

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

STARTING THE NEW YEAR ON THE RIGHT FOOT



Photo by Dimice Perry

At the stroke of midnight on New Year's Eve, fireworks lit up the downtown San Antonio sky and the almost 1,000 people began their new year by running or walking at the Fort Sam Houston New Year's Eve 5K. Many attendees brought their children in strollers or their dogs on leashes. Before the race, participants gathered in the Jimmy Brought Fitness Center to enjoy hot cocoa or coffee and were given glow lights, party hats and noisemakers. See Page 8 and 9 for a story and more photos from the event.

**E-mail hoax
 offers message
 to veterans**

By L.A. Shively
 FSH News Leader



Courtesy image
 VA logo

An old e-mail lurking in the electronic cloud is making rounds again in a renewed attempt at phishing for veterans' personal information.

"While the e-mail is not what it purports to be, the message lends itself to a much bigger issue of the exploitation of veterans using survivor benefits as a hook by financial services companies to get their business," said Matthew Lofiego, Military Officers

Association of America's deputy director of the Member Service Center. "There are so many organizations out there targeting veterans, offering them money and becoming the beneficiary of their benefits," Lofiego said.

See WARNING P11

Wounded warriors, spouse receive full 4-year scholarship to CTU

By Lori Newman
 FSH News Leader

Two wounded warriors and the spouse of a wounded warrior received a great surprise before the holidays – a full four-year scholarship to Colorado Technical University.

Retired Army Staff Sgt. Domingo Soto-Santana, Army Spc. Brittani Lowery and Mary

Lou Copper were among 50 candidates to receive scholarships from the CTU Wounded Warrior Scholarship program during a ceremony at the Warrior and Family Support Center Dec. 15. The recipients also received a laptop computer and book bag.

The program is a partnership between CTU and the non-profit Yellow Ribbon Fund.

CTU has provided 150 scholarships worth nearly \$3 million so far.

"The CTU Wounded Warrior Scholarship program helps better prepare our wounded service members and their Families as they face an uncertain future," said James Hendrickson, vice president of military education at CTU.

"With nearly 40,000 military

members injured in conflicts in Iraq and Afghanistan, we're proud to help positively impact the lives of these extraordinary men and women and their spouses through higher education."

"Colorado Technical University is a regional accredited university that was founded in Colorado Springs by a former military person," said

Josie Alcaraz, a CTU representative. "We have always had strong military ties."

Candidates had to fill out an extensive application and submit an essay that specifically talked about their plans to complete their education and why they should receive the scholarship. After a selection

See SCHOLARSHIP P10



Editorial Staff

502nd Air Base Wing Commander
Brig. Gen. Leonard Patrick

502nd Mission Support Group

Commander

Col. Mary Garr

Public Affairs Officer

Vacant

Editor-in-Chief

L. A. Shively

Editor

Steve Elliott

Writer/Editor

Lori Newman

Layout Artist

Joe Funtanilla

News Leader office:

1212 Stanley Road
Building 124, Suite 4
Fort Sam Houston
Texas 78234-5004
210-221-0615/2030
DSN 471-0615/2030
Fax: 210-221-1198

News Leader Advertisements:

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

News Leader e-mail:

news.leader@conus.army.mil

News Leader online:

www.samhouston.army.mil/
PAO

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Most housing rates dip for 2011 as pay, subsistence increase

By Karen Parrish
American Forces Press Service

Most military housing allowance rates will decrease slightly for 2011, but service members will receive, on average, as much or slightly more money than they did this year, Defense Department officials said Dec. 15.

Cheryl Anne Woehr, housing allowance program analyst, said overall rates are fairly stable.

"On average, they'll decrease about six tenths of a percent," she said.

The 2011 Basic Allowance for Housing rates took effect Jan. 1.

A provision ensuring against rate decreases for service members already stationed at a location means Soldiers, Sailors, Airmen and Marines will receive an average 1.1 percent increase, Woehr said. That overall increase is "because of the effects of individual rate protection and the distribution of service members throughout the [United States]," she explained.

Individual rate protection ensures that members who have made lease or contract commitments for housing aren't penalized if an area's costs decline. Any decreases apply only to members who move to a location after rates change.

Even if housing allowance rates decrease over two or more years, military members stationed in the same location are assured their

previous, higher rate, Woehr said.

"They receive the higher of what they were paid Dec. 31, or the new rate," she said. "If the rates go down one year, the service member receives the previous year's rate. If the rates go down again, the service member would continue to get that year-one rate."

The allowance covers housing costs for service members living off military installations in the United States. Those who live in government housing don't receive the allowance. Service members stationed overseas who live in private housing receive the overseas

housing allowance.

Rates for that allowance are reviewed at least every six months, defense finance officials said.

"The reality is, the [basic allowance for housing] rates vary and the changes in the rates vary across the country, with some housing areas decreasing as much as eight percent and others increasing more than 10 percent," Woehr said. "Rent is the largest component of the BAH rates, so that has the most influence on what rates do."

The allowance rate is computed annually for each military housing area and is based on

three factors: median current market rent; average utilities, including water and sewer, electricity and heating costs; and average renter's insurance.

Total costs are assessed for six housing profiles, based on dwelling type and number of bedrooms, in each military housing area. Housing allowance rates are then determined for service members in each pay grade, with and without dependent family members. The department will pay its more than 1 million active duty service members an estimated \$19 billion in housing allowance over 2011.

Jeri Busch, director of military compensation, said service members also will see an increase in pay and subsistence allowances in January.

Unless modified by Congress, a 1.4 percent basic pay raise takes effect Jan. 1, by operation of law, and reflects the change in the employer's cost index, she said.

The basic allowance for subsistence in 2011 will increase 0.36 percent, Busch said. The new rates will be \$223.04 for officers and \$323.87 for enlisted service members.

Since 2002, defense officials said, military pay has risen 42 percent, housing allowances have risen 83 percent, and the subsistence allowance has risen 40 percent. By comparison, private-sector salaries have risen 32 percent over that time, officials said.

For more information on BAH rates, click on <https://www.defensetravel.dod.mil/site/bah.cfm>.

News Briefs

U.S. Army All American Bowl
 The U.S. Army All-American Bowl will be held Jan. 8 at noon in the Alamodome. Department of Defense I.D. cardholders can have up to four free tickets per person. Stop by the Ticket Office at the Sam Houston Community Center, Building 1395, Chaffee Road, the Army and Air Force Exchange Service or the 502nd Force Support Squadron marketing department, Building 124, Stanley Road. Call 226-1663 or 221-0012 for more information.

Martin Luther King Jr. Observance
 Fort Sam Houston will hold a Martin Luther King Jr. observance Jan. 12, 11:30 a.m.-1 p.m. at the Middle School Teen Center, Building 2515, Funston Road. Call 221-9543 for information. An observance will also be held Jan. 13, 11:30-noon in the Brooke Army Medical Center medical mall. Call 916-7365 for information.

BAMC Outpatient Burn Clinic Moving
 Effective Jan. 13, the burn center outpatient clinic at Brooke Army Medical Center will be located in the BAMC Annex (formerly C Lot, Trailer No. 15), east of the hospital's medical mall entrance. The clinic will move from its current location, in the hospital's seventh floor west bed tower Jan. 11-12. Space will be limited inside the new trailer; patients are encouraged to bring only one immediate family member for appointments. The clinic's permanent location will be on the fourth floor of the hospital's new Consolidated Tower in the USAISR Burn Center once facility renovations and final transitions are completed. The burn center outpatient clinic is open Monday-Friday 7:30 a.m.-4 p.m. Call 916-9116.

Lost and Unclaimed Property
 If you have lost any property on Fort Sam Houston, call 221-2340. Items include: Schwinn bicycle, Huffy bicycle, Roadmaster bicycle, Next bicycle, Recon bicycle, Samsung cell phone, Sanyo cell phone, gold ring, several wallets and a Texas drivers license. The aforementioned items will be retained for an additional 45 days and disposed of if the owner is not identified. To claim above items, people must have a form of photo identification and be able to identify the property.

