. It is published weekly by the 502nd Air Base Wing and Fort Sam Houston Public Affairs Office, 2330 Stanley Road, Building 122, Suite C, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 2203 S. Hackberry, San Antonio, Texas 78210; 210-534-8848, a private firm in no way connected with the U.S. government, under exclusive written contract with the 502nd Air Base Wing and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Air Force. Stories and photos for publication consideration may be e-mailed to steven.j.elliott2.civ@mail.mil or lori.a.newman.civ@mail.mil by close of business Friday.

A new era in military healthcare in San Antonio

By Maj. Gen. M. Ted Wong
Commanding General Southern
Regional Medical Command,
Brooke Army Medical Center and
San Antonio Military Medical Center



On Sept. 15, we marked the start of a new era in military healthcare in San Antonio, in partnership with our Air Force teammates. This historic and epic transformation comes about only after the great planning and hard work by so many of our staff and by former leaders of Brooke Army Medical Center.

In accordance with 2005 BRAC law, our inpatient facility previously known as Brooke Army Medical Center or BAMC, today officially becomes San Antonio Military Medical Center, or SAMMC.

The name BAMC will still be used to refer to the Army Component command that includes SAMMC, and the five Army outpatient healthcare facilities in San Antonio. We will be a part of the new San Antonio Military Health System.

As SAMMC, we will continue to be fully committed to providing the highest quality healthcare, in a safe and caring

environment that best serves our patients: the nation's Soldiers, Sailors, Airmen, Marines and Coast Guardsmen; their Families and retirees.

We have the privilege and good fortune to work in one of the most technologically advanced healthcare facilities in the nation, incorporating the latest in evidenced-based healthcare designs that maximize the effectiveness of healthcare delivery, improve patient safety and health outcomes, provide for a first-class healing environment, and offer our staff an ergonomic and safe work setting.

Once fully staffed and operational, SAMMC will be the largest inpatient hospital in the Department of Defense, and continue to be the mili-

tary's only Level 1 Trauma Center in CONUS.

We will provide the full range of specialty and subspecialty services, be centers of excellence for Cardio-Vascular, Maternal and Child, Breast Imaging, and burn specialty services, and operate 35 integrated, world class graduate medical education programs.

Our healthcare system and our residency programs are enhanced by our partnerships with the new Battlefield Health and Trauma facility, the Army Institute of Surgical Research, and the Center for the Intrepid.

The transition and movement of services into the Consolidated Tower will occur over the next three months, and should be complete by mid-December.

The integration has also brought together the talented and dedicated staff and best practices from both medical centers; and the synergy of working shoulder to shoulder every day, not only improves patient care at SAMMC, but also prepares our Soldiers and Airmen to work together effectively in joint operational assignments.

We've also wanted to make sure we remain a good partner and neighbor with the city of San Antonio. The new building design incorporates the latest in energy conservation and low environmental impact concepts and qualifies the building for LEED (Leadership in Energy and Environmental Design) Silver certification.

I want to thank our patients and staff for their patience and understanding during the past five years as they negotiated clinic relocations, parking shortages and traffic congestion.

Ultimately, it's about providing the best patient centered healthcare services in the best state of the art healthcare facility, while maximizing the effectiveness and value of our healthcare services. As a cohesive team composed of Army, Air Force and civilian personnel, we will succeed in this endeavor.

Please join me in celebrating this new beginning of military medical teamwork and integration with our Air Force colleagues in the San Antonio Military Health System.

Weekly Weather Watch

	Sept 22	Sept 23	Sept 24	Sept 25	Sept 26	Sept 27
San Antonio Texas	93° Partly Cloudy	91° Partly Cloudy	93° Sunny	97° Sunny	97° Sunny	96° Sunny
Kabul Afghanistan	80° Sunny	79° Sunny	81° Sunny	82° Sunny	83° Sunny	82° Sunny
Baghdad Iraq	104° Sunny	107° Sunny	101° Sunny	100° Sunny	101° Sunny	102° Sunny

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

News Briefs

32nd Medical Brigade Gym

The 32nd Medical Brigade Gym, Building 1281 on Garden Road, closes permanently Sept. 30. The gym, which has been in use since World War II, will be demolished to make room for a new headquarters building. A temporary gym is located at Hardee Road and Williams Road, next to the Burger King. Patrons are invited to use the Medical Education and Training Campus gym.

Potential Info Breach May Affect NAF Retirees

A compact disk containing the personal information of nearly 25,000 non-appropriated fund retiree records was lost in the mail between Alexandria, Va., and San Antonio during the final week of August.

The potentially compromised information contains names, social security numbers, and other information, such as type of retirement, retirement date, amount of life insurance carried, term data, and dates of service. Some records may also contain birth dates.

Retirees who are at risk have been sent notification letters advising them of the data loss and actions they can take to protect their identities. Retirees can call 466-1640 between 7:30 a.m. and 5 p.m. weekdays to determine if they were included in the database. This incident is being investigated by the Installation Management Command and the Army's Computer Emergency Readiness Team.

Fall Frenzy Formation

The Fall Frenzy Formation brings military families together for a day of fun, education, and spiritual rejuvenation from 10 a.m.-3 p.m. Sept. 24 at Dodd Field Chapel with programs for all ages.

The event will have guest speakers to discuss teen dating violence, talk about warning signs substance abuse in middle school and high school students, about paying for college and teaching teens to be responsible with their money. For younger kids, there will be a puppet show discussing bullying and other topics. Religious education will be providing trainings on spiritual resiliency and volunteerism. To register, call 221-5943 or 295-0349.

See NEWS, P4

METC now in full operational capability

By Lisa Braun
METC Public Affairs

The Medical Education and Training Campus is now in full operational capability. The announcement came, fittingly, on Sept. 15, the Base Realignment and Closure Commission deadline to attain this status.

It has been nearly six years since the 2005 BRAC mandated the co-location of virtually all enlisted medical training to Fort Sam Houston, with the potential of transitioning to a tri-service education and training effort.

METC Command Chief Master Sgt. Kevin Lambing recognized various organizations and individuals who were integral in standing up the METC organi-

zation.

"As with any mission, this was not possible without the hard work and dedication of so many. Frankly spoken, it takes a village," said Lambing. "Our journey has been long, but our success will be enduring.

"Most importantly, thank you to the METC staff," Lambing added. "You accepted the challenges and brought out the solutions. You have vectored this one of a kind, world-class institution and the graduates who will leave here, for success."

During the ceremony, Heritage Hall and Heroes Hall, the last of the five METC instructional facilities to be officially named, were dedicated in



Photo by Dewite R. Wehrman

Rear Adm. Bob Kiser, commandant of the Medical Education and Training Campus, announces Sept. 15 that METC has met the 2005 Base Realignment and Closure Commission's imposed deadline to reach full operational capability status.

honor of the medics, corpsmen and techs whose sacrifices and courageous actions had a profound impact on the men and women serving around the

world.

The other three instructional facilities have each been

See METC, P14

Officials expect smooth 'Don't Ask, Don't Tell' repeal

By Donna Miles
American Forces Press Service

The law is passed, the studies completed, the findings certified and the service member training accomplished.

As of Sept. 20, after years of debate and months of preparation, the Defense Department starts on a new footing with the repeal of the so-called "Don't Ask, Don't Tell" law that since 1993 has banned gays and lesbians from serving openly in the military.

"Statements about sexual orientation will no longer be a bar to enlisting in the military or a cause for dismissal," said Army Maj. Gen. Gary S. Patton, chief of staff for the Pentagon's repeal implementation team.

In addition, former service members separated from the military under Don't Ask, Don't Tell based solely on their sexual orientation will be eligible to reapply to return to military service. Patton said their applications will be evaluated using the same standards as all other candidates, and decisions will be based on needs of the service.

As these long-anticipated changes take place, Patton said

he expects the repeal implementation to stay on track because of the pre-repeal training across the force. In addition, many other existing policies considered "sexual-orientation neutral" remain in place.

Duty assignments won't be affected, and living and working conditions won't change, Patton said. Service members won't be separated or segregated based on sexual orientation, and will continue to share billeting and berthing as in the past.

With repeal, benefits will remain as they are. Service members will be able to designate whomever they want to receive member-designated benefits such as Serviceman's Group Life Insurance, he said.

Other benefits, such as basic allowance for housing, are limited by law and statute to cover only opposite-sex spouses and can't be extended to same-sex partners, Patton said.

However, the Defense Department is studying the possible extension of other benefits where eligibility is not specifically defined by law, such as use of military morale, welfare and recreation facilities to same-sex partners.

"We have not arrived at a

decision on that," Patton said. "The department continues to explore that possibility, post-repeal."

Although the vast majority of military members and their families surveyed before the repeal indicated they had no issues with the repeal, Patton said he recognizes that some may.

To those, he has a message: "We are not trying to change your beliefs. You have your freedom to exercise your beliefs and your freedom of speech."

But with that, he said, "you have to maintain your dignity and respect for others."

No new policy will allow anyone who disagrees with the repeal to break their contractual obligations. Anyone who has complaints or issues associated with the repeal should take them to a commander or inspector general, Patton said. Sexual orientation issues will not be addressed by equal opportunity channels in the way gender, race and religion issues are.

