

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

FLEA MARKET
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Event open to public
with valid photo I.D.

SUPER SAVINGS

Town hall meetings address joint basing process, effects on garrison employees

By Lori Newman
FSH Public Affairs

U.S. Army Garrison commander, Col. Mary Garr hosted two town hall meetings Jan. 28 to inform Fort Sam Houston garrison employees about the progress of Joint Base San Antonio.

Joint basing, which includes Fort Sam Houston, as well as Lackland and Randolph Air Force Bases, was

mandated by the 2005 Base Realignment and Closure decision made by Congress.

"Here at Fort Sam, the benefit we have from the 2005 BRAC decision is all the growth we are seeing here; the growth you are all a part of," Garr said, noting some of the new commands coming to FSH such as the Medical Education Training Command, Installation Management Command

Headquarters and Family and Morale, Welfare and Recreation Command.

Garr talked about the current organizational structure and what changes that would be taking place over the next several months.

"Today we fall under the Installation Management Command, and our installation commander is

See TOWNHALL P4

Ribbon cutting opens new 470th MI headquarters

By Gregory Rippo
470th Military Intelligence Brigade
Public Affairs

The 470th Military Intelligence Brigade held a ribbon cutting ceremony Feb. 1 to mark the official opening of its new headquarters, Building 1070.

The ribbon cutting comes almost two years after ground breaking, which took place Feb. 14, 2008.

Situated near the 470th's previous home in historic Building 1000, Building 1070 will house the planning and operations of the brigade, which includes five battalions, on the first five of its six floors. U.S. Army South, which still occupies major portions of



Photo by Gregory Rippo

From left, Tom Chandler, chief executive officer, Orion Partners; Maj. Gen. Simeon Trombitas, commanding general, U.S. Army South; Col. Jim Lee, 470th Military Intelligence Brigade commander; Command Sgt. Maj. Ronald Mason, 470th MI Brigade command sergeant major; and Col. Mary Garr, commander, U.S. Army Garrison, Fort Sam Houston, prepare to cut the ribbon officially opening Building 1070. The new building will serve as the headquarters for the brigade.

See 470TH P7



Navy corpsman recognized for injuries, bravery

By L.A. Shively
FSH Public Affairs

With his wife Bridget in tears, Navy Hospital Corpsman 2nd Class Jesse Friday stepped forward to receive a Purple Heart and a second Navy and Marine Corps Achievement Medal with combat distinguishing device Jan. 29 at the Navy Medicine Training Center Headquarters on Fort Sam Houston.

Friday received his Purple Heart for injuries sustained in support of combat operations in Iraq in 2006.

"I was in Ramdi on [explosive ordinance disposal] escort posting security for the disposal team," Friday recalled. "But on the way back to the [forward operating base] we got hit with an improvised rocket launcher – a homemade rocket shot with a PVC pipe."

The rocket entered the trunk of the Humvee Friday was riding. He said the shooter got lucky because the cab of the vehicle is armored, not the trunk.

"I don't remember much after that," Friday said. Although he was unconscious for only a minute or so, the journey back to the FOB is a bit hazy.

Friday earned his second NAM with a combat device for heroic achievement while serving as a corpsman for Marines in Afghanistan in 2008.

Friday triaged and treated six wounded Marines while under fire and their perimeter was being infiltrated by the enemy.

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Editorial Staff

Army Medical Department Center
and School & Fort Sam Houston

Commander
Maj. Gen. Russell Czerw

Garrison Commander
Col. Mary Garr

Public Affairs Officer
Phillip Reidinger

Editor
L. A. Shively

Editor/Writer
Steve Elliott

Staff Writer
Lori Newman

Layout Artist
Joe Funtanilla

News Leader office:

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

News Leader Advertisements:

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

News Leader e-mail:
news.leader@conus.army.mil

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

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New law means spouse can claim same home state as service member

By C. Todd Lopez
Army News Service

New legislation, signed by the president in November, allows military spouses to establish a permanent residence and carry it with them though each change of station.

The Military Spouses Residency Relief Act enables military spouses to do what their service members have long been able to do – claim and maintain residency in one home state, pay income taxes only to that state, and vote as a resident of that state, for the duration of their military career, without regard to where they are stationed.

“The purpose was to allow the spouse to maintain the same domicile as the service member,” said Mary M. Benzinger, senior attorney, Pentagon Army and Air Force Legal Assistance Office.

The benefit of having both husband and wife be able to establish and maintain domiciliary status in the same state – and carry that status wherever they go as a result of military PCS – is two-fold.

First, it simplifies paperwork. In the past, spouses would have to re-establish residency in whatever state they moved to as part of a PCS. They had to pay income tax to that state if they worked, register their vehicle there, and get a driver's license there. Additionally, if their service member maintained permanent domiciliary status in another state, the two might have to file state income taxes separately.

“It allows them to establish a domicile, and carry it with them, every time they PCS, and not do what you hear a lot of: where the service member stays a resident of Texas his whole career, and she (the spouse) has to be a domiciliary of every place the service member is stationed,” Benzinger said. “That’s what happened before this. You could never have a constant domicile. You had to be a resident of whatever state you were living in.”

Second, in many

cases, military members have opted to continue to maintain domiciliary status in one of the states that do not have state income tax: Alaska, Florida, Nevada, South Dakota, Texas, Washington, Wyoming, New Hampshire and Tennessee. Those service members do not pay state income tax.

The new act would allow military spouses who have been present in one of those states — and established domiciliary status there — to maintain that status along

with their service member spouse, and to then also not pay state income tax.

What the act does not allow, however, is for a spouse to “pick” a state where they can claim domiciliary status. Establishing domiciliary

status in a state, in nearly every case, requires that the spouse has lived in the state.

“You cannot pick,” Benzinger said. “You have to synch up, by physical presence and intent to remain.”

Thought of the Week

There's none so blind as those who won't see.

— English Proverb
(Source: Bits & Pieces, November 2009)

Weekly Weather Watch

	Feb. 4	Feb. 5	Feb. 6	Feb. 7	Feb. 8	Feb. 9
San Antonio	 54° Chance of Rain	 67° Partly Cloudy	 61° Partly Cloudy	 58° Chance of Rain	 58° Chance of Rain	 49° Overcast
Kabul Afghanistan	 57° Partly Cloudy	 64° Chance of Rain	 64° Chance of Rain	 53° Chance of Rain	 57° Chance of Snow	 57° Clear
Baghdad Iraq	 69° Scattered Showers	 55° Scattered Showers	 51° Chance of Rain	 57° Clear	 62° Partly Cloudy	 64° Overcast

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

News Briefs

HHC, USAG Change of Responsibility

First Sgt. Todd Foster will assume responsibilities of Headquarters and Headquarters Company, U.S. Army Garrison Feb. 10, 10 a.m. at the company's headquarters, 2121 North Pine Street. In the case of inclement weather the ceremony will be held at Roadrunner Command Center, Army Community Service, Building 2797. Outgoing 1st Sgt. Rosalba Chambers will assume the duties of the first sergeant at Camp Bullis.

LMH Office Closure

The Lincoln Military Housing office will be closed Feb. 12, 8-10 a.m. Call 270-7638.

Community Pharmacy Renovation

The refill pick-up side of the Community Pharmacy is undergoing renovation through Feb. 23. During this time, all operations will be conducted out of the new prescription side of the pharmacy. We encourage patrons to call in refills to the Brooke Army Medical Center Main Pharmacy for pick up. If patrons call in refills to the Community Pharmacy, they will be available on the new prescription side. We anticipate increased congestion and significantly extended wait times. We apologize for any inconvenience this may cause.

Consolidated Retirement Ceremonies

Due to renovation at the Fort Sam Houston main post flagpole the monthly consolidated retirement ceremony will take place at Army Community Service at 7:45 a.m. on the following dates, Feb. 25 and March 25. The ceremony will return to the main post flagpole when the renovation is complete.

Memorial Service honors Col. Robert Howard

A memorial service in honor of Medal of Honor recipient Col. Robert Howard will be held Feb. 27, 10 a.m. at Dodd Field Chapel. The keynote speaker is Maj. Gen. Simeon Trombitas, commanding general, U.S. Army South. The public is invited to attend.

CG shares vision, presents awards during ARNORTH town hall

By Sgt. Joshua Ford
ARNORTH Public Affairs

Lt. Gen. Guy Swan III, U.S. Army North commanding general, met with the Soldiers and Civilians of ARNORTH Jan. 25 during the quarterly Army North Town Hall Meeting at the Fort Sam Houston Golf Club.

The town hall meeting was Swan's first since he took command Dec. 15. During the gathering, he provided the Army North team with his vision statement.

Swan said his vision is that ARNORTH be the Army's Center of Excellence for civil support and domestic operations and U.S. Northern Command's "go to" organization to lead, coordinate and support DoD land domain operations in NORTH-COM'S area of responsibility.

"I have a dual vision here that in the Army, we are the leaders within civil support and how the Army should operate in the homeland," said Swan.

"Whether that is at state or local level, our federal partners in FEMA, the FBI or the Department of Homeland



Photos by Sgt. Joshua Ford

Lt. Gen. Guy Swan III, U.S. Army North commanding general, presents the ARNORTH Civilian of the Quarter Award to Emma Garcia, a management assistant in ARNORTH's personnel office.

Security; we are here to make others successful."

Swan told the audience there are four areas the command must be best at: training, theater security cooperation, planning, and command and control.

"Everyone in this room has a

piece of every one of these in some way, shape or form," he explained.

"In some manner, you are contributing to these four capabilities that I see us providing others."

Ultimately, it is up to each member of the team, military

and civilian alike, to make the command a success, said Army North's Command Sgt. Maj. David Wood.