Soldiers receive Bronze Stars for heroic actions, Purple Heart for injuries

By **Lori Newman**
 FSH News Leader



As bright sunlight shone on the Purple Heart mosaic adorning the Warrior and Family Support Center patio, two Soldiers received medals for their heroism.

Sgts. 1st Class Robert Montez and Jerry Ramirez received the Bronze Star with the "V" Device for valor during a ceremony Dec. 16. Montez also received his second Purple Heart for injuries he received Oct. 21, 2009, when his vehicle was hit by an improvised explosive device in Afghanistan.

"It is a great day today," said Lt. Col. Charles Beeks, commander, Brooke Army Medical Center Warrior Transition Battalion and host of the ceremony. "We are here to celebrate and pay tribute to the service of two warriors who have answered the call for freedom."

"It is a distinct honor for me to be here to recognize two true American heroes," said Maj. Gen. Perry Wiggins, deputy commanding general, U.S. Army North.

"A lot of people watch their heroes on TV, read about them in books or see them in movies, but I get to see them live and in person, and walk among them every day."

Montez received the Bronze Star for exceptionally heroic actions while serving as squad leader in Company A, 1st Battalion, 17th Infantry Regiment in support of Operation Enduring Freedom.

According to the published order, Montez's initiative to immediately and aggressively take action in response to an

enemy attack and his willingness to ignore personal danger and injuries to keep fighting allowed his platoon to defeat a large Taliban force. His exceptional leadership was essential to the success of the unit's mission.

Montez said the ceremony meant a lot to him.

"You go over there and you do a job and not everybody gets recognized," he said. "It feels good to be able to come back and get awards and be recognized for the job that I did and the things that happened while I was there."

Ramirez received the Bronze Star with "V" Device for heroism in support of Operation Iraqi Freedom.

His citation stated his service during combat operations in Iraq contributed to the overwhelming success of the command's mission.

Ramirez said listening to the narrative brought him back to that day.

"Thinking about what I had done, it was dangerous, but if I hadn't done it we probably would have had more losses," he said. "We are trained to react without even thinking about it."



Maj. Gen. Perry Wiggins, deputy commanding general, U.S. Army North, presents Sgt. 1st Class Robert Montez the Bronze Star with "V" Device and Purple Heart as his family looks on during a ceremony at the Warrior and Family Support Center Dec. 16.



Maj. Gen. Perry Wiggins, deputy commanding general, U.S. Army North, presents Sgt. 1st Class Jerry Ramirez the Bronze Star with "V" Device Dec. 16 during a ceremony at the Warrior and Family Support Center as his wife, Priscilla, looks on. Ramirez received the Bronze Star with Valor for his heroism in support of Operation Iraqi Freedom during a mission Aug. 6, 2006.

Photos by **Lori Newman**

Army North hosts commanders from 15 states for 'Contingency Dual Status Commander' conference

By Staff Sgt. Keith Anderson
ARNORTH Public Affairs

National Guard commanders from 15 states participated in a Contingency Dual Status Commanders' Conference at U.S. Army North on Fort Sam Houston Dec. 7. Dual status commanders can direct both federal active-duty forces and state National Guard forces in response to domestic incidents.

The conference was one of the facets of a larger, five-day series of conferences for commanders nominated for a new, combined federal-state position; the other conferences were conducted at U.S. Northern Command, U.S. Air Force North and Washington, D.C.

During the conference, nominees heard from briefers on a variety of topics, including a command brief, Army North's role in Defense Support of Civil Authorities operations, and overviews of the Contingency Command Post, the defense coordinating elements, the Combined Operations and Intelligence Center and Army North's emergency response vehicles.

"I found the ARNORTH visit a tremendous opportunity to meet key leaders and hear their insights on DSCA operations," said Col. Michael Navrkal, commander, 92nd Troop Command, Nebraska Army National Guard, and CDSC nominee.

The dual-status concept, formulated by the Secretary of Defense in January 2009 and distributed in a concept paper by USNORTHCOM in August 2010, directs the creation of a leadership position where the commander can direct federal forces and state forces to better coordinate responses to domestic incidents.

"A dual-status commander holds a federal hat (Title 10) in one hand and a non-federal hat (Title 32) in the other, but can wear only one hat at a time," said Gary Mills, operations training coordinator, Army North.

"When in federal status, the CDSC takes orders from the president or those officers the president and the secretary of defense have authorized to act on their behalf, and may issue



Photo by Staff Sgt. Keith Anderson

Lt. Gen. Guy Swan III (center), commanding general, U.S. Army North, discusses the mission and role of Army North in disaster response with National Guard commanders from 15 states during a Contingency Dual Status Commanders' Conference at the Quadrangle Dec. 7.

orders to Title 10 (federal) forces under his command."

"When in a non-federal status, the commander takes orders from the governor through the adjutant general and may issue orders only to National Guard Soldiers serving in a Title 32 or state active-duty status," Mills added.

The conference, attended by Guard leaders from Alabama, Georgia, Indiana, Maine, Massachusetts, Michigan, Nebraska, New York, North Dakota, Ohio, Pennsylvania, Utah, Virginia, Washington and Wisconsin, was the second of its kind. The first conference, Sept. 10, introduced nominated dual-status commanders from California, Texas and Florida to Army North.

For now, the position applies to DSCA operations but does not apply to civil disturbance operations or chemical, biological, radiological, nuclear or high-yield explosive operations. The dual-status concept will have some ramifications for Army North.

"The concept is still being developed, and there may be some changes for ARNORTH based on staff support provided to augment the contingency dual status commander," said Herb Brown, Deliberate Plans, Army North.

"How this will work is still being

coordinated by USNORTHCOM, ARNORTH and the states as the concept develops.

"It does not change the ARNORTH requirement to be prepared to respond as an Army Service Component Command or as a Joint Force Land Component Command to support and command and control a DSCA response if directed by NORTHCOM," Brown added. "It does not change the ARNORTH command and control relationships with Joint Task Force - Civil Support or the CCPs."

There might be some changes made to the CCP, said Col. John Foster, chief of staff, CCP 1.

"We will conduct mission and task analysis to determine what size and shape of CCP staff elements would best support the requirements for any given CDSC situation and state," Foster said.

"It is unlikely that most CDSC cases would require a full CCP roster, nor would it always be necessary for the CCP commander to deploy, so our analysis would center on what capabilities we would need to send for functions such as ground operations, logistics and movement control, aviation operations and others."

The CCP might add some positions but would not change the way it does

business, he added.

"We may also have to expand our medical services staff capability, and our engineer staff may grow in order to partner with state forces," Foster said.

"The CDSC concept will not alter the manner by which we process and execute Title 10 DOD support to civil authorities, nor does it affect the analysis we would give for forces or subordinate unit capabilities to bring to the operation."

The contingency dual-status commander concept is intended to foster greater cooperation among federal and state assets during a disaster, Brown said.

"It is too early to lay out specific advantages and disadvantages, but the intent of the CDSC concept is to increase unity of effort in responding to the needs of a state governor as requested through the Department of Homeland Security during a disaster or other civil emergency," Brown said.

"It does not transfer any responsibility from the federal government to the states. With a contingency dual-status commander, there is still a clear chain of command to both the governor for the state response and to the president of the United States for the federal response."

470th MI Brigade gets back to basics

By Gregory Ripps
470th MIB Public Affairs

The 470th Military Intelligence Brigade is wasting no time with “back to basics” and getting in line with the Army’s re-emphasis on fundamental Soldier skills.

Col. Jim Lee, brigade commander, says these skills are required “to maintain the Army in a ready expeditionary state and to be prepared for any fight.”

Lee specified re-emphasis on skills such as professional development and counseling, communications, vehicle maintenance and weapons qualification.

“These foundational elements build strong units that endure during times of peace and war,” Lee said.