With the repeal in effect, Patton said he expects military members will honor it. "The repeal is a law," he said. "The military follows the law and we are executing this as part of our

mission."

A key in carrying out the mission, he said, is a principle emphasized during mandatory pre-repeal training throughout the force that the military has embraced throughout its history.

"The training focused on the changes in policy, that sexual orientation is not a reason for a person to be denied enlistment in the service or separated from the service. And that we continue to treat all service members with dignity and respect," Patton said.

Part of that respect, he said, is to allow all service members to live honest lives.

"During Don't Ask, Don't Tell, gay and lesbian service members were required by law to withhold their sexual orientation, and in some cases, they potentially violated their own personal integrity," Patton said. "Upon repeal of Don't Ask, Don't Tell, they won't be placed in that predicament."

As a result, the repeal "will strengthen the military," he said. "It will continue to allow us to keep gay and lesbian service members in the military, and we will be a better military for it."

News Briefs

from P3

George Beach Avenue open Temporary Road Closure

Reynolds Road between Dickman and Stanley roads will be closed from 6 a.m. to 3 p.m. on Sept. 24.

George Beach Avenue open

George Beach Avenue at Brooke Army Medical Center is now open all the way from Binz Engleman to Interstate 35. People can access the parking garage from both entry control points at BAMC. On Sept. 26, the Binz Engleman/Beach ECP will return to its original hours of operation, 5:30 a.m. to 7 p.m. Monday-Friday and closed on holidays.

Armed Services Blood Drive

The U.S. Army Institute of Surgical Research sponsors a blood drive Sept. 22 and 23 from 8 a.m.-2 p.m. in the Brooke Army Medical Center Medical Mall. Call 916-2115 or 916-7228 for information. For appointments, visit <http://www.militaryblood.dod.mil> sponsor code: USAISR.

National Night Out

Lincoln Military Housing hosts National Night Out on Fort Sam Houston Oct. 4. National Night Out is a nationwide crime prevention activity designed to heighten crime prevention awareness; generate support for, and participation in, local anti-crime prevention programs; and strengthen neighborhood spirit and police community relations. LMH mayors and staff will sponsor an event at each of the community centers. Call 270-7638.

USAJOBS Downtime Notice

On Oct. 6, the Office of Personnel Management will assume control of USAJOBS. USAJOBS is the government's official site for posting vacancy announcements and hiring information. During this change in control the timeliness of vacancy announcements and referrals may be delayed as the new system is brought on line. USAJOBS will be offline from Oct. 6 to 12. People seeking federal employment through USAJOBS will be unable to see posted announcements or apply for federal jobs. Announcements opened prior to Oct. 6 may remain open through the moratorium period, but must not close before Oct. 13. Call 221-2526 for more information.

Navy Corpsman receives Purple Heart on 9/11 anniversary

By L.A. Shively
FSH News Leader

Navy Hospital Corpsman 2nd Class Rodney Lewallen was recognized with a Purple Heart during a Sept. 11 ceremony at the Navy Operational Support Center on Fort Sam Houston.

Lewallen said he was very proud to receive his Purple Heart on the tenth anniversary of 9/11, and supports American actions in Afghanistan and the Middle East.

He said his experience in Afghanistan left him with the impression that Americans are welcomed by the people who live there.

"We see the differences that are taking place and the effects on the families. The first ten faces I saw in Afghanistan were kids," Lewallen related. "They stepped outside their front doors and stepped in IEDs the Taliban planted.

"When we came in, we swept the streets and within a month the markets were full



Photo by Michael Maldanis

again, back to selling food." "I'm glad he's here to receive it and I'm proud of him," said Ricky Vann, Lewallen's step grandfather. He said he was aware of the dangers today's men and women face

overseas and felt concern for his step grandson.

"He's the man I always thought he was - very smart, very brave," said Kay Vann, Lewallen's step-grandmother. She said the ceremony on 9/11

was poignant as each member of her family remembered where they were and what they were doing during the attacks on the World Trade Center ten years ago.

Known amicably as "Doc Lew" to his fellow Marines and close friends, the corpsman was injured when the Mine Resistant Armor Protected vehicle he was in was struck by a roadside bomb.

Lewallen was serving in Afghanistan with the 1st Battalion 23rd Marines, a reserve unit with Marines and Sailors located throughout Texas and Louisiana. He said he couldn't recall much about the explosion but does remember the aftermath.

"I remember waking up upside down in the MRAP that was on fire," Lewallen said.

His injuries were extensive. "I had nine broken bones. My back's broken, my sacral is broken and both of my feet. The left knee (anterior cruciate ligament) and meniscus is torn."

Other injuries include his shoulders and skull. "Of course, I had a grade-2 concussion," he said after

See LEWALLEN, P5

Infantryman honored with Purple Heart at WFSC

By Maria Gallegos
BAMC Public Affairs

An infantryman, Staff Sgt. Darius L. Johnson, was honored for during a Purple Heart ceremony at the Warrior and Family Support Center Sept. 12.

Maj. Gen. M. Ted Wong, commanding general of Brooke Army Medical Center and Southern Regional Medical Command, presented the medal and certificate.

Johnson, assigned to Company A, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, Task Force Wolves, was injured while in Afghanistan, when he stepped on a pressure plate improvised

explosive device while on a dismounted patrol July 17, 2010.

"At first, I just saw it as another award until I started thinking about it more and started seeing more people and how others were reacting to it," Johnson said. "It's a big honor and I'm very proud to have it."

The Purple Heart is awarded to members of the armed forces of the United States wounded by an instrument of war in the hands of the enemy and posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action. It is specifically a combat decoration and the oldest military honor in the world in use.



Photo by Maria Gallegos

Maj. Gen. M. Ted Wong, commander of Brooke Army Medical Center and Southern Regional Medical Command, Staff Sgt. Darius L. Johnson, his friend, Monica Bailey, and his fiancée, Cherise Adkins (far right) pose for a photo Sept. 12 after Wong presented Johnson the Purple Heart medal.

WILFORD HALL HAS NEW NAME

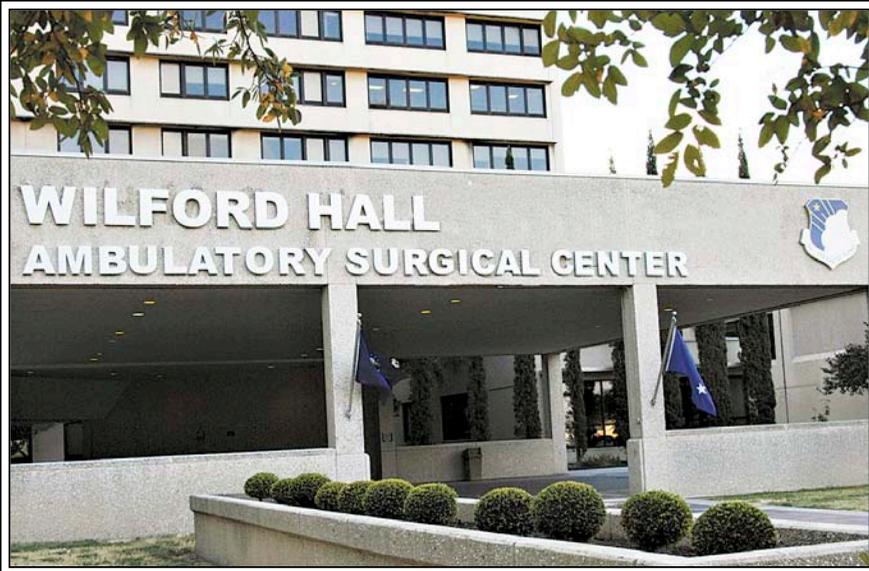


Photo by Harold China

New signage for Wilford Hall Ambulatory Surgical Center, or WHASC, marks the official name change of the Air Force medical facility at Lackland Air Force Base. Wilford Hall transitioned from a Level 1 trauma center to an ambulatory surgical center as a result of the 2005 Base Realignment and Closure law, directing all of the hospital's inpatient care to move to Brooke Army Medical Center at Fort Sam Houston by Sept. 15. The WHASC offers primary care; outpatient surgery; 24/7 urgent care for trainees and beneficiaries; medical, pediatric and surgical subspecialty clinics; diabetes, Hearing and Eye Centers of Excellence; and a Contingency Aeromedical Staging Facility.

LEWALLEN from P4

the ceremony, adding sardonically, "Nothing too bad."

"When I found out that Lew was getting a Purple Heart, I wasn't surprised. It's special to have received it today,"

said Brian Adams, a former Army Ranger and civilian colleague.

Lewallen said he takes his own Motrin and expects a full recovery. Deployed three times; once to Afghanistan, once to Iraq, and once to the Western Pacific, he

said if he's tasked to go again, he will.

"It's what we do in theatre and here at home. A corpsman is a different breed. We do whatever we need to, to keep someone alive; using our imagination and intelligence."

Tri-Service Research Laboratory gives glimpse of military of the future

By Joe N. Wiggins

Navy Medical Research Unit San Antonio Public Affairs

One of the final directives of the 2005 Base Realignment and Closure Law was completed Sept. 15 as the Tri-Service Research Laboratory was officially opened, consolidating three military branches in one location, while saving money in maintenance and utilities costs.

