

# FORT SAM HOUSTON News Leader

  
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**DR. MARTIN LUTHER KING JR. OBSERVANCE**  
JAN. 25  
Noon-1 p.m.  
Roadrunner Community Center  
Building 2797

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

## Hang it up: Don't talk or text while driving

By Lori Newman  
JBSA-FSH News Leader

Even though the Department of Defense banned the use of cell phones while driving on a military installation more than a decade ago, it continues to be a problem on Joint Base San Antonio installations.

In 2012, more than 145 citations were issued to drivers talking or texting on their cell phone while driving on JBSA.

On JBSA-Fort Sam Houston, the number of violations decreased from 152 in 2011

to 94 in 2012.

Department of Defense Instruction 6055.04 prohibits DOD personnel from text messaging, using cell phones or other hand-held electronic devices while driving any vehicle on or off military installations on official government business. The regulation states that the vehicle must be safely parked or the driver is using a hands-free device, except for receiving or placing calls in performance of duties from tactical or emergency vehicles or other

See **CELL PHONES, P5**

## TRADOC COMMANDER AWARDS PURPLE HEART



Photo by Robert Shields

Gen. Robert W. Cone (right), commanding general of U.S. Army Training and Doctrine Command, congratulates Sgt. 1st Class Randy A. Hargis and his wife Holly, on receiving his second Purple Heart at the Warrior Family Support Center Jan. 4 as Command Sgt. Maj. Marshall Huffman (left), command sergeant major of Brooke Army Medical Center and Southern Regional Medical Command, looks on. Hargis, a combat engineer, was injured Oct. 19, 2012 by an improvised explosive device in Afghanistan.

## ENJOYING THE U.S. ARMY ALL-AMERICAN BOWL EXPERIENCE



Photo by Steve Elliott

West offensive lineman Jake Raulerson (No. 55) of Celina High School (Texas) pumps up the Soldiers in the stands after the 2013 U.S. Army All-American Bowl at the Alamodome Jan. 5. For more photos, turn to Pages 12 and 13.

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# The Family Business

By Col. Sharon Wisniewski  
 Deputy Chief of Staff for Human Resources, ARNORTH

“The Army is a family business,” those were the words of a guest speaker intent on inspiring an audience of senior military leaders responsible for recruiting young men and women for the Nation’s All Volunteer Army.

I immediately thought, “What the heck does that mean?”

As a human resource officer for the Army, I am always concerned about having qualified Soldiers to fill all our positions, and I understand the process of recruiting, qualifying, and transferring young men and women who have volunteered to serve this great nation.

However, this “family business” concept was something new to me. Did this mean that those serving were expected to get their children and other family members to serve in order to fill all our positions?

This seemed unfair to me. After all, my husband served for 24 years and I am into my 28th year of service. I felt that should be enough.

Then, one day my daughter came to me and informed me that she felt a responsibility to serve. Although I was proud of her, I thought about it and explained to her that just because her dad and I served, we did not expect her to feel obligated to do the same.

Her next words really choked me up. She simply said that she didn’t feel obligated; she wanted to serve because she felt it was something she needed to do.

Wow! What do you say to that? As we talked about it, I began to realize that although we had never actively told our children to join the service, we were a constant example just by doing our jobs and serving.

Our conduct and how we carried ourselves as Soldiers was always there for our children to see. This is what showed our daughter that service was an honorable thing. She understood the opportunities and pride that Soldiers have when they put on the Nation’s colors and defend all the freedoms and liberties we exercise daily.

So there I was – July 2011 at Fort Knox, Ky. at a graduation ceremony culminating the end of a four-week training event

for men and women interested in becoming Army officers. As the participants marched onto the field, there was our first born in front of one of the marching elements. We could not have been more proud.

Seeing her in uniform was almost overwhelming. My youngest daughter who sat next to me said, “Mom don’t cry, please don’t cry, because if you lose it – I will too.”

Well I did my best, and it was then that I realized exactly what that guest speaker meant when he talked about the Army being a “family business.”

Many of those serving today made the decision because someone close to them was serving.

Our children are watching. They see the examples we set – good and bad. If we are lucky, they take the good and it becomes something for them to emulate. In this case, it was about serving in the family business – the United States Army.

Currently, I’m continuing the family business as a member of U.S. Army North at Joint Base San Antonio-Fort Sam Houston. One of our missions is to defend the homeland and to help during natural disasters.

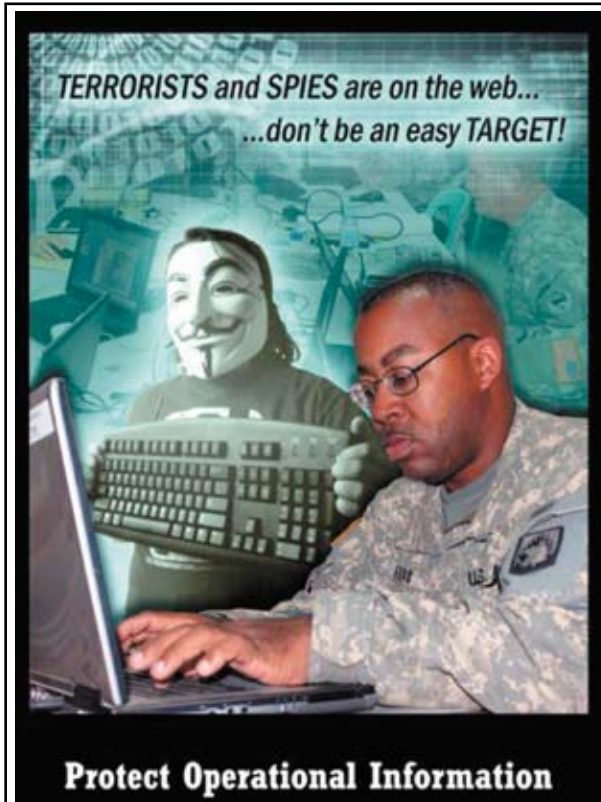
Taking care of the homeland, as so many service members serve abroad, hits even closer to home these days.

*(Col. Sharon Wisniewski is the G1, USARNORTH and an Adjutant General Officer with 28 years of service.)*



Courtesy photo

(From left) Army ROTC Cadet Andrea Wisniewski, Ammenda Wisniewski and Col. Sharon Wisniewski after an “almost overwhelming” ceremony.



## Be aware of cyber threats to military

By Brad Barrett  
 Army Support Activity  
 antiterrorism officer

secure and our national assets are protected.

Areas to focus on throughout the quarter include: understanding the cyber threat environment and adversary tactics, actions to take to prevent cyber attacks, and where to report attempts to influence military networks.

There are a variety of cyber threat awareness products to support this theme available at <https://www.us.army.mil/suite/page/605757>, including cyber threat and mitigation brochure, beware of phishing scams brochure and poster, protection of operational information brochure and poster, cyber attack cycle booklet, cyber threat vignettes booklet and a cyber threat resource guide.

For more information, call 295-0534.

The cyber threat to our military and our nation is pervasive. What is not as widely known is that cyber threats most often target human behavior through social engineering using methods such as spear phishing.

That is why the Army antiterrorism theme for January through March 2013 is cyber threat awareness.

The best mitigation measure for these risks is to increase cyber threat awareness by educating the entire military community, including active duty military, civilians, contractors, and family members.

Everyone has a part to play in ensuring military networks stay

**News Briefs**

**Judo Fitness Instructor Course**

Sensei Roy Eby will be putting on a judo fitness instructor course for judo practitioners and unit physical training leaders looking to improve their unit's fitness and resiliency skills. The 40-hour course takes place at 7 a.m. from Jan. 28 through Feb. 1 at the Medina Fitness Center, Joint Base San Antonio-Lackland Annex. No fitness or martial arts experience is needed. Sign up is open until Jan. 23. For more information, call 671-0566.

**JBSA-FSH Tech Expo**

The semi-annual Joint Base San Antonio-Fort Sam Houston Technology Exposition is from 10 a.m. to 2 p.m. Jan. 14 at the Sam Houston Community Center, Building 1395. Hosted by the Army Signal Network Enterprise Center, all military, civilian and contractor personnel are invited to attend for free. More than 30 exhibitors will demonstrate the latest in cybersecurity, IT training, interactive videoconferencing and much more. To pre-register, go to <http://www.FederalEvents.com>, click on the "JBSA-Fort Sam Houston" link, and select the "Pre-Register" button. For more information, call (443) 561-2458.