“When executed well, these programs instill a sense of discipline and strength because they teach attention to detail and how to apply form

that produces function that works. They become part of those systems and processes that make good units.”

The brigade’s fundamentals renaissance has begun with its quarterly training development and the Quarterly Training Brief process of training management.

“These QTBs are intentionally dialogue heavy, designed to see how and what commanders are thinking about training their Soldiers and what results young leaders envision achieving,” Lee explained.

“They must learn to visualize their training end-state and how the conduct of exercises and operations will flow and outcomes will be realized.

“Finally, any questions arising from the guid-



Courtesy photo

Col. Jim Lee, 470th Military Intelligence Brigade commander, briefs his Soldiers on fundamental skills.

ance and training brief should be addressed in this forum,” he said. “It is best to get a face-to-face clarification of guidance and direction.”

Maintaining good communication skills also means knowing how to use the communications equipment on hand. The commander of Fort Sam Houston’s only operational brigade pointed out that most of its “stay-behind” vehicles are not equipped with radios.

Consequently, he said, it is in dire need of a comprehensive tactical radio training and main-



Photo by Spc. Natalie Sampson

Soldiers of the 470th Military Intelligence Brigade qualify with the M16 rifle on the firing range at Camp Bullis.

tenance program.

“A unit communications program is key to a well trained unit,” Lee said. “The communications exercise is a lost tactical art that must be reinstated during command maintenance periods.”

Lee said the command maintenance program must include teaching preventive maintenance checks and services.

“The Army will no longer have the luxury of contracted maintenance,” Lee noted. “Instead, Soldiers will conduct maintenance in longer garrison periods.”

The brigade’s deputy commander developed a centralized program to bring together the best of the brigade’s maintenance programs and consolidate them into a single, efficient program.

“This program intends to centralize the mechanics and processes that teach before, during and after PMCS, dispatching, parts tracking, and sound maintenance collaboration between vehicle driver and mechanic,” Lee said.

Lee said the key is making training easy to execute, so it’s part of normal operations and

not a special occasion.

“The brigade is building a solid weapons training program that ranges from fundamental to advanced techniques,” said Lee, who added that the program used for teaching marksmanship basics enables Soldiers to move on to more advanced techniques.

Lee said the brigade’s leaders are continuing to identify any fundamental shortcomings and are developing programs to enhance its training regimen and capabilities while strengthening its Soldiers’ base set of skills.

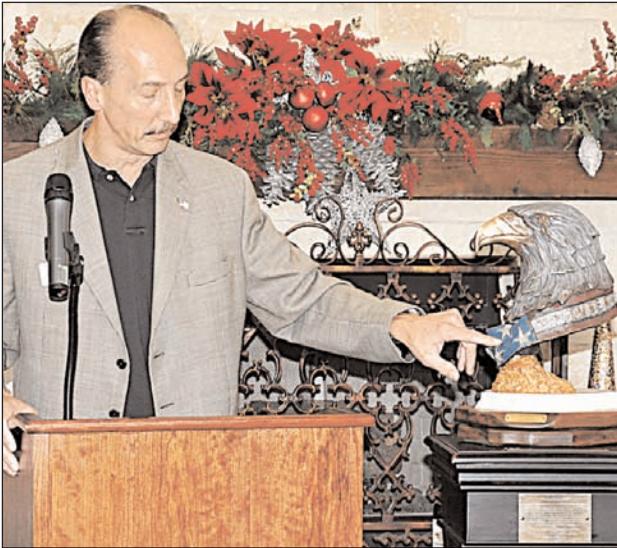


Photo by Lori Newman

Jim Hoelker, chairman of the board for Impact A Hero, explains the details on the "The Day America Cried" sculpture the organization donated to the Warrior and Family Support Center Dec. 15. The sculpture was first auctioned to raise \$48,000 to continue supporting wounded warriors and their Families, then donated to WFSC.

Donated sculpture commemorates 9/11; auction raised funds for wounded warriors

By Lori Newman
FSH News Leader

Members of the Impact A Hero non-profit organization presented a sculpture titled, "The Day America Cried," to the Warrior and Family Support Center Dec. 15.

The sculpture by artist David Mattiza represents the strength and determination that unites America and memorializes the 9/11 tragedy.

The sculpture was put up for auction to raise money to support Impact A Hero.

The auction raised \$48,000 for the organization to continue supporting wounded warriors and their Families, but the purpose of the auction was to donate the

sculpture to the Warrior and Family Support Center, explained Jim Hoelker, chairman of the board for Impact A Hero.

"Impact A Hero raises money to support our wounded veterans who have suffered combat injuries in Iraq and Afghanistan," Hoelker said. "In six years we have raised more than \$6 million."

"This building is a building of the living; so I am extremely careful of what we accept into this facility," said Judith Markelz, WFSC program director.

"This is the first and only item of this kind we have accepted into this facility. I thank you very much, Jim."

DOD working dog puppies need foster parents

As the worldwide need for detection dogs has increased dramatically, the Department of Defense Military Working Dog Breeding program at Lackland Air Force Base breeds to meet the growing requirement for security at home and abroad.

A large part of the success of this program

depends upon volunteers to provide temporary homes for developing puppies.

The 341st Training Squadron at Lackland Air Force Base operates a breeding program for military working dogs in support of the DOD Military Working Dog program.

These dogs are a vital

part of national defense and serve at Army, Navy, Air Force and Marine Corps units around the globe.

The program needs Families that have the time and patience to raise a young puppy from 12 weeks to six months of age; have a home that will provide a stimulating and safe

environment for a young puppy; and have the desire and interest to learn how to raise a future military working dog.

For more information, call 671-3686, send an e-mail to 341TRSP@lackland.af.mil or click on <http://www.lackland.af.mil/units/341stmwd/index.asp>.

Runners, walkers and even dogs take part in New Year's Eve 5K run

By Dimice Perry
FMWR Marketing

“We know you had a choice of a lot of different activities for the new year, but we wanted to have the chance to promote some Family fitness activities for you, your Families, your dogs ... and really give you something memorable and a way to start your New Year off on the right foot,” said Col. Mary Garr, 502nd Mission Support Group commander, giving a pep talk to runners before the Fort Sam Houston new year's eve 5K Dec. 31.

According to 502nd Security Forces Squadron and race officials, almost 1,000 people took part in the annual event.

Before the race, par-

ticipants gathered in the Jimmy Brought Fitness Center to enjoy hot cocoa or coffee and were given glow lights, party hats and noisemakers.

At the stroke of midnight, fireworks lit up the downtown San Antonio sky and the participants began their New Year by running or walking at the Fort Sam Houston new year's Eve 5K. Many attendees brought their children in strollers or their dogs on leashes.

Lt. Col. Madonna Higgins came out to the run to celebrate the new year with friends and her military Family at Fort Sam Houston. Higgins was happy to be at an event where her pets, “Berk” and “Stock,” who

See NYE RUN P9



(From left) Col. Cynthia Claggett, Diane Walls and Lt. Col. Madonna Higgins walk the 5K course. Higgins brought her two dogs “Berk” and “Stock” – short for Berkeley and Stockard – in costume to enjoy the event.



Photos by Dimice Perry
Col. Mary Garr, 502nd Mission Support Group Commander, gets the crowd going before the run starts.



A group of friends celebrate the completion of the Fort Sam Houston New Year's Eve 5K.

NYE RUN from P8

wore costumes at the run, were welcome.

“These dogs celebrate everything with me,” Higgins said.