Navy and Air Force officials at the ribbon-cutting ceremony said the new facility will produce a wealth of results in biomedical research.

"Not only is this lab destined to produce even more of the kind of results that came out of the previous location, this building accomplishes savings we could have never achieved in our previous facilities,"

said Rear Adm. Bruce Doll, the director of Navy medicine research at the Bureau of Medicine and Surgery of the \$69.9-million project that resulted from the BRAC decision.

"Each service brings their unique mission as we conduct research in laser and radio frequency bioeffects and the effects of non-lethal weapons," said Thomas S. Wells, director of the 711th Human Performance Wing, in remarks to more than 250 visitors and spectators at the ceremony held in front of the lab.

Wells also told the audience the 181,000-square-foot facility offers capabilities and opportunities to all branches of the Department of Defense and marks a new direction in military biomedical research.

"Nowhere else in the

United States, will you find Air Force, Navy, and Army-directed energy bioeffects research under one roof," Wells said. "In this building, you will get a glimpse of how we are creating the military of the future."

Much of the savings designed into the new building will come from a more modern design and from the consolidation of previous facilities.

"We were in 29 different locations while at Brooks City-Base," said Dr. Gordon Hengst, integration manager for the Directed Bioeffects Division of the 711th HPW. "We have now consolidated into one facility here at Fort Sam Houston."

Other officials in the facility gave further examples of the facility's capabilities and savings.

"The ceilings in the labs, for example, are



Photo by Patricia Keilberg

(From left) David Thomas, U.S. Army Corps of Engineers; Thomas Wells, director, 711th Human Performance Wing; Rear Adm. Bruce Doll, director of Navy Medicine Research, Bureau of Medicine and Surgery; and Eric Bunner, project executive, Skanska USA Building, Inc., use a laser to officially cut the ribbon to mark the official opening of the Tri-Service Research Laboratory at Fort Sam Houston.

fiberglass reinforced, and never have to be painted," said Carrie Crane, the veterinary support manager for the

Navy Medical Research Unit San Antonio, one of the units located in the facility.

"Combined with the other improvements in the floors and walls, we know we will save taxpayer dollars," Crane said. "In the old facilities at Brooks Air Force Base, we had to paint everything every three years, at a cost of more than \$200,000 each time."

Crane also explained by being collocated in one building, each service can benefit from the facilities used by the others.

"Just because one service owns a particular lab doesn't mean another service can't use it; all you have to do is request it and schedule a facility for your work."

Doll concluded his remarks by reminding the audience of the high point the new Tri-Service Laboratory represents, along with the pride the users will have in better using available resources.

"This marks another milestone in the development of the finest military bioeffects research facilities in the world," the admiral said.

"Every person that works here will have the knowledge that they are proudly serving their nation, while being a good steward of valuable resources in their local community. Our Navy team is proud to join you in this endeavor."

CELEBRATING HISPANIC HERITAGE

Maj. General David Rubenstein (left), commanding general, Army Medical Department Center and School and host for the installation 2011 Hispanic Heritage Month activities, kicks off Hispanic Heritage Month celebrations along with Maj. Richard Velasquez, commander, Headquarters and Headquarters Company, 32nd Medical Brigade, and AMEDDC&S Command Sgt. Maj. James

Diggs, with a cake cutting ceremony at the entrance to the post exchange Sept. 16. Keynote speaker Velasquez recalled the heroism of Hispanic Soldiers, especially Medal of Honor recipients Jose Lopez and Roy Benavidez.

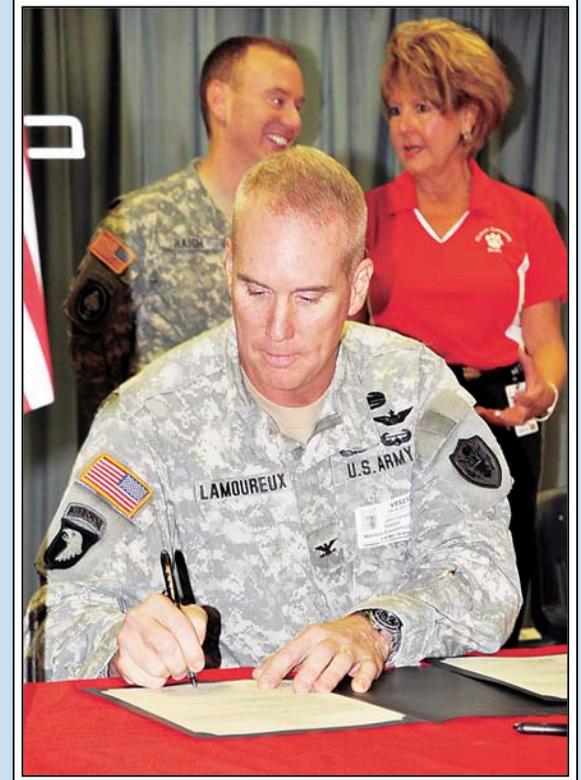
Photo by Esther Garcia



FSH UNITS ADOPT WILSHIRE ELEMENTARY SCHOOL

Col. John Lamoureux, 502nd Mission Support Group commander (center) signs the charter signifying the "adopt-a-school" agreement between the group, the 106th Signal Brigade and the Wilshire Elementary School1, as 106th Signal Brigade commander Col. Chris Haigh and Wilshire Elementary School principal Cynthia Jacob look on. Lamoureux and Haigh also brought several boxes of supplies for the students at their adopted school. "We're excited to be part of this program and hope to see all of you throughout the year," Lamoureux told the students at the assembly. "It's important to listen to your moms, dads and teachers," Haigh added, saying he expects great things from the students this year. Jacobs said the school was fortunate to have mentors from the two units participate at the school.

Photo by Steve Elliott



AMEDDC&S hosts Prisoners of War and Missing in Action Recognition Day

By Esther Garcia
AMEDDC&S Public Affairs

As of Sept. 15, 2011, more than 17,000 military men and women who fought in World War I, World II, the Korean War, Cold War and the Vietnam War are still listed as missing and unaccounted for.

The Army Medical Department Center and School, hosted by commanding general Maj. Gen. David Rubenstein and attended by staff and faculty, held a ceremony Sept. 16 commemorating National Prisoners of War and Missing in Action Recognition Day, honor-

ing those who never returned from war.

The Fallen Comrade Table, symbolizing those who are unable to be with us, was the main setting for the ceremony.

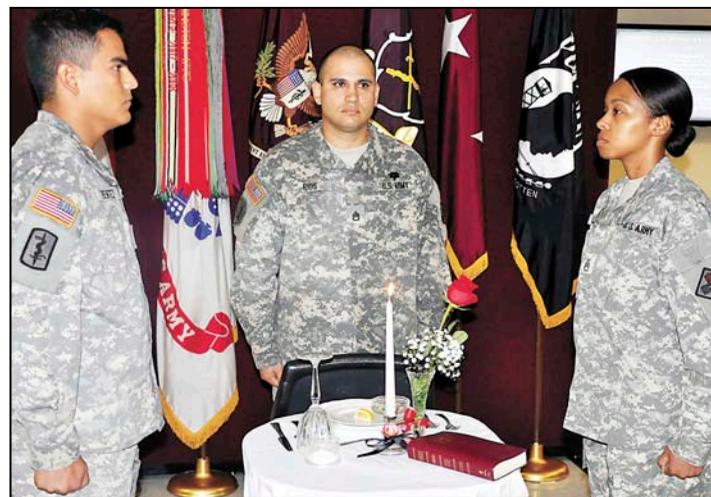
"We had much weaker primitive accounting in Korea and in World Wars I and II and doing the work of going out and clearing the battlefield in previous wars was not as well done as it is today," Rubenstein said.

The general said our country does not stop working at finding lost Soldiers. He referred to a recent funeral held for 2nd Lt. Dewey Foster,

who had been lost in battle for 66 years. After his remains were found in Papua New Guinea, he was buried with full honors at the Fort Sam Houston National Cemetery Feb. 22.

Following Rubenstein's remarks, Master Sgt. Bobby Edmond narrated the Fallen Comrade Table, assisted by Staff Sgt. Laurentino Benitz, Staff Sgt. Osvaldo Rios and Staff Sgt. Wanda Clarke, assigned to AMEDDC&S.

The Fallen Comrade Table ceremony remembers the nation's heroes, as each item on the table has a deeper meaning.



(From left) Staff Sgt. Laurentino Benitz, Staff Sgt. Osvaldo Rios and Staff Sgt. Wanda Clarke assist with the Fallen Comrade Table ceremony Sept. 16 during the POW/MIA Recognition Day held at the Army Medical Department Center and School. The table is set for one symbolizing the frailty of one against all his oppressors.

Photo by Esther Garcia

The table is round to show everlasting concern for all POW/MIAs. The chair is empty, to signify the missing persons. The white tablecloth stands for purity.

The table is set for one, symbolizing the frailty of one against all oppressors. The wineglass is inverted, as the POW or MIA cannot raise a toast with their loved ones.