"In order to be relevant, we have to make sure that we're capable of doing everything that we can in achieving all of the visions and expectations of our commander and the NORTH-COM commander," he said.

Swan also asked the Soldiers and civilians of ARNORTH to do everything, every day, in an ethical manner, follow the law, and remember the command's supporting role in domestic operations.

"None of this is possible without great people," said Swan. "Everyone is important. Whatever your position is, whatever your specialty, you are important to the command."

To open the town hall meeting, Swan presented numerous awards to Soldiers and civilians for contributions and services with the Combined Federal Campaign, Vibrant Response, time-in-service, and Civilian of the Quarter awards.

470th MI Bde. continues Haiti relief support, missions in AOR

By Gregory Ripps
470th MI Brigade Public Affairs

Although the intense initial interest in the Haiti disaster is dissipating, Soldiers and civilians of the 470th Military Intelligence Brigade and U.S. Army South continue their mission.

They continue to "build capacity" to provide intelligence support to Joint Task Force Haiti as they prepare for the United Nations mission and the World Food Program to begin their surge to feed two million Haitians.

While WFP feeds the people, the brigade will continue to produce assessments of the various threats to the population and changing conditions on the ground – such as malaria, yellow fever, dysentery, criminal gangs, escaped Haitian prisoners and looters – that threaten the health and safety of the Haitian people.

The 470th MI Brigade Soldiers have begun conducting environmental surveys of Haitian populations as internal migrations continue and the traditional neighborhoods change social

dynamics and demographics.

These surveys will provide critical information to commanders on health, atmospheric, starvation, and crime statistics for coming decisions that will better support the Haitian people's recovery.

"Our intelligence efforts are focused on moving logistics among the destroyed streets and local people to survey neighborhood accessibility and population shifts that inform our commanders and the planners for WFP and United Nations mission

to better support their relief efforts," said Lt. Col. Tom Meyer, brigade operations officer.

While the United Nations continues its relief mission, 470th and ARSOUTH Soldiers and civilians are continuing their preparations for potential mass migrations and follow-on JTF-Haiti mission support.

"The 470th continues to build and prepare additional intelligence expeditionary teams; we've prepared a second Deployable Intelligence Support Element with a second communications package that is ready to

deploy when called for by ARSOUTH," said Col. Jim Lee, brigade commander. "We are always anticipating the next mission.

"Conditions in South and Central America are continually changing," Lee continued. "We recently deployed intelligence support teams to El Salvador and assist JTF-Bravo in that nation's mudslide relief operations. More recently, torrential rains stranded hundreds of tourists – some American – as mudslides

TOWNHALL from P1

Maj. Gen. Russell Czerw," she said.

"Come IOC [initial operational capability] moving into FOC [full operational capability], we will be transitioning into an element under the Air Education and Training Command. That is the TRADOC [U.S. Army Training and Doctrine Command] equivalent for the Air Force, commanded by a four-star general, Gen. [Stephen R.] Lorenz."

AETC oversees all the training and doctrine programming for the Air Force world-wide.

"We are going to become part of that system, but as Joint Base San Antonio we will be unique in that we are not a training mission element," Garr said. "We will provide installation support services for Joint Base San Antonio."

The FSH Garrison will become part of the 502nd Air Base Wing, and the new wing commander, Air Force Brig. Gen. Leonard A. Patrick, will become the installation commander.

The 502nd ABW stood up July 28 and Patrick moved into temporary quarters on FSH in August. Under the 502nd ABW, there will be three mission support groups: the 502nd MSG, currently Fort Sam Houston Garrison; the 902nd MSG at Randolph AFB; and the 802nd MSG at Lackland AFB.

Lackland and Randolph started operating under their new designations Feb. 2.

FSH Garrison will become the 502nd MSG sometime in April, Garr said.

Joint Base San

Antonio will become fully operational Oct. 1 and FSH Garrison employees will become Air Force employees Oct. 10.

Because our mission supports mostly Army personnel, most program names will not change, such as Army Community Service. "Our signage will not change or may become bilingual over time," Garr said.

"We want to ensure that the services we provide today will be continued under the joint base, the colonel said.

Army-specific programs and activities such as Casualty Affairs, Survivor Outreach Services, Army Continuing Education System, the Sexual Assault and Response Program, the Soldier Family Assistance Center, the Warrior and Family Support Center, tactical vehicle maintenance, privatized Army housing

and Army Lodging, and other Army-unique functions, will fall under the Army Support Activity which will be established between the April and October.

Garr and Meg Reyes, from the Air Force Personnel Center, also addressed how the changeover from Army to Air Force would affect employee personnel status.

"Your pay is not going to change. Your benefits are not going to change," Garr said. "Your duty location will not change unless you decide to take a job elsewhere.

"What will change is your employing agency, today you are proud Department of the Army civilians; on 1 October, most of you will be proud Department of the Air Force civilians," the colonel added.

"1 October 2010 is not an end state. We will con-

tinue to evolve and refine Joint Base San Antonio over time to ensure we meet the needs of the people, units and missions of Fort Sam Houston. We need everyone on the team to help ensure success," Garr said.

"We are one military, one team."

Army employees will transfer into the Air Force system "as-is." Most people will retain their current jobs; pay plan, series and grade; and benefits.

National Security Personnel System employees will be transferring back into the Government Service system, not because of joint basing, but because it was directed by the DoD, but the transfer date has not yet been determined.

"There are certain positions that are going to ASA, the wing staff or other areas within the garrison," Reyes said.

"But, if you are postured to come to the wing staff, you will come as you are. There are a few instances where it will change, but we are working through those individuals right now."

People's supervisory chain, job title and/or duty location may change as the mission warrants.

"The official date of joint basing is Oct. 1, when everything has been signed," Reyes said. "We are trying to lessen the impact to the employees, so we are looking at transitioning on Oct. 10 which is a pay period beginning date."

"Can I tell you that all of you are happy about transitioning? Can I tell you this is the best thing? No, I know you have some concerns and challenges that you are facing," Reyes added.

She identified some of the major differences between being an Army

civilian employee and an Air Force civilian employee.

Some changes include: The Civilian Personnel Advisory Center will become the Air Force Personnel Center.

Pay dates will change. Army civilians are paid on the second Thursday after a pay period begins; the Air Force is paid the first Friday after a pay period begins.

New Common Access Cards will be issued, but it is still unclear when that process will take place.

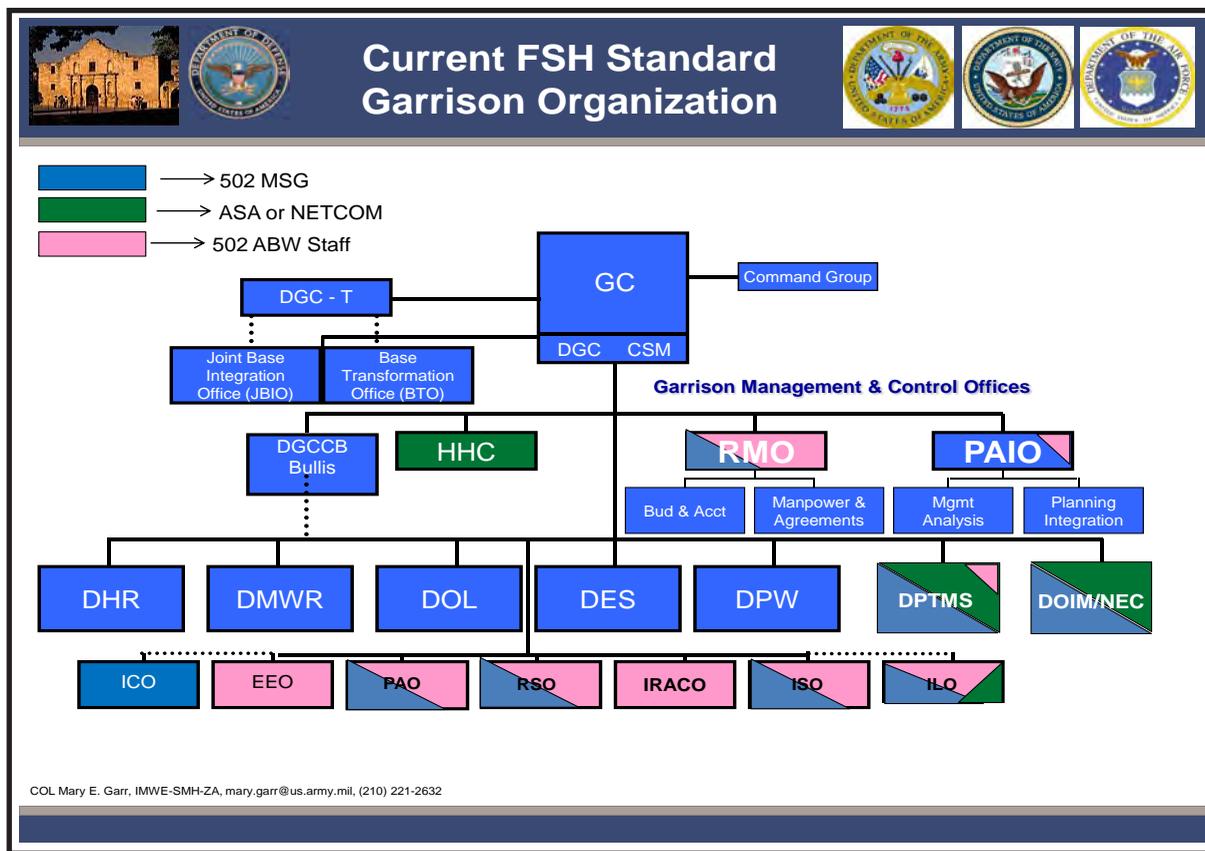
The Army currently uses a resume system. The Air Force uses "skills-coding" to identify job experience. Skills-coding is a career brief the Air Force Personnel Center generates for employees where codes represent duties performed.

