



AMEDDC&S Newsletter

The AMEDD Center & School...Army Medicine Starts Here!

Soldiers, Sailors enjoy Thanksgiving Day with the San Antonio community

By Esther Garcia

More than 600 Soldiers assigned to 32nd Medical Brigade met families from San Antonio and the surrounding communities at MacArthur Parade Field the morning of Thanksgiving Day who came to take them to their homes for Thanksgiving Day activities.

Mission Thanksgiving is an opportunity for the Soldiers, most of who are away from home for the first time, to enjoy a break from training and the holiday in a family environment.

At Valero Energy Corporation Headquarters located off 1604, members of the Valero



Army veteran James Carson, Events & Office Manager with Valero Energy Corporation greets military personnel as they arrive at Valero Headquarters for the 8th Annual Thanksgiving Day with the Troops Celebration.

Volunteer Council with 200 Valero volunteer employees were busy preparing for the arrival of more than 300 Army medic students and 75 Navy corpsmen for the 8th annual Thanksgiving

with the Troops celebration.

The day's activities began with music provided by the "High Octane Band", all Valero employees. Laura Vaccaro, President of the Valero Volunteer Council welcomed everyone followed by remarks from Rich Walsh, Senior
See page 2.

Military medical history lecture, second presentation

The CG's lecture series is mandatory for AMEDDC&S military E-7 and above, and highly encouraged for all GS-7 and above civilian, as part of the CG's Professional Development Pro-

gram.

The second presentation in the Commanding General's Military Medical History Lecture Series will be on December 5, 2012, 3 to 4 p.m. in Blesse Auditorium.

Dr. Shauna Divine, University of Western Ontario, will be lecturing on "The Education of American Physicians: The Civil War and the Army Medical Museum."
See page 4.

Volume 1, Issue 6

November 2012

Upcoming Events:

7 Dec, 6:30 p.m., AMEDDC&S Holiday Ball, FSH Community Center

8 Dec, 7 p.m. 323D Army Band presents, A Holiday Celebration, Scottish Rite Auditorium, 308 Avenue E.

21 Dec 2012 to 2 Jan 2012, Holiday Block Leave

Inside this issue:

Thanksgiving Day Photos	3
NCO Academy thanks Veterans	4
Crosswalks rules	9
32nd Med Bde Highlights	10
Litter Facts	15
MSD Banquet	16
Federal Benefits Season Open	17

**From page 1,
Families sharing with Soldiers**

Vice President and Deputy General Counsel for Litigation and Regulatory Law for Valero who thanked the military men and women for their service protecting our nation.

Representing the Army, Col. Randall Anderson, chief of staff, Army Medical Department Center and School said, "Today is definitely a day to be thankful. We should be thankful for having a free country, where we are not oppressed. We should be thankful that we have a strong military, led by the Army and Navy that provides safety around the world 24 hours a day, seven days a week. And, we should also be thankful that we have great citizens of this country like Valero who open up their doors and welcome us as part of their military force."

Prior to the meal the students participated in a variety of games such as Taboo, Truth or Lies, Jeopardy, Poker, or Uno for the opportunity to win tickets for door prizes. Tables laden with a variety of desserts and snacks made by

Valero employees and their families were placed throughout the floor for the troops to enjoy before the meal. Big screen TVs hung on walls for the troops to watch the Thanksgiving Macy's parade or football games during the meal.

Valero chefs cooked tons of turkey, mashed potatoes and green beans for the festive meal. Valero employees and their families served the troops. It is their way of saying thank you to the troops for their service to the nation.

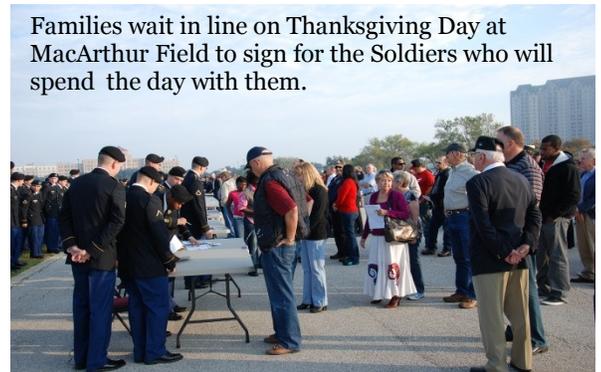
Capt. Gail Hathaway, commander of Navy Medicine Education and Training Command, represented Navy Medicine at Valero.