The candle represents

the light of hope to light the way home away from their captors. The black ribbon on the candle is for those who will never come home. Edmond explained that the single rose is to remind people of loved ones and families of comrades who keep the faith and await their return.

The red ribbon on the vase, like the ones worn by thousands back home

who admire their will, determination and who demand a proper accounting of all our missing. The slice of lemon on the plate is to remind us of their bitter fate if we do not bring them home, Edmond said.

Finally, the salt on the table symbolizes the families' tears as they wait, while the bible represents strength achieved from faith.

Flu shots available soon, will protect against three strains

By Maria Gallegos
BAMC Public Affairs

Getting your flu shot could save your life, according to the Centers for Disease Control and Prevention.

While flu seasons can vary in terms of timing, duration and severity, seasonal influenza can cause mild to severe illness or worse. In the United States, an average of 36,000 people die each year from flu-related complications and more than 200,000 people are hospitalized from flu-related causes.

The CDC recommends all persons 6 months and older receive the annual vaccine. The 2011-2012 flu vaccine, now combined in one shot, will protect against the three different flu viruses expected to be circulating

this year: an H3N2 virus, an influenza B virus and the H1N1 virus that caused so much illness last year.

High-risk patients, such as pregnant women and those with asthma, diabetes, and other chronic illness, are highly encouraged to receive their flu shot to prevent serious flu-related complications.

While the CDC recommends the single best way to prevent the flu is to get vaccinated, good health habits like covering a cough and washing hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

Some other ways to help stop the spread of germs include avoiding close contact with someone who is sick, staying home when you're sick, drinking plenty of fluids

and getting plenty of sleep.

Brooke Army Medical Center flu vaccinations will be available Wednesdays to all TRICARE beneficiaries at the Army Community Service/Roadrunner, Building 2797, Stanley Road, Fort Sam Houston, October through November, except for Nov. 2.

The influenza shot is also available Nov. 5 during the Retiree Appreciation Day at the Army Medical Department Center and School.

The Department of Defense has authorized TRICARE beneficiaries to use TRICARE retail network pharmacies for the administration of the



seasonal influenza vaccine without co-pay.

To find a network pharmacy, call Express Scripts at 1-877-363-1303 or check online at <http://www.express-scripts.com/>

Vaccine dates and times:

Oct. 5, 11 a.m.-4 p.m., 18 years and up
 Oct. 12, 11 a.m.-4 p.m., 5 years and up
 Oct. 19, 11 a.m.-4 p.m., 18 years and up
 Oct. 26, 11 a.m.-4 p.m., 5 years and up
 Nov. 4, 9 a.m.-4 p.m., 18 years and up
 Nov. 5, 8 a.m.-noon, all ages (*AMEDD C&S Retiree Appreciation Day*)
 Nov. 9, 9 a.m.-4 p.m., 5 years and up
 Nov. 16, 9 a.m.-4 p.m., 18 years and up
 Nov. 18, 9 a.m.-4 p.m., 18 years and up
 Nov. 23, 9 a.m.-4 p.m., 5 years and up
 Nov. 30, 9 a.m.-4 p.m., 18 years and up

TRICARE/pharmacy/

If active duty personnel prefer to use the local network pharmacy to get vaccinated, they must bring their receipt or proper documentation to their unit to get it entered into their record.

Call your local network pharmacy before you go to make sure you and your children can receive the vaccination at

the same location. Some locations may have age restrictions.

For more information on TRICARE, log onto <http://www.tricare.mil/faqs/question.aspx?ID=1441>. For more information about the flu vaccination, log onto http://www.cdc.gov/flu/flu_vaccine_updates.htm or call 916-7FLU (7358).

Military leaders embark on integrated healthcare system

By Linda Frost
59th Medical Wing Public Affairs

Military health care in San Antonio is evolving to another level and will have a positive effect on patients and medical organizations, both military and civilian.

The Air Force and Army have come together to operate an effective and efficient integrated regional healthcare system dedicated to providing high quality, patient-centered care that is convenient and accessible to its 230,000 Department of Defense beneficiaries in the San Antonio metropolitan area.

The new San Antonio Military Health System, or SAMHS, spurred by the integration of military medical services at Fort Sam Houston and Lackland Air Force Base, will

oversee all Army and Air Force medical treatment facilities here, to improve business processes and develop innovative approaches to care.

“We continually seek ways to improve and build upon our successes. With a combined economic impact of over \$1 billion annually, military medicine in San Antonio will always play a significant role in the fiscal health of this region,” said Air Force Maj. Gen. Byron Hepburn, commander of the 59th Medical Wing and designated the first director of SAMHS.

Named deputy director is Army Maj. Gen. M. Ted Wong, commander of the Southern Regional Medical Command and Brooke Army Medical Center. The positions will rotate services every two years.



Photo by Ron Rogers

Air Force Maj. Gen. Byron Hepburn and Army Maj. Gen. M. Ted Wong announce the new San Antonio Military Health System Sept. 16 during a press conference at the Lincoln Center, San Antonio, Texas. The SAMHS will oversee all Army and Air Force medical treatment facilities in the San Antonio metropolitan area. Hepburn is the 59th Medical Wing commander and the first director of the SAMHS. Wong is the commander of the Southern Regional Medical Command and Brooke Army Medical Center and now the deputy director of SAMHS.

A SAMHS executive office will be staffed with existing personnel, who will oversee clinical operations and business

operations for the area's military treatment facilities.

“We will take our talented staff from both

Services and each other's best practices to create an integrated health system that is the envy of military and civilian

healthcare organizations across the nation,” added Wong.

SAMHS will strengthen interagency collaboration between the Services and community healthcare organizations, the Veterans Administration, and other federal organizations, while optimizing both the direct and private sector healthcare network systems in the market area.

“The collaboration and economies of scale we achieve in combining our efforts is a win-win for everyone,” said Hepburn.

“By leveraging our resources and expertise in a way we were not able to before, we will all gain from these efficiencies by providing better facilities, improved educational opportunities and better access to care and

See HEALTH, P11

HEALTH from P10

treatment for our active duty military members, veterans, retirees and their family members.”

Hepburn said the goal is to create a “premier health system dedicated to enhancing quality care, advancing biomedical research, enriching graduate medical education and training, and maintaining a first-class global readiness mission.”

San Antonio has one of the largest concentrations of DOD medical beneficiaries in the United States. The city is a key strategic location and critical resource for military medicine. Direct patient care, training and research provide a continuous learning environment for military and civilian medical personnel, as well as being a center for care provided to wounded warriors from all the services.

“Patients are our first priority and the reason for our existence and purpose. We will treat all with the compassion and respect that they deserve,” noted Wong.

The health system will oversee more than 11,000 healthcare workers, to include physicians, nurses, support and administrative personnel in the eight military treatment facilities across San Antonio.

Within this system, health care services are provided by the San Antonio Military Medical Center, or SAMMC, at Fort Sam Houston, and the Wilford Hall Ambulatory Surgical Center, or WHASC, at Lackland Air Force Base.

SAMMC is now a Level 1 trauma center and DOD’s largest inpatient hospital. WHASC is the DOD’s largest ambulatory surgical center. These two military treatment

facilities offer 19 primary care clinics and more than 100 specialty services.

While both SAMMC and WHASC will be staffed with Air Force and Army personnel, they will continue to be commanded by an Army and Air Force general officer, respectively.

“As we look forward to the future of military medicine here in San Antonio, the citizens of ‘Military City USA’ should be proud of the Wilford Hall Ambulatory Surgical Center at Lackland Air Force Base, the San Antonio Military Medical Center at Fort Sam Houston, and our supporting clinics,” Hepburn said.

“We are excited about the establishment of the San Antonio Military Health System and the opportunities it will afford our patients and the city of San Antonio in the years ahead.”

HELPING FEED THE HUNGRY

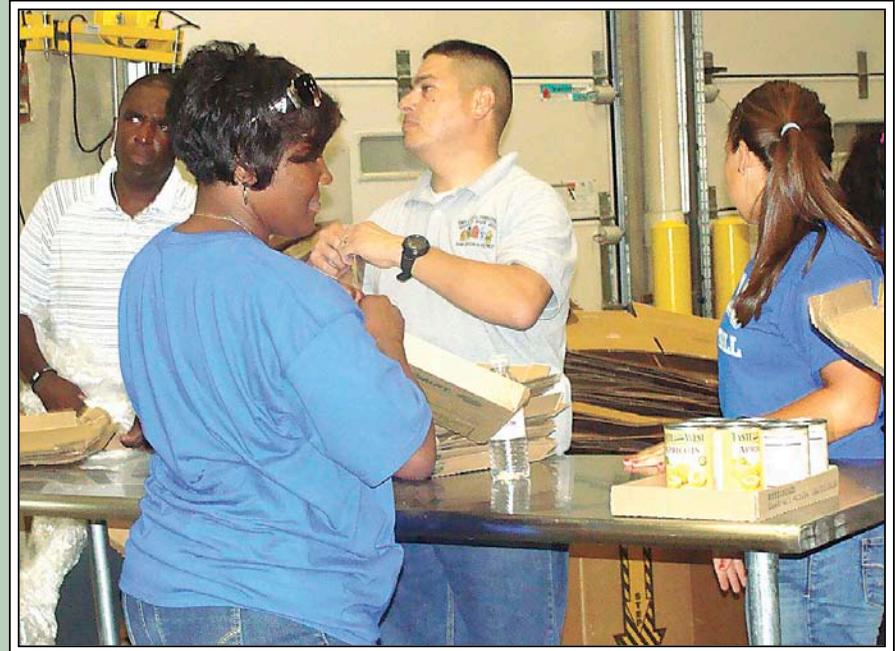


Photo by Mable O. Williams

Sgt. Maj. Jesus Perez (second from right) was one of 10 retired and active duty members of the Sgt. Maj. Of the Army Leon Van Autreve Sergeants Major Association who, along with four family members, volunteered their time Sept. 17 to sort and box food items for senior citizens at the San Antonio Food Bank. Working alongside a local women’s softball team and volunteers from Toyota, the entire group filled 1,632 boxes in three hours.