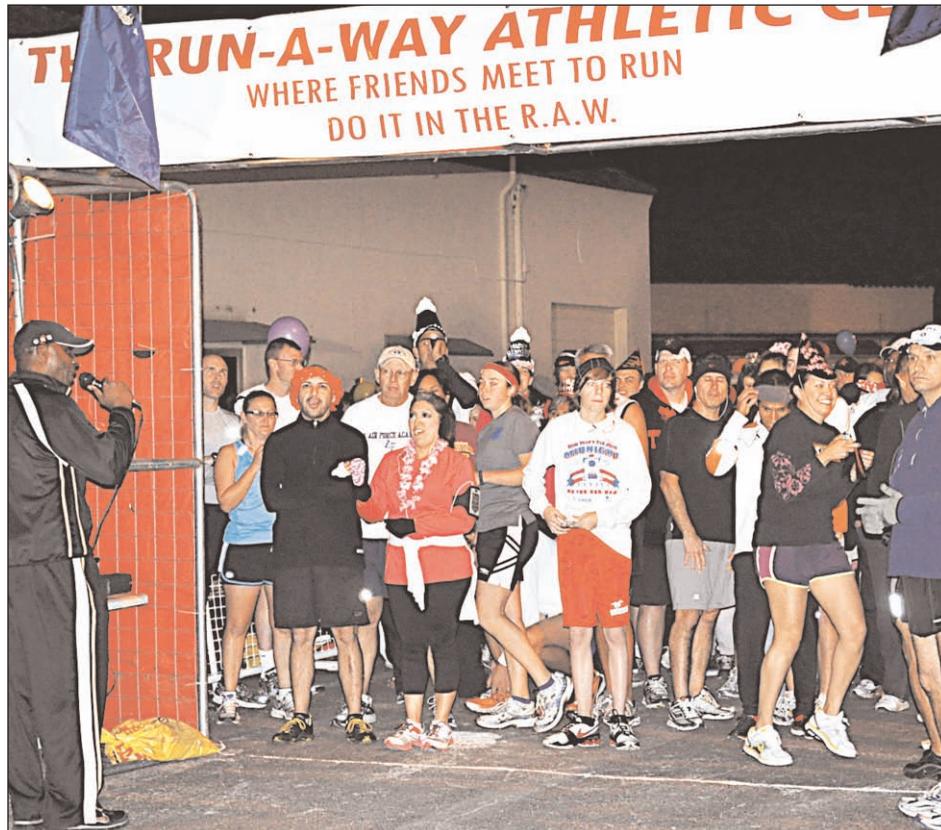
There were cancer survivors, marathon runners, kids, dogs and first-time participants. Donna Walls, a retired nurse, had never before partici-

pated in an organized running event, but decided this year to begin her New Year's resolution to improve her health.

Cornelio Casteno, from Converse, only heard about the race three hours before it began. His mother-in-law heard about it on the radio and called his family while they were eating. He

said, “Let's do it!” The full belly didn't slow Cornelio down, as he came in first place at 16 minutes, 45 seconds.

After the race, Garr shared a sparkling grape juice toast with runners and declared, “Here's to a safe, happy and prosperous 2011. HOOAH!”



Participants await the signal for the start of the 5K event.

Photos by Dimice Perry

SCHOLARSHIP from P1

board reviews the applications and grants the scholarships, 25 scholarships are given to wounded warriors and 25 go to the spouses of wounded warriors.

L. Tammy Duckworth, a wounded warrior and assistant secretary for Public and Intergovernmental Affairs at the U.S. Department of Veteran Affairs, heads the wounded warrior selection board.

Josie Alcaraz (right), a representative from Colorado Technical University, presents Mary Lou Copper a full four-year scholarship to CTU Dec. 15 at the Warrior and Family Support Center as retired Army Staff Sgt. Domingo Soto-Santana and Army Spc. Brittani Lowery look on.

Photo by Lori Newman



The spouses' scholarship board is headed by Marie Tillman, the wife of former NFL player Pat Tillman, who died in 2004 while serving with the 75th Army Ranger Regiment in Afghanistan.

"A couple of years ago, we noticed a strong increase in wounded warriors attending the

online division," Alcaraz explained. "So we felt it was our opportunity to do something to give back."

"This means a lot because without a scholarship I probably wouldn't be able to attend college because of the financial situation we are in," Copper said.

Soto-Santana said he kept calling to find out the status of his application. When he found out he would be receiving the scholarship, he couldn't believe it.

"It took awhile to sink in," he said. "I'm anxious to jump in. It's been awhile since I've been to school."

DOD challenges service members: resolve to be one of the million in 2011

By Paul Fitzpatrick
TRICARE
Communications
and Customer Service
Directorate

Each year, more than a million people successfully quit tobacco, and the Department of Defense wants more military personnel included in that number in 2011.

"In the tradition of New Year's, we are asking our active duty and retired service members and their families to make a resolution to quit tobacco," said Cmdr. (Dr.) Aileen Buckler, chair of the DOD Alcohol and Tobacco Advisory Committee. "Tobacco use impairs military readiness and results in serious health problems, so New Year's is a great time to commit to stopping tobacco use."

With studies showing people are 10 times more likely to succeed in behavior change when acting on a resolution, New Year's appears to be the perfect opportunity to start the process of quitting tobacco.

"Making a resolution to quit tobacco is just the beginning. Developing a strategic plan to overcome obstacles and stay on course is the ultimate key to successful quitting," Buckler noted. "The DOD has developed a comprehensive set of



Courtesy photo

tools and a support system to help individuals prepare to follow through on their New Year's resolution."

Buckler is referring to several TRICARE resources including Quit Tobacco - Make Everyone Proud, the DoD tobacco cessation campaign. The campaign website at <http://www.ucanquit2.org> features Train2Quit, an online support system that uses interactive quit tools, self-assessment questionnaires, quizzes and other activities.

The support system shows service members how to create a customizable quit plan with a calendar to track progress and learn how to beat cravings, overcome weight gain and cope with the effects of nicotine withdrawal.

The site also offers live help with links to person-

See TOBACCO P11

WARNING from P1

“Service members and veterans need to be careful in this day in age,” said Jerry Manar, deputy director for Veterans of Foreign Wars, a non-profit service organization of combat veterans in the U.S.

“Many scams seem to offer something for very little money or for free. Once you’re involved with them they do a bait and switch and begin charging money for services,” Manar said, stressing residents of retirement and nursing homes are often targeted and particularly vulnerable.

“It is a growing problem, and one that MOAA is paying close attention to, especially the tactics being used,” Lofiego said.

Recently forwarded throughout the Fort Sam Houston community and titled “Warning To Veterans,” the current version of the email advises against using the services of an organization called Veterans

Affairs Services and appears to come from Kevin Secor, Veterans Service Organizations liaison, Office of the Secretary of the Department of Veterans Affairs.

MOAA contacted the VA and VSO Liaison Kevin Secor to confirm. Lofiego said Secor stated that he never sent the message.

An earlier version purportedly from Michael G. Daugherty, staff attorney with the Department of Veterans Affairs, Office of General Counsel, contains a Facebook link that may be an attempt to upload a virus according to Better Business Bureau Military Line officials

BBB confirmed with the VA that although Michael Daugherty is currently a staff attorney for DVA, he did not send the email and that no emails of this nature are being sent by the VA.

The BBB advises anyone receiving this email not click on the link. Also, the VA advises veterans

seeking assistance use a VA-recognized service organization in order to submit a claim for benefits.

Referencing the VAS internet location, <http://www.vaservices.org>, the organization has some working links to VA benefit and military-related information and a purloined resemblance to the VA name and seal. Forms on the Web site solicit visitors to schedule a briefing by requesting input of detailed personal information.

VAS representatives did gain access to military personnel several years ago according to Dale Hartley, base civilian financial counselor at MacDill Air Force Base, Tampa Fl. at the time. Hartley is currently on the faculty of Laramie County Community College and adjunct faculty with Ashford University in Cheyenne, Wyo.

He said a service member asked him to help her understand the retirement plan she

bought from salespeople she understood to be VA representatives.

“This is a whole life insurance policy,” Hartley explained to her, adding that she did not need insurance as she already had a \$200,000 Servicemen’s Group Life Insurance policy; and the VA does not sell life insurance or investments.

Hartley said business cards presented to the service member represented the Military Financial Planning Association and Veterans Affairs Services.