**Spouse's Club scholarships**

Applications for the Spouses' Club of the Fort Sam Houston Area College Scholarship are being accepted. The Spouses' Club will award scholarship funds for the 2013-2014 academic year to select students with military affiliation to assist them with college expenses. Graduating high school students, dependent undergraduate students continuing their education and spouses who are current members of the Spouses' Club of the Fort Sam Houston Area as of Dec. 1 are eligible to apply. Applications need to be post-marked no later than Feb. 28. For more information, go to the "Scholarship" area on the Spouses' Club of the Fort Sam Houston Area website at <http://www.scfsh.com>.

**TSP Withdrawals Due to Hurricane Sandy**

On Nov. 21, the Thrift Savings Plan made temporary changes to the financial hardship withdrawal rules for participants affected by Hurricane Sandy. Requests to TSP must

**SAMMC welcomes first baby of new year**

**By Elaine Sanchez**  
BAMC Public Affairs

He was due on Christmas Eve, but held out for an equally festive occasion: New Year's Day.

A few hours after the ball dropped in Times Square, Anthony James Smithey, nicknamed AJ, joined the party at 3:50 a.m., marking San Antonio Military Medical Center's first delivery of 2013.

"I think he held out for New Year's so he'd have a bigger birthday party later on," joked his proud father, Juston Smithey.

AJ's mom, Dorene Smithey, had arrived at SAMMC's Labor, Delivery and Recovery ward early Dec. 31 for a scheduled induction of labor. A day later, Air Force Capt. (Dr.) Neil Hippen and Army Capt. (Dr.) Lindsey Bannon delivered the 7-pound,



**Photo by Robert Shields**

Juston and Dorene Smithey pose for a family photo with their son, AJ Smithey, in San Antonio Military Medical Center's Labor, Delivery and Recovery ward. AJ, who was SAMMC's first delivery of 2013, was born at 3:50 a.m. on New Year's Day.

9.79-ounce baby via Caesarean section.

"Although a Caesar-

ean section was not the initial planned route of delivery for Mrs.

Smithey, the labor and delivery and pediatric teams were all very

grateful to serve the Smithey family during their entire labor and delivery process to provide an excellent outcome for both the mother and baby in our first delivery of 2013," said Air Force Col. (Dr.) Mark Campbell, the attending physician in the operating room who also serves as program director for the obstetrics and gynecology residency program.

AJ's parents, both former Soldiers, returned to their San Antonio home with their first born for a belated New Year's celebration. Both will look back fondly at their brief time at SAMMC, Juston said.

"I was very impressed with the quality of care and the professionalism we received here," he said. "I'm really thrilled with this hospital."

**Schofield Road near dental clinic closes Jan. 17-21**

A section of Schofield Road near the Rhoades Dental Clinic will be closed from Jan. 17 to 21 to facilitate installation of communications conduit and conductors for the clinic.

The road closure will begin at the intersection of Schofield and Stanley Roads, continuing for approximately 200 feet east of the intersection, according to 502nd Civil Engineer Squadron officials.

The detour will begin at 6 p.m. Jan. 17 and run continuously until Jan. 21. The road will be fully reopened to through traffic by 7 p.m. Jan. 21.

Traffic traveling eastbound on Schofield Road will divert around the work zone by using the detour along Stanley Road to the south, turning left onto Henry T. Allen, then turning left again onto Scott Road to reach Schofield Road.

Westbound traffic will follow the same detour route along Scott Road, Henry T. Allen and Stanley Road. Westbound motorists will also have access to local driveways leading to the Rocco DFAC and Building 2372 parking area.



# Military OneSource provides free online tax assistance service

By Sgt. 1st Class  
Tyrone C. Marshall Jr.  
American Forces Press Service

it is a safe and secure way for service members to prepare their taxes online.

“Military OneSource and H&R Block definitely meet industry standards for security for websites,” he said.

“Also, encryption software [is used], and there’s also no selling of information, so service members and family members can be assured that their information is secure, and it stays within Military OneSource and H&R Block.”

Military OneSource is a free service provided by the Department of Defense to active duty, Guard and Reserve ser-



vice members, and their families with comprehensive information on every aspect of military life including deployment, reunion, relationships, grief, spouse employment and education, parenting and child care, and much

more.

Jackson noted that two services – basic and premium – are provided through H&R Block, with one notable difference.

The basic service is free, he said, and the premium service would apply

to taxpayers who must file Schedule C returns, generally to report gains or losses from business ownership.

“When you [start] getting into premium, ... you’re going to incur some additional costs, where basic is free,” Jackson said.

“But if you have Schedule C tax issues, that’s when you’d go to the premium. You

do incur additional costs if you have to use the premium.”

For those not sure which service they should use, Jackson encouraged them to use the Military OneSource website (<http://www.militaryonesource.mil/>) as a guide. The site lists answers to frequently asked questions.

“You can always contact Military OneSource at 1-800-342-9647,” Jackson said.

“We’re always open, so any questions you have, use the website or the call center.”

“Not only do they provide forms and basic information relative to military-specific tax issues and questions, they are a gateway to get you to H&R Block,” he said. “If your tax situation warrants, they’ll get you to a volunteer income tax assistance clinic on your local military installation or larger command. It’s one-stop shopping.”

These tax consultants cannot prepare tax forms or direct people to do anything, Jackson said. Everything is on a recommended basis.

All members of the Army, Navy, Air Force and Marine Corps are

eligible to use the service, he said, including members of the National Guard and Reserve components, regardless of activation status.

Coast Guard reservists activated under Title 10 authority to serve with the Navy also are eligible, he added, and so are spouses and other family members enrolled in the Defense Enrollment Eligibility Reporting System.

“Family members that have been designated to provide support to deployed service members, medically discharged retirees and discharged service members within 180 days of their discharge date are eligible for Military OneSource services,” Jackson added.

The key to these services is financial readiness, which is a Defense Department priority, Jackson said.

“We understand that financial readiness is a readiness issue,” he said.

“If you have a service [member] who’s concerned about their financial situation then that detracts from the mission.”

Jackson also provided his personal testament to using the free tax preparation program, having served on active duty in the Marine Corps as a personnel officer for more than 20 years.

This program’s ultimate goal, Jackson said, is to ensure service members and their families know that Military OneSource is an option.

“We hope it’s the first option ... for getting your taxes prepared or answering any questions or issues you have with taxes,” he said.

“Just know that Military OneSource is there to help you.”

## CELL PHONES from P1

mission critical duties to include law enforcement use of in-car mobile data terminals and other electronic devices.

Drivers are also prohibited from wearing portable headphones, earphones or other listening devices while driving any vehicle on official government business.

The use of hearing aids, single earpiece hands-free phone devices and motorcycle intercom devices can be used where allowed by law.

If military or civilian personnel are caught violating this policy on JBSA-Fort Sam Houston, they will be issued a DD Form 1408 citation.

“Four points are assessed for each violation,” said Suzanne McGlothlin, 502nd Security Forces Squadron.

“If enough points are



Photo by Lori Newman

The Department of Defense banned the use of cell phones while driving on a military installation more than a decade ago, but it continues to be a problem on Joint Base San Antonio installations. In 2012, more than 145 citations were issued to drivers talking or texting on their cell phone while driving on JBSA.

accumulated, the offender may have their installation driving privileges suspended or revoked.”

In 2011, the National Highway Traffic Safety Administration estimated that each year at least

23 percent of all traffic crashes involve cell phone use.

“Using a cell phone

while driving not only violates DOD policy, but it also endangers lives – yours or someone else’s,” said Chief Master Sgt. Jose LugoSantiago, command chief master sergeant, 502nd Air Base Wing and Joint Base San Antonio.

Four years ago, Lugo-Santiago witnessed the consequences of using a cell phone while driving firsthand. He was playing in the yard with his son and his nieces when he noticed a car veering off the road.

“The lady driving leaned over to pick up her cell phone,” he explained. “She didn’t notice what was happening because she was trying to answer her phone. When she looked up, it was too late.”

“Her car hit the cement gutter, spun in the air and hit the ground twice,” LugoSantiago said, thinking back on the horrible, yet

avoidable tragedy.