Photo illustration by Airman 1st Class Corey Hook

Looking out for the red flags of suicide

By Staff Sgt. Robert Barnett
59th Medical Wing Public Affairs

Suicide is the most preventable form of death. Prevention and intervention of this final act are everyone's responsibility.

More people die by suicide than by war, terrorist attacks and homicides combined, according to Staff Sgt. Kinsey Brown, NCO-in-charge of the 59th Mental Health Squadron resiliency element. Worldwide suicide rates have increased 60 percent in the last 45 years and 34,000 Americans die by suicide each year.

In the Air Force, loss-to-suicide versus loss-in-combat rates are seven to one, respectively. Suicides Air Force wide for 2010 went up nearly 50 percent from the previous two years, Brown said.

The most common risk factors were relationship and financial problems. The career fields most at risk are security forces, intelligence and air craft maintenance.

The majority of completed suicides never sought professional help, but the majority of suicidal people do relay their desire to die to someone close to them in the weeks prior to the attempt. This highlights the role of Wingmen and leaders in identifying those who may be at risk, he said.

Brown explained that the red flags to look out for include relationship

problems, work problems, financial problems, substance abuse, social isolation and acting reckless or impulsive.

The warning signs are common. The Air Forces' Suicide Prevention computer-based training displays the character Jack angrily foul his teammates on the basketball court out of frustration. The key point was that another character, Chris (Jack's friend), confronted him in the locker room, recognized that he needed help and then escorted him to the chaplain to get him the help he needed.

Wingmen and leaders need to follow the lesson in this scenario, Brown said. Escort the person to the emergency room, chaplain or Mental Health Clinic, notify their supervisor or call 911 for help. Don't leave the person alone and remove any means of self harm.

September is Suicide Awareness/Prevention month. Everyone has the responsibility to look out for the man/woman next to them. People are the Air Force's finest asset.

For additional information on suicide prevention/awareness, please visit the following resources: Air Force Surgeon General (<http://airforcemedicine.afms.mil>), U.S. Air Force Suicide Prevention Program (<http://afspp.afms.mil/>), Suicide Prevention Resource Center (<http://www.sprc.org/>) and the American Society of Suicidology (<http://www.suicidology.org/web/guest/home>).



September is National Suicide Prevention Month

Finding strength, hope together to prevent suicide

By Lori Newman
FSH News Leader

An open house was held Sept. 19 to bring awareness to a very serious topic – suicide prevention. The theme of the day was finding strength and hope together.

Brig. Gen. Theresa Carter, commander of the 502nd Air Base Wing, began the event with a poignant story about her sister who committed suicide at age 21.

"I have come to the conclusion that the difference between someone completing an act [of suicide] and those not completing it is that they remember the people they will leave behind," the general said. "I think if my sister had done that, the outcome might have been different."

She encouraged service members and leadership to ask questions, be engaged, get involved and don't be afraid to ask for help.

"There are ample resources available," she said. "But, probably the most important resource is your battle buddy sitting to your left or right."

The U.S. Army Public Health Command developed the ACE suicide invention program. ACE stands for "Ask, Care and Escort."

Ask the tough question. "Are you thinking of killing yourself?"

Care, calmly control the situation, actively listen to show understanding and remove any means that could be used for self-injury.

Escort the person to the chain of command, chaplain, behavior health professional or primary care provider.

Dr. Patricia Adams, a marriage and family therapist from Zeitgeist Wellness Group, provided a testimonial about helping a client who called her for help.

Shoulder to Shoulder

NO SOLDIER STANDS ALONE

Prevent suicide. Be willing to help.

It is your responsibility to stand by your fellow Soldier.

Talk to your Chaplain or Behavioral Health Professional or call Military OneSource 1-800-342-9647

www.militaryonesource.com

USACHPPM
www.usachppm.army.mil

I persuaded her to get some help and I referred her to the right place," Adams said.

Sgt. Kemosi Evans gave a moving account about his personal struggle with suicide.

Evans attempted suicide when he was a teenager.

"I remember waking up in the hospital and my family was standing over me asking, 'Why?'" he said.

After joining the Army in 2001, he deployed to Afghanistan. Only two weeks after he returned home

from deployment, his wife filed for divorce.

On his second deployment, one of the Soldiers in his unit died from combat injuries, even though Evans tried desperately to save him.

months before he realized he had a problem.

"It took friends, colleagues and the chaplain telling me, 'You have a way out. You are not going to give up. You are not going to accept defeat. You have the will. You can continue to fight,'" Evans said. "I went to behavioral health and got the help I needed."

"I'm still here, I'm still standing and I'm no longer afraid to ask for help," he said.

"No one is exempt from tough times or difficult circumstances," said Chaplain (Maj.) George Hammil. "All of us are susceptible to trials and tribulations. No one is above the fray because of their education, spiritually, believes or rank."

The chaplain spoke about a sometimes overwhelming sense of loss.

"But, human beings are resilient," he said. "Research shows that resilience is actually an ordinary thing, not extraordinary."

He said people strengthen their resiliency by making connections – strong, close, healthy relationships with family members, friends and co-workers.

"Accepting help and support from those who care about us and who will listen to us, strengthens our resiliency," Hammil said.

"Suicide is something that is not easy for a lot of people to discuss, it tends to make people feel uncomfortable," said Col. John Lamoureux, commander, 502nd Mission Support Group. "But, we must discuss it often and with a deliberate tone."

"Suicide is when someone's pain exceeds the resources that they have to deal with that pain," the colonel said.

"As leaders and we are all leaders, we are responsible to intervene and not ignore," he said.

Lamoureux asked everyone to spread the word about the resources that are available.

"Talk to people, encourage others to do the same. Ask questions before a tragic incident happens, instead of trying to answer them in the aftermath."

During his third deployment, Evans was under stress worrying about his family.

"You can't fight two wars, especially when you are trying to focus on one," he said. "The sad part about it is I wasn't able to let go. I was overwhelmed, anxious and anger. I just got to the point I couldn't take it anymore."

He said he became very combative with his superiors and still worried about his family. When he returned from overseas, he said it took him five to seven

Suicide prevention for the Army, by the Army

By Lt. Col. Blain S. Walker, Ph.D.
U.S. Army Public Health Command

Ask, Care, Escort, or ACE, training is the Army-approved suicide prevention and awareness training model for all Soldiers, leaders and Army civilians. It is also available to family members.

Soldiers have been completing ACE suicide awareness training on an annual basis for several years now. These Soldiers can probably tell you all of the warning signs and risk factors of suicide from memory, but is that awareness enough?

Preventing suicide is more than just knowing what puts Soldiers at risk for taking their life, it is all about ACE.

Ask is the most difficult challenge when facing someone you think may be suicidal.

People fear asking the question "Are you thinking of killing yourself?" for several reasons.

First, they may be afraid of offending their friend. In reality, your friend is more likely to be grateful that you care enough about them to ask the question and that you are aware of the pain they are going through.

By asking the question, you are letting them know that they have a friend who is listening to them.

A second reason we may not ask the question is that it is hard for us to believe someone we know or care about is considering taking that final step. Suicide is something that always happens to someone else.

A third reason it is difficult to ask someone if they are suicidal is what if the answer is yes? What do you do?

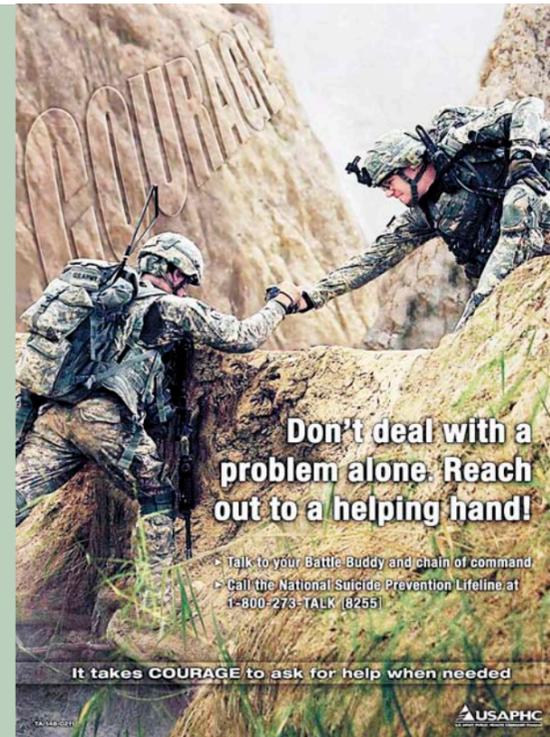
This fear can be overcome by familiarizing yourself with the resources available. Where is the nearest chaplain, behavioral health provider or emergency room?