"For Army employees who are interested in being considered for Air Force positions after they transition at FOC, we will make sure they are skill-coded if we have a resume," Reyes said.

"We are asking for resumes 90 days ahead of time, on a volunteer basis. Once we receive them we will submit them to [Air Force Manpower Agency] for skills-coding. That's only if we don't go to a resume-based system by that time."

"We are in the process of seeking a resume-based application similar to what the Army does now," Reyes added.

To review the slide presentation or the questions posed during the town hall meetings, visit the Fort Sam Houston intranet home page at <https://fsh-intranet.amedd.army.mil/> and click on the links at the bottom of the page.



New program offers career exploration opportunities for high school students

By Lori Newman
FSH Public Affairs

High school students are preparing for real-world career experiences through the new Hired! Apprenticeship Program on Fort Sam Houston.

The program provides teens, 15 to 18 years old, practice with resume writing, interviewing and job-site skills in Family and Morale, Welfare and Recreation operations and other organizations.

"Someone at the Youth Center handed me a flyer; I signed on (to the program) because it sounded like it would be a fun experience," said 17-year-old Joe Kauffman.

"When I found out I was going to be working over at marketing, I

thought, 'Wow, that's going to be pretty interesting,' Kauffman said.

"I signed up for the second time because it was a pretty fun experience, so I started working here (at the Middle School and Teen Center)."

Kauffman plans to sign up for a third term to continue working at the Middle School and Teen Center. When he turns 18, he wants to get a job at the center.

"We find out what career field the kids are interested in and try to match them up with that facility, said Jessica Castillo, Child, Youth & School Services workforce prep specialist.

"Someone from the facility comes in and actually interviews them.



Photos by Lori Newman

Jesse Cavalier prepares salads for an event at the Sam Houston Club. This is his second term working at the club.

It's a whole real-world experience.

"They have to prepare resumes, prepare for the interview and go through the interview process," she explained.

Seventeen-year-old Jesse Cavalier started his

second term working as a cook at the Sam Houston Club.

"I like it," he said. "I thought it would be good to join the Hired! Program to get the experience; I chose to work at



the club because I really like to cook." "I think it's a great program," said Manuel Valdez, manager of the Sam Houston Club. "If we can help young people

get into a field of work that they like; I think that's a great opportunity. I have never seen a program like this on post before."

During the first term of the Hired! program, three students worked at the Sam Houston Club in the ticket office, catering and in the kitchen.

"Ever since I interviewed Jesse, he knew what he wanted to do," Valdez said.

"The first term we had 19 apprentices but once school started it went down a little bit," Castillo said.

The apprentices are required to work at least 15 hours per week and must accumulate 180 hours by the end of the

See CAREER P7

Cowboys serve breakfast at WFSC

Photos by Esther Garcia



Spc. Drue Selling (right) watches as Sgt. 1st Class Clifford Warren gets ready to dig into his tacos. The "Cowboy Breakfast" team brought in more than 3,000 tacos and biscuits with gravy to the Warrior and Family Support Center Jan. 28 for Soldiers and Families to enjoy. The breakfast menu included potato and egg tacos, sausage and egg, chorizo and egg, sausage wrapped in a tortilla and biscuits with gravy.



(Left) District Attorney Susan Reed, Craig Lindsay and Bill Wiseman visit with Pvt. Paul Plemmons during the breakfast. This was the first time that the Cowboys Breakfast Foundation brought breakfast to the Warrior and Family Support Center and they hope to make it an annual event. The 32nd annual "Cowboy Breakfast" event, sponsored by the Cowboy Breakfast Foundation, raises money for scholarships to St. Philip's College culinary arts students, said Wiseman.



Steve Meelker and volunteers with Jordan Ford meet 1st Sgt. Dale Wellington at the Warrior and Family Support Center. Jordan Ford and Pioneer Flour Company are two of the sponsors for the annual "Cowboy Breakfast" held every year as the unofficial kick off to San Antonio rodeo activities. "We are here to take care of the Soldiers, since they are taking care of us," said Meelker.

CAREER from P5

term to be eligible for the \$500 award from Kansas State University.

The current term runs through April 3 and the next term will begin April 5.

Students can participate in two terms per calendar year.

To qualify for the program the children must be a U.S. citizen between 15 and 18 years old; a Family member of an active duty, reserve, retiree, or DoD civilian or DoD contractor; must be registered with Child, Youth & School Services; and have and maintain a 2.0 grade point average through the duration of the program.

The program is open to students from all school districts.

Some of the facilities

participating in the program include the Sam Houston Club, the Golf Club, the MWR Marketing Department, the teen centers, School Age Services, the Jimmy Brought Fitness Center, Keith A. Campbell Library, FSH Fire Department, Bowling Center, the Edge Program, the Child Development Center and the Harlequin Dinner Theatre.

Other facilities on Fort Sam Houston can also participate in the program.

For more information, call 221-3164 or 221-3386.

Students interested in an apprenticeship can pick up an application at Parent Central, Building 2797.

470TH from P1

Building 1000, will also occupy some space in the new 155,000-square-foot building.

Before cutting the ribbon, Maj. Gen. Simeon Trombitas, commanding general, U.S. Army South; Col. Mary Garr, commander, U.S. Army Garrison; Tom Chandler, chief executive officer, Orion Partners; and Col. Jim Lee, 470th MI Brigade commander, each briefly addressed the crowd gathered in front of the building.

Trombitas said the building was the "finest of its kind" and a tribute to the Soldiers and civilians of the brigade. Garr said the building would be an asset to all of Fort Sam Houston and challenged as well as congratulated the brigade.

Chandler, whose firm constructed the building in partnership with other contractors, said he was thrilled to attend the ribbon cutting. He noted that after the 10-year lease, the building would belong to the Army.

Alluding to the old Army recruiting slogan, "Army of One," Chandler said, "Sometimes it's made of many parts." He explained that the many parts came together to complete the building project.

Lee touched on this in his own remarks: "The past three years have taken major efforts by the 470th, IMCOM [Installation Management Command] West, Army Corps of Engineers, U.S. Army Garrison, Orion, Army South, and many other hard working, diligent people to complete

this great task."

"This building and our new brigade headquarters represent a major milestone not only for the 470th MI Brigade but also for Fort Sam Houston and IMCOM West," Lee also said.

"It is the first-of-its-kind Enhanced Use Lease building constructed from foundation to roof here on Fort Sam Houston."

With the EUL program, the Army has had under-utilized but non-excess real estate assets on Department of Defense installations refurbished through competitive bids by civilian firms.

According to Maj. Ryan Fearnow, the brigade's logistics officer, EULs help stimulate the local job market and improve community relations as well as offset

declining military operations and maintenance budgets.

However, in 2007, the assistant secretary of the Army directed the Corps of Engineers to plan a new facility with a 10-year lease for the 470th MI Brigade.

Consequently, Building 1070 is unique: it is not an old building in need of redevelopment but a new building that still "leverages" the benefits of the traditional EUL.

Building 1070 consolidates elements of the 470th MI Brigade as it continues to train and deploy personnel to gather and analyze intelligence in support of major commands to parts of the world ranging from Iraq and Afghanistan to the Caribbean and Central and South America.

The birthplace of military aviation – 100 years of growth

Construction a Fort Sam hallmark then as now

When Lt. Benjamin Foulois brought the Signal Corps Number 1 aircraft to Fort Sam Houston in 1910, he was coming to a burgeoning military installation. His nascent experiments with military flight and aerial reconnaissance laid the foundation for pioneer aviators that paralleled the impact of the Army post's growth on San Antonio and on American air power today.

Just prior to the turn of the century, Fort Sam Houston was the home of Headquarters, Department of Texas, one of the Army's regional administrative head-

quarters and a General Officer Command.

The Department of Texas was, at that time, comprised the states of Texas and Arkansas, the Oklahoma and Indian Territories. Within these regions were more than 4,000 troops.

The Commanding General of the Department and his staff occupied the Quadrangle with the San Antonio Quartermaster Depot which supplied troops within the Department.

The Department of Texas was responsible for the security of the border with Mexico and reinforcing the Panama Canal Zone in the event

of a threat.

At the end of the war with Spain, Fort Sam Houston totaled 466 acres.

The Quadrangle and the Staff Post, where the officers of the Headquarters lived, accounted for 137 acres.

The Quadrangle was the Upper Post, where the regiment-sized garrison lived, and accounted for another 19 acres. The remaining 310 acres were located about three miles northeast of the Quadrangle and had formerly been used as a camp ground and firing range.

Since the mid-1890s,



units on post had had to lease ranch land north of Leon Springs in order to fire their Krag-Jorgensen rifles and field artillery with which the troops were armed, as the weapons were too powerful to be fired on post.

By 1898 in order to accommodate an expected garrison of one full infantry regiment, one full cavalry regiment, an artillery battalion and assorted signal and medical personnel, additional

land was required for the necessary barracks, mess halls, stables and other facilities.

Between 1903 and 1907, the War Department purchased 109 acres adjacent to the north side of the post, between Wilson and Eleanor Streets, extending east to approximately present-day Chaffee Road.

Construction began in 1905 along what would become Stanley Road.

The new construction, dubbed the Cavalry and Light Artillery Post Addition, provided for three artillery barracks, twelve cavalry barracks, and two band barracks all with the necessary stables, mess halls and latrines, a regimental headquarters, a bakery and a stockade.

There were 42 single-family officer quarters, two quadruplex officers quarters, seven noncommissioned officers quarters and a bachelor officers quarters. This building program would make Fort Sam Houston the largest post in the Army by the time it was completed in 1912. It would also allow the ele-

ments of the garrison to have its own, separate campus.

