

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



**FORT SAM
HOUSTON'S MLK
PROGRAM**

Jan. 14,
11:30 a.m.-1 p.m.,
Army Community
Service
Building 2797

U.S. ARMY ALL-AMERICAN BOWL

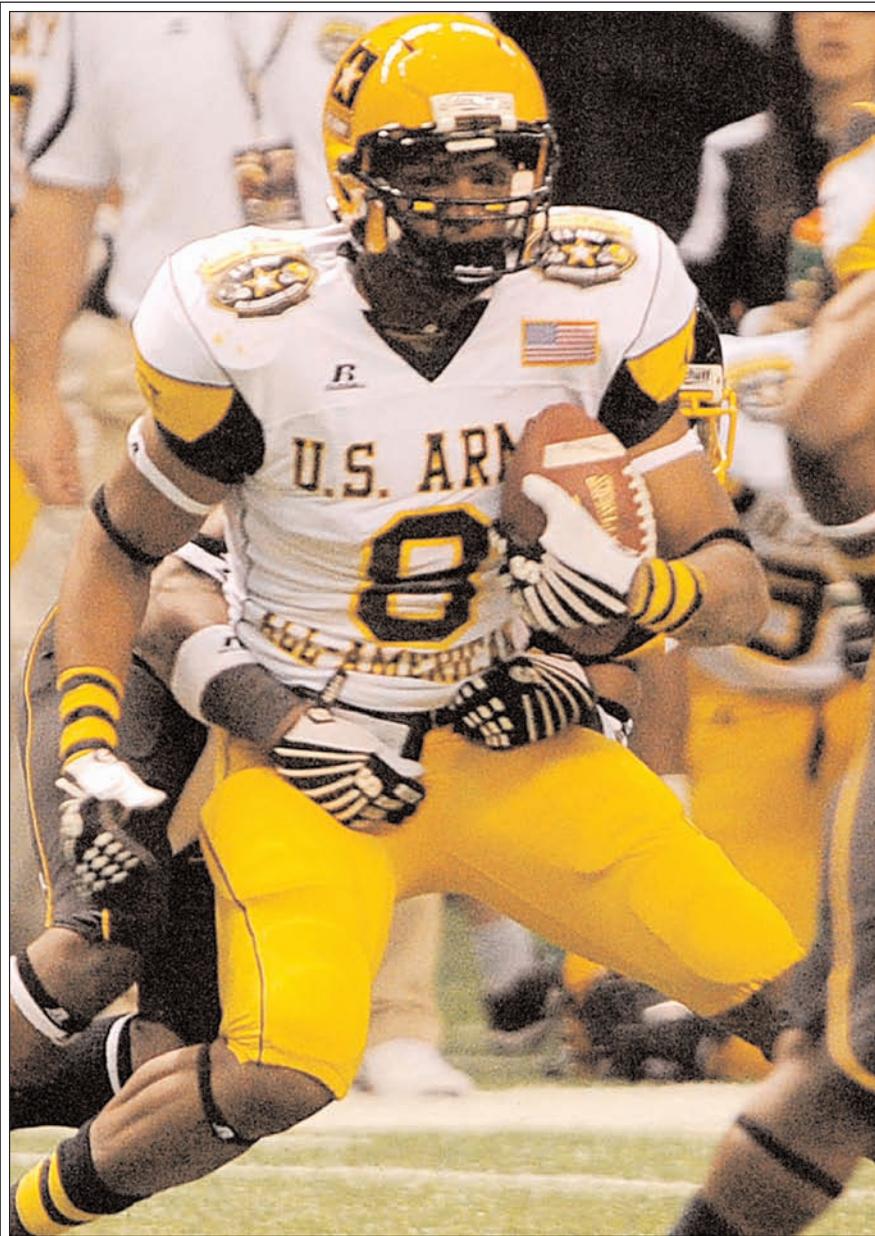


Photo courtesy of Billy Calzada, San Antonio Express-News

Wide receiver Nate Askew of the West team hauls in a reception as East defensive back Jalen Watkins tries to take him down at the U.S. Army All-American Bowl Jan. 9 at the Alamodome. Askew, the only local player on the roster, attends Madison High School and has made a verbal commitment to play at Texas A&M University in the fall. For more about the 10th anniversary of the U.S. Army All-American Bowl and the Army Strong Zone, see pages 14 and 15.

New Year ushers in leadership change for NRD San Antonio

By L.A. Shively
FSH Public Affairs

The New Year ushered in a change in leadership for the Navy Recruiting District San Antonio at Fort Sam Houston.

Navy Cmdr. Jonathan Lovejoy took the helm of NRD from Navy Cmdr. Mery-Angela Katson Jan. 8 during a traditional change of command reflecting Navy heritage at Army Community Service, Building 2797.

At the start of the ceremony each of the official party was announced with the ringing of a ship's bell, piped aboard to the distinctive low, high, low call of a boatswain's whistle, then crossed a red carpet flanked by Navy chiefs acting as

"sideboys" and took the stage in front of approximately 300 Family and guests in attendance.

Guest speaker, Rear Adm. Robin R. Braun, director, Total Force Management (OPNAV N2/N6) lauded Katson's leadership.

"She's an officer who makes an impact on anything or anybody she comes in contact with.

"She's a force to be reckoned with – a whirlwind of energy, a tsunami of enthusiasm and a hurricane of conviction," Braun said.

"During your tour you've faced many leadership challenges. But through

See NAVY P5

Study investigates sit-ups vs. core strengthening during APFT

Preliminary findings are in on three-year study targeting low back pain prevention

By Minnie Jones
FSH Public Affairs

Almost everyone has experienced some lower back pain, and according to the National Institute of Neurological Disorders and Stroke, low back pain is the second most common neurological ailment in the United States.

Back in 2006, a joint team of physical therapists at the Army Medical

Department Center & School, Fort Sam Houston, in partnership with the University of Florida began a study aimed at the prevention of low back pain and determining whether a core-strengthening exercise program during training might decrease low back injuries.

Since the core strengthening exercise

See EXERCISE P6

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Tax season is upon us; tax center opens Jan. 19

By Capt. Jody Hurst

OIC, Military Tax Assistance
Center

As everyone knows, there are four seasons each year: "PCS Season," "College Football Season," the "Holiday Season" and "Tax Season."

Now that the college football and holiday seasons have passed, we embark on an exciting adventure through tax season.

To help navigate your way through tax season, the Office of the Staff Judge Advocate provides the Military Tax

Assistance Center.

The tax center opens Jan. 19.

Tax center personnel are trained and certified by the Internal Revenue Service to assist eligible customers with their tax returns. The tax center will offer free tax preparation to military members, retirees, and their dependents.

This year, there will be two tax centers. The primary tax center office has moved. It will be located in Building 158, in the Trial Defense Services building and the satellite office will be located in Brooke Army Medical

Center, in the hospital's lower level. The BAMC tax center will open late January.

Items to bring to the Tax Centers to have your tax returns prepared:

- Military and dependent identification cards;
- Social security cards for you, your spouse and dependents;
- Birth dates for you, your spouse and dependents;
- Wage and earning statement(s) forms W-2, W-2G, and 1099-R from all employers;
- Interest and dividend statements from banks (Form 1099);

- A copy of last year's federal and state returns
- Voided check containing bank routing number and account number for direct deposit;

- Total paid for day-care provider and the daycare provider's tax identifying number (the provider's Social Security number or the provider's Employer Identification Number);
- Final LES of 2009
- Forms 1098, 1098-T, 1099-DIV, 1099-B, HUD-1;
- If applicable, bring W-2G, 1099-R, 1099-MISC, 1099-INT, 1099-

DIV, and other income, interest and dividend statements; and

- Form SSA-1099 for Social Security income.

To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms, or must have a Power of Attorney signed by the absent spouse.

Over the past two years, the Fort Sam Houston tax centers have saved customers over a million dollars in tax preparation and filing fees. Call 295-1040 after Jan. 19 for an appointment.

FIRE DEPARTMENT ANNOUNCEMENT

Effective Jan. 4 the Directorate of Emergency Services relinquished overall operational control of the Fort Sam Houston Fire Department to the Directorate of Public Works. The transition is the result of a joint base initiative to align under the Air Force Emergency Management structure. Over the past several years the Fire Department has had many achievements, such as the "Best Fire Department in the Army" (2007), runner-up for "Best Fire Department in the Army" (2008), "Best Fire Prevention Program in the Army" (2009) and additionally has established the Junior Fire Explorer Program. The move has no impact on services provided to the community, but arranges fire services to mirror those on surrounding Air Force bases. All emergency calls will continue to be handled through 911 for immediate fire, ambulance, and police response.

(Source: Director of Emergency Services)

Thought of the Week

The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little.

— Franklin D. Roosevelt
(Source: Bits & Pieces, November 2009)

Weekly Weather Watch

	Jan. 15	Jan. 16	Jan. 17	Jan. 18	Jan. 19	Jan. 20
San Antonio	 58° T-storms	 52° T-storms	 54° Partly Cloudy	 63° Partly Cloudy	 65° Partly Cloudy	 63° Chance of Rain
Kabul Afghanistan	 60° Partly Cloudy	 57° Scattered Showers	 57° Scattered Showers	 57° Scattered Showers	 52° Scattered Showers	 48° Clear
Baghdad Iraq	 69° Scattered Showers	 71° Scattered Showers	 73° Scattered Showers	 77° Scattered Showers	 77° Scattered Showers	 78° Chance of Rain

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

News Briefs

Winans and Nursery ACPs

In December, for a trial period, Department of Emergency Services extended the hours of operation at the Winans and Nursery ACPs from 10 p.m. to midnight on Fridays and Saturdays. This trial period assessed the volume of traffic at those ACPs during that time slot. Because the average rate of only 18 vehicles per hour for Winans ACP and 25 vehicles per hour for the Nursery ACP costs about \$150,000 per year, it was determined that those monies could be better utilized by conducting more random inspections and placement of more personnel at the ACPs to assist with the morning influx and minimize wait time to get onto the installation. Starting Feb. 1, the Winans and Nursery ACPs will return to normal operating hours, Monday-Friday, 4:30 a.m.-10 p.m.; Saturday-Sunday and holidays, 6 a.m.-10 p.m.

MLK Event

Fort Sam Houston will hold a Martin Luther King Jr. program Jan. 14, 11:30 a.m.-1 p.m. at Army Community Service, Building 2797. The guest speaker is Brig. Gen. Manuel Ortiz. "The Divas" will also perform. Cake and punch will be served after the program.

FSH Museum Closure

The Fort Sam Houston Museum will be closed Jan. 17 in observance of the Martin Luther King Day federal holiday.

MLK Holiday Closures

The following Morale, Welfare and Recreation facilities will be closed Jan. 18 in observance of the Martin Luther King Jr. holiday: Bowling Center, Harlequin Dinner Theatre, Sam Houston Club, Army Community Service, Soldier and Family Assistance Center, Parent Central (formerly Central Registration), Outdoor Equipment Center, RV Park, Library, Auto Craft Shop and Jimmy Brought Fitness Center (Open 5 a.m.-5 p.m.). All other MWR facilities are open as usual.