“So I now had evidence that these salesmen gained access to a restricted military base on false pretenses; lured government personnel during duty hours to a “retirement planning” briefing, which was in reality nothing more than

a sales prospecting event; sold life insurance products deceptively to customers who thought they were buying investments for retirement or college; and presented themselves as government representatives selling products sanctioned by the VA,” Hartley said.

He reported the scam to MacDill AFB’s Office of Special Investigations and to Florida’s Insurance Commissioner.

“The salesmen were immediately barred from MacDill AFB. The various investigators then took over and I never learned what action was taken,” Hartley said. “The client never returned and I don’t know what she did about her ‘retirement plan.’ I believe she had a good case to surrender it to American Pioneer and demand all her money back.”

Manar explained that the VA lists all accredited organizations and representatives and the information can be researched at <http://www4.va.gov/ogc/apps/accreditation/index.asp>.

Veterans and soon-to-be veterans at Fort Sam Houston can contact the Retirement Services Office for information on rights, benefits and privileges. Call 221-0936/2964 or visit <http://fsh-intranet.amedd.army.mil/rso>.

The Army Career Alumni program offers transition assistance to help exiting service members get ready for the outside world with three-day classes, resume building and job searches. Call 221-1213. For help with health care issues veterans may call the VA office in San Antonio at 699-2100.

TOBACCO from P10

al quit coaches, available seven days a week, 24 hours a day, to get answers to questions about quitting tobacco and how to stay tobacco-free.

Currently, the website also features a New Year’s Resolutions page where individuals can post their resolution to quit tobacco. Individuals can send e-cards of their resolution to quit tobacco, and family and friends can also send e-cards of encouragement to those trying to quit.

Free New Year’s smoking cessation materials are available for

health professionals and other installation leaders to order or download to help promote events. The site also has an “I made a resolution to quit tobacco in 2011” badge that can be downloaded to a Facebook page.

Users of the DOD website can sign up to receive quit tips via text messages or personal widget downloads. The website also has a savings calculator, fun games like Texas Hold ‘Em and blogs for peer support, as well as social networking links to Twitter, Facebook and YouTube.

The site provides medication information, news articles, podcasts, RSS

feeds, special monthly features and much more.

All non-Medicare eligible beneficiaries can receive assistance with smoking cessation through TRICARE’s toll-free smoking help line. Toll-free telephone lines are available in each TRICARE region offering support, 24 hours per day, seven days per week, 365 days per year.

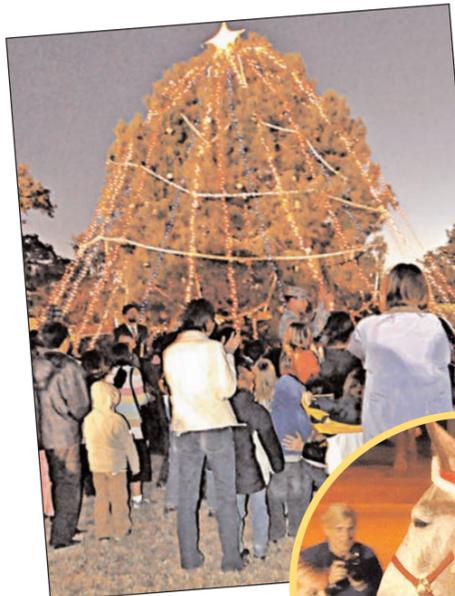
“We are committed to helping all members and former members of our armed services and anyone close to them start the journey to a healthier lifestyle in the coming new year,” Buckler added.

FSH tree-lighting ceremony opened holiday season in style

More than 700 people turned out to enjoy an early holiday present in the form of snow, Santa, songs and cheer at the Fort Sam Houston's MacArthur Parade Field Holiday Tree Lighting Ceremony Dec. 1. Brig. Gen. Leonard Patrick, 502nd Air Base Wing commander, and Col. Mary Garr, 502nd Mission Support Group commander, lit the installation tree located at the post flagpole, and there was a reading of "Twas the Night Before Christmas," a holiday music performance by the U.S.

Army Medical Command Band and carols sung by students from Fort Sam Houston schools.

Children of all ages were able to romp through snow, build a snowman and have a snowball fight. After the ceremony, guests strolled through Candy Cane Lane where they visited with Santa and his elves and reindeer, enjoyed refreshments, and took part in arts and crafts.



Members of the Fort Sam Houston community gather to see the tree light up.

Brig. Gen. Leonard Patrick, 502nd Air Base Wing commander, and Col. Mary Garr, 502nd Mission Support Group commander, opened the tree-lighting ceremony.

Photos by Tiffany Boulez



Children of all ages were able to romp through snow, build a snowman and have a snowball fight.

HOLIDAY HAPPENINGS

ARNORTH'S SWAN-TA AND MRS. CLAU MEET, GREET, TREAT FSH FAMILIES



Photo by Staff Sgt. Keith Anderson

Army North's Mr. and Mrs. Swan-ta Claus, (also known as Lt. Gen. Guy Swan III, U.S. Army North commanding general, and his wife Melanie) handed out goodie bags to local Families and children and spread holiday cheer throughout the Fort Sam Houston housing communities Dec. 22. ARNORTH joined forces with the 502nd Mission Support Group, 502nd Security Forces Squadron, FSH Fire Department and Lincoln Military Housing to promote holiday spirit and safety.

ROLLING REINDEER VISIT FISHER HOUSE

More than 80 Harley-Davidson motorcycle riders from San Antonio rode in with Santa Claus Dec 11 to deliver gifts to children at the Fisher House. Organizer Rhonda Fields, daughter of riders Curtis and Cheryl Blanchette, said this was their third year coming to the Fisher House to give back to the troops and their Families.

Photo by Maria Gallegos



ARMY NORTH FAMILIES BOWL WITH SANTA



Photo by Staff Sgt. Keith Anderson

Santa Claus hands out candy canes to children during a U.S. Army North Family Readiness Group meeting at the Fort Sam Houston Bowling Center Dec. 14. Santa stayed and bowled a few games with Families and spoke to children about Christmas. During the FRG meeting, Family members heard from Maj. Gen. Perry Wiggins, deputy commanding general, Army North and other leaders who spoke about the importance of spending time with Families during the holidays and taking care of those Soldiers who are unable to see their loved ones during Christmas and the holiday season.

SERVICE MEMBERS, CIVILIANS RING IN HOLIDAYS AT ARNORTH CG'S RECEPTION



Photo by Staff Sgt. Keith Anderson

Lt. Gen. Guy Swan III, U.S. Army North commanding general, welcomes service members and civilians from the Fort Sam Houston community to the ARNORTH Commander's Holiday Reception at the Fort Sam Houston Resident Center Dec. 16. Swan said the holiday season is a time of the year that provides an opportunity to celebrate with loved ones and friends and a time to think of those not home for the holidays.

JEWISH FEDERATION SERVES DINNER



Photo by Phillip Reidinger

Members of the Jewish Federation of San Antonio serve Christmas dinner Dec. 25 at the Warrior and Family Support Center. This Christmas tradition by the Jewish Federation began in December 2003 when the Warrior and Family Support Center, then the Soldier and Family Assistance Center first opened in the Powless Guest House in a converted conference room.

ARMY SOUTH NEW YEAR'S RECEPTION



Photo by Phillip Reidinger

1st Lt. Cameron Ek, aide-de-camp, Maj. Gen. Simeon Trombitas, commanding general U.S. Army South, Brig. Gen. Manuel Ortiz, deputy commanding general, U.S. Army South and Command Sgt. Maj. Gabriel Cervantes welcome guests at the Army South New Year's reception Jan. 2.

ADOPT A HERO FOR CHRISTMAS

"Honda Bob" LeClair, coordinator of the "Adopt a Hero for Christmas" program, arrives as Santa at the Warrior and Family Support Center with more than 80 fellow motorcyclists from the Houston area to distribute gifts to Wounded Warriors and their Family members Dec. 18. "This is our fifth anniversary visiting the Warrior and Family Support Center with gifts and we make improvements every year to make this a special event for our participants and the wounded warriors and their Families," he said.