Thus were born the Infantry Post, the Cavalry Post and the Artillery Post.

For a garrison of this size, the old hospital on the Staff Post, built in 1886 with a twelve-bed capacity was no longer adequate. A new station

hospital with an eighty-four bed capacity was begun in 1908 in the area behind the Artillery Post officer quarters. It would be expanded several times in the years to come.

In addition to the stables, the 2,000-plus horses in the garrison need-

ed a veterinary hospital which was built in 1908 in the area behind the officers' quarters on the Staff Post.

An additional 340 acres to the north was leased from George Brackenridge for a drill ground. It was here where the "aeroplane shed" would be built, several hundred feet from the nearest inhabited building.

Incessant demand for

When Lt. Benjamin Foulois brought the Signal Corps Number 1 aircraft to Fort Sam Houston in 1910, he was coming to a burgeoning military installation.

Company B, 232nd Soldiers compete for inter-company bragging rights

By 1st Lt. Shawn Brooks
B-232nd Med. Bn.

Soldiers from Company B, 232nd Medical Battalion vied for bragging rights and a late bed-check for the following weekend during an Organizational Day competition at Jimmy Brought Gym Jan. 12.

The competition was separated by platoon for a total of five represented and events included volleyball, basketball, dodgeball and a bench press contest.

Activities were officiated by Company B cadre and points were awarded according to how the platoon teams finished in a given event.

It was a close race to the finish, but 1st platoon, nicknamed the Maddawgs, lead by Staff Sgt. Cruzy Cruz, won both bragging rights and the later bed check.

Soldiers were allowed an extra two hours of personal time for the long Martin Luther King Jr. weekend.

The Organizational Day competition was meant to provide Soldiers with some well-earned time to have fun after a rigorous first half of training, building esprit de corps, fostering a healthy sense of competition, and allowing Soldiers across different platoons get to know each other.

Organizational Day

directly followed the National Registry Emergency Medical Technician certification exam, a major requirement for the 68W Combat Medic training period of instruction.

The exam marks the halfway point in combat medics' 16-week training that will culminate in March at Camp Bullis with a 14-day Field Training Exercise.

Upcoming events for Company B include ongoing men's and women's basketball games in the post league, an inter-battalion commander's cup with Company A – their sister company – and a combatives tournament.

PURPLE HEART from P1

Behind only rocks with enemy just 100 feet away, Friday continued to care for his patients, allowing four to return to the fight during a time when every able body was needed, according to the citation.

His two remaining wounded were evacuated to safety for further treatment.

“What an honor for me to be able to pass along these two tremendous awards,” said Navy Capt. R. G. Craigmiles, commanding officer for NMTC, adding that he and his unit rarely get to honor someone who has given so much and is so humble.

“I didn't know he had been awarded the Purple Heart, even though I've spoken to him several times and we've gone to lunch together. He never mentioned his wounds or getting a Purple Heart. I think that speaks a lot about his character,” Craigmiles said.

“Thank you for your service to your country



Photo by Lori Newman

Navy Capt. R. G. Craigmiles, commanding officer for NMTC pins a Purple Heart on Hospital Corpsman 2nd Class Jesse Friday's chest, next to a Navy and Marine Corps Achievement Medal with combat distinguishing device he just received.

and your bravery.”

Friday said though he was cited for bravery, he was absolutely afraid when he was treating his Marines and taking fire, but put his emotions aside to do the job.

“You can think about it and talk about it later on. If you can sit there and laugh about it and everybody made it back to the FOB, then it's a good

day,” Friday said adding that humor is what always helped him and his Marines make it through.

Friday is currently an instructor at the Defense Medical Readiness Training Institute in Camp Bullis and completing his master's degree in Health Promotion.

470 MIB from P3

damaged railway and roads leading into Machu Pichu and other parts of Peru. This could potentially require our expedient assistance.”

The brigade is also supporting a team in planning to counter illicit

trafficking in Guatemala and continues to support the Colombian Army in its counter terrorism/narcotics efforts. The brigade continues to engage in its area of responsibility even while balancing requirements to support Operation Unified Response in Haiti.

Anticipating that U.S. support of Haiti's recovery will last for months, the 470th is preparing for long-term support operations to JTF Haiti by building capacity to back fill their Soldiers and civilians there.

“We are always preparing for the next mission,” said Jean Whitlock, brigade communications and signals chief. “That's why we are continually maintaining and training our deployable intelligence and communications gear for expeditionary operations. We are ready.”

“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

BOSS Zone opens at Benner Barracks

A ribbon cutting ceremony was held at the Benner Barracks Jan. 29, opening the new BOSS Zone, a recreational outlet for Soldiers living in the barracks.

After a brief speech by Col. Mary Garr, U.S. Army Garrison commander, she joined Sgt. Maj. Raymond Houston, garrison command sergeant major, Staff Sgt. Edmund Perez Jr., BOSS president and Ben Paniagua, Morale, Welfare and Recreation

adviser for the BOSS Program, to cut the ribbon opening the facility.

Soldiers in attendance entered the new BOSS Zone for the first time to view the changes to this once mostly barren room in the barracks. The Boss Zone is a product of accelerating changes in the BOSS Program spearheaded by Perez.

The BOSS Zone consists of several wall-mounted flat screen TVs, plush furniture in a theater-style setup on risers,

brightly colored walls with a BOSS logo mural, wall deco, a movie library, Wii games, decorative plants and a pool table.

The BOSS President's office is also located in the BOSS Zone.

"I think it is totally awesome," said Spc. Sonya Orr from Company A, Brooke Army Medical Center.

"A lot of hard work went into it and I love it," she went on to say.

The BOSS Zone will be

open 24 hours a day, seven days a week for all Soldiers providing on-post recreation and leisure for off-duty time.

"I think it is so cool," said Spc Phillip Niu, Company C, BAMC. "I will definitely be using this place."

The project was funded by MWR as part of its ongoing mission of taking care of the military community on Fort Sam Houston.

(Source: Fort Sam Houston MWR)



Photo by Spc. Sonya Orr

Staff Sgt. Edmund Perez Jr. and Sgt. Torsten Jusiewicz use the equipment in the new BOSS Zone to create promotional materials for the BOSS Program.

Sitting volleyball tourney fosters teamwork, camaraderie

By Steve Elliott
FSH Public Affairs

The scene inside the Jimmy Brought Gym on Fort Sam Houston Jan. 26 could have been from any of the various tournaments held there except for one detail – all the participants were sitting on the wooden floor.

But that didn't mean the players were taking it easy. On the contrary, these athletes were sweating and exerting themselves as hard as they could.

This was the 2nd Annual Sitting Volleyball Tournament, presented by the Brooke Army Medical Center Warrior Transition Battalion, and the action was fast and furious.

Sitting volleyball originated in the Netherlands in 1956. After entering as a "demonstration" sport during the 1976 Paralympics Games in Toronto, Canada, sitting volleyball was first included in competition at the 1980 Paralympics Games in Arnhem, Netherlands. It has been in every Paralympics Games since.

As in regular volleyball, a high level of teamwork, skill, strategy and intensity is needed. Each team's goal is to pass the ball over the net and to touch the ball on the ground of the opposing team's side. In this tournament, most of the players didn't have a disability, but the rules stated that each team must have one wounded warrior participating.

"This tournament gives these wounded warriors some entertainment and time away from their healing," said Master Sgt. Antwan Nicholson, operations noncommissioned officer-in-charge for the Center for the Intrepid's Warrior Transition Unit. "We had 21 teams participating this year, which is up from last year."

Sitting volleyball can be played by anyone, and by eliminating jumping, which can be adversely affected by disability or age, sitting volleyball puts all players on a level playing field and brings disabled and able-bodied individuals together to play an competitive sport without limiting anyone's

abilities, according to the International Paralympics Committee Web site at <http://www.paralympic.org>.

"It's great motivation," said Pvt. Ricardo Samudio, with Company A at the WTU. Samudio lost his right leg below the knee in Baghdad, Iraq in December 2008 when a grenade hit the vehicle he was traveling in. "Everyone here is on the same level, the same playing field."

"I've been at the WTU for 14 months and got my prosthetic leg at the Center for the Intrepid," the Soldier said as he strapped his leg on after the game. "I also got another one especially made for running."

As well as fostering camaraderie and fellowship, there were scouts from the USA Volleyball's Paralympics team checking out the talent level of the wounded warriors.

"I've seen some really good athletes out here," said Rik Mullane, head coach

See VOLLEYBALL P13



Photo by Steve Elliott

Pvt. Ricardo Samudio returns a volley during the tournament. Samudio lost his right leg below the knee in Baghdad, Iraq in December 2008 when a grenade hit the vehicle he was traveling in.

Spc. Joshua Holm (left) gets congratulations from his teammates after a victory at the tournament. Holm was in the 3rd Armored Cavalry Regiment in Mosul, Iraq, in 2008 when an improvised explosive device exploded under the tank he was in, and he lost his left leg below the knee.

Photo by Steve Elliott



VOLLEYBALL from P12

of the men's sitting volleyball team for the USA Paralympics Program. "The program for the USA team is very competitive. If we bring an Army athlete in, we send them up to the University of Central Oklahoma in Edmond, Okla., where the national team trains. The military has been very cooperative with us in allowing the athletes to take part in the training camps."

In order to be a member of the U.S. National Sitting Volleyball Team or to qualify for sitting volleyball in the Paralympics, athletes must have a physical disability that limits their ability to play the game, according to the Sitting Volleyball Web site at <http://www.Sittingvolleyball.org>. This typically includes athletes who are affected by amputation (of the arm or leg), major knee tears, polio, knee or hip replacements, or any major muscle loss.

