

FORT SAM HOUSTON News Leader

“One Team, Supporting Military Missions and Family Readiness!”

Proclamation presented

San Antonio Mayor Phil Hardberger presents the Black History Month proclamation Jan. 29 to Maj. Gen. Russell Czerw (center), commander, Fort Sam Houston and Army Medical Department Center and School; Col. Randall Anderson, commander, 32nd Medical Brigade; and Command Sgt. Maj. Howard Riles, AMEDD Center and School, during a city council meeting. Black History Month commemoration committee members assigned to Fort Sam Houston tenant commands also attended the ceremony. *See a list of other Black History Month commemorative events, Page 4.*



Photo by Phil Reidinger

BAMC community signs warrior healthcare covenant

By Jen Rodriguez
Brooke Army Medical Center Public Affairs Office

One by one, more than 125 Brooke Army Medical Center wounded warriors and staff members filed up on stage Jan. 26 to sign the official Army Warrior Healthcare Covenant.

The Covenant affirms the Army medical community's commitment, pledge and dedi-

“We are grateful for the contributions of warriors and their families, each person should do their part.”

*Brig. Gen. James Gilman
Commander, Great Plains Regional Medical Command and BAMC*

cation to the wounded Soldiers, and demonstrates its commitment to provide Soldiers and their Families quality healthcare and services.

BAMC supporters signed

their name to embrace the partnership between Soldiers, Families and the BAMC staff.

The public demonstration – held in the BAMC fourth floor auditorium – marked an exten-

sion of Warrior Care Month, which runs through February.

According to Great Plains Regional Medical Command and BAMC Commander Brig. Gen. James Gilman, the covenant is about teamwork and partnership between the BAMC staff and patients.

Reiterating the opening statement of the covenant, “We

See COVENANT P6

Brooke Army Medical Center campus divided by construction

By Kari Thresher
San Antonio Medical BRAC Integration Office

The San Antonio Military Medical Center – North Base Realignment and Closure project will split the Brooke Army Medical Center campus in two sections because of a construction zone or bubble erected by

the contractor.

Beginning on Feb. 11, a portion of George C. Beach Ave. will close to through traffic.

Patients and visitors requiring access to the Fisher Houses; Powless Guest House; the Warrior and Family Support Center; the Center for the Intrepid; the Marine/Naval Reserve Center; Warrior Battalion and Company

Headquarters; Okubo Warrior in Transition barracks; and BAMC inpatient services should enter at the Binz-Engleman gate. Ambulances transporting patients must also enter at the Binz-Engleman gate.

Patients who have outpatient clinical appointments, non-ambulance emergency and urgent care services, carpools,

and vendors should enter at the I-35 gate. Emergency room walk-ins must enter through the outpatient medical mall entrance and follow the signs to the emergency department.

Both entrances to the hospital and the access at IH 35 and Binz-Engleman gates will be open 24 hours, 7 days a week, for hospital access.

INSIDE

HEROES HONORED



Eight warriors receive Purple Hearts

PAGE 3

TAKING CARE OF SOLDIERS



AMEDD NCO fills prescriptions for sick Spartans

PAGE 5

FLAG FOLDING 101



NCO Academy hosts Cub Scouts at retreat

PAGE 14



Editorial Staff
 Army Medical Department Center and Fort Sam Houston Commander
Maj. Gen. Russell Czerw
 Garrison Commander
Col. Mary Garr
 Public Affairs Officer
Phillip Reidinger
 Editor/Writer
Vacant
 Staff Writer
Vacant
 Layout Artist
Lori Newman

News Leader office:
 1212 Stanley Road
 Building 124, Suite 4
 Fort Sam Houston, Texas
 78234-5004, 210-221-0546,
 DSN 471-0546
 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

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Building 124, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 2203 S. Hackberry, San Antonio, Texas 78210; 210-534-8848, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army. Stories and photos for publication consideration may be e-mailed to news.leader@conus.army.mil by close of business Friday.

IH 35 construction projects moving ahead

Texas Department of Transportation has several projects scheduled for Interstate Highway 35 to enhance safety and improve travel around Fort Sam Houston. The \$4 million projects are projected to be completed in June 2009.