"Military deployments and service are sometimes difficult, but it's our chosen field," Hathaway said. "When it's time to deploy, it is much easier knowing the San Antonio community has our back. You reinforce this when you do things like this – taking time away from

your family to prepare and serve us a Thanksgiving meal. So we, the San Antonio Navy, thank you, Valero, for your service to the San Antonio Navy community, and to our sister service members who serve alongside us here in San Antonio."

SPC. Sean Carrillo, E Company, 232nd Medical Battalion, who signed up to compete in the singing contest said "It shows that Valero Corporation is a great partner with San Antonio and the military. It is awesome, the Soldiers are enjoying the games and the volunteers that came out today says a lot about them." *See page 3 for photos.*

Families wait in line on Thanksgiving Day at MacArthur Field to sign for the Soldiers who will spend the day with them.



AMEDD Center & School

We save lives

We excel at our missions

We care for people

We strive to be the best

And we use resources wisely

From page 2, A day to be thankful



From left, Command Sgt. Mark Cornejo, Lt. Col. Soo Lee Davis, Lt. Col. Jon VanSteenwort, Col. Randall Anderson, Command Sgt. Maj. Christopher Walls, Command Sgt. Maj. Jayme Johnson, Lt. Col. Neil Nelson and Command Sgt. Cynthia Austin cut the Thanksgiving cake at Rocco Dining Facility prior to serving the troops on Thanksgiving Day.



Above. Flower Holstein cooked three turkeys, two hams, 10 lbs of potato salad, lots of desserts and all the trimmings to feed her Soldier guests on Thanksgiving Day.



Left, Col. Randall Anderson presents Rich Walsh, Valero Senior Vice President, with a thank you note framed by commander's coins and a print of the AMEDDC&S.



Above, Pfc. Shally Paniagua smiles as she shows off one of the door prizes she won at the Valero Thanksgiving Day with the Troops celebration.



Above, Soldiers and Sailors enjoy a game of poker prior to eating lunch.



Col. Randall Anderson and Capt. Gail Hathaway pose with members of the Valero Volunteer Council who coordinated the 8th Annual Thanksgiving Day with the Troops event.

From page 1

Civil War medicine

Her lecture will feature 500 never before published photographs of wartime medicine.

Dr. Shauna Devine is a historian of science, medicine, and the American Civil War. She is currently a Visiting Assistant Professor of the Schulich School of Medicine and Dentistry, Department of History of Medicine, University of Western Ontario, Canada. She holds a Ph.D in medical history from the University of Western Ontario. She is the Managing Editor of the Journal of the History of Medicine and Allied Sciences and has won numerous awards for her work on Civil War medicine including the H.N. Segall Award and the E.M. Wightman Thesis Award.