Knowing the answers to these questions will not only help alleviate the fear of getting a yes answer, but will help with the "escort" step in the ACE model.

Caring is the key to the whole ACE model. In fact, the model should be CAE, but that acronym doesn't make any sense and is not as easy to remember.

When you care about someone you are likely to listen to them when they are experiencing emotional or physical pain. You are more likely to be concerned about their welfare and see that they get through whatever their trial may be.

When you care about someone you think may be suicidal, it becomes much easier to ask the



question, are you thinking of killing yourself?

When you care about someone, you are more likely to find out what and where the local resources are and escort your friend to get the help he needs. It is not uncommon for individuals who are suicidal to feel alone, that no one cares whether they live or die.

By actively listening and engaging with a friend you are showing that you care. That, in and of itself, may be enough to help prevent a suicide.

Escorting is the easiest step in the ACE model. At least it is easy when you already know what and where your resources are located.

Take the time to find out where your local chaplain and behavioral health providers are. Find out where the nearest military treatment facility or emergency room is located.

When you ask if someone is suicidal and they say yes, care enough to escort them to the nearest resource where they can get help.

For more information on suicide prevention: Tri-Signed Army Proclamation Announcing Suicide Prevention Observance (<http://www.armyg1.army.mil/hr/suicide/docs/ProclamationSept2011.pdf>), Suicide Awareness video aimed at first line supervisors (http://www.army.mil/article/63934/Suicide_awareness_video_aimed_at_first_line_supervisors), Trainer Facilitation Guide, Shoulder to Shoulder: Finding Strength and Hope Together (<http://www.armyg1.army.mil/hr/suicide/docs/S2S-2011FacilitationGuide.pdf>) and Trainer Presentation, Shoulder to Shoulder: Finding Strength and Hope Together (<http://www.armyg1.army.mil/hr/suicide/docs/S2S-2011Training.ppt>).

Military retiree pay dates to change

Paydays for military retirees and those who receive portions of retired pay are changing for the months of September and December, as the Defense Finance and Accounting Service changes its pay schedule to comply with the 2011 National Defense Authorization Act.

The 2011 NDAA requires military retiree pay to be processed on the first day of the month. When that day falls on a weekend or national holiday, the pay date is moved to the previous business day.

This year payments normally scheduled for Oct. 3, 2011 will be issued on Sept. 30, 2011 and payments normally scheduled for Jan. 3, 2012, will be issued on Dec. 30, 2011. For the calendar year 2011, this

means military retirees will receive 13 rather than the normal 12 payments.

The 13th payday on Dec. 30 falls within the 2011 tax year, which could affect the tax liability of some retirees and those who receive portions of their retired pay.

Customers should speak with a tax advisor, the Internal Revenue Service or their state tax authority to determine if their tax withholding will satisfy federal and state income taxes when they file returns next year. DFAS cannot provide tax advice.

For tax year 2012 and beyond, retirees will receive their normal 12 payments.

This change affects regular retired pay,

concurrent retirement and disability pay and combat related special compensation. The new rule also applies to retiree allotments, garnishments and court-ordered former spouse and child support payments. It does not affect annuity payments.

If retirees need to make changes to their federal or state tax withholding, the quickest and most secure way to do so is through myPay.

Available 24 hours-a-day, seven days-a-week, myPay enables eligible users around the world to make routine changes to their pay information, including tax withholding, that become effective within days.

Customers who cannot access myPay can

change federal withholding amounts by completing a new IRS Form W-4 or W-4P, or change state withholding amounts using a DD 2866.

These forms can be found on the DFAS web site, www.dfas.mil/retiredmilitary/forms.html, and should be mailed or faxed to the below address once completed:

Defense Finance and Accounting Service
U.S. Military Retired Pay
P.O. Box 7130
London, KY 40742-7130
Fax: 800-469-6559

It may take up to 30 days for changes to be made when mailing in a paper form.

(Source: Defense Finance and Accounting Service)

METC from P3

named, posthumously, for a member of the medical enlisted force from the Army, Navy and Air Force who had made positive impacts in military medicine.

"The science will change and the techniques of medical intervention will change, but our commitment to your example of dedication, selfless service, and commitment will not. Those things are eternal," said METC Commandant Rear Adm.

Bob Kiser, paying tribute to the enlisted medical force – past, present, and future."

After co-locating five major medical learning institutions at Fort Sam Houston, constructing 11 new buildings, renovating six Army Medical Department Center & School facilities to support METC students, and spending more than \$1 billion on equipment, furnishings and construction, METC has become the largest medical technical education center

in the world.

Students now enrolled in METC would have previously attended the 882nd Training Group from Sheppard Air Force Base; the Naval School of Health Sciences from San Diego, Calif.; the Naval School of Health Sciences from Portsmouth, Va.; the Navy Hospital Corps School from Great Lakes, Ill.; or the AMEDD C&S at Fort Sam Houston.

The METC footprint covers more than 2,000,000 square feet and cost more than \$1.2 billion to build and equip. More than 24,000 students are projected to graduate each year, with an average daily student load of 8,000. By service, the student breakdown includes approximately 45 percent Army, 31 per cent Navy and 24 per cent Air Force.

The estimated total economic impact on the city of San Antonio from the all the local BRAC projects, including METC, is estimated at \$13.3 billion per year.

BRAC from P1

M. Ted Wong, commanding general, Southern Regional Medical Command and Brooke Army Medical Center.

“Ultimately, it’s about providing the best possible and highest quality patient-centered health care services, in the best state-of-the-art facility for our patients and maximizing the effectiveness and the value of the health care services that we provide to our beneficiaries,” Wong added.

“The Wilford Hall Ambulatory Surgical Center will be a premier facility with 38 specialty clinics, four operating rooms and an urgent care center that will operate 24 hours a day,” explained Maj. Gen. Byron Hepburn, commanding general, 59th Medical Wing. “It will be the largest ambulatory surgical center in the Department of Defense.”

Construction for the new 681,000-square-foot ambulatory surgical center and a 1,000-car parking garage is currently underway.

The third major event was the move and consolidation of the U.S. Army’s Installation Management Command to Fort Sam Houston.

Under the provisions of BRAC, Army Environmental Command and IMCOM headquarters moved to Fort Sam Houston, and Family and MWR Command was integrated into IMCOM Headquarters.

The construction and renovation of the IMCOM campus infused approximately \$121 million into the San Antonio community.

“We at Installation Management Command have been afforded a great windfall,” said IMCOM Command Sgt. Maj. Neil Ciotola. “We have been treated like royalty on this joint base since we have been here.”

The creation of Joint Base San Antonio was another major undertaking, consolidating Fort Sam Houston, Camp Bullis and Lackland and Randolph Air Force Bases.

Brig. Gen. Theresa Carter, commander of the 502nd Air Base Wing credited Brig Gen. Leonard Patrick for creating an identity for Joint Base San Antonio. Patrick was the first commander of JBSA.

“We have three great historic locations, Fort Sam Houston, Randolph and Lackland Air Force Bases,” Carter said. “One of the challenges of joint

basing is how to combine the installation support functions, while at the same time preserving the history, heritage and lineage of those individual locations. I think General Patrick and his team have done that.”

JBSA covers 40,000 acres and supports a workforce of more than 73,000.

Also noteworthy were several laboratory construction projects, such as the creation of the Joint Center for Excellence for Battlefield Health and Trauma Research and the Tri-Service Research Laboratory.

The 133,100-square-foot BHT, located on Fort Sam Houston at the U.S. Army Institute for Surgical Research, integrates three services’ combat casualty care research missions. The project was completed in August 2010 at a cost of \$111 million.

The TSRL is an 181,000-square-foot laboratory designed to house Air Force, Navy and Army components conducting military biomedical research. The facility opened in May and cost \$69.9 million.

Many of the construction projects are Leadership in Energy and Environmental Design

Silver certified. The LEED green building rating system, developed and administered by the U.S. Green Building Council, promotes design and construction practices that increase profitability while reducing the negative environmental impacts of buildings and improving occupant health and well-being.

In total, there were 48 BRAC-related construction projects spanning across JBSA.

“We have built or renovated almost 11 million square feet,” said David Thomas, director of the San Antonio Joint Program Management Office. “More concrete was poured here than I have seen in my entire career, more than 770,000 cubic yards.”

To put that in perspective, the trucks carrying that concrete would span bumper-to-bumper on Interstate 10 from San Antonio to Baton Rouge, La.

There will be another billion dollars in a future year development plan that is not BRAC money, Thomas added.

“San Antonio is ‘Military City USA’ and we deeply appreciate both the hospitality and the support that the city

has given us during this venture,” Maxwell said, crediting the city, county

and chamber of commerce for positioning the military for success.