“I ran to the vehicle ... seeing Christmas presents scattered, it was obvious she just came from Christmas shopping. She did not survive the accident.”

According to the Centers for Disease Control and Prevention in 2009, more than 5,400 people were killed and 448,000 were injured in crashes that were reported to involve driving while distracted.

Among those killed or injured in these crashes, 1,000 deaths and 24,000 injuries listed cell phone use as the major distraction.

“Life is too precious,” LugoSantiago said. “We have to live in the moment.”

“Our families love us. Our military family loves us. We owe it to them to be safe. We can surely do the right thing by not using our cell phone while driving.”

## News Briefs

from P3

be received by Jan. 25. For more info regarding the TSP withdrawal process, contact TSP at (877) 968-3778 or visit the TSP website at <https://www.tsp.gov/representative/announcements/announcements.shtml>.

### Spouse's Club Welfare Funds

Applications for the Spouses' Club of the Fort Sam Houston Area welfare funds are being accepted. Any non-profit organization that supports the welfare of the Armed Forces and their families located at Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis is eligible to apply. All information necessary can be found at <http://www.scfsh.com/> under the "Welfare" button on the left of the page. The application form is available for download and contact information is provided. Applications must be submitted by April 1.

### Military Nurses and Ethical Issues during Wartime Deployments Research Study

Active duty or reserve component Nurse Corps officers who have been deployed to Iraq or Afghanistan are invited to participate in a research study about the types of ethical issues encountered in their practice and how these issues were managed in theater. Participants will be asked to take part in a 1 to 1 1/2 hour interview in person or by telephone and may also be asked to take part in a final presentation at the end of the study. To participate, call 202-319-5719.

### U.S. Air Force Office of Special Investigations Tip Line

Report crime or suspicious activity to the anonymous tip line by text message, online or download the smartphone app. Text AFOSI at 274637 (CRIMES) or visit <https://www.tipsubmit.com/webtips.aspx?agencyID=1111> or <http://www.osi.af.mil>.

### Wounded Soldier and Family Hotline

The Army chief of staff and the acting secretary of the Army established the Wounded Soldier and Family Hotline to give Soldiers and their families a place to share their concerns on the quality of care received. It also provides Army senior leadership with

See NEWS BRIEFS, P20

# 'Fiscal cliff' legislation affects military, civilian paychecks

The legislation President Barack Obama signed Jan. 2 that postponed the fiscal cliff means changes to military and civilian paychecks, Defense Finance and Accounting Service officials said Jan. 4.

The legislation increases Social Security withholding taxes to 6.2 percent. For the past two years during the "tax holiday" the rate was 4.2 percent.

The increase in Social

Security withholding taxes affects both military and civilian paychecks, officials said.

For civilian employees, officials said, this will mean a 2 percent reduction in net pay.

For military personnel, changes to net pay are affected by a variety of additional factors such as increases in basic allowances for housing, subsistence, longevity basic pay raises and promotions.

Service members could see an increase in net pay, no change or a decrease, military personnel and readiness officials said.

For military members, Social Security withholding is located on their leave and earnings statement in the blocks marked "FICA taxes" – for Federal Insurance Contributions Act.

DOD civilians will see the change on their leave and earnings state-

ment under "OASDI" – for old age, survivors, and disability insurance.

Reserve component members will be the first to see potential changes in their net pay as a result of the law, DFAS officials said. Changes will be reflected in their January paychecks.

Active duty military personnel will see pay adjustments in their January mid-month paycheck and will be reflected on the Janu-

ary leave and earnings statement.

DOD civilians will see social security withholding changes reflected in paychecks based on the pay period ending December 29, 2012, for pay dates beginning in January.

DFAS officials stress that all personnel should review pay statements carefully.

(Source: American Forces Press Service)

## TRICARE Reserve Select and Retired Reserve must switch to electronic premium payments soon or risk losing coverage

By Kevin Dwyer  
TRICARE Management Activity

TRICARE beneficiaries covered by TRICARE Reserve Select or TRICARE Retired Reserve must switch to electronic premium payments. If they don't make the change, they risk having their coverage suspended.

There are currently 9,206 TRS and 110 TRR plans in this region which have not been switched, according to Bill Thresher, TRICARE

Regional Office-South regional director.

"There is still time for our TRS and TRR members to comply and avoid a break in TRICARE coverage," Thresher said, noting that the original deadline for people to switch was Dec. 31.

"Folks actually will not be dropped from the program until Feb. 1."

TRICARE will now only accept monthly premium payments using recurring automatic pay-

ments by credit or debit card, or by recurring electronic funds transfer (EFT) from a linked bank account. To avoid confusion, beneficiaries should verify that their bank sends EFT payments electronically.

Beneficiaries can contact their regional contractor to set up automatic payments and get more information. Contact information is available online at <http://www.TRICARE.mil/contacts>.

The Defense Manpower Data Center has sent email messages to current TRR and TRS members, and new beneficiaries are informed in their welcome package information.

Electronic payments make it easy for members to pay their premiums on time, ensuring continuous coverage for beneficiaries.

When beneficiaries don't pay their premiums it results in suspension of coverage.

TRS and TRR are premium-based health plans. TRS is available for purchase by qualified members of the Selected Reserve of the Ready Reserve and their families; and TRR can be purchased by qualified retired Reserve members, their families and qualified survivors of deceased retired Reserve sponsors.

For more information about TRS or TRR, go to <http://www.tricare.mil> or call 808-2725.

## Award recognizes civilian employers for critical military support

By Beth Sherman  
ESGR Public Affairs

Employer Support of the Guard and Reserve, a Department of Defense agency, is encouraging all Guard and Reserve members to nominate their supportive employers for the 2013 Secretary of Defense Employer Support Freedom Award.

The Freedom Award is the DOD's highest honor for civilian employers supporting Guard

and Reserve members.

The award highlights those employers going to extraordinary lengths to encourage their military employees' service and provides Guard and Reserve members a way to show their appreciation for their employers' tremendous support.

Just over one month remains for Guard and Reserve members to nominate their employers. The nomination process does not take

long to complete and family members may submit nominations on a Guardsman or Reservist's behalf.

Employers of every size and industry are eligible. ESGR will accept nominations at <http://www.FreedomAward.mil> through Jan. 21.

"Guard and Reserve members understand better than anyone how critical America's employers are to our national security, which

is why we look to them to tell us which employers deserve this distinguished honor," said Ron Young, Executive Director, Employer Support of the Guard and Reserve.

"All Guardsmen and Reservists who have received outstanding support from their employer should nominate them for the 2013 Secretary of Defense Employer Support Freedom Award. There really is no better way to thank these

employers for standing firmly behind our military men and women."

The 2013 recipients will be announced in early summer and honored in Washington, D.C., during a ceremony next fall.

Recipients of the 2012 Freedom Award included diverse employers such as a telecommunications company, department of public safety, a Midwest law firm and a small town church.

# Revamped transition program will aid separating service members

By Donna Miles  
American Forces Press Service

Major changes to the Transition Assistance Program will revolutionize the way the military prepares people leaving the services, with mandatory participation in programs throughout their military careers to help set them up for a successful transition.

The redesigned program, called Transition Goals Planning Success or Transition GPS, was unveiled by Defense Secretary Leon E. Panetta and Veterans Affairs Secretary Eric K. Shinseki.

It is a multi-agency response to President Barack Obama's call to improve career readiness for separating service members, explained Susan S. Kelly, principal director of the Defense Department's Transition to Veterans Program Office Dec. 6.

The president hinted at the most sweeping change to the Transition Assistance Program in two decades during a speech last summer to

the Veterans of Foreign Wars. Obama called it the centerpiece to a broader federal effort to help service members transition to civilian life and to reduce veterans unemployment.

During the three-phase rollout of the Transition GPS program that will continue through 2014, the many, but often disconnected, activities conducted across the U.S. government to support veterans and their families will be melded into one comprehensive effort, Kelly said.

The Defense Department and departments of Veterans Affairs and Labor aligned their most successful programs to deliver better and more comprehensive services to help make service members "career ready" for civilian employment, officials said.

They reached out to the Department of Education to integrate the latest teaching methods and tapped into the resources of the Office of Personnel Management and the Small Business Adminis-

tration.