See NEWS P4



Photo by Esther Garcia

4th Reconnaissance Battalion staff and Marines pose with the family of their fallen comrade, Sgt. Cesar Ruiz, following a Purple Heart Medal presentation to Ruiz's wife, Kimberly and his parents Jose and Maria Ruiz.

Family of fallen Marine receives Purple Heart Medals

By Esther Garcia
FSH Public Affairs

In honor of United States Marine Corps Sgt. Cesar Ruiz, Lt. Col. Matthew Cooper, commander, 4th Reconnaissance

Battalion, with a formation of Marines from the Battalion at attention, presented Purple Heart Medals to Ruiz's wife, Kimberly and his mother and father, Jose and Maria Ruiz during a ceremony at the Navy

Operational Support Center Jan. 8.

Ruiz, who gave the ultimate sacrifice, died Oct. 31, 2009, supporting combat operations in Helmand province, Afghanistan. He was assigned to the Marine

Forces Reserve, New Orleans.

After welcoming the Ruiz family members to the ceremony, Cooper said, "Marines and Sailors of this battalion repre-

See PURPLE HEART P10

New clinic named after Army medic opens at Camp Bullis

A ribbon-cutting ceremony officially unveiled the new Camp Bullis Health Clinic dedicated to Army medic Spc. Taylor J. Burk Jan. 13.

The clinic commemorates Burk, a 21-year-old medic from Amarillo, Texas, who was killed by an improvised explosive device in Baghdad, Iraq in January 2005, while assigned to the 1st Battalion, 8th Cavalry Regiment, 1st Cavalry Division at Fort Hood, Texas.

"Specialist Burk is a true American hero," said Brig. Gen. Joseph Carvalho, Jr., commander of Brooke Army Medical Center and the Great Plains Regional

Medical Command, during the ceremony. "His is a legacy of selfless service, courage and honor. May his memory inspire every Soldier, Sailor, Airman and Marine who trains at Camp Bullis."

The mission of the new clinic is to provide high-quality healthcare to TRICARE Prime beneficiaries from infants to 64 years old. Most importantly, the facility is the medical support for all uniformed personnel who are conducting training operations at Camp Bullis.

Prior to the construction of the new facility, a temporary modular building was put in place to support the healthcare mission for training



Photo by Steve Elliott

Tracy Burk, mother of Spec. Taylor J. Burk, for whom the new Camp Bullis health clinic is dedicated, and Dr. John J. Garcia, chief of the clinic, unveil the plaque honoring the Bronze Star medal Burk received for meritorious service while he was stationed in Iraq in 2004.

Soldiers, as well as providing comprehensive primary care for thousands of active duty military, their Family members, and retired military mem-

bers and their Families.

The clinic is centrally located at the Camp Bullis Training Site in Building 5026, directly across from the flagpole.

The 15,823-square-foot single-story facility will house more than 20 staff members, including 14 exam rooms, two patient treatment rooms, five offices and a conference room.

Some of the available services include chronic disease management, preventive health care services, urgent care, radiology, laboratory, pharmacy, and a licensed clinical social worker to provide marriage, family and individual counseling.

Facility construction began in June 2008 and was completed November 2009.

(Source: BAMC Public Affairs)

Secretary of Army sets acquisition reform, outreach as priorities

By Gary Sheftick
Army News Service

Secretary of the Army John McHugh gave Pentagon staffers a “preliminary report” Jan. 6 after his first three months in office, asking them to continue supporting Soldier and Family programs, focus more on Congressional outreach and continue acquisition reform.

McHugh, who took office Sept. 21, spoke to more than 400 members of the Army staff and secretariat in the Pentagon auditorium at an Army Senior Leaders Forum.

“The most important thing we do is take care of our Soldiers and take care of our Families,” he emphasized. There’s a “critical interdependence” between Soldiers and Families in relation to

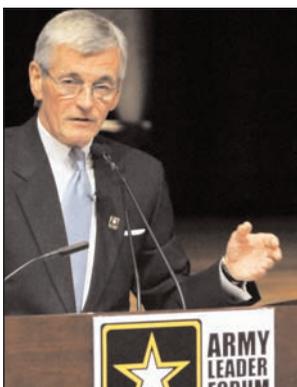


Photo by Staff Sgt. Matthew Clifton
Army Secretary John McHugh speaks during an Army Leader Forum Jan. 6 in the Pentagon Auditorium.

readiness, he said, especially with an all-volunteer force.

Quality-of-life programs must be balanced with modernizing the force, he said later, especially after almost nine years of war.

Facing persistent conflict, he said the Army

must transform the way it develops its leaders to prepare them for “hybrid threats” and ambiguous situations. He said the Army must train its leaders to be comfortable in dealing with uncertainty by teaching them “how to think” not just “what to think.”

“Technology does not in and of itself lift the fog of war,” McHugh said. He said more decentralized authority is needed, from the institutional level to combat.

One challenge the Army continues to face, he said, is reforming the acquisition process.

“In too many instances, the so-called traditional acquisition process has not been as agile, flexible and efficient as the force it’s charged to support,” McHugh said.

He lauded initiatives

such as the Rapid Equipping Force program and Experimental Task Force, saying the Army must continue efforts to get technology into the hands of Soldiers quicker.

“It’s a work in progress,” he said, but there’s more to be done.

“We have to re-tool our entire existing acquisition processes and develop a more agile acquisition strategy that directly supports the warfighter on the battlefield today, next year and beyond,” McHugh said. “And do it in a way that meets the expectations of our overseers on Capitol Hill.”

The Army needs a more robust and effective partnership with Congress, McHugh said.

He challenged every member of the Army staff to help the Office of the

Chief of Legislative Liaison in its mission.

He praised the Congressional Fellowship Program, saying the program is larger now than ever with 26 fellows from the Army on Capitol Hill, and added that the program should continue to grow.

He challenged every general officer in the National Capitol Region to take a “direct, personal role” in fostering a relationship with Congress.

He said that from his perspective serving 17 years in the House of Representatives, the other services are doing a better job of explaining their needs to Congress and reporting their achievements. He said improving this relationship with Congress is crucial to success in obtaining needed resources.

McHugh was asked whether the number of civilian employees working for the Army would grow beyond 200,000 in light of President Obama’s initiative to replace contractors with government employees, when appropriate. He said outsourcing would be examined on a case-by-case basis, and where there was not an essential government responsibility to keep a function in-house, who could do the job most efficiently would be weighed.

“I think our first responsibility has to be to the taxpayer dollar,” he said, adding that a “robust interaction” between the public and private sectors will not only stimulate the economy, but provide an Army outreach into communities.

Service member voting laws reflect changes

By Jim Garamone
American Forces Press Service

Laws have changed and service members who want to vote need to be aware of these changes, the director of the Federal Voting Assistance Program said.

Generally, military personnel who want to vote are a higher percentage than that in the general population. Still, there can be roadblocks to exercising the franchise.

Overseas-deployed service members may

find that “the absentee ballot doesn’t get to them on time, so they can vote and send it back to the election official and be counted,” Bob Carey explained during an interview Dec. 30.

In the general population about nine out of every 10 absentee ballots are successfully cast, the director said.

“Only about six or seven out of every 10 military ballots are successfully returned,” he said.

The biggest problems, Carey said, involve the

nature of overseas duty and delays in the military postal system.

Carey’s organization is working to expedite the voting process for military members. On the postal side, officials are looking at ensuring that all military ballots take seven days or less in transit. Imagine an express-mail service for military voters, Carey said.

The power of the Internet also is being harnessed. Military voters can go to the Federal Voting Assistance Web

site at <http://www.fvap.gov> to register to vote, request an absentee ballot, complete a back-up federal write-in absentee ballot if one is not received, and find out where to send election materials.

“Down the line we will also have an online ballot system where they can receive the ballot online, fill it out online and chose their candidates online,” Carey said. “They will still have to print it out and sign it, but it would end the wait of getting the bal-

lots.”

Deployed service members – at combat outposts and aboard ships – are the most affected by voting issues. Many military voters also are younger and aren’t aware of the processes behind voting, Carey noted.

“We’re trying to make it easy,” he said, “so they don’t have to know chapter and verse of election law in order to participate in the process.”

One of the bigger changes in the process is that military voters must send in a federal postcard application – again avail-

able at fvap.gov – as soon as possible.

“The law has changed and even if they have been getting their absentee ballot automatically they have to register each and every year,” Carey pointed out.

Service members also must submit a postcard application each time they move, each time they deploy and each time they redeploy.

“We’re encouraging everyone to send in a new federal postcard application by Jan. 15,” Carey said.

News Briefs

NEWS from P3

FSH Tax Assistance Center Grand Opening

The Fort Sam Houston Tax Assistance Center grand opening ceremony will be held Jan. 19, 9:30 a.m. at Building 158. Call 221-2282.

Voting Assistance Workshop

Voting Assistance Workshops will be held Jan. 21 at 9 a.m., 11 a.m., 1 p.m. and 3 p.m. at Army Community Service, Building 2797. Unit and installation Voting

Assistance Officers will receive critical information, and resources to make sure they can successfully perform their duties. Call 295-8518.

Technology Expo

The Fort Sam Houston Technology Expo will be held Jan. 27, 10 a.m.-2 p.m. at the Sam Houston Club. Over 30 exhibitors will demonstrate the latest in communications,

printing, storage solutions and more. The event is free and open to military, civilian and contract personnel. Call 443-561-2416 or visit <http://www.FederalEvents.com>.

NAVY from P1

determination, leadership and hard work, we've seen one of the most successful times in NRD San Antonio history."

"She's had the opportunity to change lives," Braun added.

"Not just of the young men and women who were recruited but also of the recruiters who are here. A real team builder, she focused on developing her people both personally and professionally."

Braun cited statistics that included effecting 100 percent of contract objectives with 1,500 recruits sent to Recruit Training Command – 103 percent of the goal – making NRD San Antonio one of the top districts in Navy Recruiting Region West for fiscal year 2009.

Katson assumed command of NRD San Antonio July 7, 2008, and led the recruiting district with a strategic focus on developing leadership through diversity with an emphasis on finding the most-qualified and brightest people at regional and local levels, Braun said.

She recognized NRD's support staff and zone supervisors noting that they produced this year's regional Rookie Recruiter of the Year, Boatswain's Mate 2nd Class Shaun Ingram and the Austin recruiters were named Region West Large Station of the Year.

During her remarks, Katson honored the veterans in the audience by thanking them and asking them to stand and receive applause and command-advanced



Navy Cmdr. Mery-Angela Katson salutes Cmdr. Glen Kaemmerer, Jr. (center), deputy commander, Navy Recruiting Region West, signaling relinquishment of her command of the Navy Recruiting District San Antonio to Navy Cmdr. Jonathan Lovejoy (left). Rear Adm. Robin R. Braun stands far right.

Photo by L.A. Shively

eight Sailors.

"Today feels like we just crossed the finish line after a marathon tour of recruiting, but the race is not over. I will continue to seek out qualified young men and women to serve in the Navy long after I have departed this command," Katson said.