One athlete who caught the coach's eye was Spc. Joshua Holm from Kent, Ohio. Holm was in the 3rd Armored Cavalry Regiment in Mosul, Iraq, in 2008 when an improvised explosive device exploded under the tank he was in, and he lost his left leg below the knee.

"This sure is a nice break in the monotony of medical treatment," Holm said after a hard-fought 21-20 win. "The camaraderie is outstanding and it shows we can still function and have fun, even with an injury."

Holm said he got his prosthetic leg four months ago and it took him two months just to get used to walking and

learning how to adapt to other activities. The Soldier said he was able to pick it up quickly as evidenced by his adapting to another sport.

"I just got back from snowboarding at Sun Valley, Idaho," Holm said. "It's definitely different doing that on one leg."

Sitting volleyball is currently played in more than 60 countries worldwide in a two-stage league system, where non-disabled athletes can also participate. The rules of sitting volleyball differ only slightly from standing volleyball, according to the World Organization for Volleyball for the Disabled, but there are a few important distinctions.

Beyond the need to keep their buttocks on the court while performing any type of attacking shot, front row players are also allowed to block service shots from their opponents. For sanctioned tournaments, teams consist of six players and up to six substitutes, and each player must fulfill a minimum disability requirement.

U.S. Paralympics is working in collaboration with leadership from the United States Army Warrior Transition Units to develop adaptive sports and fitness programs for injured personnel serving in these units, according to the U.S. Paralympics Web site at <http://www.usparalympics.org>.

"Playing sports is a good part of their treatment," Nicholson said of the male and female amputees and burn unit patients in the tournament. "And these folks are good. They have the advantage in this format, and there's nothing as much fun as telling them they're dominant in a sport."

Army researching alternative methods of learning, injury assessment, aftercare for wounded Soldiers

Part 1: Ergonomics, human factors research could lead to better training at AMEDDC&S

By L.A. Shively
FSH Public Affairs

Remember the unconventional chair that required an occupant be in a kneeling position – in order to sit?

The idea behind its design incorporated ergonomics, a scientifically-based methodology for fabricating equipment and work spaces in order to fit the employee, reducing work-related injury and fatigue.

The Army is going one step further; using ergonomics combined with human factors research to find alternative ways of improving learning and teaching methodologies, injury assessment and aftercare for Soldiers.

Ergonomics is synonymous with human factors explains Dr. Valerie Rice, chief of the U.S. Army Research Laboratory-Human Research and Engineering Directorate's field office at Fort Sam Houston.

Within the directorate are 22 field sites, located across the country, involved in a variety of research.

She said that many programs incorporate human factors in the fields of engineering, psychology, biomechanics and cultural studies where solutions to problems concerning the whole person, including his or her internal as well as the external environments are considered.

Psychological and cultural issues are integrated into the research because humans have limitations beyond the physical realm according to Rice; and the Army is interested because Soldiers serve in many non-traditional roles in other countries worldwide.

"Soldiers don't just go into fight. Often they are peacekeepers and must understand the people they are work-

ing with," Rice said.

The instructional aspect of her team's work at Fort Sam Houston looks at systems that will help students learn more quickly, retain material longer and hone instructor style for faculty at the U.S. Army Medical Department Center & School.

To assess challenges to student completion rates in coursework at the AMEDDC&S, research started

with a focus group of Army instructors exploring reasons behind attrition; followed with a literature review investigating impediments to student achievement in medical fields at technical and advanced levels.

Rice said the preliminary work strongly suggested personal characteristics were directly associated with success and failure rates. The team then used this information to look specifically at AMEDDC&S students.

"We took [the focus group and literature review] information and did a large study in which we looked to see what personal characteristics were associated with pass/fail and grade point average for combat medics.

"We found some that were predictive of GPA and pass or fail," Rice said, adding this information was collected via survey of about 700 student Soldiers.

Predictors included study skills, ability to focus, coping mechanisms and fear of failure among others.

She explained this information was



Dr. Valerie Rice, chief of the U.S. Army Research Laboratory-Human Research and Engineering Directorate's field office at Fort Sam, and her team are researching alternative methods of learning for combat medic students, injury assessment and aftercare for wounded Soldiers.



Photos by L.A. Shively

Programmer Jim Hewson (left) is finalizing the development of the PASS tool planned for release by the end of this fiscal year. Petra Alfred is a researcher and PASS tool project lead. Here, Hewson and Alfred confer on the software development process.

then reassessed using interviews with students with a grade of B or above, those who totally failed the program, and with a battle buddy for each of the interviewees, creating a system of checks and balances ensuring the data was accurate.

The research resulted in the Personal Academic Strategy for Success tool where students filled out a short questionnaire that gave immediate feedback on five strengths and five areas needing improvement.

The PASS tool provides a printout with techniques that would help students perform at a higher level during training and gives feedback to assist instructors with determining more appropriate teaching methods aimed at student success.

"If they scored low on study skills, their feedback is on how to study, how to learn, how to organize," Rice said.

"If they have difficulty focusing attention, you can tell them how to organize their time so they can study in short increments, recognize how they

do things, and utilize (the information) so they can perform better."

"What if you have high-visual learners versus high-auditory learners?" Rice asks, explaining this knowledge could affect the presentation and study of coursework.

Rather than reading the material, a high-auditory learner might benefit by hearing the material read aloud or recording the lecture Rice explained.

After the PASS tool was developed; ease-of-use, feasibility and effectiveness testing was designed to determine how the program would be best utilized by the school.

"We wanted to see if this program reduced attrition, because if it's not reducing attrition, it's not getting us where we want to go," Rice said.

She said early results of the work indicates the attrition rate was reduced by 5 percent potentially saving the Army \$1 million annually.

The PASS tool is currently in the implementation phase, scheduled for release by the end of this fiscal year.

Virtual reality helps Soldiers deal with real world burn pain

By Steve Elliott
FSH Public Affairs

Military members who have combat burn injuries can suffer through some of the most intense and prolonged types of pain imaginable. Patients need daily care to clean the wound and daily physical therapy to stretch the newly healed skin.

Despite the use of strong painkillers, the majority of burn patients report severe to excruciating pain during wound care. Even knowing the pain from wound treatment is coming can bring on a high level of anxiety and stress for these patients, according to Maj. (Dr.) Peter DeSocio, an anesthesiologist with the burn center at Brooke Army Medical Center.

“Burn pain is generalized and not easy to treat,” DeSocio said. “We can’t just give the patient a shot to make it stop.”

The 40-bed burn center — the only one of its kind for the nation’s military — is located in a fourth-floor wing of the massive hospital located on Fort Sam Houston. The center, part of the Army Institute of Surgical Research, has treated more than 800 military personnel injured in war.

Research is now showing that an interactive video game can be one effective prescription for easing the pain and stress during burn wound treatment.

For the past two years, a group of military patients have taken part in a study using “SnowWorld,” a three-dimensional video game that employs high-tech goggles and earphones, allowing patients to immerse themselves in the game experience.

While in the game, they are drawn into the action as they glide through an icy world of frozen canyons and mountains, and loft snowballs at snowmen, igloos, mammoths, and pen-



Photos by Steve Elliott

Sgt. Oscar Liberato, a 23-year-old tanker from Ferndale, Wash., uses the goggles and mouse as part of the SnowWorld interactive video game. The sergeant was injured two years ago while with his unit in Iraq when an improvised explosive device detonated near the Humvee he was riding in.

guins. It’s this frosty experience that allows the wounded warrior to focus on something other than their injuries and the treatment that goes along with it.

The game was designed by Dr. Hunter Hoffman, director of the University of Washington’s Virtual Reality Analgesia Research Center, with psychologist David Patterson, the chief of rehabilitation medicine at Harborview Burn Center. It was designed by Imprint Interactive Technology, based in Seattle, Wash., using NVIDIA graphics and Virtools™ 3D software. The game was originally used with children during their rehabilitation, but the testing with wounded warriors has been a success.

“Not having to see the burn wounds helps keep them from thinking about it so much, or thinking about where and when the injuries happened to

them,” DeSocio said. “Used as a complementary treatment, the VR game helps them relieve the stress of knowing the treatment is coming and gets them through their treatment better. It makes it a more tolerable experience.”

Patients often report re-living their original burn experience during wound care, DeSocio said, and SnowWorld has shown to help put out the fire.

“Once I was using this system, I wasn’t expecting the pain (from the dressing changes),” said Sgt. Oscar Liberato, a 23-year-old tanker from Ferndale, Wash. “I wouldn’t be focusing on it so much and it kept my mind off what was going on.”

The sergeant was injured two years ago while with his unit in Iraq when an improvised explosive device detonated near the Humvee he was

riding in. Liberato suffered severe burns on his left arm and hand. He was also the only survivor from his unit.

The sergeant said it used to take longer to change the dressings and do any kind of debridement to remove any blisters or dead skin.

“I would constantly complain about the pain, and therefore need more medication,” Liberato said. “Using the virtual reality during the treatment, it takes less time to change the dressings and I didn’t feel like I needed as much of the drugs.”

Burn patients are usually treated with large amounts of opioids (morphine and morphine-related chemicals) to alleviate the pain, but the side effect of these potent drugs leaves the patients feeling groggy and disconnected.

Being able to reduce patients’ pain medication with

the help of VR improves other psychological aspects of their care, DeSocio said. The high doses of opioids given to burn victims sometimes sedates them so much they’re unaware of what’s going on in terms of other support from caregivers and family members.

“The side effects of these drugs make patients feel like they are not the same person,” said DeSocio, who has been with the burn center for two-and-a-half years. “The Soldiers with burn injuries have frequent acute pain episodes and have had them for a very long time. After a while, they start building up a tolerance for the drugs.”

By reducing the medication, Liberato said was able to think clearer and not feel so out of it.