One of the biggest changes in the new program is that participation is no longer voluntary. Based on a law that took effect Nov. 21, service members can no longer opt out of the transition assistance program.

All, including reservists and Guardsmen demobilized after 180 days of active duty, must now attend specific training sessions and take concrete steps to prepare for separation.

During phase one of the rollout, all separating service members will receive counseling about Department of Veterans benefits, Kelly said.

In addition, most will be required to attend newly revamped employment workshops run by the Department of Labor.

These workshops incorporate new curriculum such as how to explore career interests, use search tools to find job opportunities, write a resume, interview for a position and negotiate a

**See PROGRAM, P14**



# DOD announces 2013 housing, subsistence allowance rates

By Claudette Roulo  
American Forces Press Service

Service members are now seeing an average increase of about \$60 in their 2013 basic allowance for housing, said the BAH program manager Cheryl Anne Woehr Dec. 13.

Overall, rates went up an average of 3.8 percent, Woehr said. Rate increases were spread throughout the country.

“There wasn’t any particular one region that was a big winner or a big loser,” she said.

Service members in New York City will receive the largest increase this year – 14.7 percent on average – followed closely by Altus Air Force Base, Okla., which will see a 14.1 percent average increase.

Rates for BAH are set

through annual reviews of market rents, utility costs and renter’s insurance rates, Woehr said.

“We measure those in each location for various types of housing,” she said.

The BAH program office surveys property managers to determine current rental rates in each duty location. Housing types considered include apartments, town homes and duplexes, as well as single-family rental units of various bedroom sizes.

Utility information is derived from the American Community Survey, conducted annually by the Census Bureau, and renter’s insurance information comes from area insurance companies, she said.

“We want to make sure [service] members

are able to afford adequate and appropriate housing within a reasonable distance of their duty station,” Woehr said.

About one million service members receive BAH, she said, which is paid to service members in the U.S. who live off base or in privatized base housing.

The allowance is designed to cover the total housing cost for the median rental housing type for the service member’s pay grade, Woehr said.

Service members who reside outside the U.S. receive an overseas housing allowance, which is not affected by changes to BAH, she said.



BAH varies between pay grades because, by law, it is also determined in part by assessing the housing of civilians in similar pay brackets, Woehr said.

“We look at what civilians in a typical income

range typically live in ... and we price that type of housing for equivalently paid military personnel,” she said.

About 21 percent of BAH localities saw a net decrease, but service members already receiving a higher allowance at those locations will continue to receive it, Woehr said.

“We recognize that they’ve already made housing decisions based on that amount,” she said. “It’s only members newly reporting that will receive the new lower rates.”

Department of Defense

officials also announced the new basic allowance for subsistence, or BAS, rates for military members. The new rates also took effect Jan. 1.

Enlisted service members will receive \$352.27 a month, up from \$348.44 per month in 2012. Officers will receive \$242.60 a month, up from \$239.96 in 2012.

Annual adjustments to BAS – a monthly, non-taxable cash payment intended to be used to buy food – are linked to changes in food prices as measured by the U.S. Department of Agriculture.

The index rose by 1.1 percent between the beginning of October 2011 and the end of September 2012, forming the basis for the increased BAS rates.



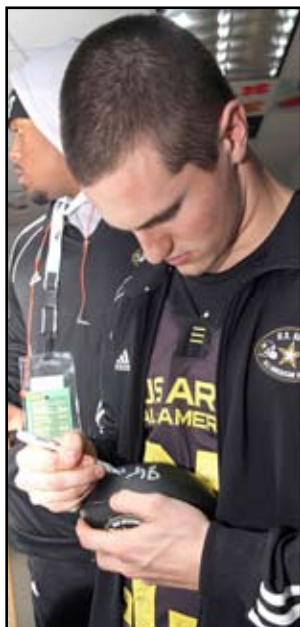
# Army All-American athletes inspire children's hospital patients

By Yalonda Wright  
U.S. Army Recruiting Command

To be considered one of the top high school football players in the nation is not just about the game.

The players chosen to participate in the U.S. Army All-American Bowl mirror the strength and values of Army Strong Soldiers.

The strength that comes with being a U.S. Army Soldier is more than physical, it is also mental as well as emotional, and the Bowl is another chance for the Army to help strengthen



Photos by Staff Sgt.  
Keith Anderson

Jim Cooper, an Army All-American kicker from Lynwood, N.J., takes time to sign footballs during a visit to the Methodist Children's Hospital Jan. 2. The nation's top high school football players took time out from training for the bowl game to visit area children at the hospital.

America's youth by providing options and opportunities few other organizations can.

The top priority for the Solider is service – not just service to the country, but service to the community.

All-American Bowl players had the chance to experience the pride of giving back during their recent visit to San Antonio's Methodist Children's Hospital.

"We consider it an honor to have these young athletes come visit with our children," said Mark McLoone, chief executive officer for Methodist Children's Hospital and Women's Services.

"They're an inspiration and hopefully, it will provide them with a reward as well; and they understand that they are giving something back."

For many of the children in the hospital, it was a break in the monotony of their everyday routines.

Having an opportunity to meet guys a little older than them gives them a sort of hope and it is an experience that helps life feel a little more normal for the children and their caregivers, McLoone said.

This community outreach program has been a part of the Bowl for several years now.

Jennifer Hipsley, director of Child Life Services, said it's a special treat for the patients and it's awesome that the Army is doing this.

"It definitely has a positive effect and it shows them [the children] that hard work and determi-

nation pays off," Hipsley said. "Here they are, just football players, but they are becoming heroes to the kids in the hospital."

The kids weren't the only people smiling. The staff and the parents were equally as excited.

The players, most of them more than six feet tall, seemed to have the same reaction — they talked about being blessed to be able to visit with the patients.

"I love hanging around them [the children]. I like to spend time with my nephew and my younger cousins, so this is really a blessing and an honor. I'll never forget it," said Tim Perkins, a player on the U.S. Army All-American West Team, from Lake Highlands High School in Dallas.



U.S. Army All-American athletes take time to toss the pigskin and talk with Val Uria and her son, David, during a visit to the Methodist Children's Hospital in San Antonio Jan. 2.

# Air Force expands tobacco-free environments throughout base installations and services



Photo illustration by Senior Airman Chad Strohmeyer

In accordance with Air Force Instruction 40-102, "Tobacco Use in the Air Force," tobacco use is prohibited on installations except in designated tobacco areas and housing units.

The instruction, released in March 2012, expands tobacco-free environments, clarifies tobacco use restrictions in training environments and prohibits tobacco sales in Air Force Services establishments.

Tobacco use includes, but is not limited to, cigars, cigarettes, electronic cigarettes ("e-cigarettes"), stem pipes, water pipes, hookahs and smokeless products that are chewed, dipped, or sniffed.

All medical treatment facilities' campuses will be tobacco-free by September 2013.

According to the instruction, the medical treatment campus encompasses the facility as well as its parking lots, lawns

and "other outdoor areas contiguous with the medical treatment facility."

"Today, more than 3,400 civilian medical centers have established smoke-free campus policies," said Col. John Oh, the Air Force Medical Support Agency chief of health promotion.

"Smoke-free policies have emerged as the social norm at medical centers. These policies increase worker productivity; help tobacco users to quit; and protect the health of others, including vulnerable populations."

Tobacco use is also prohibited for Airmen in uniform or during

school duty hours in formal training courses to include professional military education, officer training school, technical training and inter-service training programs.

Tobacco free living is one of the strategic priorities of the National Prevention Strategy, which aims to move the U.S. health care system away from disease and treatment and toward prevention and wellness, Oh said.

To meet this priority, the Healthy People 2020 objective for tobacco use is 12 percent. Based on the 2008 Department

**See TOBACCO, P19**



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**3 x 4.75 AD**





Doug Randolph, a linebacker for the U.S. Army All-American Bowl East team, receives motivation from U.S. Army drill sergeants as he pushes during the All-American Soldier Hero Challenge at Sunset Station Jan. 2. Randolph is from Woodbury Forest School in Richmond, Va.