Photo by Phillip Reidinger

ARNORTH HOLIDAY RUN

Lt. Col. Shannon Miller (left), commander, Headquarters and Headquarters Battalion, U.S. Army North, leads her battalion on a three-mile holiday run around Army North's historic Quadrangle and Stanley Road in the early morning hours of Dec. 17. Maj. Gen. Perry Wiggins (far right), deputy commanding general, Army North, runs alongside the formation to cheer on Soldiers.



Photo by Staff Sgt. Keith Anderson

See page 15 for more photos

HOLIDAY HAPPENINGS

BAMC CG HELPS SERVE HOLIDAY MEAL



Photo by Lindan A. Moya

Brig. Gen. Joseph Carvalho Jr., commander Southern Regional Medical Command and Brooke Army Medical Center, serves an Air Force staff sergeant during the BAMC holiday meal Dec. 25.

ARNORTH CELEBRATES NEW YEAR'S EVE WITH WOUNDED WARRIORS

Kaylee Lara, daughter of Spc. Sergio Lara, a wounded warrior, shows off the "cow deer" figurine – a cow dressed as a reindeer – she won playing Bingo during the Warrior and Family Support Center's New Year's Eve party Dec. 31. Wounded warriors and their Families enjoyed a free meal and goodies provided by U.S. Army North personnel, and competed for prizes donated by local businesses and individuals. "It's awesome – we love it," he said. Lara, who injured his back and is leaving military service, said his New Year's resolution is to buy a new home.



Photo by Staff Sgt. Keith Anderson



Photo by Staff Sgt. Keith Anderson

Pfc. Ryan McIntosh, a wounded warrior, along with his wife, Hannah, enjoy a free meal Dec. 31 as the couple plays bingo during a New Year's Eve party at the Warrior and Family Support Center. U.S. Army North personnel provided food and goodies for the event and local businesses and individuals donated gifts to be used as bingo prizes for more than 200 wounded warriors and their Family members. McIntosh, whose right leg was amputated below the knee after he was injured in Afghanistan, said his New Year's resolution is "to have a little bit less stressful of a year." McIntosh is a native of Rifle, Colo.

Public welcome at Army Strong Zone, All-American Bowl events

Heading to the U.S. Army All-American Bowl at the Alamodome Jan. 8? You might want to get there early to check out

the latest in gee-whiz high-tech Army goodies at the Army Strong Zone, located near Sunset Station.

The game, which kicks off at noon and is televised live on NBC affiliate News 4 WOAI, features the nation's top 90 high

school football players.

The action takes place at the Alamodome at 100 Montana St. in downtown San Antonio.

The Army Strong Zone is a 129,000-square-foot interactive display area featuring some of the Army's elite technology and assets. Army Soldiers are also on-site to provide Americans with a glimpse into Army life and the many options and opportunities available.

Army technology on display will include robotics, culinary arts, vehicle and aviation technologies, engineering and educational displays.

The Army Strong Zone is open 8 a.m. to 7 p.m. Jan. 6; 8 a.m. to 9 p.m. Jan. 7; 9 to 11 a.m. and 2 to 5 p.m. Jan. 8; and 10 a.m. to 2 p.m. Jan. 9 and is free and open to the public.

There are also other events open to the public. Spectators can watch the East team practice at Gustafson Stadium at 7001 Culebra Road or

watch the West team work out at the Blossom Athletic Center at 12002 Jones Maltsberger Road. Teams practice from 10 a.m. to 3 p.m. Jan. 6.

On Jan. 7, the U.S. Army National Combine takes place from 8 a.m. to 9 p.m. at the Alamodome. Five hundred of the nation's top high school football underclassmen will again gather for the event.

The combine is the first opportunity for the nation's top underclassmen to demonstrate their physical talent and compete against one another among high school and college football's top scouting organizations, as well as the U.S. Army All-American Bowl Selection Committee, which features Tom Lemming and representatives from Rivals.com.

Free military ticket vouchers are still available at the 502nd Force Support Squadron on the second floor of Building

124. The ticket vouchers are available on a first-come, first-served basis but do not guarantee a seat on the day of the U.S. Army All-American Bowl.

The vouchers can be redeemed prior to Jan. 8 for one general admission ticket at the Alamodome box office or at the gates for admission on game day.

In addition, anyone who shows a Department of Defense I.D. card at the Alamodome on the day of the game can also get a free general admission ticket.

For those wanting a lower-level seat on the plaza, mezzanine and club levels, ticket prices range from \$18.25 and \$32.65, while upper level seats (rows 1-28) cost \$18.25.

For more information about the game, visit <http://www.usarmyal-americanbowl.com>.

(Source: <http://www.usarmyal-americanbowl.com>)



Keep up with all things All-American Bowl

The U.S. Army All-American Bowl is an East versus West showdown that features the top 90 players from across the country and the nation's top 125 high school marching musicians who will perform during half-time of the U.S. Army All-American Bowl.

It is the premier high school football game in the country and has helped launch the spectacular careers of Reggie Bush, Vince Young, Adrian Peterson, Brady Quinn and many other college and NFL stars since the bowl began in 2001.

There are many ways



Courtesy photos

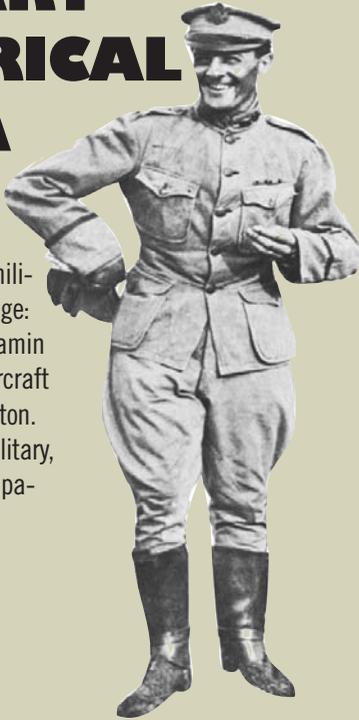
Defensive tackle Marquis Anderson (left) and running back Malcolm Brown and of Byron P. Steele II High School in Cibolo, Texas, are two of the five local athletes taking part in the U.S. Army All-American Bowl.

to keep up with the five local players on the West roster and all the hoopla surrounding the game, which kicks off at noon and is televised live on NBC affiliate News 4

WOAI.

The U.S. Army All-American Bowl is well represented on the Internet. Check any of the following websites for more information: <http://www.usarmyal-americanbowl.com> <http://www.twitter.com/armyallamerican> <http://allamericangames.tv> <http://goarmy.com/events/aab/> <http://www.facebook.com/goarmy> <http://www.facebook.com/USArmyAllAmericanBowl> <http://armylive.dodlive.mil/index.php/2010/01/all-american-bowl-2010/>

MILITARY HISTORICAL TRIVIA



Think you know a lot about Fort Sam Houston and the U.S. military? Test your knowledge:
 Q. In 1910, Lt. Benjamin D. Foulois flew Army Aircraft No. 1 at Fort Sam Houston. Before he joined the military, what was Foulois' occupation?
 A. Balloonist
 B. Carpenter
 C. Plumber
 D. Electrician

A. Aviation pioneer Foulois, later the Chief of the Army Air Service, was a plumber before joining the Army

Weekly Weather Watch

	Jan. 6	Jan. 7	Jan. 8	Jan. 9	Jan. 10	Jan. 11
San Antonio	68° Partly Cloudy	72° Partly Cloudy	65° Chance of T-storm	72° Clear	63° Partly Cloudy	40° Clear
Kabul Afghanistan	53° Partly Cloudy	50° Clear	50° Clear	50° Clear	53° Scattered Clouds	48° Chance of Rain
Baghdad Iraq	64° Clear	66° Overcast	62° Scattered Clouds	66° Partly Cloudy	60° Clear	59° Clear

(Source: Weather Underground at www.wunderground.com)



Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

FSHISD

WEEKLY CAMPUS ACTIVITIES JAN. 10-15

Fort Sam Houston Elementary School
 Spring Gifted and Talented Education (G.A.T.E.) testing all week

Jan. 13
 End of second nine weeks
 First semester ends
 Lifetouch class pictures
 Ms. Dryden's Life Skills Field Trip to Commissary, 9:30 a.m. to noon

Jan. 14
 Student Holiday/Teacher Prep Day

Robert G. Cole Middle/High School

Jan. 10
 Special bell schedule
 Semester exams - second and seventh periods
 Boys Soccer at St. Mary's Hall, 5 p.m.