"It is not my job, but it

will always be my duty."

Katson will transfer to the Naval War College for advanced training.

After reading his orders, Lovejoy remarked on the success of Katson's leadership.

"She has taken the helm and set a course where we continually exceed our mission," Lovejoy said.

Addressing the men and women of NRD San Antonio, Lovejoy gave them three primary reference points from which to take their bearings: a command philosophy where mission is first, training and preparing for future recruitment goals and a focus on family and fellow Sailors ensuring

NRD works together as a team.

Comprised of a district headquarters and a Navy Recruiting Processing Station, NRD has 42 recruiting stations covering over 126,600 square miles throughout central and south Texas and approximately 250 recruiters.

EXERCISE from P1

program did not include traditional sit-ups, they also wanted to determine any impact of the core strengthening program on Army Physical Fitness Test scores.

The study looked at 3,916 Army Soldiers in Advanced Individual Training, with half performing a traditional exercise program and the other half performing core stabilization exercises.

Abdominal sit-ups vs. core-stabilization exercises

Over the years, several studies show that strong core muscles make it easier to do most physical activities. The deeper the muscle is located, the greater the ability it will have for creating and maintaining a healthy

spine, and by large, muscular skeletal health.

Several abdominal muscles affect the trunk's posture and ability to function properly: Rectus abdominis (the six-pack muscle), Transversus Abdominus, Internal/External Oblique, and Multifidus muscles. The deeper stomach muscles (i.e., Transversus Abdominus, Multifidus, and Internal/External oblique muscles), also known as the "core" muscles, are the foundation for posture, balance and coordinated movement.

Training these muscles will correct postural imbalances, and allow individuals to perform their chosen sport or activity better without injury.

Abdominal sit-ups
Several studies have

indicated that performing just sit-ups is ineffective because they tend to only strengthen the abdominal muscles closer to the skin (e.g., Rectus Abdominis). Therefore, they do not improve core muscle strength, in addition, performing traditional sit-ups results in increased loading in the low back that may result in an increased risk of injury and low back pain.

"Sit-ups just train one component of the core, which is the least important component," said Air Force Maj. John Childs, co-principal investigator for the study and associate professor and director of research in the U.S. Army-Baylor University Doctoral Program in Physical Therapy at the Army Medical Department Center & School.

Core exercises

Exercising the key core muscles is important because they surround the body's center of gravity and can improve posture, balance and stability.

"There are many muscles that surround the trunk; however, when you just do sit-ups or crunches; they tend to only work the Rectus abdominis muscles. Having strong deep abdominal muscles is vital for supporting the lower back and preventing lower back pain," said Lt. Col. Deydre Teyhen, study investigator and associate professor in the U.S. Army-Baylor University Doctoral Program in Physical Therapy.

Interpretation of the data so far

One of the concerns that researchers had at the start of the study was that integrating core stabilizing exercises into AIT could have a negative impact on an individual's APFT scores. However, the results of the study have shown that scores actually slightly increased for

**File photo**

Soldiers in Advanced Individual Training at Fort Sam Houston demonstrate a core stabilization exercise. Exercising the key core muscles is important because they can improve posture, balance and stability, and reduce injury.

Soldiers who completed the core stabilization exercises.

"Our results showed that core stabilization exercises, if anything, decrease the risk that a Soldier will fail the sit-up component of the APFT," Childs said. In fact, passing rates among Soldiers who completed core stabilization exercises improved, 5.6 percent compared to only 3.9 percent among Soldiers who performed traditional sit-ups."

To help translate this finding, in a company of 400 Soldiers, approximately 34 Soldiers fail the sit-up event of the APFT. After 12 weeks of performing core stabilization exercise, an additional seven out of the 34 Soldiers will pass the sit-up event, who otherwise would have failed, had they only completed traditional sit-ups.

"Although this number

seems small, it translates into hundreds of Soldiers each year when you consider the number of Soldiers who compete in physical training every year," Childs concluded.

"The results of this early study demonstrated that training and strengthening of core muscles does not pose any risk of increasing failure rates on the APFT. Rather, pass rates were shown to improve," said Teyhen.

Childs said, "The point of the study is not necessarily to change the makeup of the APFT and eliminate the sit-up component. However, if core stabilization exercise from our final study results is shown to decrease the incidence of back pain, the next logical step would be to ask ourselves whether we are using the best testing standard."



Photo by Gregory Ripps

Soldiers and families of the 201st Military Intelligence Battalion gather at the Army Community Service building for a town hall meeting.

Town hall meetings ease deployment worries for Families, Soldiers

By Kelley Otto
201st MI Battalion

As the 201st Military Intelligence Battalion gets ready to deploy overseas early this year, its members and Families have been preparing for the time of separation through town hall meetings, the last of which takes place Jan. 28.

The battalion, a subordinate unit of the 470th MI Brigade, will deploy to Afghanistan in support of Operation Enduring Freedom.

The Family Readiness Group plays an important role in the effectiveness of today's military. The main mission of the FRG is to help Families develop self-reliance and resiliency during times of deployment, training, or military exercises.

Although it doesn't adhere to the same formal structures as the military, the FRG benefits spouses during the difficult times that military Families must face. To this end, the 201st MIB FRG prepares battalion Families for the unit's upcoming deployment.

The battalion has already conducted two

town hall meetings to provide an opportunity for training and exchanging information that will help prepare the unit for the deployment.

The first town hall took place at Blesse Auditorium Oct. 22. During this meeting, Lt. Col. Dennis F. Lewis, 201st MI Battalion commander, presented the training "glide path" for the unit; sharing all the information available and vowing to protect Soldiers' Family times and holidays.

"I really appreciated his candor," said Erin Jacobs, spouse of a 201st MIB Soldier. "The fact that we can plan our time together makes this a lot less stressful for me."

Army Community Service, Red Cross, United Way and Military OneSource representatives and the Military Family Life consultant all presented information and material at this town hall.

"Providing Families with the information about services available to them is an effective way to make them more self-reliant," said Barbara Matson, Headquarters

and Headquarters Detachment FRG leader.

The unit conducted a second town hall meeting Nov. 12 in the ACS auditorium, where the battalion commander provided the audience with an update on training and deployment information.

Briefers presented information on operations security, the casualty notification process and financial readiness for deployment.

"We have a responsibility to arm our spouses and Families with information, tools and contacts," said Maj. Jason Liddell, battalion executive officer. "This is the best opportunity we have to make sure that our Families are prepared for issues that may arise during deployment."

It isn't all business for the FRG, however. It is important to build relationships and have fun too.

"We ask a lot of our Families before, during and after a deployment," explained Marcia Barber, A Company FRG leader. "Taking the time to relax and enjoy each other socially is an important part of a successful FRG."

For the battalion's Black Knights, taking time included a Fall Fest at McAllister Park with games, crafts, costume contests and plenty of food for everyone. FRG volunteers then raised funds for a holiday party in December.

During the final town hall meeting Jan. 28, there will be an update on the deployment timeline and "Battlemind" training offered by ACS for Family members.

These events offer opportunities for all the Soldiers and their

Families to get together and build memories.

"These memories will sustain our Soldiers and Families until we have them all safely back home," said Deborah Liddell, battalion FRG adviser.

Delivering the Army Family Covenant

By Lt. Gen. Rick Lynch
CG, IMCOM

The Army unveiled the Army Family Covenant Oct. 8, 2007, institutionalizing the Army's commitment to providing Soldiers and Families – active, guard, and reserve – a quality of life commensurate with their quality of service.

However, as I travel around the Army meeting with Soldiers and Families, I'm surprised to find that many are not familiar with the Army Family Covenant and the commitment Army leadership has made to provide a better quality of life to Soldiers and Families.

We are delivering the Army Family Covenant with a focus on five specific areas: standardization and funding of existing programs and services, increasing accessibility and quality of health care, improving Soldier and Family housing, ensuring excellence in schools, youth services and child care and

expanding education and employment opportunities for Family members.

Some accomplishments over the past two years include: standardized Army community staffing and programs at all garrisons; added 1,079 Family Readiness Support Assistants positions to provide administrative and logistical support to commanders and FRG leaders; funded Exceptional Family Member respite care providing up to 40 hours of care per month for Families; increased primary care visits to more than 7 million people, meeting access standards for 90 percent of acute, routine and specialty appointments; authorized TRICARE standard coverage for more than 500,000 eligible members of the Selective Reserve and their Family mem-

bers and lowered the co-payment; funded the Training Barracks Modernization Program to allow 11,306 Soldiers to move into newly designed or renovated barracks in FY09; introduced the First Sergeants Barracks Initiative to enhance single Soldier quality of life; reduced financial burdens on Army Families by eliminating (Child, Youth & School Services) registration fees and reducing program fees; collaborated with more than 373 school districts to support military-connected students transferring to new

Lt. Gen. Thomas Turner, former commanding general, U.S. Army North, holds 5-year-old Saul Salas Jr. on his lap as he signs the Army Family Covenant, Nov. 8, 2007. The historic signing was a promise and commitment to build a partnership with Army Families to enhance their strengths and resilience. Witnessing Turner's signature are the Salas Family and Susan Turner.

File photo

school districts; and increased placement of military spouses through the Army Spouse Employment Program, a partnership with Fortune 500 companies and government agencies to provide employment opportunities.

We are indeed making progress on delivering the Army Family Covenant, but we have much more work to do. I am dedicated to delivering on the Army leadership's promise to continue to provide the best care and quality of life possible to Soldiers and their Families.

America's Army: The Strength of the Nation Army Family Covenant

We recognize...

The commitment and increasing sacrifices that our Families are making every day.

The strength of our Soldiers comes from the strength of their Families.

We are committed to...

Providing Soldiers and Families a Quality of Life that is commensurate with their service.

Providing our Families a strong, supportive environment where they can thrive.

Building a partnership with Army Families that enhances their strength and resilience.

We are committed to improving Family Readiness by:

- Standardizing and funding existing Family programs and services
- Increasing accessibility and quality of health care
- Improving Soldier and Family housing
- Ensuring excellence in schools, youth services and child care
- Expanding education and employment opportunities for Family members

Our commitment to delivering the Army Family Covenant is non-negotiable. We will not depart from this commitment.

I would ask that we always take the time to accentuate the positive. We have so very much to be thankful for when it comes to health care, housing, services and programs, and many other things. Many times we immediately start talking about negative

items, and many of those conversations are based on anecdotal evidence without firsthand knowledge.

Let's be grateful for what we have, and strive together to improve. An attitude of appreciation will go a long way. Optimism is a combat multiplier.

As always, thanks for your continued service to our Army, and our nation. Together we are making history.

Motorcycle, POV safety training available at no charge

The Fort Sam Houston Safety Office is the point of contact for the Army Traffic Safety Training Program for both military and Department of Defense civilian personnel. ATSTP is required training for all Army personnel.

The training was established to re-enforce

a positive attitude toward driving, individual responsibility and correct response to routine and emergency driving situations.

It also provides continuity for driving and motorcycle training throughout the Army. FSH offers both privately-owned vehicle and

motorcycle training. All courses are provided for active duty, National Guard, Army Reserve, and DoD civilians at no charge.