Photo by Staff Sgt. Keith Anderson

# The U.S. Army All-American Bowl experience

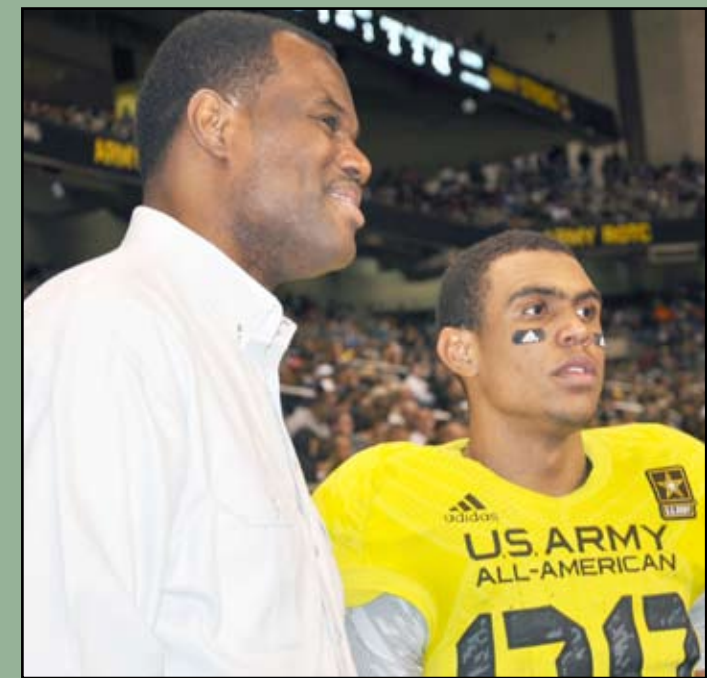


Photo by Steve Elliott

Photo by Sgt. 1st Class Carlos J. Lazo  
Staff Sgt. Angel Robles, from the Air Assault School at Fort Campbell, Ky. rappels from the ceiling of the Alamodome during the U.S. Army All-American Bowl Jan. 5.

Retired San Antonio Spurs superstar and NBA Hall-of-Famer David Robinson (left) visits his son, West wide receiver Corey Robinson of the San Antonio Christian Academy, on the sidelines during the U.S. Army All-American Bowl.



Photo by Sgt. 1st Class Carlos J. Lazo

East defensive back Kendall Fuller (No. 5) breaks up a pass meant for West running back Thomas Tyner (No. 4) during the U.S. Army All-American Bowl in the Alamodome. The East won the game on a late surge, 15-8.



Photo by Sgt. Andrew Valles

Players from the U.S. Army All-American East team celebrate their 15-8 victory after a hard-fought game against the West during the U.S. Army All-American Bowl.



Photo by Sgt. Lee Ezzell

Lt. Gen. William Caldwell IV (2nd from right), commanding general, U.S. Army North (Fifth Army), and senior commander, Fort Sam Houston and Camp Bullis, discusses leadership as part of a four-member panel for the U.S. Army All-American Bowl coaches' academy Jan. 4. The panel is rounded out by Lt. Gen. Jeffrey Talley (far right), chief of Army Reserve and commanding general U.S. Army Reserve Command; Mark Davis (2nd from left), director, Strategic Initiatives Group Office of the Assistant Secretary of the Army Manpower and Reserve Affairs; and Sam Wyche, who served as the head coach for the NFL's Cincinnati Bengals from 1984 to 1991.



Photo by Pfc. Victor Blanco

The U.S. Army All-American Band performs during halftime at the U.S. Army All-American Bowl at the Alamodome Jan. 5. The U.S. All-American Band is made up of the 125 best high school marching band musicians and color guard from across the nation.



Photo by Sgt. 1st Class Carlos J. Lazo

Maj. Gen. Jeffrey A. Smith (right), commanding general of the U.S. Army Cadet Command presents a four-year ROTC scholarship check to Cole High School senior Teresa Cenney during the U.S. Army All-American Bowl.



Photo by Sgt. 1st Class Carlos J. Lazo

The Army's Continental Color Guard opens the U.S. Army All-American Bowl at the Alamodome Jan. 5.



Photo by Staff Sgt. Corey Baltos

Bill Pike (right), a manager at the U.S. Army Research, Development and Engineering Command demonstrates "The Face" to Halie Boyd, a senior at Stockdale High School in Stockdale, Texas, during a visit to the U.S. Army All-American Bowl's Army Strong Zone Jan. 4. The robotic face is a prototype training aid that responds to pain, which will help better train the Army's medics, doctors and combat life-savers.



**PROGRAM from P7**

salary, said John Moran, DOL's deputy assistant secretary for Veterans Employment and Training Service.

While fulfilling the congressional mandate to reach out to all separating service members, the interagency team went a step beyond the law to further enhance the effort, Kelly said.

Separating service members must now take financial planning training and complete a 12-month budget that factors in the cost of where they decide to live after leaving the military.

They must evaluate how their military-acquired education, training and experience translate into civilian career qualifications and prepare an individual transition plan.

The task force ran a pilot program last summer at seven installations to evaluate this core curriculum, gathering assessments from about 950 military members who participated.

"Many in the pilot programs found it eye-opening," Kelly said.

The seven pilot sites continue to offer the DOL workshops, but the instruction will be available service-wide by January, Moran said.

The program's second phase, to be tested during 2013 and implemented by the year's end, establishes requirements for separating service members who plan to go on to college or technical or career training or to start their own businesses.

Those electing higher education or other training will be required to show an acceptance letter from that institution, or have an application

**See PROGRAM, P16**

## METC STUDENTS ENJOY HOLIDAY COOKIES

The 937th Training Group hosted a "cookie caper" at Air Force student dormitory Building 1469, Dec. 18, spreading holiday cheer to more than 900 Air Force students with the Medical Education and Training Campus. Col. Annata Sullivan, 937th TRG commander, her husband Mike, as well as various officers, senior enlisted leaders and students gave out a total of 2,711 cookies baked by spouses, commanders and staff of the 937th TRG and 37th Training Wing.



Photos by Staff Sgt. Andrew Pearson



# Army Emergency Relief scholarships available for families of Soldiers

By David Vergun  
Army News Service

Army Emergency Relief scholarships for the academic year 2013-2014 are now available for spouses and children of Soldiers, retired Soldiers and reserve-component Soldiers on Title 10 orders. The application deadline is May 1.

The Maj. Gen. James Ursano Scholarships are for unmarried children under the age of 23.

"Scholarship awards for children are based on financial need, grade point average and leadership and activity roles – like sports, scouting and student council – held over the last four years," said Tammy LaCroix, AER Scholarship Program manager. "A student could qualify under one, two or all three of the criteria."

The Spouse Education Assistance Program Scholarships are based solely on financial need, LaCroix said.

Applicants of both scholarships must be pursuing their first undergraduate degree at an accredited college or

university. All applicants must maintain a GPA of 2.0 on a GPA scale of 4.0.

Transcripts need to be included in applications, along with a "Free Application for Federal Student Aid" form and report. Children who have not attended college should submit their high school transcripts instead.

Scholarship funds can be used for tuition, fees, books, supplies and room and board.

This year there has been a change in the application procedure.

"Instead of mailing, emailing or faxing the forms, transcripts and other paperwork, all submissions must be submitted online," LaCroix said.

The new procedure should make the process more efficient and will eliminate problems like forms getting lost in the mail, she added.

According to LaCroix, 5,218 applications were received for the Maj. Gen. James Ursano Scholarship for the 2012-2013 academic year.

Of those, 2,614 scholarships were awarded, with an average award of \$2,550.

For the same academic year, more than 2,200 applications were received for the Spouse Education Assistance Program, with 757 scholarships being awarded. The average award was \$3,205.

AER is a private, non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their families.

Since its incorporation in 1942, AER has provided around \$1.4 billion to more than 3.4 million Soldiers, families and retirees.

Forms and instructions for both scholarships can be found at <http://www.aerhq.org/dnn563/EducationalAssistance.aspx>.

To request more information, applicants can call 866-878-6378 or email [scholarships@aerhq.org](mailto:scholarships@aerhq.org).

Anyone interested in making donations to AER can visit their website at <http://aerhq.org> for instructions.

## **PROGRAM from P14**

filled out and ready to submit, Kelly said. They also will be required to establish a contact with a counselor to follow up with after leaving the military.

Also during phase two, service members who hope to become entrepreneurs will be required to connect with the Small Business Administration for help in drafting and evaluating their small business plans.