Jan. 11
 Special bell schedule
 Semester exams - first and sixth periods
 Boys Varsity Basketball vs. Nixon-Smiley at Cole, 6:30 p.m.
 Girls JV/V Basketball vs. Nixon-Smiley at Cole, 5 and 6 p.m.

Jan. 12
 Special bell schedule
 Semester exams - third and fourth

periods
 Early release day for middle and high school students, 11:40 a.m.

Jan. 13
 End of second nine weeks
 First semester ends
 Early release day for middle and high school students, 11:40 a.m.
 Semester exams - fifth and eighth periods
 Cole middle school chill-out social during eighth period
 Boys Soccer San Antonio ISD Tournament at SAISD Sports Complex Center, TBA

Jan. 14
 Student holiday/teacher prep day
 Girls JV/V Basketball at Stockdale, 5 and 6:30 p.m.
 Boys Varsity Basketball at Stockdale, 8 p.m.
 Boys Soccer San Antonio ISD Tournament at SAISD Sports Complex Center, TBA

Jan. 15
 Boys Soccer San Antonio ISD Tournament at SAISD Sports Complex Center, TBA
 Girls Soccer vs. Southside, 10 a.m.
 UIL One Act Play rehearsals in Moseley gym, 1 to 3 p.m.

Force Support Squadron

Family & MWR

Announcements

Jimmy Brought Fitness Center Repairs

Repairs to the air conditioning system at the Jimmy Brought Fitness Center are underway. During each phase of repairs, equipment or activities may be relocated for continued use; however, some activities may be suspended until the repairs are complete. Call 221-1234.

English as a Second Language

The class meets Mondays and Wednesdays, 5-7:30 p.m. at Roadrunner Community Center, Building 2797, use back entrance. This class is free and designed especially for foreign-born spouses to improve reading comprehension, vocabulary and pronunciation. Classes are appropriate for the beginner, intermediate and

advanced student with individualized group instruction. To register, call 221-1681/9698.

Know More. Save More. Text FORTSAM to 839863.

To receive limited text messages for community events, restaurant specials, discount tickets to secret sales events and more text FORTSAM to 839863. Subscription is free, and interests can be updated at any time by visiting <http://www.fortsamhoustonmobile.com>. Standard text messaging rates apply.

H.U.G.S. playgroup

The playgroup for parents and children birth to 5 years old meets Tuesdays, 9-11 a.m. at the Middle School Teen Center, Funston Road, Building 2515. Registration is not required. Call 221-0349/2418.

Fort Sam Houston Boxing Team Needs Members

The Jimmy Brought Fitness Center is looking for patrons to build a competitive boxing team for Fort Sam Houston and Brooke Army Medical Center. No experience is

necessary; however a competitive attitude is needed. Males and females are encouraged to participate. Call 314-6345 for more information.

Exceptional Family Member Program

A support group meets Wednesdays, 6-7:30 p.m. at School Age Services, Building 1705, Dodd Boulevard. Child care and dinner provided. Registration is required. Call 221-2604.

Baby Talk

The group meets Tuesdays 1-2:30 p.m. at Dodd Field Chapel. Call 221-0349/0655.

Microsoft Office Classes

Jan. 11 – PowerPoint Level 1
Jan. 12 – Word Level 2
Jan. 13 – Excel Level 2
Jan. 18 – PowerPoint Level 2
Jan. 19 – Access Level 1
Jan. 20 – Excel Level 3
Jan. 25 – Word Level 3
Jan. 26 – Access Level 2
Jan. 27 – Publisher
Classes are 8 a.m.-noon at the

Roadrunner Community Service, Building 2797. To register, call 221-2518/2705.

Mandatory Initial First Term Financial Readiness

Classes are Jan. 6, 13, 20 and 27 from 10 a.m.-noon at the Roadrunner Community Center, Building 2797. To register, call 221-1612.

Teen Poetry Slam Workshops

To prepare for the 2nd Annual "Stand. Speak. Listen. Teen Dating Violence Awareness Poetry Slam Feb. 5 workshops will be offered to help with writing and performing skills. The workshops are Jan. 12, 19 and 26 from 5-6:30 p.m. at the Roadrunner Community Center, Building 2797. Call 221-2055 or 295-0313.

Calendar of Events

Jan. 7

Getting ready for childbirth

The class is 1-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0326/0349.

Family Readiness Support Assistant Forum

The class is 11:30 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. This open forum provides FRSA's the opportunity to network and share lessons learned among peers. To register, call 221-1829/0946.

Jan. 10

Pre-Deployment Planning Training

The training is 9 a.m.-3 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Using Credit Wisely

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

Doctor Dad

The class is 5:30 to 7 p.m. at the Roadrunner Community Center, Building 2797. This four-part class will meet each Monday and show how father's involvement is critical

to a child's health. To register, call 221-0221/0349.

Jan. 11

Army Family Team Building Level 2

The class is Jan. 11-12 from 8 a.m.-3 p.m. at the Dodd Chapel Training Room. To register, call 221-2611/2705.

Key Caller Training

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

Re-Entry Workshop

The class is 10-11 a.m. at the Roadrunner Community Center, Building 2797. This workshop is for those coming from an overseas assignment in an effort to help adjust to cultural adaptation, teen culture, financial adjustments and emotional factors. Call 221-9698/1372.

Federal Resume Writing Class

The class is 11 a.m.-2 p.m. at the Roadrunner Community Center, Building 2797. Registration is mandatory, class size is limited. Call 221-0427/0516.

Debt Liquidation

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

Building Effective Anger Management Skills

This six-part series meets Tuesdays and Thursdays beginning Jan. 11 from 5:30-7 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349/0221.

Jan. 12

FAP Commander/Senior Leader Training

The training is 8-10 a.m. at the Roadrunner Community Center, Building 2797. This mandatory FAP training IAW AR 608-18 is required for commanders and first sergeants within 45 days following assumption of command. To register, call 221-0349.

Bringing Baby Home

The class is Jan. 12 and 26 from 9 a.m.-12:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349/0326.

Overseas Orientation

The class is 10-11 a.m. and 5-6 p.m. at the Roadrunner Community Center, Building 2797. This orientation provides resources and information to decrease difficulties in moving to an overseas location. Call 221-9698/1372.

Mandatory Initial First Term Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. Class space is limited. Call 221-1612.

Sexual Assault Training

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

Truth or Consequences

The class is 5-6:30 p.m. at the Red Cross, Building 2650. This four-part series aids teens with decision making skills, developing effective conflict management skills and enhancing their self-esteem. To register, call 221-0349/0221.

Jan. 13

Couples Enrichment

Classes are Jan. 13, 20 and 27 from 5:30-7 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349 or 295-0313.

Jan. 15

Hearts Apart

The class is 1-3 p.m. at the Roadrunner Community Center, Building 2797 for all spouses of Soldiers geographically separated. Call 221-1681/9698.

Jan. 19

Women Encouraging Women (en espanol)

The class is noon-1 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349/9425.



Calendar of Events

**JAN. 8
Trinity University Walks**

The Randolph Roadrunners volksmarch club will host a 5k and 10k walk starting at the Bell Athletic

Center at Trinity University, One Trinity Place. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 723-7711 or print a brochure at <http://randolphroadrunners.info/>.