For new riders, the FSH Safety Office offers the Basic Motorcycle Rider Course. BRC is the initial training for all motorcycle riders which provides basic motorcycle skills and prepares them for licensing procedures. The course is 16 hours or two duty days and is intended for the novice motorcycle operator. Five hours are spent in classroom learning; 11 hours are hands-on training.

Students must have a valid state POV driver's license. Motorcycles are provided for student training.

For not-so-new riders, there is the Experienced Riders Course. This eight-hour course is required for all military motorcycle riders.

Participants must have a motorcycle endorsement on a state-issued driver's license and must provide their personal motorcycles.

Privately Owned Vehicle training primary consists of the Local Area Hazards Training Course and the Intermediate Driver's Training. The Local Area Hazards Training Course is required for Army or DoD personnel who are newly assigned to an Army installation/theater.

The training educates newcomers on local driving hazards they may encounter while serving at that installation.

The course covers Texas driving laws and dangerous driving situa-

tions both on and off post, such as low water crossing areas, open range restrictions, and the five major killer driving behaviors.

Intermediate Driver's Training Course is required training for all newly assigned Soldiers less than 26 years of age and reinforces the initial traffic safety training course received during Advanced Individual Training. DoD personnel may also be required to attend the training as deemed necessary by the local command.

The course is required for any person who will be receiving a government driver's license. The course covers the positive ACTs of driving: A=assess the situation, C=consider your options, T=take appropriate action.

Training is provided by Army contractor, Cape Fox Professional Services at San Antonio Fun Machines.

Students can enroll for the motorcycle and POV courses on-line using AIRS <https://airs.lmi.org>; selecting course and date (Region=West; Garrison=Fort Sam Houston; Courses=applicable course).

Once this is done, the safety office gets an e-mail showing the registered student. Form SF182 is no longer required and students do not have to call the vendor to confirm courses.

For more information, call 221-3846 or visit <http://www.samhouston.army.mil/iso>.

(Source: Fort Sam Houston Safety Office)



File photo

Capt. Kenneth Rodriguez, 264th Medical Battalion safety officer, inspects a motorcycle using the T-Clocs inspection checklist, the official safety checklist for the Motorcycle Safety Foundation.



Photo by Esther Garcia

Lt. Col. Mathew Cooper presents the Purple Heart Medal to Jose and Maria Ruiz in honor of their son Sgt. Cesar Ruiz, who died Oct. 31 in Afghanistan during combat operations. Ruiz's wife, Kimberly, also received a Purple Heart Medal.

PURPLE HEART from P3

sent the over 200,000 Marines, both active and reserve who wear the uniform today, and the hundreds of thousands of former Marines who mourn with you today; who remember your husband, your father, your son, your loved one, for his duty that he gave to our Corps and our country."

Cooper said Ruiz raised his hand and volunteered for a second tour to Afghanistan. "That is what the heart and soul of our Marine Corps is about," he said.

Ruiz was the youngest son of six siblings of Jose and Maria Ruiz.

"He was a wonderful son, a hard worker, and always had a smile," said his father, Jose.

"He wanted to retire from the Marine Corps," said his wife, Kimberly.

His mother-in-law, Sandra Santillan said Ruiz never let his family know how dangerous his job was.

"He died for a good cause, for the safety of his family and country,"

— Jose Ruiz

"He was proud to be a Marine," she said.

Santillan said Ruiz always talked about how he was going to teach his son, Joshua, 4 years old, how to fix cars and how he would build him a fort when he grew up.

"He had so many hopes and dreams for his son," said Santillan.

"He died for a good cause, for the safety of his family and country," said his father.

Ruiz died on his mother's birthday.

HISPANIC ORGANIZATION OF POSTAL EMPLOYEES



Courtesy photo

The Hispanic Organization of Postal Employees, with sponsorship by DeVry University, hosted a "Thank a Veteran Golf Tournament" at the Golf Club of Texas Nov. 11, 2009. The event raised more than \$6,000, which was donated to the Warrior and Family Support Center Dec. 9 by the President of the Local Chapter of HOPE, John Lomba. (From left) Marcus Schachle, military liaison, Texas region, DeVry University; Carolyn Croft, education service officer, Fort Sam Houston; Dr. Jimmie Flores, DeVry University; John Lomba, president, San Antonio Chapter, HOPE; Judith Markelz, director, WFSC and Jutta Aviles, financial manager, WFSC. (Source: DeVry University)

NAVY GROUPS HELP GATES ELEMENTARY KIDS STAY WARM



Courtesy photo

Service members from the Navy Medical Training Center's Petty Officers Association and the Wardroom delivered a surprise to Gates Elementary School Dec. 16. The school received more than 40 children's coats, most of them brand new. These two groups came together and collectively gathered and purchased the coats for the children whose families have suffered the hardest during the recession, and are not able to afford basic necessities, such as coats.

The Centennial of Military Flight in Texas celebration begins

By John Manguso
Director, FSH Museum

On March 2, 1910, Lt. Benjamin Delahauf Foulois was catapulted into the air at the controls of Signal Corps Aircraft Number One from the Cavalry Drill Field on Fort Sam Houston for a seven-and-one-half-minute flight.

This year, the U.S. Air Force, U.S. Army and City of San Antonio will conduct a year-long series of celebrations and commemorations to mark the Centennial of Military Aviation.

On the 100th anniversary of Foulois' solo flight, a re-enactment of the event will be con-

ducted on MacArthur Parade Field, not far from the original launch point. This will be followed by a heritage flyover and other ceremonies.

During the centennial celebration, the Institute of Texas Cultures and the Army and Air Force museums in San Antonio will be conducting student tours.

Special exhibits are being shown at the Institute of Texas Cultures and the Fort Sam Houston Museum.

Aviation-themed events and flyovers will be highlighted during Fiesta, the Army birthday celebration in June, the Air Force birthday



Foulois' ground crew poses with a Signal Corps aircraft, circa 1911.

Photo courtesy of FSH Museum

celebration in September and the Lackland Air Show in November.

Fort Sam Houston begins its celebration activities with a series of

articles about early aviation activities at the post. The Fort Sam Houston Museum will have special exhibits dealing with the birth of military aviation and will set up dis-

plays on MacArthur Parade Field during the re-enactment of the 1910 flight.

The Army Medical Department Museum will focus attention on

its exhibits about aeromedical evacuation, which was first attempted here at Fort Sam Houston in 1917.

In late February, a Wright Model B Flyer will arrive at Fort Sam Houston in preparation for a re-enactment of the first flight. It will be put on display on MacArthur Parade Field and participate in the ceremonies on March 2.

Another Wright Flyer will be sent here to actually conduct the flyover.

As firm dates and times for the numerous Centennial of Military Flight in Texas become known, they will be announced in this publication.

Army Reserve, National Guard sign employer partnership agreements during Army All-American Bowl Week

By Steve Elliott
FSH Public Affairs

During the 10th annual U.S. Army All-American Bowl game, the U.S. Army Reserve inked agreements with six companies and organizations Jan. 8.

These agreements help ease employment opportunities for America's Soldiers and veterans and help strengthen the community, support Army Reserve and National Guard Soldiers and their Families, and maintain a strong economy.

"We're thrilled to have these employers sign partnerships with the Reserve Components of

the U.S. Army," said Brig. Gen. Leslie Purser, deputy chief, U.S. Army Reserve.

"These employers have jobs that match the skills our citizen-Soldiers earn in the military. They are important partners who will contribute to a Soldiers' continuum of career as well as a continuum of service. In addition, in today's economy, our citizen-Soldiers and their skills, leadership, talent, and dedication give a competitive edge to America's Employers in the global marketplace."

Employers who signed agreements in San Antonio include the Dallas Police

Department, FMC Technologies, Navy Federal Credit Union, Paychex, the Texas Department of Public Safety and Textron.

The reserve components of the Army have signed partnership agreements with more than 800 employers across America since April 2008.

The program links Army reservists with civilian job opportunities in their military career field, and with employers who recognize and support their Army Reserve obligations. These partnerships develop staffing solutions to address the issue of workforce preparedness, and to secure



Photo by Steve Elliott

Brig. Gen. Leslie Purser, deputy chief, U.S. Army Reserve poses with Gale Lewis, senior vice president for branch operations from the Navy Federal Credit Union, during an employer partnership initiative signing ceremony at Sunset Station Jan. 8. Lewis was one of six employers who signed partnerships with the U.S. Army Reserve.

and share the talents of trained professionals

between the military and civilian employers in

Soldiers' communities.

West dominates East, 30-14, at U.S. Army All-American Bowl

By Steve Elliott
FSH Public Affairs

The West squad pulled out all the stops on the way to a decisive 30-14 win against the East team at the U.S. Army All-American Bowl, held at the Alamodome in San Antonio Jan. 9.

The game attracted 34,126 fans to the Alamodome, the second-highest total in the 10-year history of the game. The West victory also ties the overall series at five wins each for East and West.

Before and during the game, the U.S. Army also honored some of its heroes: wounded warriors, future Soldiers and the nation's top high school football athletes.

During pre-game activities, 90 Soldier-Heroes, representing the ranks of the active component, reserve, and National Guard, were paired with players from either the West or East teams and introduced at midfield prior to kick-off.

The Soldier-Heroes represented Soldiers who were awarded the Silver Star, Bronze Star or Purple Heart for actions during previous deployments.

And while local star wide receiver Nate Askew from Madison High School didn't score any touchdowns, his first catch of the day helped keep a crucial scoring drive alive in the first quarter, allowing the West team to draw first blood in this game that had the top 90 high school football scholar-athletes in the nation face off against each other.

As he came out of the tunnel during the introductions, Askew also got a loud and prolonged ovation from the fans when it was announced he was from San Antonio.

While it's usually a big offensive play or defensive stop that sparks the winning team, in this case it was special-teams play that proved to be the secret ingredient propelling the West to victory. A blocked field-goal return for a



Photo by Tim Hipps

West All-Star defensive end Ronald Powell of Rancho Verde High School in Moreno Valley, Calif., holds the Herman Boone Trophy for his team's 30-14 victory over the East All-Stars and the Pete Dawkins MVP Trophy awarded to the Most Valuable Player in the 2010 U.S. Army All-American Bowl Jan. 9 at the Alamodome in San Antonio. Powell made five tackles, including one sack.

touchdown and a rare two-point conversion return on a blocked point-after-touchdown helped them roll over the East in the 10th edition of the game.

West Head Coach Jim Streeby, also head coach at Madison High School, said he concentrated on special teams in practice and emphasized it during his pregame speech.

"The very first meeting we had with our players, we talked about how hard it was to put together special teams in an all-star game," Streeby said. "These guys are all-stars here not because of special teams. They are all-stars because of running, catching, throwing, tackling and those sorts of things."

Defensive end Ronald Powell, one of the most highly-recruited players in the nation, opened the scoring for the West just a few minutes into the game, after he was called into service as an emergency tight end.

Powell, a 6-foot-5-inch, 230-pound

player from Moreno Valley, Calif., split the East defense for a 23-yard touchdown strike from quarterback Connor Wood of Houston Second Baptist High School. Wood, who will become a University of Texas Longhorn later this year, finished the game with three of five completions and 56 yards passing, including the score to Powell.