The final phase of the

rollout to be implemented by the end of 2014 will integrate transition preparation throughout the service member's military career. The idea, Kelly explained, is to begin preparations for transition long before a service member prepares to leave the military.

"The end state that we are shooting for is to embed this across the military lifecycle," she said.

Each service will develop a plan designating points along a service

member's career path for this training, Kelly said.

Danny Pummill from the VA called the Transition GPS program an unprecedented interagency effort that ensures service members have the time and resources to prepare for a smooth transition from the military.

It will help the nation's newest veterans live up to their destinies as "the next greatest generation," Pummill said.

"If we do this right, this is our opportunity to transform America."

# ARNORTH course helps prepare future dual-status commanders

By Staff Sgt. Corey Baltos  
ARNORTH Public Affairs

Twenty-two National Guard generals and colonels, representing 18 states and the District of Columbia, attended the U.S. Army North-sponsored dual-status commanders' orientation course at Joint Base San Antonio-Fort Sam Houston Dec. 9 through 13.

The course is designed to prepare the senior leaders on their roles as joint task force commanders in the event of large-scale disasters, such as Hurricane Sandy, or a large-scale earthquake.

The five-day event, conducted twice a year, helps prepare National Guard leaders, and other potential joint force commanders from across the country, in coordinating and integrating military and federal agencies during and after a disaster.

The first part of the course was spent at the North American Aerospace Defense Command and U.S. Northern Command orientation course in Colorado Springs, Colo.

Following that portion, the leaders underwent two days of training at Army North, before culminating with the National Capitol Region Orientation Course in Washington, D.C.

When both the secretary of defense and the governor of an affected state agree, dual-status commanders can direct both federal active-duty forces and state National Guard forces in response to domestic incidents.

The concept is intended to foster greater cooperation among federal and state assets during a disaster.

During the two day-conference at Army



Col. Jeffery Burkett (left), Nevada Air National Guard, discusses the importance of training National Guard officers in Homeland Security operations during the dual-status commanders' orientation at Army North's main conference room Dec. 12 as Brig. Gen. Stanley Osserman, commander, Hawaii Air National Guard, listens.

North, the commanders discussed the Chemical, Biological, Radiological and Nuclear Response Enterprise, the Vibrant Response exercises and they delved into lessons learned from Hurricane Sandy.

Col. Ed Manning, Army North's defense coordinating officer for Region VII, spoke to the officers about the importance of their mission.

"A dual-status commander fills the gap in capability that is needed right away," Manning said. "This allows the state to continue with their response efforts."

Lt. Gen. William Caldwell IV, commanding general, U.S. Army North, and senior commander, Fort Sam Houston and Camp Bullis, welcomed the participants to Joint Base San Antonio-Fort Sam Houston and told them this was an opportunity to get to know each other before something happens, which makes it easier to work together in times of emergency.

"The purpose of this meeting is so we all can meet and talk face-to-face," Caldwell said.

"Here, you can meet with the Joint Forces Land Component Command

that will support you as a Title 10 commander. The JFLCC is here to support you and your state as needed.

"This is an opportunity to give those who deploy forward from our headquarters a chance to meet all of you so if there is a crisis, we won't be meeting each other for the first time," he said.

Citing recent events such as Hurricanes Sandy and Katrina, Caldwell said he felt it would be beneficial to have a dual-status commander identified before a crisis situation

happened.

"If something is going to go down, or there is a planned event, the question is 'Do we want to go ahead and designate that person?' Yes, it enables all of us to know you are 'it' if the governor pulls the trigger and says we want to activate Title 10," Caldwell added.

Title 10 of the United States Code outlines the role of the armed forces in the United States and provides the legal basis for those roles, missions and organizations.

Caldwell went on to say

that the fact that he had traveled to New York during the summer and met with the dual-status commander made working together during Hurricane Sandy easier.

"We, at Army North, totally get that you all work for your governor," Caldwell said. "We are here to support the DSCs and empower them to be successful. We are not trying to take over your operations. Our job is to support you if we are needed."

Maj. Gen. Charles Gailes, commanding general of U.S. Army North's Task Force 51, said the point of the conference was to answer any questions the DSCs may have now – before an incident happens.

"Three years ago, I sat where you are sitting," Gailes said. "I left with questions, and I am still spanking myself for not asking (those) questions."

Perhaps one of the most daunting challenges many DSCs face is the fact that each state operates differently.

"We count on our de-

fense coordinating officer to figure out how each state works so we can help them the most," said Charlie Canedy, chief of Army North's commander's initiative group.

Col. Jeffrey Burkett, a Nevada Air National Guard officer, agreed with Canedy and said it would be beneficial if the states could standardize how they operate with their DCOs and that it would be easier for both U.S. Northern Command and Army North in providing support because it would lessen the learning curve.

"There is so much wasted time during the first 48 hours of an incident, when we position assets around the battlefield and are trying to learn who people are and how things work," said Col. Richard Francey, Army North's chief of staff. "This is why we are here."

Citing the recent relief efforts during Hurricane Sandy, Caldwell said he sometimes felt frustrated because he had assets that he wanted to give to the states but was unable to.

"This is not a competition," said Brig. Gen. Keith Jones, commander, 40th Infantry Division, California National Guard. "These are American citizens. We need to share and figure out the best way to organize and get there."

Caldwell closed the meeting by reminding those assembled that, ultimately, in times of domestic disasters, the military wants to help.

"There is no greater feeling for an American service member than to help an American citizen during their time of need," he said.



Charlie Canedy, chief of U.S. Army North's commander's initiative group, conducts an Army North command brief during the dual-status commanders' orientation course Dec. 11 at Army North's main conference room.

Photos by Staff Sgt. Corey Baltos

# Middle School Teen Center hosts fun day for youngsters

By Deyanira Romo Rossell  
502nd FSS MWR Marketing

Children from the Child Development Center on Joint Base San Antonio-Fort Sam Houston took over the court and the game area at the Middle School Teen Center Jan. 3. The tots were guests of the teens who greeted the New Year with a CDC fun day.

Teen volunteer Travion Mclendon, a member of the DJ club at the Middle School Teen Center, teaches 3-year-old Wyatt Moran kick ball during the CDC fun day.



Five-year-old Weston Wilson enjoys craft time with Mianna English, a volunteer with the 4-H Club at the Middle School Teen Center.



Three-year-old Andrew Nabors enjoys the Middle School Teen Center tricycle race track during the CDC fun day.

Photos by Deyanira Romo Rossell





### Get Lean in 2013

Individuals or teams of five can join the 10-week weight loss challenge by Jan. 11 at the Jimmy Brough Fitness Center, Building 320. The contest runs Jan. 22 through April 17. Those who lose, win prizes. Call 221-1234.

### Federal Resume Writing

Jan. 14, 1 to 3:30 p.m., Roadrunner Community Center, Building 2797. Call 221-0516 or 221-0427.

### Excel Level 2

Jan. 15, 8 a.m. to noon, Roadrunner Community Center. Call 221-2518 or 221-2705.

### Savings and Investing

Jan. 15, 9 to 11 a.m., Roadrunner Community Center, Building 2797. Call 221-0516 or 221-0427.

### Helping Us Grow Securely Playgroup

Jan. 15, 9 to 11 a.m., Middle School Teen Center, Building 2515, for children up to 5 years old. Call 221-0349.

### Budgeting

Jan. 15, 2 to 4 p.m., Roadrunner Community Center, Building 2797. Call 221-0516 or 221-0427.

### Treasurer Training

Jan. 16, 1:30 to 3:30 p.m., Roadrunner Community Center, Building 2797. Call 221-0946.

### Word Level 2

Jan. 17, 8 a.m. to noon, Roadrunner Community Center. Call 221-2518 or 221-2705.

### Pre-Deployment Planning

Jan. 17, 9 a.m. to 3 p.m. Roadrunner Community Center, Building 2797. Call 221-0946.

### Society for the Preservation of Historic Fort Sam Houston Meeting

Jan. 17, noon at the Stilwell House. John Manguso will be the guest speaker; he will also be signing copies of his book, "Fort Sam Houston." Call 224-4030 or 655-0577 for more information.

### Car Seat Clinic

Jan. 17, 1 to 3 p.m., JBSA-Fort Sam Houston Fire Station, Building 3830. Call 221-0349.