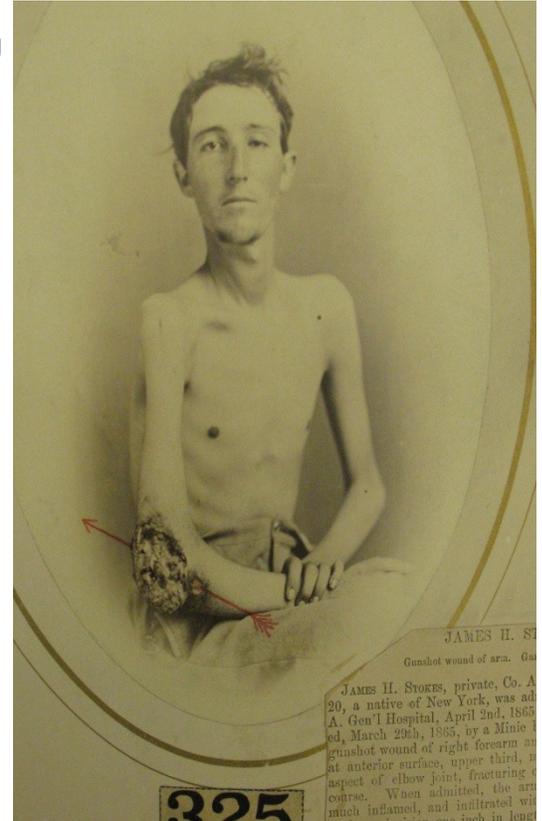
Her forthcoming book with UNC Press, *The Transformation of American Medical Science in the Nineteenth Century: Civil War Medicine* examines the development of scientific medicine during the American Civil War, and the impact of the War's events on

American medicine.

She is currently researching the politics of vaccination during the Civil War and medical photography as an investigative resource in Civil War hospitals and the Army Medical Museum.

Source: *Adriane Neidinger, Command Historian, AMEDDC&S*

Right, Civil War Picture, one of over 500 never before published photographs of wartime medicine will be shown during the lecture on December 5, 3 to 4 p.m. at Blesse Auditorium, Willis Hall.



NCO Academy thanking Veterans



Left, NCO Academy Soldiers held a Veterans Ceremony for veterans residing at Retama Manor Nursing Center as an appreciation for their service.

By SFC Angel Ortiznieves

On Nov. 12, the NCO Academy visited the Retama Manor Nursing Center in downtown San Antonio to provide a semi-formal Veteran's ceremony to Armed Forces veterans who reside at this nursing home.

SSG Joseph Estelita, Small Leaders Course

See page 5.

From page 4

NCO Academy students honor Veterans

Student, began the ceremony with an invocation. SFC Stephanie Balthazar, SLC student, sang the National Anthem. SFC Thadenia Leach served as the guest speaker for the ceremony followed by "Taps" to honor those Soldiers whom sacrifices were not in vain.

We provided each veteran resident with a certificate of apprecia-

tion for their service to our country.

This was a very rewarding and emotional experience that brought up a lot of emotions to the residents in which they cried, laughed, smiled and provided us compliments such as, "thank you, we thought we were forgotten".

Soldiers from SLC and ALC stated that they had a great time during the nursing home visit and that it was a very rewarding experience for them.

Overall outstanding job from our students representing the AMEDD NCO Academy, MEDCOM and the Army.



Left, SFC Thadenia Leach, NCO Academy, presents Certificates of Appreciation to veteran residents residing at the Retama Nursing Center in downtown San Antonio during a Veterans Day ceremony Nov. 12 as a thank you for their service.



Left, SSG Joseph Estelita, Jr., delivers the invocation prior to the beginning of the Veterans Ceremony Nov. 12 at Retama Manor Nursing Center.

AMEDDC&S salutes Veterans

On Nov. 10 the 13th Annual Wreath Ceremony and Veterans Parade was very well represented by AMEDDC&S and the NCO Academy. The Joint Service Color Guard, led by the AMEDDC&S Color Guard, posted the colors at the Wreath Ceremony in front of the Alamo, an event held prior to the parade, then marched in the parade. Participating in the Wreath Ceremony included SFC Angel Ortiz, SFC Rafael Colon, SFC Peter Sutherland and SSG Ann Alexander. C Company, 187th Medical Battalion led by CPT Jeffery Luffman and 1SG Martyn Pauwels carried a 20x30 foot flag along the parade route. 32nd Medical Brigade Training Support Center provided five HUMVEEs with drivers to support representatives from each of the Armed Forces to ride in the parade. Sixty students from the NCO Academy and staff marched in the parade singing cadences and carrying a banner that read "Supporting Our Veterans" "Train to Lead, Lead the Way". Members of the Sgt. Audie Murphy Club and their families joined the parade as they have been doing for the past few years. Debra Seguin with the baseline bums also took time out to honor Veterans and march in the 1.6 mile parade.