Showing his diversity, Powell played offense and defense and also registered five tackles, including a sack and a forced fumble. Powell was named the Pete Dawkins Most Valuable Player Award winner for his outstanding performance.

Then, in the fourth quarter, Powell ended the suspense surrounding his college choice when he announced that he was committing to Florida instead of the University of Southern California Trojans. USC recently lost longtime head coach Pete Carroll when he decided to sign on as head coach of the National Football League's Seattle Seahawks.

"Honestly, both of them are great programs," Powell said of the Gators and Trojans during the post-game press conference. "I couldn't have gone wrong with either program. I put it in God's hands. That's the best advice I ever got was to leave it to him."

Attention to special-teams details paid off later in the half in an alert play by linebacker Josh Shirley, who recovered a blocked field goal in the second quarter and raced 77 yards for a touchdown. The play electrified the crowd and helped send the West to a 14-0 lead going into halftime. Shirley, from Fontana Kaiser High School in California, picked up the loose ball after it was blocked by Cassius Marsh, a Louisiana State University-bound player from Westlake Village, Calif.

Then in the third quarter, San Diego wide receiver Dillon Baxter ran in for a five-yard touchdown to extend the



Photo by Steve Elliott

Some of the thousands of Army Soldiers at the game give an big "Hooah!" as the U.S. Army All-American Bowl gets underway.

West lead to 21-0. Baxter, who won the Ken Hall Trophy as U.S. Army Player of the Year Jan. 8, then sprinted up into the Army section to throw the ball into the thousands of camouflage-clad Soldiers in the crowd.

It took nearly three quarters of the game, but the East awakened from their slumber to make things interesting. Wowing the crowd with his strong arm and laser-beam precision, Cole Marcoux, the winner of the Fox Sports Net reality show "The Ride," came in to replace starter Barry Brunetti. He then coolly proceeded to throw for two touchdown passes in the fourth quarter, finishing the game with five completions on eight attempt for 99 yards, including a 50-yard cannon shot of a touchdown to Ivan McCartney of Miramar, Fla.

Marcoux, a 6-foot-5, 244-pounder who attends the small Ivy League prep school, the Fieldston School in the Bronx, won a spot on "The Ride" after an impressive performance last summer at a camp in Chester, Pa., run by Football University, an invitation-only camp for elite-level youth and high school players. Marcoux then beat out his seven co-stars to earn a spot in the U.S. Army All-American Bowl.

While Marcoux, who was also a star baseball player at Fieldston, has already been accepted to Dartmouth College in Hanover, N.H., he may now suddenly find himself with more options after his second-half performance. For most of the day, the East offense couldn't move the ball against the West defense.

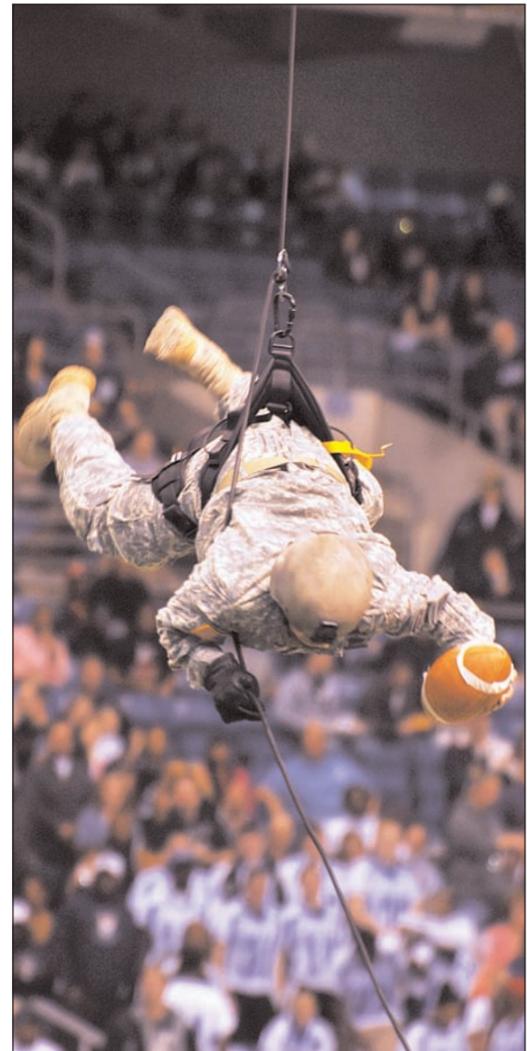
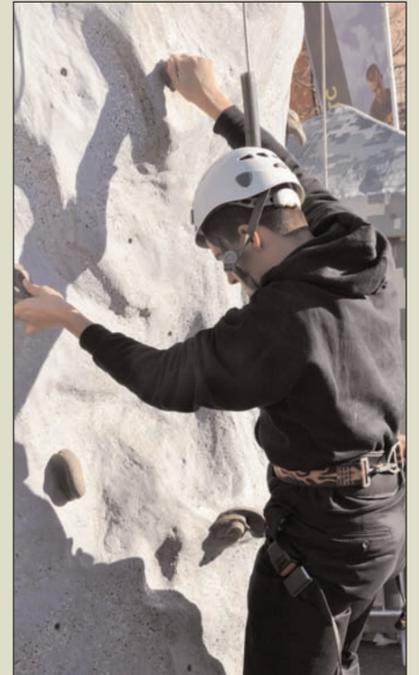


Photo by Steve Elliott

A rappelling Army Soldier delivers the game ball to the field for the U.S. Army All-American Bowl.

ARMY STRONG ZONE

Photos by Steve Elliott



A teenager tries out the rock climbing wall at the Army Strong Zone.



"Ripsaw," an experimental vehicle from the U.S. Army Research, Development and Engineering Command, goes through its paces in the Army Strong Zone set up outside the Alamodome.



Families had a chance to get up close and personal with several military working dogs.



Chief Warrant Officer Robert Marsh begins an ice sculpture to show the crowds at the Army Strong Zone outside the Alamodome. The display was one of dozens set up for fans prior to the start of the Army-sponsored All-American Bowl.



A young visitor to the Army Strong Zone tries her hand out at the Guitar Hero booth.

New wellness packages bundle vet services

When taking your pet to an Army veterinary clinic after Jan. 1, you may notice that routine services like basic de-worming, micro-chipping, fecal floatation and vaccinations will now be grouped into "Wellness Packages."

"A wellness package will provide comprehensive preventive medical care that is tailored to your pet's specific needs and stage of life," said Maj. Rebecca Evans, chief of the Veterinary Command's future operations.

"The veterinary profession is shifting from vaccination-driven appointments towards wellness-driven appointments," said Col. David Rolfe, commander of VETCOM.

The intent is to emphasize routine wellness examinations and interaction with a veterinary health care professional instead of vaccinations as the reason for a



visit to the veterinary clinic.

"VETCOM will embrace this effort to provide the best care to our patients and support to our clients through comprehensive disease prevention, early diagnosis of any problems and appropriate treatment," Rolfe said.

Standardization of these services will parallel the veterinary profession's move toward wellness, promote public health, and provide consistency in veterinary care.

There is a re-structuring of the fee schedule,

**Fort Sam Houston
Veterinary Treatment
Facility Hours of
Operation:**

Over-the-Counter sales
Monday through Friday, 8
a.m.-4 p.m.

Clinics
Monday, Wednesday, Friday,
8 a.m.-4 p.m., appointments
only, no walk-ins

Appointments
Call 295-4260/4265, best
days to call are Tuesdays and
Thursdays

As of 15 January all VTFs
will institute new pricing and
package options:

- Wellness Screen: \$15
- Doctor sick call visits: \$25
- Re-check appointments: \$15
- Health Certificates: \$25

but the goal continues to be high-quality care at the lowest cost. Fees will be the same for all clientele at all military veterinary treatment facilities. Services are available to active and retired military members only.

*(Source: FSH
Veterinary Treatment
Facility)*

FAP offers training, fulfills mandatory requirements

By Bob Harry
Family Advocacy Program
Specialist

In order to maintain family cohesion and increase mission readiness, the Family Advocacy Program at Army Community Service offers many programs and classes in an effort to prevent child abuse, domestic abuse and neglect.

In the event that a Soldier is involved in one of these incidents, FAP will intervene and provide assessment and treatment. Commanders have a responsibility to work in conjunction with FAP to meet these objectives. Training is paramount to ensure the

safety and well being of our Soldiers and their Families.

Mandatory training, as specified in AR 608-18 paragraph 3-2 b and c, to cover command roles and responsibilities is required for all new commanders to be completed within 45 days upon assumption of command and refresher training annually thereafter.

Additionally, annual training is required for all Soldiers for a FAP overview, the identification and reporting of abuse, Victim Advocacy, and the Transitional Compensation Program.

FAP offers the New Commander Training and Commander Annual Refresher Training on

the second Thursday of each month from 8 to 10 a.m. at ACS Building 2797. Senior Enlisted Advisors, sergeant first class and above, are also required to attend this training in the event they are asked to attend the Case Review Committee to speak on behalf of the Soldier.

A make-up class for the annual unit training is available for those who miss their unit's training date. The make-up class is every month on the second Thursday from 1 to 2:30 p.m. at ACS.

To schedule annual unit training or sign up for a class, call FAP at 221-0349 or 221-2418.

News Leader survey online

Visit <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.

BOWL from P14

Marcoux, playing against defenders bound for elite football programs across the nation, calmly guided the East down the field for the two fourth-quarter touchdowns.

"Marcoux is a tall, strong-armed pro-style quarterback that is super intelligent and possesses the work habits off the field to develop into a successful player," Rivals.com analyst Barry Every said. Rivals.com is an online sports media company of more than 300 sports writers, reporters and publishers recognized as an authority on college football and basketball recruiting.

While Ivy League schools such as Dartmouth don't offer scholarships, some schools that do may be calling Marcoux after his performance in the game. During the fall football season, Marcoux helped lead Fieldston, a school comprised of less than 1,700 students, to an 8-1 record, throwing for more than 1,600 yards and 18 touchdowns.

"If other coaches decide they want to give me a call and offer their schools, I owe it to them to consider," Marcoux stated at the post-game press conference. "It's kind of surreal to be here right now. Every step has been a little more special. It's been remarkable and there's no better way to end it than being in San Antonio this week.

"It's important to meet your goals and from an academic standpoint I feel like I've done that," Marcoux said. "So I'm very happy in going to Dartmouth College. From a football standpoint, I

feel it's a great level and somewhere I can be successful. If something comes along, a bigger Division I school, I'm open to consider it, but I'm happy where I am and I'm excited about that."

"This week has been great," said West Head Coach Streety, who entered into Texas football history this season as the seventh Texas coach to earn 300 career coach wins. "Just being with the guys that are the best players on all of their teams has been a wonderful experience and these coaches are all championship coaches in their communities. I always like to meet new guys like this and interact with them."

"It was a great experience, being out here with some of the nation's best players," Askew said. The corner that was covering me (defensive back Jalen Watkins, Cape Coral, Fla.) is going to Florida."