“My wife really appreciated that, because I was able to stay

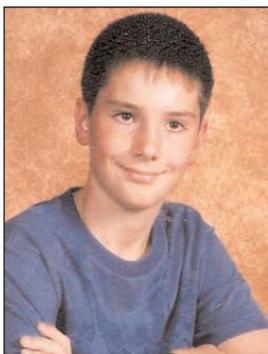
Fort Sam Houston ISD student selected for Lone Star Leadership Academy

Cole Kirchen, a student at Cole Middle School in the Fort Sam Houston Independent School District, has been selected to travel to the Austin area as a participant in Education in Action's Lone Star Leadership Academy, June 21-25.

Cole's selection for the Academy was based on his outstanding academic success, demonstrated leadership ability, a recommendation by his teacher, Mary Borden, and his involvement in school and community activities.

Joining a delegation of outstanding students from across Texas, Cole will develop leadership skills while learning about the state and its leaders.

He will learn about future career and internship opportunities and visit historically, politically, and geographically significant sites including the Bob Bullock Texas State History Museum, LBJ Library, the Texas



State Cemetery, the Governor's Mansion, the State Capitol, Supreme Court, and McKinney Roughs Environmental Learning Center.

Additional activities will include an evening around the campfire with a cowboy storyteller, an IMAX Theater presentation, bat watching on the Lone Star Riverboat, a visit to the Inner Space Cavern, and a farewell program.

The Lone Star Leadership Academy provides unique opportunities for outstanding fifth to eighth graders to learn about the Spirit of Texas and what it truly means to be from the Lone Star

State.

Participants discuss what they learn, complete problem solving and decision-making simulations, exercise creativity, and practice presentation skills in Leadership Groups.

The Lone Star Leadership Academy calls for participants to become active citizens and leaders in their communities. Participants in the Lone Star Leadership Academy – Austin program must be in the sixth or seventh grade, maintain an 85 or higher average, demonstrate academic and leadership ability, receive an educator recommendation, and be involved in community or school activities.

For more information about the Lone Star Leadership Academy – Dallas/Fort Worth, Austin, or Houston/Galveston programs, call 817-562-4957 or visit <http://www.educationinaction.org>.

(Source: Education in Action)

SNOWWORLD from P15

awake and talk and interact while she was visiting," the Soldier said.

However, when the VR treatment was first offered, Liberato was skeptical.

"At first, I didn't think the game would work, but I was willing to try anything," said Liberato, who said he was a big gamer before his injuries, owning both the PS3 and Wii gaming systems. "But once I was using it, I wasn't expecting the pain. I wasn't focusing on it. The environment makes you feel like you're at peace."

The game also got a boost from an unexpected source: world-famous singer-songwriter Paul Simon. When Simon was on tour in 2005, one of his friends invited him to come to meet Hoffman at the Human Interface Technology Lab in Seattle.

"Out of all the things

Paul saw at HITLab, he was very smitten by SnowWorld," said Hoffman, who is a big fan of the music legend.

Simon has a children's health charity based in New York, so it seemed like a natural fit. "Paul offered to let us use his music free of charge," Hoffman said. "Paul Simon said, 'You need to use some music in SnowWorld' — and the truth is I think the Paul Simon music really enhances the effectiveness of the treatment of SnowWorld for pain distraction."

For more comfortable use with the combat veterans, who may have burns on their heads and faces, an articulated arm was created to position the VR goggles the patients use, instead of having to wear a helmet, DeSocio said. The goggle holder is important because of the sensitivity of the skin when patients have burns. The entire

unit costs about \$40,000 to \$50,000, with \$30,000 just for the goggles. Patients manipulate a computer mouse to interact with the environment, allowing them to pick up and throw snowballs, for example.

"There is a limit to what we can do," DeSocio said, "but the study will show there is a benefit to this treatment, that it's worth investing in. I believe that it is moving toward having as part of the standard care for burn patients."

Another benefit is that a doctor doesn't have to be present during the treatment, since a nurse can operate the VR game and provide the wound treatment. This frees the doctors up to treat other patients in the burn center or perform surgeries.

"I think this will benefit more Soldiers if they get a chance to use it," Liberato said. "It'll make their time spent here less traumatic."

News Leader survey online

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

FORMER SPURS GREAT VISITS WOUNDED WARRIORS



Photo by Dewey Mitchell

Former San Antonio Spurs superstar David Robinson signs the electronic leg brace of 1st Sgt. Bobby Golden at the Center for the Intrepid Jan. 28. Golden suffered a broken back when he fell during an obstacle course run in September 2008 at Fort Stewart, Ga. Assigned to the Center for the Intrepid in December 2008, he hopes to complete his rehabilitation work this summer. Robinson toured the Intrepid and Fisher Houses, signing autographs and talking to warriors and staff members, and was treated to lunch at the Fisher House.

MEMORIAL HIGH SCHOOL JROTC CADETS VISIT



Photo by Kathy Salazar

Jeff Schuld, simulation technician, demonstrates how to use a tourniquet on patient simulators to Memorial High School JROTC cadets at the Combat Medic Training Area Jan. 29. The cadets also visited Benner Barracks and ate at the Rocco Dining Faculty where they visited with Soldiers.

Cole student selected as city's outstanding JROTC cadet

By Cadet 2nd Lt. Katie Sheridan
JROTC Public Affairs

The San Antonio Chapter of the Texas Society of the Sons of the American Revolution selected Robert G. Cole High School JROTC Cadet 2nd Lt. Stephanie Aviles as their Outstanding JROTC Cadet for academic year 2009-2010.

The San Antonio Chapter then nominated and recommended her for selection as the Texas Society Sons of the American Revolution Outstanding Cadet.



Stephanie Aviles

If her packet wins the state-level competition, it will be forwarded for the national prize later this spring.

Aviles, a junior at Cole, is a third-year cadet and the Cougar Battalion's Company D commander.

See JROTC P19

Singing Zoologist turns elementary students on to Biology

By Dr. Kathy Maxwell
FSH ISD

Non-fiction author Lucas Miller provided Fort Sam Houston Elementary School students with an interactive performance, teaching them science skills using an 8-foot projection screen, an electric guitar and puppets Jan. 14.

Miller's performance was high energy and jam-packed with scientific information to include metamorphosis, food chains, life cycles, symbiosis, omnivores, eagles and much more.

Elementary Principal Tonya Hyde shared, "Using nature footage, interactive songs and readings from his books, Miller provided an engaging performance for the students."

Miller, a degreed zoologist,

See ZOOLOGIST P19



Elementary students (left to right) Jessica Muniz, fourth grade; Bailey Hill, fourth grade; Micah Masters, fourth grade; Noah Willoughby, fifth grade; and Jade Bellstock, fourth grade, enjoy an interactive science lesson with author Lucas Miller.

JROTC from P18

Aviles' selection was based on her JROTC, school extra-curricular and non-scholastic activities; along with grade point average and class standing.

She also wrote an essay titled "How JROTC has prepared me to be a better citizen of the

United States" that was integral to her selection and further nomination.

The San Antonio Chapter will recognize Aviles with a certificate and medal at a luncheon Feb. 17 where she will read her essay.

Aviles will also be presented a check for \$250 at Cole's JROTC Spring Awards Ceremony May 6.

ZOOLOGIST from P18

has received the Parents' Choice Award for "The Anaconda La Bamba, There's a Chicken on My Head," and "Gotta Take Care of the Hive" as well as the Children's Music Web Award in 2001 as the "Best New Artist for Older Children."

Performances were designed with the ages of the students in mind.

Young children

learned science skills while singing the song, "Slimy" and older students learned about metamorphosis by repeating phrases to music.

Tommy Hoskins stumped Miller with, "What does the poison tree frog sound like?"

Miller didn't know the answer, but researched and posted the frog's call on his Web site the next day.

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES FEB. 8-13

Fort Sam Houston Elementary School**Feb. 12**

Valentine's Day party

Robert G. Cole Middle and High School**Feb. 8**UIL C-X Debate District Competition at Blanco ISD, all day
Cougar Pride Club meeting in Cole Media Center, 5:30 p.m.**Feb. 9**

Baseball scrimmage vs. Natalia at Cole, 4 p.m.

Feb. 12

Baseball scrimmage at TMI, 4 pm

Boys JV/V basketball vs. Blanco at Cole, 6 and 7:30 pm

Cole Middle School Valentine's dance in middle school mall, 7-9 pm

Feb. 13

UIL One Act Play – Theatre Consultant's Festival at Jefferson High School, 1-3:30 p.m.

News Leader survey online

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

CENTENNIAL from P8

a government-owned reservation for firing ranges and maneuver areas prompted the War Department to buy additional ranch land north and east of Leon Springs in 1906.

A total of 17,000 acres was acquired but Col. Joseph Dorst, commander of the post, recommended the War Department purchase additional acreage along and beyond Salado Creek east of the post for close-in training.

During mobilization for WWI, this land was obtained and offered a variety of tactical environments. The high ground along the eastern edge of the post gave commanders an excellent perch from which to observe maneuvering troops.

Foulois' activities at Fort Sam would change the Army and Fort Sam Houston, leading to the development of the Air Service and the creation of an operational air field on what would become Dodd Field.

The operations of the Aviation Section would lead to major changes in San Antonio as additional airfields and military bases would be built – Kelly Field, Duncan Field, Brooks Field and Randolph Field – but Fort Sam's growth during the early part of the 19th century added to the military might of the United States and brought concurrent economic development to San Antonio.