CONGRATULATIONS TO ALL!



During a town hall meeting Nov. 5 at Blesse Auditorium MG Philip Volpe presented awards and coins to several outstanding military and civilian personnel.

Top left, MG Volpe congratulates Sgt. Lane Holland for receiving the Meritorious Service Medal.



Top right, SFC Delroy Barnett is presented the CG's congratulatory two-star note and the CG's coin as winner of the 2012 TRADOC Platoon Sgt. Of the Year competition.



Pete Altman receives the Commanders Award for Civilian Service .



Above, Josephine Piorier receives the Commanders Award for Civilian Service.



Gregg Stevens is presented with a certificate in recognition of 40 years of service with the US government.



Alisha Davis and Ison Zibowsky receive the Achievement Medal Award.

CONGRATULATIONS TO ALL!



On Nov. 5 during a town hall meeting at Blesse Auditorium MG Philip Volpe presented awards and coins to several military and civilian personnel recognizing their hard work and outstanding work performance.

Congratulations are in order to the following:

- Vivian Mason, Commander's Award for Civilian Service***
- James W. Kirkpatrick, Commander's Award for Civilian Service***
- Lorraine G. Harper, AMEDDC&S Civilian Employee of the Quarter (Category I), 3rd Qtr, CY 2012***
- Theodis Thomas, AMEDDC&S Civilian Employee of the Quarter (Category II), 3rd Qtr, CY 2012***
- Robert Leeds, AMEDDC&S Civilian Employee of the Quarter (Category III), 3rd Qtr, CY2012***
- Brandy Flores, Achievement Medal for Civilian Service***



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Crosswalks, to cross or not to cross

Have you ever stood at a crosswalk and debated whether you should cross and hope that oncoming traffic will stop? Below are some guidelines that can help you decide when to cross and when not to cross.

The Texas Transportation Code (TRC) states the following concerning pedestrians and the right-of-way:

Pedestrian right-of way at a crosswalk - TRC 552.003.

The operator of a vehicle shall yield the right-of-way to a pedestrian crossing a roadway in a crosswalk if:

- no traffic control signal is in place or in operation; and
- the pedestrian is:
 - on the half of the roadway in which the vehicle is traveling; or
 - approaching so closely from the opposite half of the roadway as to be in danger.

Notwithstanding Subsection (a), **a pedestrian may not suddenly leave a curb or other place of safety and proceed into a crosswalk in the path of a vehicle so close that it is impossible for the vehicle operator to yield.**

The operator of a vehicle approaching from the rear of a vehicle that is stopped at a crosswalk to permit a pedestrian to cross a roadway may not pass the stopped vehicle.

Pedestrian crossing at point other than crosswalk - TRC 552.005.

A pedestrian shall yield the right-of-way to a vehicle on the highway if crossing a roadway at a place:

- other than in a marked crosswalk or in an unmarked crosswalk at an intersection; or
- where a pedestrian tunnel or overhead pedestrian crossing has been provided.

Between adjacent intersections at which traffic control signals are in operation, a pedestrian may cross only in a marked crosswalk.

A pedestrian may cross a roadway intersection diagonally only if and in the manner authorized by a traffic control device.

See website :

<http://www.samhouston.army.mil/ig/Crosswalk.aspx>

Source: Melissa Hastings,
Manager, AMEDDC&S Safety
Office



Nutrition Facts

Are you wondering how to conquer the battle of the bulge? Looking for 100 tasty calorie snacks, nutrition facts, and food allergies. Do you have questions about energy drinks and wonder how to eat smart during the holidays? Then you need to check out the website <http://www.cs.amedd.army.mil/>. Scroll

down to the Hot Topics/News Section and click on the icon, "AMEDDC&S Spotlights Nutrition". You will find many interesting articles about nutrition, how to read nutrition panels, snacks for kids, exercise, trimming calories and much more!