In most all-star games, receivers are cycled in and out regularly to allow everyone a shot at playing. Despite this revolving-door format, Askew tied for most receptions (three for 14 yards) in the game with the East's U.S. Army Player of the Year finalist, Kyle Prater from Hillside, Ill., who had three receptions for 32 yards.

The quarterback for the West team, future BYU signal-caller Jake Heaps, said he was very impressed with the Madison wide receiver, along with his other WRs.

"Robert Woods did a great job today," Heaps said of the five-star prospect, ranked second in the nation by Rivals.com, who is heading to the University of

**Photo by Steve Elliott**

Nate Askew greets Staff Sgt. Raymundo Soto during the pre-game ceremonies of the 10th annual U.S. Army All-American Bowl. Soto, a recipient of the Bronze Star and Purple Heart, was one of more than 90 Soldier-Heroes from across the country who were matched up with student-athletes from the East and West squads and honored as part of game-week festivities. Askew said getting to meet Army Soldiers was one of the best parts of the game experience.

Southern California Trojans. "Ross Apo (heading to BYU) and Nate Askew also stood out today."

Askew said getting to meet Soldiers was the

best thing he took out of this experience.

"Being young, you never really think of the good stuff that they do. But the Army — we were out here in the skills chal-

**Photo by Steve Elliott**

Maj. Gen. Donald Campbell Jr., commander, U.S. Army Recruiting Command, congratulates delayed entry recruits during pre-game activities prior to the start of the 10th Army-sponsored All-American Bowl high school all-star football game at the Alamodome Jan. 9.

lenge, and injured Soldiers (were out here) with their legs gone," he said. "It really opened my eyes to be thankful for these guys. You look at the Under Armour (High

School All-America Game); it doesn't have the Army's support like this.

"You can't go wrong with the U.S. Army. They're the ones that protect our freedom."

ROTC SCHOLARSHIPS



(From left) retired Army Col. Barry Sheridan and his wife, Donna, watch as their daughter, Kaitlyn, receives a four-year Army ROTC scholarship to Texas Christian University from Maj. Gen. Arthur Bartell, commander, U.S. Army Cadet Command, during a reception at the Marriott Riverwalk Jan. 6 as part of the U. S. Army All-American Bowl activities. Kaitlyn is a senior at Robert G. Cole High School.



Photos by Brenda Rolfe

Maj. Gen. Arthur Bartell (left), commander, U.S. Army Cadet Command, presents Eric Rolfe, a senior at Robert G. Cole High School, with a four-year Army ROTC scholarship to a school of his choice at the U.S. Army All-American Bowl Jan. 9 at the Alamodome as his dad, Col. David Rolfe, commander, Veterinary Command, smiles proudly.

**FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT
WEEKLY CAMPUS ACTIVITIES JAN. 17-23**

Fort Sam Houston Elementary School

Jan. 18
Martin Luther King Day - school holiday

Jan. 19
Begin third nine weeks
Student council meeting, 3 to 4:30 p.m.

Jan. 21
Report cards sent home
College/University Day – wear your college/university T-shirt
Cougar Connection: TAKS Tips with FSHE counselors, 11:30 a.m. to 12 p.m.
Learn how to help your third, fourth or fifth grader prepare for the upcoming TAKS test.

Jan. 22
Attendance lunch on cafeteria stage
Picture day – Lifetouch spring group pictures

Robert G. Cole Middle and High School

Jan. 18
Martin Luther King Day – school holiday
Boys Soccer vs. St. Anthony, 6:30 p.m.

Jan. 19
Begin third nine weeks
Girls JV/V Basketball at Blanco, 5 and 6:30 p.m.
Boys JV/V Basketball at Blanco, 5 and 8 p.m.

Jan. 21
Girls Soccer vs. Holy Cross, 4:30 p.m.

Jan. 22
Josten's class ring delivery in cafeteria during lunch
Boys Soccer vs. Feast, 4:30 pm
Boys JV/V Basketball vs. Randolph, 5 and 8 p.m.
Girls JV/V Basketball vs. Randolph, 5 and 6:30 p.m.

Jan. 23
UIL One Act Play rehearsals in Moseley gym, 1 to 3 p.m.

Internet safety important, especially for children

The Internet is a wonderful tool. Information about anything and everything is just a few clicks away. Unfortunately, personal information can be found too.

Every minute e-mails saying “your account will be closed unless you respond immediately,” “click here to claim your \$100 gift card,” or other attention-getting headlines appear.

While some of these may be legitimate, most are not. This is “phishing.”

Predators are “fishing” for confidential information over the Internet under false pretenses in order to obtain credit card numbers, passwords, or other personal data.

The information is then used or sold and a person's identity has been “stolen.”

Scams include charging items on another's credit or debit card, emptying a bank account or soliciting services without the person knowing until a charge or loan request is declined.

Others use the Internet to try and lure children into chat rooms, ultimate-

Children Online

- One in five child Internet users has received unwanted sexual solicitations and only one in four has told his or her parents.
- One in 17 children reported being threatened or harassed while using the Internet.
(Source: U.S. Department of Justice)

- About 45,000,000 American children ages 10 to 17 are currently estimated to be online, spending hours everyday at their computers.
- Sixty percent of teens have received email or instant messages from perfect strangers and 63 percent of those teens responded.
(Source: Pew Internet Project)

- Millions of teenagers own their own blogs. Over half of all blogs are maintained by people ages 13-19
(Source: Georgetown University)

- Twenty-six percent of teens say they surf the net unsupervised.
- Thirty-one percent of teens say parents check their social networking sites.
(Source: Los Angeles Times)



be brought to a parent's or guardian's attention immediately.

Agree on a list of rules and post them by the computer. Rules should cover how long children spend on the Internet, when they can surf the Web, what sites to visit, and whether or not they are allowed to make purchases online.

There are tools and software to block certain sites and or record the history of viewed sites.

Have everyone in the household sign an Internet Pledge. For more information and to download a copy of the Pledge visit <http://www.safekids.com/kidsrules.htm>.

(Source: FSH Crime Prevention Section)

ly convincing them to meet somewhere.

Talk to your kids. Explain people they “meet” online may not be who they say they are.

Remind children not to give out personal information over the Internet. Children should use an alias and never reveal an address, telephone number, or identifying information.

Children should not exchange pictures, letters, or telephone calls with online acquaintances without a parent's or guardian's approval. Uncomfortable or obscene e-mails should



Announcements

'Dear John' Books-to-Movie Promotion

Keith A. Campbell Memorial Library will host the "Dear John" books-to-movies promotion through Feb. 14, which features the latest Nicholas Sparks' romantic novel coming to the big screen through Feb. 5. DoD cardholders and Family members over the age of 18 can enter a weekly drawing for "Dear John" T-shirts, books or movie posters; join the online virtual book club at <http://www.ArmyMWR.com> and answer questions for a chance to win an autographed movie poster or copy of the novel each week; or enter the grand prize drawing for a

chance to win a trip for two to Charleston, S.C. The Keith A. Campbell Memorial Library is located at 2601 Harney Road, Building 1222, and is open Tuesday-Friday, 9 a.m.-8 p.m.; Saturday-Sunday, 11 a.m.-8 p.m.; closed Mondays and federal holidays. Call 221-4702.

Harlequin Dinner Theatre

The Harlequin Dinner Theatre will present the Agatha Christie murder mystery "The Hollow" Jan. 14-Feb. 13. Tickets are Thursdays, \$26/military members and \$29/ non-military; Friday-Saturday, \$29/military and \$32/non-military; E-1 through E-4 Soldiers pay \$13 for dinner and show any night. Cocktail service and salad bar begin at 6:15 p.m., dinner is from 6:30-7:30 p.m. and curtain is at 8 p.m. For reservations, call 222-9694.

Central Registration is now Parent Central

The Central Registration office at 2010 Stanley Road, Building 2797, is now Parent Central. All services, hours and numbers remain the same. Parent Central is open

Monday-Friday, 8 a.m.-5 p.m. and by appointment only after 4:30 p.m. The office is closed every first and third Friday. Call 221-4871/1723.

H.U.G.S. Playgroup

Helping Us Grow Securely playgroup for parents and children ages birth to 5-years-old meets Tuesdays, 9-11 a.m. at Dodd Field Chapel, Building 1721. Registration is not required. Call 221-0349/2418.

Baby Talk

New Parent Support Program offers "Baby Talk" Tuesdays, 2-3:30 p.m. at Dodd Field Chapel for parents with children newborn to 12-months-old. Call 221-0349/0655.

Exceptional Family Member Program Support Group

The support group meets Wednesday evenings, 6-7:30 p.m. at School Age Services, Building 1705, Dodd Boulevard. The group is facilitated by Mutual Enrichment through Learning and Discovery and is open to Soldiers and military Families with special need members. Child care and dinner is provided.

Registration is required. Call 221-2604.

English as a second language class

Free classes offered Mondays and Fridays, 5-8 p.m. at Army Community Service, Building 2797. Call 221-1681/9698.

Bowling Center

The Fort Sam Houston Bowling Center opens at 11 a.m. for lunch Tuesday through Friday with a full menu - including Loyce's homemade chicken noodle soup. Daytime games are \$1 Tuesdays, Wednesdays and Fridays. On Thursdays, get one free game and free shoe rental with a purchase of a meal. Call 221-4740.

Basketball Coaches Needed

Child, Youth & School Services is looking for dedicated basketball coaches for the upcoming season. Call 221-4871 or stop by Parent Central.

Youth Swimming Lessons

Learn to swim this winter at the

Jimmy Brought Fitness Center indoor pool. Morale, Welfare and Recreation will offer Red Cross swimming lessons to children under 16 years old. Cost is \$40 for an eight-day session. Call 221-1234.

Parent and Child Swimming Lessons

It's never too early to begin swimming lessons. The Jimmy Brought Fitness Center offers a way for parents and children, ages 6 months to 3 years, to learn safe, fun water habits. Parents learn basic safety standards in accordance with American Red Cross learning objectives and make positive memories with their children, as well as enhancing the child's motor coordination, confidence and independence. There is a \$25 fee per child and lessons will be held at the Jimmy Brought Fitness Center indoor pool Sundays at 3 p.m. Session 1 is Jan. 17-Feb. 14 and Session 2 is Feb. 21-March 14; more classes may be scheduled at a later date depending on the demand. Call 221-1234.

Lifeguard Classes

American Red Cross lifeguard classes will be offered at the Jimmy Brought Fitness Center on weekends beginning Jan. 23. Classes are held in four-day sessions, Session 1-Jan. 23, 24, 30 and 31; Session 2-Feb. 13, 14, 20, and 21; Session 3-Feb. 27, 28 and March 6, 7; Session 4-March 20, 21, 27 and 28; Session 5-April 3, 4, 10 and 11, 9 a.m.-4:30 p.m. and participants must attend all four classes in one session to pass. The sessions fulfill the minimum requirement for employment as a lifeguard. Participants must be at least 15 years old and pass a qualifying test that involves a 300-meter swim and a 20-yard swim holding a 10-pound object. Each session is \$160, which includes books, first aid instruction, cardiopulmonary resuscitation mask and automated external defibrillators for infants, children and adults. Payment must be made upon successful completion of the pre-test. Call 221-1234.