Force Support Squadron

Family & MWR

Announcements

Fort Sam Houston Aquatic Center

The Aquatic Center will be open through Sept. 30, Monday-Friday 11 a.m.-1 p.m. for lap swim only and 4-8 p.m. lap swim, shallow end and baby pool only. The center will be open on weekends noon-9 p.m. for all activities. Call 221-4887.

Rambler 120 Team Challenge

The Rambler will begin at 6 a.m. Oct. 15 at Joint Base San Antonio Recreation Park at Canyon Lake. Event includes a 22-mile bike ride, six-mile run, two-mile raft trip and a mystery event, register by Sept. 30. Call 652-6508 or visit

<http://randolphfss.com>.

Noises Off at Harlequin

The Harlequin Dinner Theatre presents "Noises Off" every Thursday, Friday and Saturday through Oct. 1. Dinner is at 6:15 p.m. and the show begins at 8 p.m. Call 222-9694.

Driver's Education Class

SKIESUnlimited will offer a driver's education class for youth 14-18 years old Oct. 17-Nov. 10, Monday-Thursday 5-7 p.m. at Cole High School in Room 5, 4001 Winans Road. Call 221-3381 or 771-2148.

Microsoft Office Classes

Sept. 27 – Access Level 1
Sept. 28 – Access Level 2
Sept. 29 – Word Level 3

Classes are held at the Roadrunner Community Center, Building

2797 from 8 a.m.-noon. Registration is required. To register, call 221-2518/2705.

Combatives Conditioning

Mondays and Fridays, 3:30 p.m. at the Fort Sam Houston Fitness Center at the METC Campus. Call 808-5708/5709.

Scuba Classes

Two-week course, Tuesdays and Thursdays, 6-8 p.m. at the Jimmy Brought, Building 320 Wilson Road. Certification class at Canyon Lake. Cost is \$250. Call 221-1234 for information.

Zumba Classes

Classes are held at 5 p.m. Tuesday through Thursday at the Fort Sam Houston Fitness Center, 3569 Williams Way, Building 1369. Call 808-5709. The Jimmy Brought Fitness Center offers classes

Mondays and Wednesdays at 5 a.m. and Thursdays at 5:30 a.m. Call 221-1234.

Army Digital Photography Contest

Submit your photos of people, military life, nature and landscapes, animals, still life, design elements, digital darkroom and monochrome through Oct. 16 Visit <https://apps.imcom.army.mil/APPTRAC>.

Calendar of Events

Sept. 22 Safety Seat Clinic

USAA and Christus Santa Rosa Hospital will partner with The Family Life Program to distribute free child safety seats, 10 a.m.-1 p.m. in the Middle School and Teen Center parking lot Building 2515, Funston Road. Registration is required and the children must be

present. The online registration is <http://familylifeprogram.wufoo.com/forms/car-seat-registration/> or call 221-0349 or 295-0313.

Sept. 23 Family Readiness Group for Commanders

The class is 8 a.m.-noon at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Sept. 24 Club Championship

The championship will be held Sept. 24-25 at the Fort Sam Houston Golf Club. Entry deadline is Sept. 18. Call 222-9386 for information.

BOSS End of Summer Bash

Better Opportunities for Single Service Member will hold an end of summer event 5-9 p.m. at Benner

Barracks. Call 221-4242.

Sept. 26 Couponing

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

Sept. 27 Family Readiness Group Leadership Academy

The class is Sept. 27-28, 8 a.m.-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Newcomer's Extravaganza

The event is 9:30-11 a.m. at the Sam Houston Club. The event is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60

See MWR, P18



Announcements

Employment Initiative Program Job Fairs

The South Texas Employment Initiative Program, a coalition of the Department of Defense's Employer Support of the Guard and Reserve, the Department of Labor/Veterans' Employment and Training Service, the Texas Veterans Commission and the Alliance for Veterans and Families, assists veterans with immediate assistance and/or training

and then connecting them with employers who are ready to hire. The EIP is supporting three career fairs: the Military Officers Association of America Career Fair and Workshop at the Marriott Riverwalk Oct. 26-27; and the Non Commissioned Officers Association Career Fair and Workshop at the Norris Convention Center Nov. 15. All three career fairs are open to current and prior service military personnel, active duty and Reserve, who are seeking employment.

Neanderthal Trail Run

Register now for the Neanderthal Trail Run sponsored by Troop Support Company. The 11-kilometer

(about 7.1 miles) run will be held Dec. 2 beginning 6:30 a.m. from Building 5130 Wilkerson Road on Camp Bullis. Must register prior to race day, cost is \$30/civilian and \$20/military with ID card, fee includes T-shirt. Call 295-7697 for information.

Basic Skills Education Program

The Fort Sam Houston Education Center Basic Skills Education Program is designed to teach and refresh basic college preparatory skills to service members with a GT score less than 110. Learners must be self-motivated individuals who desire to increase their capabilities in basic skills in a rigorous learn-

ing environment, Monday-Friday 7:30 a.m.-3:30 p.m. for a period of 14 working days. Service members will receive instruction in reading comprehension, vocabulary, and math skills. Call 221-1738 to enroll or for information.

Tinnitus clinical trial

Does ringing, buzzing or roaring in your ears overwhelm you? Wilford Hall is conducting a Tinnitus Retraining Therapy clinical trial, funded by the National Institute of Deafness and Other Communications Disorders. In this trial, participants will be treated with tinnitus retraining therapy, which includes low-level sound

therapy and directive counseling, or the standard care typically given for persons with severe tinnitus in military medical facilities. To participate, interested individuals must have severe tinnitus and near normal hearing, be 18 years or older, speak and understand English, consider tinnitus overwhelming, be willing to participate in an 18-month research study, and be eligible to receive care at a Department of Defense medical facility. For more information, call 292-5420 or 292-5421.

Stilwell House

The Fort Sam Houston Stilwell House, a historic landmark since

1888, is open for tours, receptions and parties. The Stilwell House is managed by the Society for the Preservation of Historic Fort Sam House, Inc. a 501(C)(3) Corporation not affiliated with the Department of Defense. Call 224-4030 or 655-0577 for more 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

See COMMUNITY, P18

Rocco Dining Facility Menu Building 2745, Schofield Road

*Dining Room Breakfast Hours:
Monday-Friday 6:15-8:15 a.m., week-
ends and holidays 8-9:30 a.m.*

Friday – Sept. 23

Lunch – 11 a.m. to 1 p.m.

Chicken gumbo soup, cream of potato soup, jaegerschnitzel with mushroom gravy, breaded catfish, chicken cordon bleu, grilled citrus chicken breasts, vegetable-stuffed peppers, noodles Jefferson, parslied egg noodles, German potato cakes
Dinner – 5 to 7 p.m.

Bombay chicken, barbecued beef cubes, grilled pork chops, red beans and rice, oven-browned potatoes, honey-dijon vegetables

Saturday – Sept. 24

Lunch – noon to 1:30 p.m.

Beef noodle soup, cream of

mushroom soup, Greek lemon turkey pasta, tropical baked pork chops, Cajun baked catfish, mashed potatoes, macaroni and cheese, hopping john rice, cauliflower, collard greens
Dinner – 5 to 6:30 p.m.

Herb-baked chicken, meat loaf, stuffed fish, baked manicotti with sauce, rice pilaf, potatoes au gratin

Sunday – Sept. 25

Lunch – noon to 1:30 p.m.

Vegetable soup, cream of broccoli soup, orange chicken stir fry, hamburger yakisoba, vegetable egg rolls, vegan pierogy with marinara sauce, spaghetti with meat sauce, steamed rice, vegetable stir fry

Dinner – 5 to 6:30 p.m.

Sauteed shrimp, steak ranchero, hamburgers, cheeseburgers, barbecued pork sandwiches, grilled

cheese sandwiches, vegetable burgers, mashed potatoes, baked beans, steamed rice, sweet potatoes

Monday – Sept. 26

Lunch – 11 a.m. to 1 p.m.

Cream of chicken soup, French onion soup, beef pot pie with biscuits, honey chicken wings, baked cod, bean burritos, chicken lasagna, jalapeno potato wedges

Dinner – 5 to 7 p.m.

Asian barbecued turkey, roast turkey, beef enchiladas, beef ravioli, Italian broccoli pasta, refried beans, mashed potatoes, steamed rice

Tuesday – Sept. 27

Lunch – 11 a.m. to 1 p.m.

Texas tortilla soup, cream of mushroom soup, chicken enchiladas, cheese enchiladas, beef burritos, beef tacos, roast pork tenderloin,

chicken vega, Spanish rice, parslied red potatoes, Spanish style beans
Dinner – 5 to 7 p.m.

Oven fried chicken, roast beef, Mexican baked chicken, vegetarian nuggets, redskin potatoes, steamed rice, Spanish rice, yellow squash

Wednesday – Sept. 28

Lunch – 11 a.m. to 1 p.m.

Potato chowder soup, beef noodle soup, savory baked chicken, Italian rice and beef, apple-glazed corned beef, pasta primavera, red potatoes
Dinner – 5 to 7 p.m.