32nd Medical Brigade Highlights—232nd Medical Battalion

Event Highlights: Charlie Company had the privilege to volunteer their time at the Haven for Hope Community Kitchen in downtown San Antonio. Haven for Hope Community Kitchen is a center that houses, feeds and provides training for jobs to people who are down on their luck and are looking to get back on their feet. While volunteering our time, Charlie was able to help feed 450 people for dinner on Sunday, Oct. 21 as well as make 205 homemade TV dinners for people to consume throughout the following week for lunch. Charlie Soldiers also did the prep work for the next few days for the kitchen. In addition to cooking and preparing food we were able to clean and reorganize the Have for Hope's ware-

house.



*Special thanks to the
22 Charlie Company Soldiers
 that volunteered their free time on a
 Sunday to help feed 450 people from
 the local San Antonio community.*

*Charlie Company
 COUGAR MEDICS!*

32nd Medical Brigade Highlights—187th Medical Battalion

Event Highlights: The 187th Medical Battalion hosted their 6th annual Multicultural Luncheon on Nov. 8 at the Dodd Chapel with over 200 people in attendance. The event, as in past years, has served as a time to recognize people of all ethnicities, while celebrating the Thanksgiving Holiday. Coupled with an array of food from countries such as the US, Germany, Asia, Jamaica, Hungary, Cuba, Mexico, Puerto Rico, and many more, this event proved to be the best ever. Music was provided by the 323rd Army Band “Fort Sam’s Own”, and for the third year in a row, the Folkloric Dancers and Aloha Grill Dancers volunteered their time to entertain. LTC Soo Lee Davis, 187th Medical Battalion Commander, presented each entertainer with a Certificate of Appreciation and a commemorative coin. All participants received Equal Opportunity credit.



32nd Medical Brigade Highlights—264th Medical Battalion

Event Highlights: On Nov. 30 the 264th Medical Battalion conducted a Halloween run along Stanley Road in order to celebrate the Halloween spirit and raise morale among the Soldiers. The companies of the 264th Medical Battalion gathered prior to the run for music and contests. The contests were highlighted by the battalion commander and command sergeant major awarding Post Exchange gift certificates to the Soldiers with the Scariest Costume, most Patriotic Costume, Funniest Costume, and most Original Costume. After the run, the Soldiers gathered near the Battalion Headquarters to enjoy refreshments and fruit provided by the Fort Sam Houston Commissary, and served by Cadre and their family members.



On Nov. 17 the Soldiers and Cadre of B Company, 264th Medical Battalion, participated in the Neanderthal Warrior Trail Run and took home the 1st and 2nd place medals in the team categories. There were 7 IET/AIT Soldiers and 1 Platoon Sergeant who volunteered their time to participate in the run exceeding 50 hours of



training time over the course of two months. The seven Soldiers who volunteered to train as a cohesive unit did so outside of normal company PT hours, during which they accumulated over 250 miles on the road, mixed with a highly demanding strength training regimen. Soldiers were highly motivated, willingly gave up their time to compete in the run, and put the “Bravo Company Bronco Stamp” on a very important 32nd Medical Brigade event. The day was highlighted by B Company, 264th Medical Battalion Soldiers demonstrating motivation, physical competence, Esprit de Corps, and leadership echoing the concept, “Bravo Company leads the way” and “Answering the Call,...Anytime, Anywhere!”

32nd Medical Brigade Highlights—264th Medical Battalion

Event Highlights: On Nov. 2 Bravo Company, 264th Medical Battalion Commander held a promotion ceremony for SFC Jeremy Krebs. The commander highlighted SFC Jeremy Krebs' achievements while serving as a Platoon Sergeant in the 264th Medical Battalion. SFC Krebs, a 68P Radiology Specialist, has distinguished himself by representing not only the Battalion but also the Brigade at several events which include: the Army Best Medic Competition, the 264th Medical Battalion Platoon Sergeant of the Quarter and competing for the 32nd Medical Brigade Platoon Sergeant of the Year. Additionally, he was hand selected to lead 500 Soldiers in reciting the Army Soldiers Creed at the All-American Bowl on national television in January 2012. SFC Krebs is an outstanding and dedicated Noncommissioned Officer who thrives on every opportunity to succeed as a Soldier and an Advanced Individual Training Platoon Sergeant. SFC Krebs continues to "Answer the call, anytime, anywhere." **Bravo Broncos Lead the Way!**