See MWR P21

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday - Jan. 15

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

Fried catfish, spaghetti and meat sauce, fried chicken, stuffed cabbage rolls, baked macaroni and cheese, red beans and rice, baked potatoes, broccoli, fried cabbage, LA-style smothered squash

Dinner - 5 to 7 p.m.

Barbecued chicken, meat loaf, vegetable stuffed peppers, grilled chicken breast, scalloped potatoes and onions, steamed rice, baked potatoes, turnip greens, beets, French fried okra

Saturday - Jan. 16

Lunch - noon to 1:30 p.m.

Beef lasagna, chicken stir fry, breaded veal steaks, cheese tortellini, baked sweet Italian sausages, lyonnaise rice, baked potatoes, mashed potatoes, peas and carrots, stewed tomatoes, zucchini squash

Dinner - 5 to 6:30 p.m.

Stuffed pork chops, Swedish meatballs, vegetable three cheese lasagna, grilled pork chops, tri-colored rotini noodles, steamed rice, mashed potatoes, spinach, cauliflower, green beans with corn

Sunday - Jan. 17

Lunch - noon to 1:30 p.m.

Meat loaf, Creole macaroni, potato frittata, roast turkey, candied sweet potatoes, baked potatoes, bread dressing, carrots, broccoli combo, green peas and mushrooms

Dinner - 5 to 6:30 p.m.

Scalloped ham and potatoes, honey ginger chicken, braised beef and noodles, broccoli, rice and cheese casserole, baked fish with lemon sauce, baked potatoes, O'Brien potatoes, steamed rice, French-fried cauliflower, beets, lima beans

Monday - Jan. 18

Martin Luther King Day

Lunch - noon to 1:30 p.m.

Barbecued spareribs, blackened catfish, spaghetti and meatballs, fried chicken, cheese manicotti, lyonnaise potatoes, macaroni and cheese, baked potatoes, spaghetti noodles, black-eyed peas with ham hocks, asparagus, corn on the cob

Dinner - 5 to 6:30 p.m.

Roast pork, Salisbury steaks with brown gravy, cheese tortellini, chicken parmesan, spaghetti noodles, baked sweet potato halves, steamed rice, green beans, mixed vegetables, cauliflower

Tuesday - Jan. 19

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

Beef enchiladas, cheese enchiladas, chicken in orange sauce, fried catfish, roast beef, refried beans with cheese, parsley-buttered new potatoes, steamed rice, baked potatoes, Mexican corn, broccoli, Spanish-style beans

Dinner - 5 to 7 p.m.

Baked chicken, baked stuffed fish, beef fajitas, bread veal steak, baked macaroni and cheese, mashed potatoes, wild rice, refried beans with

cheese, carrots, zucchini squash

Wednesday - Jan. 20

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

Honey-glazed Cornish hens, beef stroganoff, breaded pork chop, baked pork chops, vegetable stuffed peppers, lyonnaise rice, mashed potatoes, baked potatoes, buttered egg noodles, collard greens, mixed vegetables, black-eyed peas

Dinner - 5 to 7 p.m.

Baked Polish sausage with sauerkraut, country-fried steaks, baked ham with pineapple sauce, beef stir fry, barbecued chicken, red beans and rice, steamed rice, cottage fried potatoes, mashed potatoes, corn O'Brien, Brussels sprouts, yellow squash

Thursday - Jan. 21

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

Chicken chow mein, Yankee pot roast, savory baked chicken, blackened catfish, potato frittata, baked potatoes, steamed rice, parsley-buttered new potatoes, wax beans, Japanese vegetable stir-fry, carrots

Dinner - 5 to 7 p.m.

Salisbury steaks, sweet and sour pork chops, fried shrimp, turkey cupines, broccoli quiche, mashed potatoes, baked potatoes, fried rice, Chinese mixed vegetables, spinach, stewed tomatoes

Menus are subject to change without notice

MWR from P20**Martial Arts**

Schools of Knowledge, Inspiration, Exploration & Skills Unlimited offers traditional classes in Korean martial arts, Kuk Sool Won, for children 5- to 18-years-old, Mondays and Wednesdays, 5-6 p.m. at School Age Services, Building 1705. Cost is \$80/month and is open to children of DoD cardholders. Register at Parent Central, Building 2797, weekdays 8 a.m.-4 p.m. Call 471-9548.

Youth Soccer

Registration for the Alamo Heights - Fort Sam Houston Soccer League is open through Jan. 31 for children 5- to 14-years-old with a CYS membership. CYS members may enroll at <https://webtrac.mwr.army.mil/webtrac/Samhoustonscym.html>. Call 221-4871.

Out-of-School Opportunities

The EDGE Program offers opportunities for 6- to 18-years-old in cutting-edge art, fitness, life skills and adventure activities. Open to children of military, DoD civilians/contractors and retirees. Activities are free for 11- to 18-year-olds, fees assessed according to DoD fee policy for 6- to 10-year-olds. To register, call 221-4871 or stop by the Child Youth & School Services, Building 2797. Call 771-2148 or 954-2088.

Canyon Lake Winter Specials

Winter specials available are through March 1. Rent one night accommodation and get the second night half price; plus \$25 off all-day rentals of pontoons and fishing boats. Room rental not required for boat special. Boat rental discount is only applicable at Canyon Lake. Call 830-226-5357 or 888-882-9879.

Calendar of Events**JAN. 14
Immigration Services**

The San Antonio Field Office for U.S. Citizenship and Immigration Service will be available to assist Soldiers and Family members and answer questions about immigration and citizenship, noon-2 p.m. at Army Community Service, Building 2797. Call 221-2418.

Microsoft Access Level 1

The class will be held 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Basic computer skills and registration required. Call 221-2518.

**Mandatory Initial First
Termer Financial Readiness**

The class will be held 10 a.m.-noon at Army Community Service, Building 2797 in the computer lab. To register, call 221-1612.

Commanders' Training

The training will be held 8-10 a.m. at Army Community Service,

Building 2797. This training is required for commanders and first sergeants within 45 days following assumption of command. Call 221-0349.

Couple's Enrichment

The class will be held 5:30-7 p.m. at Army Community Service, Building 2797. This three-part class centers on reconnecting with your partner. Part one will discuss gender differences and communicating effectively, part two focuses on commitment and part three strives to enhance intimacy. Call 221-0349.

**Coping with Separation and
Divorce Series**

Army Community Service Family Advocacy Program will continue with its series on coping with separation and divorce Jan. 14, 26 and 28, noon-1 p.m. at Army Community Service, Building 2797. Jan. 14 - legal aspects of separation and divorce; Jan. 26 - helping children cope with divorce; and Jan. 28 - divorce busters. Call 221-0600/2418.

**JAN. 19
Family Readiness Group Key
Caller Training**

The class will be held 8 a.m.-4 p.m. at Army Community Service, Building 2797. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Microsoft Word Level 1

The class will be held 8 a.m.-

noon at Army Community Service, Building 2797 in the computer lab. Basic computer skills and registration required. Call 221-2518.

Negotiating Conflict

The class will be held Jan. 19 and 26, 11 a.m.-noon at Army Community Service, Building 2797. This two-part class offers tips to handle difficult people. Call 221-0349.

Consumer Awareness

The class will be held 2-4 p.m. at Army Community Service, Building 2797. Learn how to protect yourself against identity theft and computer fraud and be aware of common frauds and scams that target military personnel. Call 221-1612.

**JAN. 20
Microsoft Excel Level 2**

The class will be held 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Basic computer skills, completion of Excel Level 1 and registration required. Call 221-2518.

**Mandatory Initial First
Termer Financial Readiness**

The class will begin at 12 p.m. at the Education Center, Building 2248. To register, call 221-1612.

**JAN. 22
Learn to Play
Texas Hold 'Em**

Learn to play Texas Hold 'Em, 6 p.m. at Sam's Sports Bar inside the

Sam Houston Club. Players must be at least 21 years old to play. To register, call 224-2721. This is not a competitive tournament.

**JAN. 23
Aerobathon**

The Jimmy Brought Fitness Center will hold an aerobathon, 9 a.m.-noon. Call 221-1234.

Poetry Workshop

The workshop will be held 1-3 p.m. at the Harlequin Dinner Theatre, Building 2652, Harney Road, for 13- to 19-year-olds who like to rap, sing, recite poetry, write or act. Local poets who have had several years performing in poetry slams and performing the spoken word will be featured guests. Call 295-9313 or 221-2055.

**JAN. 25
Doctor Dad**

This series of classes will be held Jan. 25, Feb. 7 and 14 from 5:30 -7 p.m. at Army Community Service, Building 2797. This workshop covers topics such as treating minor cuts and scrapes, when to call a doctor, how to make your home child-safe and how to keep your child healthy. To register, call 221-0349/2418.

**JAN. 26
Newcomers' Extravaganza**

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

60 days of their arrival to Fort Sam Houston. Learn about Fort Sam Houston and the San Antonio area and meet representatives from many different organizations, programs and businesses. Call 221-2705/2418.

**JAN. 29
San Antonio Spurs Military
Appreciation Night**

In recognition of the great men and women who serve this country, the San Antonio Spurs will host a Military Appreciation Night, 7:30 p.m. All military as well as their friends and Family can get tickets starting at \$10. Call 221-9904 or visit <http://www.fortsamhouston-mwr.com>.

**JAN. 30
UTSA Road Runners
Basketball**

The University of Texas San Antonio men's basketball team will host a Military Appreciation Night, 7 p.m. vs. Lamar. Tickets are \$5 and can be purchased at the Fort Sam Houston Ticket Office located in the Sam Houston Club, Building 1395. Call 221-9904.

**FEB. 7
BOSS Super Bowl Party**

The party kicks off at 5 p.m. in the Benner Barracks Day Room, Building 272, with a Madden '10 tournament, free food and refreshments for single Soldiers, games, door prizes and three big-screens televisions. Call 221-4242.



Announcements

Basic Motorcycle Rider Course Available

A basic motorcycle rider course is available, at no charge, to service members who would like to learn how to ride. The BRC is the initial training for all motorcycle riders which provides basic motorcycle skills and prepares riders for licensing procedures. Visit the Installation Army Traffic Safety Training Program

Web site at <https://airs.lmi.org> (Region=West; Garrison=Fort Sam Houston; Courses=(applicable course)) or call 221-3846.

Puppy Program Seeking Foster Families

The Department of Defense Military Working Dog Puppy Program is seeking foster Families who have time and patience to foster a Belgian Malinois puppy from 12-weeks to six months of age and can provide a stimulating and safe environment. Puppies are required to come back to Lackland once a month for vaccinations and evaluations. All of the supplies are provided through the program including crate, food and toys.

Contact 341trssp@lackland.af.mil.

Volunteers Needed

The American Red Cross office, Building 2650, at the corner of Patch and Harney roads, seeks volunteers to do filing, mailings, answering the telephone, and other duties. Caremobile drivers also needed. Call 221-3355.