Braised beef and noodles, ginger teriyaki salmon, buffalo chicken wings, rice frittata, potatoes and herbs, brown rice, yellow and zucchini squash

Thursday- Sept. 29

Lunch – 11 a.m. to 1 p.m.

Asian stir fry soup, cream of chicken soup, Cantonese spareribs,

barbecued chicken, Swedish meatballs, grilled turkey patties, cheese enchiladas, steamed rice, paprika potatoes, fried rice

Dinner – 5 to 7 p.m.

Chicken parmesan, baked spaghetti,

spinach lasagna, sweet and sour chicken, whole wheat pepperoni pizza, spaghetti, rice pilaf, Italian baked beans, succotash, broccoli

Menus are subject to change

without notice

Edwards Aquifer Level

in feet above sea level
as of Sept. 21

CURRENT LEVEL * = 646.1'

*determines JBSA water conservation stage

Normal - above 660'

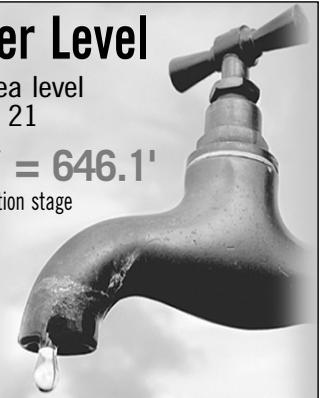
Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'



MWR from P16

days of their arrival to Fort Sam Houston. Come learn about Fort Sam Houston and the San Antonio area as well as meet representatives from many different organizations, programs and businesses. DOD ID cardholders are welcome. Call 221-2705/2418.

Mandatory First PCS Move

The class is noon-2 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1612.

**Sept. 28
EFMP, Autism & Related Disorders**

The class is 8 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. Call 221-9826/2962/0600.

Mandatory Initial First Term Financial Readiness

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

COMMUNITY from P16

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/>.

New Parent Support Program Orientation

The class is 2-3:30 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0349/0657.

Oct. 1**Doggie Dip**

The doggie dip is 10 a.m. at the Fort Sam Houston Aquatic Center, Building 3300 Williams Road. Call 221-4887.

Oct. 14-15**Oktoberfest**

The festival will be held Oct. 14 from 5-11 p.m. and Oct. 15, noon-11 p.m. at MacArthur Parade Field. Oktoberfest is fall family fun with a tent full of children's activities, an authentic biergarten and all the schnitzel you can eat. Call 221-9904.

Oct. 29**Combat Medic Run**

The event will begin at 7:30 a.m. at the Command Pavilion on MacArthur Parade Field. Cost is \$15/5K and \$20/10K for online

registration through Oct. 26 and \$20/5K and \$25/10K for late registration at the Jimmy Brought Fitness Center, Building 320, Wilson Way. Packet pick up will be held Oct. 27 from 10 a.m.-5 p.m. at the Jimmy Brought Fitness Center. Call 221-1234.

Movie Schedule

Sept. 23, "Thor," edited, rated PG-13 at the flagpole

Sept. 24, "Rango," rated PG-13 at Dodd Field

Oct. 7, "Shrek: Forever After," rated PG at the flagpole

Oct. 8, "Soul Surfer," rated PG at Dodd Field
Movies begin at dusk, around 8:30 p.m. Bring lawn chairs or blankets and enjoy free popcorn, snow cones and cotton candy. Call 221-2418/2704.

Jewish High Holy Days Services

Services at Fort Sam Houston for the High Holy Days of Rosh Hashanah and Yom Kippur of 5772/2011 are scheduled as follows:

Erev Rosh Hashanah, First Day, 8 p.m. Sept. 28

Rosh Hashanah, First Day, 9 a.m. Sept. 29

Erev Rosh Hashanah, Second Day, 8 p.m. Sept. 29

Rosh Hashanah, Second Day, 9 a.m. Sept. 30

Shabbat Shuvah, 8 p.m. Sept. 30

Kol Nidre, 6:45 p.m. Oct 7

Yom Kippur, 9 a.m. Oct. 8

Yom Kippur 5772 ends 7:47 p.m. Oct. 8

All services will take place in the Fort Sam Houston Main Post Gift Chapel, Building 2200, on Wilson Street. For more information, call 379-8666 or 493-6660.



FOR SALE: 2008 Itasca Navion motor home, 9,400 miles, 250-horsepower Mercedes-Benz engine, five-speed transmission, slide-out dinette, reduced from \$68,000 to \$55,000. Call 437-0042

FOR SALE: Computer desk, \$17; new bike helmet, \$20; skateboard, \$20; color TV, \$35 obo; new Wyndmere ultrasonic nebulizer,

\$35. Call 313-0061.

FOR SALE: Bowflex with leg attachment, \$150; full set of York weight plates with weight rack and bars, \$100; sleeper sofa with new mattress, \$50; king-size mattress, box springs, frame, \$50; fold-away treadmill, \$40. Call 808-0916.

FOR SALE: 2007 Harley-Davidson Street Bob, 7,016 miles, with extras, \$11,700. Call 669-4254.

FOR SALE: Kenmore sewing machine with cabinet, \$40; multiple roundwood table with four leather chairs, \$90; 60-inch color TV, \$75; washing machine, \$60; light wood

REMINDER CALENDAR

Sept. 22-23 Armed Services Blood Drive, 8 a.m.-2 p.m., BAMC Medical Mall

Oct. 4 National Night Out

Oct. 14 Hispanic American Heritage Month Event, 11:30 a.m.-1 p.m., Blesse Auditorium



TV/bookshelf, \$80. Call 241-1291.

FOR SALE: Rascal electric leglift wheelchair, price negotiable. Call 661-3765.

FOR SALE: 2003 Toyota Tacoma Limited, 20,000 miles, \$17,000 obo; solid desk, \$45; truck front grill w/ reversible hitch, like new, \$375; cargo security shade for medium SUV, \$50; ladies' 1x,2x,3x clothes, \$1 each. Call 633-3859.

FOR SALE: Kid's chairs, \$5 each; antique wheels, pair for \$100; new Cardioglider exerciser, \$175; 150-gallon butane/propane tank, \$450 obo. Call 633-2247.

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 808-1732 or 221-0144.

Calendar of Events**Oct. 6****JBSA NCO Induction Ceremony**

The ceremony is Oct. 6, 6 p.m., at the Lackland Air Force Base Gateway Club. For reservations, call 925-3704.

Creative couponing class can cut consumer costs

By Deyanira Romo Rossell
502nd FSS Marketing

Military training comes in handy when hitting the local commissary for the best deals. Capt. Sharron Stewart conducts a reconnaissance mission before she heads to the Fort Sam Houston commissary to make sure no deal is left behind.

"I do a recon of the sales flyer on the commissary's website and I look at what is on sale then match it with the coupons I get out of the News Leader. And I guarantee you that this system will save you 30 to 50 percent off your bill if you plan your trip right," Stewart says, as she scans the aisles at the commissary for the items on her list.

Stewart, commander of the Operations Company, Headquarters and Headquarters Battalion, U.S. Army South, carries a well-organized binder with only coupons for

things she needs and uses.

On this shopping day, she is flanked by expert saver, Ann Mancillas, the financial readiness manager for the 502nd Force Support Squadron.

Mancillas, who taught Stewart everything she knows, spends her days helping service members and their families save money in all their financial decisions. Her couponing class is popular with family readiness groups, military units and even among civilian employees on Fort Sam Houston.

"The couponing class is a great way to get started. In addition to the best techniques for using and organizing coupons, we pass out some good coupons and materials that list the best couponing websites," said Mancillas, who bursts with pride at how well her star pupil has implemented the lessons she has learned to save money.



Photo by Deyanira Romo Rossell

Capt. Sharron Stewart rifles through her detergent coupons to clean up on the bargains that come with creative couponing at the Fort Sam Houston Commissary.

On a trip to the Fort Sam Houston Post Exchange, Stewart found her favorite toothpaste on sale for \$1.05 and

had a stack of coupons for \$1 off. She stocked up on several tubes of 5-cent toothpaste and shared the savings.

"I have friends in Afghanistan, Iraq, Kuwait and the Azores, so I put some of the tubes in a care package for them," Stewart said.

Mancillas also deploys her team throughout Fort Sam Houston to provide couponing classes.

Terrence Frost, 502nd Force Support Squadron acting director, hosted staff members in his office for a couponing class presented by Karla Carter, an intern with the Financial Readiness Program.

Carter stresses the importance of putting together a binder divided by coupon categories and encourages patrons to include a pouch for receipts which show their savings.

"First, I didn't know about all those websites that you can visit to get

coupons. I also learned how you can organize everything in a binder so it's easy for you to use your coupons," said Kathia Flores, an administrative management specialist with the 502nd FSS, who sat through the class. "I also did not know that pharmacies will give you more discounts if you use their rewards cards. I liked the class a lot. It was very good and they really knew their subject," she added.

Mancillas recommends "stacking" which means using a store coupon and a manufacturer's coupon to get twice the savings and always checking the store coupon policy before heading out the door.

The next couponing class is set for Sept. 26, at the Roadrunner Community Center, Building 2797 on 2010 Stanley Road. Sign up to save at 221-2380.