### Murder is a Game

Jan. 17 through Feb. 16, dinner is served at 6:15 p.m. and the show starts at 8 p.m. at the Harlequin Dinner Theatre, Building 2652 on Harney Road. Call 222-9694.

### Exotic Hunts

Hunts start Jan. 19, 4 to 8 p.m. on JBSA-Camp Bullis and will continue every Friday through Sunday evening until Feb. 17. Permit-holding hunters need to call Thursday morning no earlier than 8 a.m. for a reserve stand. Hunters seeking a second or third day, may call beginning at noon for any stands which are left over of that have not been selected. Walk-in hunters are not permitted and all reservations must be made by calling 295-7577.

### Teen Resilience Workshops

Jan. 22 and Feb. 19, 4 to 5 p.m., Building 2620 on the corner of Schofield and Scott Road. Call 808-6089 or visit <http://www.csfpred.army.mil>.

### Better Opportunities for Single Service Members Meeting

Jan. 23, noon at the BOSS Room in the Benner Barracks. The group offers service members recreational

activities and volunteer opportunities.

### Armed Forces Team Building Level 1

Jan. 23-24, 8:30 a.m. to 2:45 p.m., Roadrunner Community Center, Building 2797, call 221-1628.

### Frosty 5K

Jan. 26, noon, Fitness Center on the METC Campus, call 808-5709.

### Ranger Jam XV

Players, ages 18 and older, can get their teams together for the Ranger Jam XV Varsity Basketball Tournament Jan. 26 to 27 at the Fitness Center on the METC Campus, Building 1669 on Williams Road. The cost per team is \$350. Call 808-5710.

### Teen Poetry Slam

Feb. 23, 6 to 9 p.m., Roadrunner Community Center, Building 2797, for teens 13 to 18 years old. Open to military ID card holders. Call 221-0349.

### Air Force Arts & Crafts Gallery

The 2013 Air Force Arts & Crafts Gallery Program requests submissions from artists, craftsmen and photographers in the armed forces and their family members around the world. Adults, teens ages 13-17 and youth ages 6-12 may submit 2- and 3-D art, photography and digital art. Three entries are permitted per person per category. Entries must be dropped off at the Lackland Arts & Crafts Center, 1441 Patrick St., Building 7041. For more information, call 671-5508 or visit <https://www.usafservices.com/ArtsCraftsGallery.aspx>.

### Basketball Coaches Needed

Volunteer coaching opportunities are available for the youth fall basketball season at the Middle School Teen Center. Youth Sports

is taking applications from DOD cardholders to coach youth ages 5-15. Background checks are required. Call 221-5519 or 221-5513 for information.

### JBSA-Fort Sam Houston Ticket Office

The ticket office has discount tickets for Disney on Ice "Rockin' Everafter," April 10-14, at \$14 for plaza seating and \$44 for second row floor seating. Discounted tickets for the Spurs regular season games are also available. The ticket office is located in the Sam Houston Community Center and is open Tuesday through Friday, 10 a.m.-5 p.m. The ticket office will reopen Saturdays in spring 2013. Call 808-1378.

### Sportsman Range

The range is open 10 a.m. to 2 p.m. Saturday-Sunday. DOD card holders may shoot their personal pistols, rifles and shotguns. Firearms must be registered at JBSA-Camp Bullis. The range may close unexpectedly because of weather or troop use. Range users should call before coming out for target practice. Call 295-7577.

### Theater Arts Program

Children, ages 4 and up, can take the stage after a long day at school in the Theater Arts Program at School Age Services, Building 1705. The cost is \$80 for a month of biweekly classes. Classes are 4-5 p.m. for ages 4-6; 5-6 p.m. for ages 7-10; and 6-7 p.m. for ages 11 and up. Call 221-3381 for information.

### Home Child Care Providers Needed

Family Child Care on JBSA-Fort Sam Houston is looking for family members interested in providing licensed child care in their homes. Providers can earn additional income at home, full or part time. For more information, call 221-3828.

### Central Post Gym

The Central Post Gym is open. Hours are 5 a.m. to 7 p.m. daily; closed on weekends and holidays.

### Parent Central Customer Service Hours

JBSA-Fort Sam Houston Parent Central assists walk-in patrons from 8 a.m. to noon and 2 to 4 p.m. for registration and 12:30 to 1 p.m. for out processing and payments. Parent Central is located in Building 2797, on Fort Sam Houston. Call 221-4871.

### Before and After School Care Registration

Register your child for before and after school care at JBSA-Fort Sam Houston Parent Central, 221-4871. Warriors in Transition and their family members should register at Soldier Family Assistance Center or call 916-6377. Registration is ongoing until full.

### School Liaison Office

The JBSA-Fort Sam Houston School Liaison Office can assist patrons in registration, provide information about the local school system and community, educate parents on school policies, procedures, programs and schedules and home schooling. Call 221-2214/2256 or visit <http://www.fortsammwr.com/youth/slo.html>.

### Story Time at the Library

Preschool children are invited to the weekly story time at 10 a.m. Thursdays, at the Keith A. Campbell Memorial Library, Building 1222 on Harney Path. Call 221-4702.

### Thrift Shop Open

The JBSA-Fort Sam Houston Thrift Shop at 3100 Zinn Road, run by the Spouses' Club of the Fort Sam Houston Area, is open to all DOD cardholders and full of clothing, shoes, housewares, toys, books, furniture, jewelry and more. Hours

are 9 a.m. to 2 p.m. Wednesday, Thursday and the third Saturday of each month. Consigned items are taken from 9 a.m. to 1 p.m. Donations are taken anytime during regular business hours. For more information, call 221-5794/4537 or click on <http://www.scfsh.com>.

### Pet Consult Services Available at JBSA-Lackland

The Joint Base San Antonio-Lackland Veterinary Treatment Facility provides animal behavior consult services for family pets. The VTF's military animal behavior resident is scheduling appointments. The Army resident can assist pet owners with understanding their pet's behavior, and preventing, managing, or resolving pet behavioral problems. Common problems may include aggression, fear, anxiety, hyperactivity, inappropriate elimination and tail chasing. For details, call 671-3631/2245.

### Education and Training Office

The 502nd Force Support Squadron Education and Training Office offers a variety of military testing, including Professional Military Education, Career Development Courses and Defense Language Proficiency testing. PME Testing is conducted on Tuesdays, CDC on Wednesdays, and DLPT on Thursdays. Education and Training also offers Armed Forces aptitude testing such as the Armed Forces Classification Test and Armed Forces Officer Qualification Test. Tests are scheduled on an as-needed basis. To schedule military testing at JBSA-Fort Sam Houston, call 221-0852.

### Basic Skills Education Program

Classes are Monday through Friday 7:30 a.m. to 3:30 p.m. for a period of 14 working days. Service members will receive instruction in

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## TOBACCO from P10

of Defense Survey of Health-Related Behaviors, however, 23 percent of active-duty Airmen smoke compared with 31 percent among all DOD service members.

While meeting the national goal is important,

the number one thing Air Force leaders are trying to accomplish with these various initiatives is mission readiness, Oh said.

For example, people who use tobacco have recorded slower run times; this means their endurance level is low.

Tobacco use also adversely impacts night

vision, impairs post-operative wound healing and leads to impotence.

At current tobacco use rates and without cessation, more than 30,000 Airmen on active duty today will ultimately die prematurely of a tobacco-related medical complication, Oh said.

Service members and

other TRICARE beneficiaries who use tobacco are encouraged to review resources at DOD's tobacco cessation website (<http://www.ucanquit2.org>) which is specifically oriented to DOD service members and veterans, and discuss how to quit with their health care provider and installation

Health Promotion team.

"Tobacco free living isn't just a virtue," Oh said. "It's a really critical part of our mission and gets at the sustainability of our DOD enterprise. DOD officials spend \$53 billion per year in health care costs, and these costs are increasing faster than inflation. Tobacco

use is the leading source of preventable health care costs. If we can decrease tobacco use in the Air Force, we can save thousands of lives, help bend the health care cost curve and better ensure we are prepared to fly, fight and win."