Cloverleaf Communicators

The club meets the first and third Thursday, 11:45 a.m.-1 p.m., at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members. Call 221-8785, 221-6517 or 916-3406.

BAMC Seeks Volunteers

Positions are available for the Caremobile, Kernel Club, Patient Library or Patient Transport Program teams and on the clinic and patient administration staff. Call 808-4982.

Scholarship for Performing Arts Competition

The Las Casas Foundation will distribute a minimum of \$60,000 in college scholarships to high school graduating seniors in a performing arts competition to be held May 16 at the Charline McCombs Empire Theatre in San Antonio. For applications, event information and audition requirements, go to <http://www.lascasasfoundation.org> and click on "Scholarship." Deadline for entries is Jan. 22. Call 223-4343 or e-mail lynn@lascasasfoundation.org.

Scholarships for Military Children

The Scholarship for Military Children Program offers \$1,500 scholarships. Contact the local commissary, school guidance counselor, or visit <http://www.militaryscholar.org> or <http://www.commissaries.com>. Application deadline is Feb. 17. Call 221-4678 ext. 249.

SECDEF Employer Support Freedom Award

National Guard and Reserve members and Families are encouraged to nominate employers who provide exceptional support of military employees. Nominations accepted at <http://www.FreedomAward.mil> by Jan. 18.

Calendar of Events

JAN. 20 Exercise Leader Train-the-Trainer Course

Brooke Army Medical Center's Department of Preventive Medicine will host an Exercise Leader Train-the-Trainer course Jan. 20-21 to ensure that personnel are available to conduct the physical training portion of the Pregnancy/Postpartum Physical Training Program. PPPT is designed to maintain health and fitness levels of pregnant Soldiers and to assist them in returning to standard fitness level after pregnancy. Call 295-2740/2500 by Jan. 19 to register.

JAN. 21 MOAA Alamo Chapter Luncheon

The Alamo Chapter of the Military Officers Association of America will hold a luncheon Jan. 21, 11 a.m. at the Fort Sam Houston Golf Course. The guest speaker is Susan Morris, vice president, Health Policy and Governmental Affairs. Menu choice of mango chicken or cornbread stuffed pork with salad, potatoes, asparagus and apple pie, cost \$15. Reserve by Jan. 18, call 228-9955 or e-mail moaa-ac@sbcbglobal.net.

JAN. 26 Officers' Wives' and Widows' Luncheon

The Officers' Wives' and Widows' Luncheon will be held Jan. 26 at 11 a.m. at the Sam Houston Club for the very last time. Mary Reynolds of Elegant Furs will show how furs can be restyled. For reservations, call 822-6559.

FEB. 3 RecruitMilitary Opportunity Expo

A free employment, entrepreneurship, and educational opportu-

nity event will be held Feb. 3, 11 a.m.-3 p.m. at the Frank C. Erwin Jr. Events Center in Austin, Texas, for veterans, personnel who are transitioning from active duty, reserves, guard, and military spouses presented by RecruitMilitary, the President's National Hire Veterans Committee, the American Legion, and the Military Spouse Corporate Career Network. To register, visit <http://www.recruitmilitary.com>.

FEB. 8 ASMC Professional Development Symposium

The Alamo City Chapter of the American Society of Military Comptrollers will hold its annual Professional Development Symposium for 2010 Feb. 8-9 at the Education Services Center. Call 536-3311 or 573-6702.

APRIL 19 Texas Cavaliers' River Parade

The Texas Cavaliers' River Parade will be held April 19 at 7:30 p.m. on the San Antonio River. For tickets, call 227-4837.

REMINDER CALENDAR

- Jan. 14 Commanders Training, 8-10 a.m., Army Community Service, Building 2797
- Jan. 14 Martin Luther King Jr. commemoration, 11:30 a.m., Army Community Service, Building 2797
- Jan. 15 Commanders Golf Tournament and Social, 11 a.m.-7 p.m., Fort Sam Houston Golf Course
- Jan. 18 Martin Luther King Jr. Holiday
- Jan. 26 FSH Newcomers Extravaganza
- Jan. 28 Consolidated Monthly Retirement Ceremony, 7:45 a.m., Army Community Service
- Jan. 28 470th MI Brigade new building ribbon-cutting ceremony, 10 a.m., Building 1070
- Feb. 5 Warriors Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Club

"See it, Send it"

- Texting: 834-4531
- E-mail: FtSamHoustonPolice@conus.army.mil
- Phone: 221-CLUE (2583) Leave a Message
- Phone: 221-2222 Military Police Desk

Take the Dare and Be Aware



For Sale: 2006 Gulfstream Ameri-Lite Series M-21MB DL travel trailer, 21 feet long by 7 feet 6 inches wide, A/C and heat, refrigerator, gas grill cook top, queen-size bed, dinette table converts to twin bed, microwave, stabilizer jacks, auxiliary battery, twin propane tanks, awning, gas/smoke detector, spare tire, located in the Fort Sam Houston storage lot, average retail value \$9,915, asking \$7,500 obo. Call 838-8346 or 681-5564.

For Sale: ION turntable which converts old records onto a CD, easy instructions, excellent condition, \$50. Call 491-0534.

For Sale: Maytag Neptune washer and dryer, has sweater/dress drying unit above dryer, washer weighs clothes and then measures water level, like new. Paid \$1,500 for set, asking \$600 obo. Call 663-8905.

For Sale: Dinnerware, set for four, jalapeno design, over 30 pieces, \$30; Books, Danielle Steel, 56 titles, \$2 each. Call 697-9261 or 363-4056.

For Sale: Blue recliner, excellent condition, \$75. Call 464-6761.

For Sale: Spanish mahogany curio, mint condition, 6.5 feet tall, solid glass front with side entrances, designed by Spanish talk show host Cristina Saralegui, paid \$900, asking \$150; 1950s Japanese solid oak hutch, very heavy, sliding glass doors, wood carving,

with six drawers, \$300. 32-inch television with remote, works great, \$25. Call 290-8779.

For Sale: Oak coffee table with smoked glass top, \$40; Hoover Windtunnel vacuum, \$20; Magnavox 36-inch television, \$80; Frigidaire 11.2-cubic-foot frost-free upright freezer, \$70. Call 662-8887.

For Sale: Wood-grain entertainment center, 6 feet high by 5 feet wide by 17 inches deep, \$150; pillowback sofa sleeper, earth tones, \$225; baby crib, need refinishing, \$25; Replogle Hastings tabletop globe, \$30. Call 371-7833.

For Sale: 1983 Winnebago, sleeps five, A/C, diesel, needs minor maintenance, \$2,500 obo; washer and dryer, \$175. Call 227-9017.

For Sale: Sturdy wood coffee table, \$95; riding lawnmower, \$495; bikes, \$35 each; Cardioglider, new, \$175; custom-made pet house, \$175 obo. Call 633-2247.

For Sale: Fawn male boxer, \$175; Washburn four string guitar with amplifier, \$700; framed Korean flag, \$150. Call 633-3859.

For Sale: Teacup female Chihuahua, 8 weeks old, shots and dewormed, paper trained, \$285; female Pekingese, 2 years old, shots and dewormed, \$325; Cosco lightweight stroller, \$12; Trends stroller, \$15; various decorations for all occasions reasonable priced. Call 412-2151.

For Sale: Female yorkie, 3 years old, \$425; Tahoe cargo security shade, like new, \$65; 4 feet wide truck bed extender, \$225; Stetson brown felt hat, size 7, \$75; 10-gallon aquarium, \$30. Call 221-2690.

To place a Freebie ad, e-mail news.leader@conus.army.mil or fax 221-1198.



All Army Chess Championships

The 2010 All Army Chess Championships will be held May 15-21 in Fort Myer, Va. Player must be active duty Army and a United States Chess Federation (USCF) rated member. Twelve players will be selected and funded by Family and Morale, Welfare and Recreation Command. To apply, call 703-681-7204.

Softball Tryouts

Fort Sam Houston will hold tryouts Feb. 8-12, for the installation's varsity softball team. Any male or female possessing a DoD card, at least 18 years of age and not participating in an academic athletic association may tryout. Practice will be held at Leadership Field. Call 221-3003. Rain date: Feb. 16-19.

Softball Coaches Needed

Softball coaches needed for the Fort Sam Houston varsity team. Submit a resume by Feb. 1 to the Jimmy Brought fitness Center or mail to 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX 78234. Call 221-3003.

Intramural Basketball

Standings Jan. 7	W	L
1st BAMC	5	0
2nd ARSOUTH	5	0
3rd 321st Civil Affairs	5	0
4th Navy Reserve Ctr.	3	2
5th 5th Rec. BDE	3	2
6th HHC, 32nd Med. Bde.	3	2
7th SA Recruiting	2	3
8th ARNORTH	2	3
9th B Co., 264th Med. Bn.	1	4
10th 106th SIG Bde.	1	5
11th HHD, 470th MI	0	4
12th 591st Med. Log.	0	5

32nd Med. Bde. Basketball

Men's standings Jan. 5	W	L
B Co., 264th #1 Med. Bn.	1	0
B Co., 232nd #2 Med. Bn.	1	0
B Co., 264th #2 Med. Bn.	1	0
D Co., 232nd Med. Bn.	1	0
B Co., 232nd #1 Med. Bn.	0	0
A Co., 264th Med. Bn.	0	0
B Co., 187th Med. Bn.	0	1
C Co., 187th Med. Bn.	0	1
C Co., 264th Med. Bn.	0	1
C Co., 232nd Med. Bn.	0	1
Women's standings	W	L
C Co., 264th Med. Bn.	1	0
D Co., 232nd Med. Bn.	0	0
B Co., 187th Med. Bn.	0	0
B Co., 232nd #1 Med. Bn.	0	0
A Co., 264th Med. Bn.	0	0
C Co., 232nd Med. Bn.	0	0
B Co., 264th Med. Bn.	0	1
B Co., 232nd #2 Med. Bn.	0	1
C Co., 187th Med. Bn.	0	1



Main Post Chapel, Building 2200, 221-2754

Catholic Services:
 4:45 p.m. - Reconciliation - Saturdays
 5:30 p.m. - Mass - Saturdays
 9:30 a.m. - Mass - Sundays
 11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:
 8 a.m. - Collective Protestant
 11 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660
 8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:
 9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays
 12:30 p.m. - Mass - Sundays

Protestant Services:
 10:30 a.m. - Gospel Protestant - Sundays
 9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided
 6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoan Protestant Service:
 8:30 a.m. - Sundays

Web site: <http://www.samhouston.army.mil/chaplain>

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:
 8:30 a.m. - Mass - Sundays
 11 a.m. - Mass - Sundays

Protestant Services:
 10 a.m. - Worship Service - Sundays

Episcopal/Lutheran Rite services:
 12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:
 5:30 p.m. - Coffee and fellowship - Sundays
 6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services
Catholic Mass: 8 a.m. - Sundays
Contemporary Protestant Service:
 9:30 a.m. and 11:01 a.m. - Sundays
Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

Church of Jesus Christ of Latter Day Saints:
 8:30 a.m. - Sundays