Congratulations! SFC Jeremy Krebs



Below, on Nov. 9, Lt. Col. Neil Nelson, commander, 264th Medical Battalion speaks to students at East Terrell Hills Elementary School during the school veterans ceremony. The ceremony recognized veterans who are family members of the students. Each veteran was introduced and presented with paper flowers by the students as a thank you for their service. The battalion provided the service flags as a backdrop to the ceremony. East Terrell Hills Elementary School is the battalion's adopted school through the FSH Adopt-a-School program.



32nd Medical Brigade Highlights—264th Medical Battalion

COOKIES! COOKIES! COOKIES!

By Esther Garcia

F7 Operation Engaging Vision, an organization based out of Austin with offices throughout Texas, stopped by Fort Sam Houston on Nov. 27 to deliver approximately 15,000 Girl Scout Cookies to the 264th Medical Battalion for Soldiers and their families.

The two-year old organization is an organization dedicated to empowering female veterans and women in military Families. The group was founded by Cassandra St. John, an Air Force Veteran and the only female veteran of the 2012 White House recipient of the “Champion of Change” award.

Victoria Wegwert, F7 President and Co-Founder said, “We are an organization that works and focuses on female veterans and women of the military families. We provide services, training, and resources. Once you get out of the military or if you are a family member of a military member and looking to transition into the civilian world we help provide some of those tools and resources to make the transition a lot easier.”

St. John said, “For the people who are still in the military, the women in the military, we provide resources, training things to plug into the community they are living in and also we support when their Soldier is deployed.

Wegwert said, “Today we are bringing cookies donated by the Girl Scouts of Central Texas. We always remember the deployed Soldiers, but we forget the military families, so this is for the families and of course for the Soldiers.

Wegwert said the F7 group has a very remarkable relationship with the Girls Scouts of Central Texas hosting family retreats, co-ed retreats and lone star retreats at the Girl Scout Camps here in Texas.

“We work very closely with the women in the community to make sure from the little ones to the big ones that it is OK to be a strong women, and it is OK to be in the military, that it is a positive thing to do.” said Wegwert.

“It is really important that we reach back and reach out into our own female community and teach and empower them to do the things they need to do.”

St. John said it makes the Soldiers job easier because they know that while he is deployed his wife or daughter will have the support system they need while he is gone.

Nelson presented the F7 Group and the Girl Scouts of Central

Texas certificates of appreciation as a thank you for the cookies.

For information about the F7 Group see website:

<http://www.f7group.com/>



Above, Soldiers unload boxes of Girl Scout Cookies.

Below, 264th Medical Battalion Soldiers with F7 Group Victoria Wegner and Cassandra St. John pose with the approximately 15,000 Girl Scout cookies donated from Girl Scouts of Central Texas through the F7 Group.



AMEDDC&S History—Litter Facts

Litter obstacle training has been a core training component of the medical aidman's training since the establishment of the Medical Field Service School in 1920. These photos are from a MFSS training manual issued in January of 1930. The photographs served as training aids and were designed to illustrate the proper manner of lifting and carrying patients by litter.

In 1946 the MFSS transferred from Carlisle Barrack to Fort Sam Houston. Camp Bullis fulfilled the MFSS requirements for training areas to support medical training. These included basic indoctrination ranges, small arm ranges, and field training sites to set up medical field facilities and the practice of medical field skills. The Litter Obstacle Course site was one of the first training sites set up at Camp Bullis.

Source: Adriane Neidinger, Command Historian, AMEDDC&S



Memorial Services Detachment honored at banquet

The Memorial Services Detachment Honor Guard is composed of retired and former military service members who ensure that all veterans interred at FSH National Cemetery receive proper burial honors, complete with military honor guard, rifle volleys and the playing of "Taps." The group performs at a moments notice, rain or shine.