**Jan. 17
Warrant Officer Association Meeting**

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. All active duty, retired, Reserve, National Guard warrant

officers and family members of current or retired warrant officers are invited. Call 375-9895 or 666-9818.

**Jan. 30
Building Strong Families Workshop**

Gather insight on families, children, marriage and finance during a free workshop 4-7 p.m. at the Trinity Baptist Church, 319 E. Mulberry. Dinner and child care provided, advance reservations required. Call 733-6201.

Rocco Dining Facility Menu Building 2745, Schofield Road

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

Friday - Jan. 7

Lunch - 11 a.m. to 1 p.m.

Smothered pork chops with gravy, fried catfish, beef lasagna, barbecued pork chops, macaroni and cheese, parsley-buttered red potatoes, collard greens, cauliflower combo, yellow squash

Dinner - 5 to 7 p.m.

Barbecued chicken, ginger pot roast, grilled chicken breasts, cheese tortellini, harvest wild and brown rice, au gratin potatoes, stewed okra and tomatoes, peas and carrots, broccoli

Saturday - Jan. 8

Lunch - noon to 1:30 p.m.

Spaghetti with meat sauce, grilled ham steaks, spicy baked fish, broccoli-cheese-rice casserole, spaghetti noodles, red beans and rice, baked sweet potatoes, lima beans, Brussels sprouts, mixed vegetables

Dinner - 5 to 6:30 p.m.

Grilled turkey patties with onions,

barbecued beef cubes, cheese manicotti, breaded pork fritters, fried rice, mashed potatoes, corn, green beans, fried cauliflower

Sunday - Jan. 9

Lunch - noon to 1:30 p.m.

Caribbean baked chicken breasts, stuffed cabbage rolls, hot Italian sausages, cheese tortellini, oven glo potatoes, brown rice, baked potatoes, carrots, peas with mushrooms, broccoli

Dinner - 5 to 6:30 p.m.

Chicken Alfredo, roast pork loin, mushroom quiche, Aztec red beans and rice, parsley-buttered red potatoes, parsley red potatoes, collard greens, carrots, corn

Monday - Jan. 10

Lunch - 11 a.m. to 1 p.m.

Roast turkey, barbecued spareribs, Salisbury steaks, Creole macaroni, cheese ravioli, mashed potatoes, brown and wild rice, fried okra, smothered squash, French-style green beans

Dinner - 5 to 7 p.m.

Swiss steaks with brown gravy,

Swiss steaks with onions, baked ham, chicken lasagna, vegetable lasagna, brown rice, candied sweet potatoes, asparagus, Harvard beets, corn on the cob

Tuesday - Jan. 11

Lunch - 11 a.m. to 1 p.m.

Fried fish, lemon baked chicken breasts, Mexican chicken breasts, meat loaf, rice frittata, Mexican rice, rice pilaf, scalloped potatoes, fried okra, broccoli

Dinner - 5 to 7 p.m.

Beef enchiladas, cheese manicotti, charbroiled meatballs with brown gravy, fried fish, baked fish, lyon-naised potatoes, steamed rice, Spanish rice, glazed carrots, green beans, spinach

Wednesday - Jan. 12

Lunch - 11 a.m. to 1 p.m.

Chicken ala king, roast pork loin, chicken gyros with tzatziki sauce, lemon baked fish, cheese ravioli, brown rice with asparagus, parsley red potatoes, club spinach, cauliflower combo, French-style green beans

Dinner - 5 to 7 p.m.

Baked tuna and noodles, Italian veal steaks, barbecued chicken breasts, baked chicken breasts, cheese and egg noodle casserole, paprika red potatoes, mixed vegetables, broccoli, succotash

Thursday - Jan. 13

Lunch - 11 a.m. to 1 p.m.

Citrus grilled chicken breasts, Cantonese spareribs, beef stir-fry, potato frittata, steamed rice, fried rice, cottage fried potatoes, Chinese fried cabbage, yellow and zucchini squash, green peas with onions and mushrooms

Dinner - 5 to 7 p.m.

Chicken chow mein, breaded pork fritters, spaghetti with meat sauce, cheese ravioli, au gratin potatoes, steamed rice, cauliflower combo, mixed vegetables, Brussels sprouts

Menus are subject to change without notice



For Sale: Battery powered scooter, like new, manual and instructions included, \$400 obo. Call 504-638-4168 or 649-0512.

For Sale: 1999 BMW 323i, white exterior, beige leather interior, power seats, moon roof, multi-CD player, lots of new parts, \$4,800. Call 373-8469.

For Sale: Large five-piece entertainment center, rustic, \$350; three tables with glass tops, coffee table, end table and sofa table with two lamps, \$75. All items in excellent condition. Call 488-3175.

For Sale: Oak entertainment center, \$175 obo; Beanie Babies, various styles and prices. Call 550-7371.

For Sale: 12-month-old female yorkie, \$350; 9-month-old female Chihuahua, shots, \$250; 4 foot wide truck bed extender, \$225; Stetson brown felt hat, size 7, \$75; medium-size dog carrier, \$15. Call 221-2690.

For Sale: 1994 Toyota small truck, great condition, \$3,900 obo; memory foam sofa, clean, \$175; truck front grill with reversible hitch, like new, \$350; cargo security shade for medium-size SUV, \$65; baby backpack on frame, \$30. Call 633-3859.

For Sale: 2-year-old male boxer, registration papers, \$150; large antique iron wheels, \$100 pair; tall white cabinet, \$50; Cardioglider exercise machine, \$175; 150-gallon butane/propane tank, \$425. Call 633-2247.

For Sale: Wheelbarrow, \$30; porcelain dog dolls with clothes, 24 inches tall, \$95; 3 foot by 3 foot ballet scene, framed and numbered, \$50; 6-month-old male maltipoo, \$250;

entertainment center, \$50. Call 221-2123.

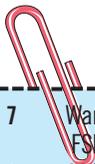
For Sale: Toddler car seat, \$35; knick-knack tables, \$12; oak coffee table, \$95; child's bike, \$35; Little Tikes desk with attached seat, \$15. Call 219-4327.

For Sale: Entertainment center with many shelves, \$50 obo; 36-inch Toshiba TV, \$275; box of men's clothes, large and X-large, \$12; box of boy's clothes, size 3-4, \$12; baby monitor, \$20. Call 289-3130.

For Sale: Four-string bass guitar with amplifier, \$700 obo; framed Korean flag, \$75; baby crib with mattress, \$100; Little Tikes cottage playhouse, \$95. Call 221-2690.

For Sale: Party decorations for a various occasions, reasonably priced; playhouse, \$100; Trends stroller, \$15; maternity clothes, various sizes and prices; assorted baby toys, \$5 and up. Call 412-2151.

Thought of the Week
The cat, having sat upon a hot stove lid, will not sit upon a hot stove lid again. But he won't sit upon a cold stove lid, either.
— Mark Twain



REMINDER CALENDAR

- Jan. 7** Warriors Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Course, \$25 entry fee
- Jan. 8** 2011 U.S. Army All-American Bowl, noon, Alamodome
- Jan. 9** Col. Allgood Memorial Run/10 Miler and Bataan March, 8 a.m., Jimmy Brought Fitness Center
- Jan. 10** Using Credit Wisely, 2-4 p.m., Roadrunner Community Center
- Jan. 12** Martin Luther King Jr. Observance, 11:30 a.m.-1 p.m., Middle School Teen Center
- Jan. 12** Community Information Forum, 4:30-6 p.m., Sam Houston Community Center
- Jan. 12** Teen Poetry Slam Workshop, 5-6:30 p.m., Roadrunner Community Center
- Jan. 13** Martin Luther King Jr. Observance, 11:30 a.m.-noon, BAMC Medical Mall
- Jan. 17** MLK Day, Federal Holiday