# OUTSIDE THE GATE

## San Marcos Spring Lake Preserve Walk

The San Marcos River Walkers volksmarch club is hosting a 5K and 10K walk Jan. 12 at the Texas Rivers Center, 951 Aquarena Springs Drive in San Marcos. Walks start between 8 a.m. and noon, finish by 3 p.m.

## FOR SALE:

Miscellaneous household items; grand-father clock, Whirlpool refrigerator, Whirlpool freezer, dining set, patio set and



Call 512-396-4463.

## Riverfest Battle of the Bands

Four local bands will compete for the title of the official band of the River Walk 11 a.m. to 6 p.m. Jan. 12 at the Arneson River Theater. The event is free and open to the public.

## Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month at the Longhorn Café, 1003 Rittiman

more. Call 951-489-9809.

**FOR SALE:** Solid wood entertainment cabinet with closing doors, three drawers and several component spaces. Outside dimensions 69.5 inches high, 41.5 inches wide and 21 inches deep; inside dimensions for TV are

Road. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212.

## UTSA Military Night

The University of Texas at San Antonio hosts a military night for the UTSA Roadrunners men's basketball game against Louisiana Tech at 6 p.m. Jan. 12 at the UTSA Convocation Center, One UTSA Circle (at the campus off Loop 1604). An entire family, up to however many is in the family, can get in with

31.5 inches high, 39 inches wide and 19 inches deep, \$175. Call 666-0502 anytime.

**FOR SALE:** Set of Bose 401 speakers, brown, \$80 obo. Call 830-330-0444.

**FOR SALE:** Stainless steel Frigidaire refrigerator, \$295; four-

a military identification card for \$10. Tickets are available at the gate or can be reserved in advance by calling 458-4646.

## Foster a Puppy

The Department of Defense dog breeding program needs families to foster puppies for three months. Potential foster families need time and patience to raise a puppy age 12 weeks to six months, a stimulating and safe home environment and a desire to help raise a military working dog. Call 671-3686 for more information.

drawer filing cabinet, beige with key, \$35, shredder, \$30, sofa, \$50; glass top coffee table, \$35. Call 241-1291.

**FOR SALE:** New Rascal wheelchair with instruction manual, \$700 obo. Call 661-3765.

## INSIDE from P19

reading comprehension, vocabulary, and math skills. The class is designed to teach basic college preparatory skills to service members with a GT score less than 110. Call 221-1738 to enroll.

## Stilwell House

The JBSA-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 Houston, Inc. a 501(C)(3) corporation not affiliated with the Department of Defense. Call 224-4030 or 655-0577.

## Future Speakers on the Horizon

Enjoy food and develop public speaking and leadership skills the second and fourth Wednesday of each month, noon-1 p.m. at the Joint Program Management Office, Building 4196. Call 295-4921.

## Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie

Murphy Club meets the last Thursday of each month, noon-1 p.m. at the Army Medical Department Museum. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 221-4424 or 837-9956.

## Cloverleaf Communicators Club

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 or visit <http://powertalkinternational.com/>.

## Retired Enlisted Association

Chapter 80 of the Retired Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the JBSA-Lackland Gateway Club. Call 658-2344 for more information.

## Lost Property

If you have lost any property on JBSA-Fort Sam Houston, call 221-2340. To claim items, you must have a form of photo identification and be able to identify the property.

## Commissary Rewards Card

The Defense Commissary Agency's new commissary rewards card allows shoppers to download coupons directly onto the card and redeem them at checkout. For more information, visit your local commissary or go to <http://www.commissaries.com>.

## Bicycle Helmets Required

Anyone who rides a bicycle, tricycle, motor drive bicycle or operates non-motorized transportation such as skateboards, kick-scooters and roller skates on an Air Force installation are required by Air Force Instruction 91-207 to wear a properly fastened and approved bicycle helmet. During hours of

## CHAPEL WORSHIP SCHEDULE

### PROTESTANT SERVICES

**Main Post (Gift) Chapel**  
Building 2200, 1605 Wilson Way  
8 and 11 a.m. - Traditional

**Dodd Field Chapel**  
Building 1721, 3600 Dodd Blvd.  
8:30 a.m. - Samoan  
10:30 a.m. - Gospel

**Army Medical Department Regimental Chapel**  
Building 1398, 3545 Garden Ave.  
9:20 a.m. - 32nd Medical Brigade  
Collective Service

**Brooke Army Medical Center Chapel**

Building 3600,  
3851 Roger Brooke Rd.  
10 a.m. - Traditional

**Evans Auditorium**  
Building 1396, 1396 Garden Ave.  
11:01 - Contemporary  
"Crossroads"

### CATHOLIC SERVICES

**Daily Mass**  
Brooke Army Medical Center Chapel  
Building 3600,  
3851 Roger Brooke Rd.  
11:05 a.m., Monday through Friday

**Main Post (Gift) Chapel**  
Building 2200, 1605 Wilson Way  
11:30 a.m., Monday through Friday  
**Saturday**

**Main Post (Gift) Chapel**  
4:45 p.m. - Reconciliation  
5:30 p.m. - Evening Mass  
**Sunday**

8 a.m. - Morning Mass, AMEDD  
8:30 a.m. - Morning Mass, BAMC  
9:30 a.m. - Morning Mass, MPC  
11:30 a.m. - Morning Mass, BAMC  
12:30 p.m. - Morning Mass, DFC

### JEWISH SERVICES

8 p.m. - Jewish Worship,  
Friday, MPC  
8:30 p.m. - Oneg Shabbat,  
Friday, MPC

### ISLAMIC SERVICE

1:30 p.m. - Jumma, Friday,  
AMEDD

### LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday,  
AMEDD

### BUDDHIST SERVICES

1 p.m. - Buddhist Services,  
Sunday, AMEDD

*For worship opportunities of faith groups not listed here, please visit the JBSA-Fort Sam Houston Chaplain's website at <http://www.samhouston.army.mil/chaplain>.*

## Edwards Aquifer Level

in feet above sea level as of Jan. 8

**CURRENT LEVEL \* = 651.8'**

\*determines JBSA water conservation stage

**Normal - above 660'**      **Stage III - 642'**  
**Stage I - 660'**              **Stage IV - 640.5'**  
**Stage II - 650'**              **Stage V - 637'**

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



## NEWS BRIEFS from P6

a valuable tool to determine if appropriate resources are devoted to solving medical-related issues in timely and comprehensive fashion. The hotline is available around the clock at 1-800-984-8523, DSN 421-3700 or via email at [wfsupport@amedd.army.mil](mailto:wfsupport@amedd.army.mil).

## Army Benefits Center-Civilian's Newest Benefits Tool: eRetirement

Retirement is an important milestone in an employee's life. The Army Benefits Center-Civilian offers the new eRetirement web application, located in the Employee

Benefits Information System, which allows an employee to easily fill out a retirement application. Army-serviced employees, within one year of retirement, can fill out an application on the ABC-C secure website at <https://www.abc.army.mil> with a Common Access Card and then selecting the EBIS icon or web link. Next, employees enter their Social Security Number and Personal Identification Number. Click on the eRetirement button and complete all the forms listed. Once finished, print each form individually, review closely and sign any applicable forms. Finally, send the application to the ABC-C at 301 Marshall Avenue, Fort Riley, KS, 66442. ABC-C reviews the application closely and

sends a letter stating the application has been received. For more information on eRetirement, contact a benefits counselor at 1-877-276-9287 between 6 a.m. to 6 p.m.

## Customer Care Center at CPAC

People looking for job information can visit the new customer care center at the Civilian Personnel Advisory Center, Building 144, 2438 Stanley Road. Army civilian employees can also receive assistance with resetting passwords for the Electronic Benefits Information System or completing employee beneficiary forms. For more information, call 221-1425.

## Weekly Weather Watch

	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
San Antonio Texas	65° Partly Cloudy	73° Partly Cloudy	65° Isolated T-Storms	44° Mostly Cloudy	47° Mostly Cloudy	49° Cloudy
Kabul Afghanistan	47° Sunny	49° Sunny	42° Rain/Snow	40° Sunny	42° Sunny	43° Partly Cloudy

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

darkness, riders are required to wear a retro-reflective vest, jacket or outer garment containing retro-reflective material. In addition, bicycles should be equipped with a white front light

(not a reflector) visible for 500 feet and red rear reflector or light visible from the rear of the bicycle from a distance of 300 feet.