The average member's age is 75 and includes veterans from World War II, Korea, Vietnam and First and Second Gulf Wars. To date, the MSD has rendered honors at over 25,948 military funerals. It is one of the few volunteer organizations in the country providing final salute in national cemeteries.



State Representative Ruth McClendon visits with Command Sgts. Maj. Mark Cornejo, 187th Medical Battalion and Marlo Montes, 232nd Medical Battalion, at a dinner for members of the Memorial Services Detachment. McClendon hosts the annual dinner for the MSD as a thank you for their service.



High school students visit dental clinic

Maj. Llena Caldwell, Chief, Dental Specialist Branch, Department of Dental Science, AMEDDC&S, talks to Holy Cross High School students about enlisted and officer dental careers. Maj. Caldwell described similarities and differences between civilian and military dental professions and the rewards of starting a military career.

Valley Forge and Thanks

The snow fell early that winter of 1778 and stayed. The extreme low temperatures saw the Schuylkill freeze over. From the beginning, life in Valley Forge was grim. The huts were smoky and dark. Meal after meal, the soldiers' food consisted of "firecake" - wheat or cornmeal poured into a kettle of water, mixed, and ladled out on a big stone in the middle of an open fire, where it baked.

For Gen. George Washington, who saw the members of his Continental Army dying half-clothed in the frost of winter, Valley Forge became an unbearable nightmare. When the House of Representatives asked him on Sept. 24, 1789, to issue a proclamation designating a national day of thanksgiving, he purposefully referred to those horrible months he spent at Valley Forge. Funny that he would recollect a time of suffering rather than a time of plenty when offering thanks. He wasn't recalling Valley Forge because he had fond memories. But rather, it was a touchstone in his life that humbled him and made him aware of the many things he had to be thankful for.

This November, most Americans, even in the midst of our nation's economic challenges, had a bountiful holiday - plenty of food, football, and fun. Others may have faced a personal Valley Forge. Whether in suffering or plenty, I think we should be like George Washington and always be thankful.

Modified from an article by Mark W. Merrill 2009.

CHAP (MAJ) James Pennington, AMEDDC&S

Federal Benefits Open Season

This year's Open Season for health, dental, and vision insurance, and flexible spending accounts is being held from now thru Monday, December 10, 2012. The annual Open Season gives federal employees and retirees the opportunity to review choices and make changes. It also allows eligible employees to enroll for coverage. Federal Employees Health Benefits Program (FEHBP) enrollees are advised to review the benefits and premiums for their health plan choices and what coverage will best fit their healthcare needs in the coming year.

- For additional information or compare rates, go to <http://www.opm.gov/insure/openseason/>
- The list of FEHB plans that are leaving the FEHB program, reducing a service area, or are terminating options is available at <http://www.opm.gov/retire/pubs/bals/2012/12-405Attachment1.pdf>
- Health plan brochures can be found online by visiting the FEHB website at <http://www.opm.gov/insure/health/planinfo/index.asp>
- How do I Make an Open Season Change? Go to <https://www.abc.army.mil>

Questions? Visit the Army Benefits Center-Civilian website (<https://www.abc.army.mil>) or call 1-877-276-9287.

- Health plan brochures can be found online by visiting the FEHB website at <http://www.opm.gov/insure/health/planinfo/index.asp>
- How do I Make an Open Season Change? Go to <https://www.abc.army.mil>

Questions? Visit the Army Benefits Center-Civilian website (<https://www.abc.army.mil>) or call 1-877-276-9287.

Source: Susan G. Abby, Chief, Civilian Human Resources Division

FOR PUBLICATION IN THE NEXT AMEDDC&S Newsletter:

All newsletter submissions should be sent NLT the 3rd of each month for posting.

Please send your submissions to Phillip Reidinger and Esther Garcia.

(We reserve the right to edit submissions)

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