(Source: Fort Sam Houston Museum with contribution from L.A. Shively)



32nd Medical Brigade Basketball League

Men Schedule Revision No. 2
Team standings as of Jan. 28

	W	L
B Co., 264th #1 Med. Bn.	4	0
B Co., 232nd #1 Med. Bn.	3	0
D Co., 232nd Med. Bn.	3	1
B Co., 264th #2 Med. Bn.	2	1
B Co., 232nd #2 Med. Bn.	2	1
C Co., 232nd Med. Bn.	2	1
C Co., 264th Med. Bn.	1	3
B Co., 187th Med. Bn.	1	3
C Co., 187th Med. Bn.	0	4
A Co., 264th Med. Bn.	0	4

Women Schedule Revision No. 1
Team standings as of Jan. 27

	W	L
D Co., 232nd Med. Bn.	3	0
C Co., 232nd Med. Bn.	2	0
C Co., 264th Med. Bn.	2	1
B Co., 232nd #1 Med. Bn.	2	1
A Co., 264th Med. Bn.	1	2
B Co., 232nd #2 Med. Bn.	1	3
B Co., 187th Med. Bn.	0	2

Intramural Basketball Standings

Standings as of Jan. 28

TEAM	W	L
1stBAMC	11	0
2nd ARSOUTH	7	2
3rd 321st Civil Affairs	8	3
4th HHC, 32nd Med. Bde.	7	3

5th 5th Rec. Bde.	7	4
6th 591st Med. Log.	7	6
7th SA Recruiting	4	4
8th HHD, 470th MI	4	5
9th B Co., 264th Med. Bn.	2	9
10th 106th SIG Bde.	2	10

Combatives Tournament

The 32nd Medical Brigade will host a Fort Sam Houston Combatives Tournament Feb. 6 at 9 a.m. at the Jimmy Brought Fitness Center. Admission is free and the public is welcome to watch the event.

Softball Tryouts

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

All Army Chess Championships

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



Announcements

'Dear John' Books-to-Movie Promotion at Library

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" through 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.

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.

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 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.

Martial Arts

Schools of Knowledge, Inspiration, Exploration & Skills Unlimited offers traditional classes in Korean martial arts, Kuk Sool Won, for children 5- to 18-year-olds, Mondays and Wednesdays, 5-6 p.m. at School Age Services, Building 1705. Cost is \$80/month and is

See MWR P21

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open to children of DoD cardholders. Register at Parent Central, Building 2797, weekdays 8 a.m.-4 p.m. Call 471-9548.

Out-of-School Opportunities

The EDGE Program offers opportunities for 6- to 18-year-olds 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 Specials

Winter specials available through March 1. Rent one night's 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.

Apprenticeship Program

The HIRED! Apprenticeship Program provides 15- to 18-year-old youth with meaningful, professionally managed career-exploration opportunities in Family and Morale, Welfare and Recreation operations. Apprentices will gain valuable work experience and training that will better equip them with the skills needed for a highly competitive job market. A cash award is offered upon successful completion of the term. Apply now for our next term!

Applications are available at Parent Central, Building 2797. Call 221-3386 or 884-7485 for eligibility requirements and additional program information.

Babysitter Training

A 4-H Babysitter Program will be held a babysitter training Feb. 16 at the Middle-High School Teen Center, Building 2515. Teens will learn about the ages and stages of child growth and development, safety, food and nutrition, how to handle emergencies, appropriate activities to implement with children, and the

business of babysitting. The cost is \$15 and is open to students ages 13-18, register at Parent Central, Building 2797.

Calendar of Events**FEB. 4****Microsoft Publisher**

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

Mandatory Initial First Term 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.

FEB. 5**Building Effective Anger Management Skills**

This six-part series will be held Fridays beginning Feb. 5, 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. The class helps identify strategies to more effectively handle anger, resentment and frustration in your personal and professional life. To register, call 221-0349/2418.

Getting Ready for Childbirth

The class will be held 1-4 p.m. at Army Community Service, Building 2797. To register, call 221-0349 or 221-2418.

Free Texas Hold 'Em Tournament

The Sam Houston Club will host a Texas Hold 'Em Tournament Feb. 5, 6 p.m. This is the first of three qualifying tournaments in February that give players the chance to compete in the Fort Sam Houston Garrison Finals, Feb. 26 and the chance to advance to the Army-Wide Online Finals in April! DoD cardholders, Family members and their guests who are 18 or older are eligible to play. Admission is free but pre-registration is required. Call 226-1663.

FEB. 6**Poetry Slam**

This event will be held 6-10 p.m. at the Harlequin Dinner Theatre, Building 2652, Harney Road. Stand! Speak! Listen! to a night of poetry

and performances in an effort to bring awareness to teen dating violence. This is a free event for all ages. Call 295-0313 or 221-2055.

FEB. 8**Pre-Deployment Planning**

The training will be held 9 a.m.-3 p.m. at Army Community Service, Building 2797. This training is designed to increase the spouse's ability to face deployments with resilience and strength, allowing easier separations. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Stress Management

The class will be held 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. To register, call 221-0349/2418.

Where Do You Stand? Credit Reports

The class will be held 2-4 p.m. at Army Community Service, Building 2797. Understand how your credit score is computed, and how to contest mistakes, how to pull your credit report for free, what red flags to look for and how to improve your score. To register, call 221-1612.

Budget Development

The class will be held 2-4 p.m. at the San Antonio Credit Union conference room. Work through a simple one-page budget, find out how to make it work for your Family, and identify ways to reduce debt or expenses. To register, call 221-1612.

FEB. 9**FRG Key Caller Training**

The training will be held 8 a.m.-4 p.m. at Army Community Service, Building 2797. The training will define the responsibilities of the FRG key caller and provide information on performing this role. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Microsoft Excel 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.

Army Family Team Building

The class will be held Feb. 9-10,

8 a.m.-2 p.m. at Army Community Service, Building 2797. AFTB Level One is an introduction to the military way of life with discussion on expectations and impact of the mission on Family life; military acronyms and terms; the chain of command; military customs and courtesies; military benefits and entitlements; Family Readiness; supporting your child's education; Financial Readiness and basic problem solving. To register, call 221-2611/2418.

Single Parenting

The class will be held 11 a.m.-12:30 p.m. at Army Community Service, Building 2797. Topics include dating, children, separation and more. To register, call 221-0349/2418.

Credit Management class

The class will be held 11:30 a.m.-12:30 p.m. at the San Antonio Credit Union conference room. Find out whether using credit is a good idea for you, how to manage your credit cards and debt, and the importance of protecting your credit history. To register, call 221-1612.

Women Encouraging Women

The seminar will be held noon-1 p.m. at Army Community Service, Building 2797. The topic is "Overcoming Obstacles." Call 221-0349/0655.

Home Buying 101

The class will be held 2-4 p.m. at

Army Community Service, Building 2797. Understand how an interest rate is determined, if you are getting the best rate possible and Texas Veteran Rates. To register, call 221-1612.

FEB. 10**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.

Bringing Baby Home

This two-part class will be held Feb. 10 and 24, 9 a.m.-12:30 p.m. at the Red Cross, Building 2650. This class will teach you how to care for your newborn baby and provide information on infant care, infant safety and more. Dads are welcome and encouraged to attend. To register, call 221-0349/2418.

Overseas Orientation

The orientation will be held 10 a.m. and 5 p.m. at Army Community Service, Building 2797. This orientation will make moving around the world a little bit easier. Call 221-2418.

Care Team Training

The training will be held 10-11:30 a.m. at Army Community Service, Building 2797, and focus on the care team's responsibilities and provide guidance on how to handle issues volunteers will face such as dealing with Family's reactions. This

training is recommended for casualty assistance officers, casualty notification officers and battalion care team volunteers. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Debt Liquidation

The class will be held 11:30 a.m.-2:30 p.m. at the San Antonio Credit Union conference room. Learn how to get out of debt in the most productive manner, develop a budget and reduce the stress that comes with being in debt. To register, call 221-1612.

Mandatory Initial First Term Financial Readiness

The class begins at noon at the Education Center, Building 2248. Class space is limited. To register, call 221-1612.

Sexual Assault Annual Training

The training will be held 2-3 p.m. at Army Community Service, Building 2797. This class is for people who missed their annual sexual assault training at their unit. Attend this class and receive credit, so that the unit can be in compliance with AR 600-20, CH. 8. Call 221-0349.

FEB. 15**Celebrate Like a President**

Celebrate Presidents Day with a few games of bowling at the Fort Sam Houston Bowling Center. On Presidents Day, Feb. 15, games and shoes are just a \$1. Call 221-4740.



Announcements

Local Hazards/Intermediate Driver's Training

Classes will be held Feb. 16 and 17, and March 2, 3, 16 and 17. Military personnel under 26 years of age who possess a driver's license and DoD civilians who drive government vehicles are required to take this course. Military and Family members are also welcome to take the course. The three-hour classroom training is intended to reinforce a positive attitude toward driving. Visit <https://airs.lmi.org/> to enroll.

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. 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 341trspp@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 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.

Kohl's Kids Who Care Scholarship Program

Through the program, Kohl's will award more than \$410,000 in scholarships and prizes, ranging from \$50 Kohl's gift cards to ten \$10,000

scholarships, recognizing youths who make a difference by volunteering in their communities. Nominations for children ages 6 to 18 years old will be accepted through March 15 at <http://www.kohlkids.com>, nominators must be 21 years or older.

Fridays Free at Rodeo fairgrounds

Active duty, Family, and retired I.D. cardholders can enjoy this year's San Antonio Stock Show and Rodeo for a little less, thanks to USAA. Cardholders can visit the Stock Show and Rodeo Grounds every Friday for free. The rodeo runs Feb. 4-21 and the grounds are home to the rodeo's carnival, animal pens and displays.

Calendar of Events

FEB. 18 Society for the Preservation of Historic Fort Sam Houston

The Society for the Preservation of Historic Fort Sam Houston will hold its monthly meeting Feb. 18, 11:30 a.m. A light lunch will be

served and Maj. Gen. Alfred Valenzuela will speak on his book, "No Greater Love," the story of his experiences in Vietnam. Call 822-6034.

FEB. 20 Founder's Day/Washington's Birthday Dinner

The Military Order of the Purple

Heart will host a Founder's Day and Washington's Birthday Dinner Feb. 20 at 6 p.m. at the El Tropicano Holiday Inn, 110 Lexington Ave., San Antonio. Cost is \$30 per person. Open to all active and retired military members. Visit <http://www.purpleheartsa.org> for tickets.

REMINDER CALENDAR

- Feb. 5 201st MI Battalion casing ceremony, 11 a.m.
- Feb. 5 Warriors Monthly Scramble Golf Tournament, 1:30 p.m., Fort Sam Houston Golf Club
- Feb. 5 Brooke Army Medical Center Cardiac Rehabilitation Go Red Day
- Feb. 10 Motorcycle Basic Rider Course
- Feb. 11 Commander's Training, 8-10 a.m., Army Community Service
- Feb. 12 Training Holiday
- Feb. 12 Valentine Luncheon, 11 a.m.-1:30 p.m., all Community Centers
- Feb. 12 Military Appreciation Night at the San Antonio Stock Show and Rodeo, 7:30 p.m., AT&T Center
- Feb. 13 Motorcycle Basic Rider Course

Rocco Dining Facility Menu Building 2745, Schofield Road

Friday – Feb. 5

Lunch – 11 a.m. to 1 p.m.

Barbecued spareribs, barbecued beef brisket, baked chicken, fried catfish, steamed rice, red beans and rice, lyonnaised potatoes, macaroni and cheese, wax beans with pimientos, corn on the cob, collard greens

Dinner – 5 to 7 p.m.

Roasted pork loin, beef lasagna, chicken pot pie, barbecued roast pork loin, broccoli quiche, rice pilaf, baked fresh sweet potatoes, black-eyed peas, green beans, okra and tomato gumbo

Saturday – Feb. 6

Lunch – noon to 1:30 p.m.

Beef noodle soup with vegetables, chicken stir fry, breaded veal steaks, lemon herb baked fish, rigatoni with marinara sauce, steamed rice, mashed potatoes, baked potatoes, fried cabbage, zucchini squash, wax beans

Dinner – 5 to 6:30 p.m.

Chili Macaroni, Fried chicken, barbecued ham steaks, cheese manicotti, baked potatoes, mashed potatoes, lyonnaised rice, Brussels sprouts, corn, vegetable stir-fry

Sunday – Feb. 7

Lunch – noon to 1:30 p.m.

Roast beef, rice frittata, baked stuffed fish, chicken fajitas, Spanish rice, refried beans with cheese, new potatoes, green peas,

cauliflower, stewed tomatoes

Dinner – 5 to 6:30 p.m.

Roast turkey, baked tuna and noodles, meatballs with brown gravy, potato frittata, bread dressing, mashed potatoes, steamed rice, carrots with almonds, Harvard beets, green beans with corn

Monday – Feb. 8

Lunch – 11 a.m. to 1 p.m.

Veal parmesan, chicken and dumplings, braised spareribs, mustard dill fish, mushroom quiche, spaghetti noodles, rice pilaf, candied sweet potatoes, broccoli, French-style green beans, corn

Dinner – 5 to 6:30 p.m.

Beef lasagna, vegetable lasagna, fried chicken, baked chicken, meat loaf, oven glo potatoes, steamed rice, macaroni and cheese, French-fried okra, mixed vegetables, carrots

Tuesday – Feb. 9

Lunch – 11 a.m. to 1 p.m.

Beef fajitas, fried chicken, pepper steak, barbecued pork chops, ham hocks, blackened catfish, cottage-fried potatoes, browned rice, macaroni and cheese, collard greens, pinto beans, carrots

Dinner – 5 to 7 p.m.

Chicken enchiladas, cheese enchiladas, stuffed pork chops, Salisbury steaks, scalloped potatoes, lyonnaised rice, baked potatoes, refried beans with cheese, yellow squash, Brussels sprouts, cauliflower au

gratin

Wednesday – Feb. 10

Lunch – 11 a.m. to 1 p.m.

Beef stroganoff, apple-glazed corned beef, jerk-style chicken, shrimp stir fry, cheese ravioli, German potato cakes, garlic-battered potatoes, parsley-battered egg noodles, wild rice, asparagus, cream-style corn, mixed vegetables

Dinner – 5 to 7 p.m.

Baked knockwurst, Swiss steak with brown gravy, stuffed fish, Caribbean chicken breast, cheese manicotti, steamed rice, mashed potatoes, Franconia potatoes, sauerkraut, lima beans, okra and tomato gumbo

Thursday – Feb. 11

Lunch – 11 a.m. to 1 p.m.

Sweet and sour chicken, tempura fried fish, Creole macaroni, breaded pork chops, vegetable egg rolls, au gratin potatoes, steamed rice, fried noodles, black eyed peas, zucchini squash, Chinese fried cabbage

Dinner – 5 to 7 p.m.

Cantonese spareribs, baked Cornish hens, broccoli quiche, chili macaroni, Filipino rice, mashed potatoes, baked potatoes, steamed rice, vegetable stir fry, buttered succotash, green beans

Menus are subject to change without notice



**FORT
FREEBIES
FOR SALE**

For Sale: Coffee table, marble with glass top, \$50; end tables, \$40; Hitachi 36-inch television, \$45; Mahogany deck with upper shelves, \$65; book shelf with four shelves and two drawers at bottom, \$38; two drawer filing cabinet, \$25; BMX 25-inch boy's bike, \$45. Call 262-3007.

For Sale: Dinner set for four, jalapeno design, 40 pieces, \$30; futon, black with metal frame, \$100; Danielle Steele books, 56 titles, \$2 each; Phillips mini stereo combo, cassette, CD, AM/FM, two speakers, \$50; Mad Catz game steering wheel for Xbox, Gamecube, PS2, \$20. Call 697-9261 or 363-4056.

For Sale: Sears 1.3 cubic foot countertop microwave, 12.5 inches high by 17 inches deep, turntable, good condition, \$30. Call 496-9304.

For Sale: Washer and dryer, \$80 each; computer desk and chair, \$50; television entertainment center with shelves, wood, 8 feet by 4 feet, \$80; Extreme exerciser, \$60; leather jacket, size PM, new, \$50. Call 241-1291.

For Sale: Various decorations for all occasions, reasonably priced;

Washburn bass guitar and amplifier, \$700 obo; Cosco lightweight stroller, \$12; Trends stroller, \$15; female Pekingese, 2 years old, shots and dewormed, \$325. Call 412-2151.

For Sale: Volvo dash mat, \$30 obo; baby back pack on frame, like new, \$30; porcelain dog dolls, 24 inches tall, \$95; 3 foot by 3 foot framed and numbered ballet scene, \$100; framed Korean flag, \$100. Call 633-3859.

For Sale: Tahoe cargo security shade, like new, \$65 obo; female yorkie, 3 years old, \$425 obo; truck bed extender, 4 feet wide, \$225; Stetson brown felt hat, size 7, \$75; headrack for truck, \$100 obo. Call 221-2690.

For Sale: Office desk, \$50; pipe roofing, \$1 each piece; double chair, \$30; solid wood antique table, \$75; two large antique iron wheels, \$150. Call 550-7371.

For Sale: Metal toolbox for back of truck, \$100; front grill for full-size truck, \$495; power washer, 2,350 psi, 6.5 hp, \$150; 80-gallon air compressor, new, \$850; antique Honda project motorcycle, \$300 obo. Call 440-5062.

For Sale: Bike trailer, \$45; riding lawnmower, \$495; wagon, \$30; Cardioglider, \$175; custom-made pet house, \$175 obo. Call 633-2247.

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

Religious Briefs

Bible Club for Children

Faithweaver Friends is a kid-friendly program for children kindergarten to fifth grade will be held Wednesdays, 3:45-5:30 p.m. at Dodd Field Chapel. Discovery Center activities and small caring groups build community, featuring crafts, music, snacks and games to drive the weekly Bible point home. Call 221-3749.

Cadence youth program

Cadence Responding to God's Call is a Fort Sam Houston Youth Ministry program for children sixth to 12th grade. This ministry is ecumenically based and focuses on faith development, fellowship and fun. The middle school group meets Tuesdays from 4-5:30 p.m. and the high school group meets Wednesdays from 7-8:30 p.m. at Dodd Field Chapel, Room 146. Call 221-5943 or e-mail FortSamYouth@aol.com.

Catholic Women of the Chapel

Fort Sam Houston Catholic Women of the Chapel will meet Feb. 5, 8:30 a.m. for Rosary and 9 a.m. Mass followed by a program and

social. Representatives from The Guadalupe Home will be the guest speakers. To reserve child care, call 757-3423.

Protestant Women of the Chapel

The Fort Sam Houston Protestant Women of the Chapel is inviting all women to their weekly Bible studies Wednesdays, 9:30-11:30 a.m. and Thursdays 6:30-8 p.m. at Dodd Field Chapel. There are seven different Book studies you may choose. The studies are innovative, interactive and taught by spirit-led women. Call 863-6361 or e-mail samhouston@pwoc.org.

Holy Shroud of Turin

A slide presentation of images of The Holy Shroud of Turin will take place Feb. 18, 6:30 p.m. at the Main Post Chapel. Remarks by Chaplain (Col.) Philip Mahalic. Open to the public. Call 221-1778.

National Prayer Breakfast

The 2010 National Prayer Breakfast will be held March 4, 6:30 a.m. at the Sam Houston Club. The guest speaker is Greg Asimakopoulos, an ordained minister, freelance writer and newspaper columnist. Tickets will be distributed to units and will be on sale at the door. Call 221-5007.



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

News Leader survey online

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