TxDOT will first construct a turnaround at Rittiman Rd. so that southbound IH 35 traffic will be able to turn around and go northbound on IH 35 without having to go through the signalized intersection at Rittiman.

Traffic signals at Rittiman will be upgraded with the

video imaging and detection system that monitors traffic flow and switches the signal timing at the intersections.

The new right-turn lanes at Petroleum, George Beach and Binz Engleman will help to accommodate increased traffic flow into the Fort Sam Houston complex.

As soon as the railroad has completed their addition of a second rail line, TxDOT will take possession of IH 35 northbound frontage road and FM 78 (Old Seguin Road). Possession is anticipated for late February.

The frontage road will be

widened from two to four lanes with a turning lane, upgraded drainage culverts, and the roadway will be lowered 2 1/2 feet for improved clearance.

Proposed improvements:
 • Construct a turnaround at Rittiman Road for southbound IH 35 traffic to northbound IH 35.
 • Add right turn lanes on the IH35 southbound frontage road at Petroleum, George Beach and Binz Engleman intersections to improve traffic

flow.
 • Widen northbound IH 35 frontage road south of Binz Engleman and increase vertical clearance underneath the new UPRR Bridge.
 • Align FM 78 Roadway to tie into widened IH 35 frontage road to enhance mobility under the RR overpass.

For more information regarding TxDot IH 35, construction and improvements call Darla Laughter at 615-5932.
 (Source: TxDOT)

Thought of the Week
 "The most difficult thing to be is what other people want you to be." (Fortune cookie from a local restaurant)
 (Source: Fort Sam Houston Chaplain's Office)

Have feedback for a post customer service provider?
 Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

	Feb. 5	Feb. 6	Feb. 7	Feb. 8	Feb. 9	Feb. 10
San Antonio	70° Partly Cloudy	68° Partly Cloudy	70° Partly Cloudy	70° Mostly Cloudy	72° Rain Chance	70° Partly Cloudy
Kabul Afghanistan	35° Snow Chance	39° Clear	46° Partly Cloudy	46° Clear	46° Rain Chance	48° Partly Cloudy
Baghdad Iraq	66° Partly Cloudy	69° Partly Cloudy	69° Rain Chance	68° Partly Cloudy	71° Overcast	75° Rain Chance

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

News Briefs

SAPD employment opportunities

A representative from the San Antonio Police Department will be at the Army Career Alumni Program Center Feb. 5 to speak with individuals regarding employment opportunities with the SAPD. For more information, call 221-1213.

Health Care Specialist graduation ceremony

A Health Care Specialist Class 17-08 graduation ceremony will be held Feb. 11 at 9 a.m. at the Jimmy Brought Fitness Center. The graduation will be hosted by Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School. The ceremony will include the first presentation of the Col. (Dr.) Brian Allgood Award to the distinguished honor graduate. For more information, call 295-4358.

Change of responsibility

B Company, 232nd Medical Battalion will hold a change of responsibility ceremony Feb. 11 at 5:30 p.m., Building 1350, Koehler Road. First Sgt. George Mayers will relinquish responsibilities to 1st Sgt. John Blas.

Change of command

B Company, 232nd Medical Battalion will hold a change of command ceremony Feb. 12 at 5:30 p.m., Building 1350, Koehler Road. Capt. Curtis Strong will relinquish command to Capt. Lovie Mathis.

Nurse Corps celebrates 108th Anniversary

The Army Nurse Corps will celebrate its 108th Anniversary Feb. 12 at the Stillwell House. Guest speaker for the event will be Col. Susanne Clark, deputy chief, Army Nurse Corps, who will be providing an update on the State of the Army Nurse Corps. Refreshments will be served and the celebration will include a historic cake cutting ceremony.

Garrison town hall meetings

Lincoln Military Housing in conjunction with the Family and Morale, Welfare and Recreation will host garrison commander town hall meetings for residents that reside in housing on Fort Sam Houston. Watkins Terrace residents will meet Feb. 17 from 6 to 7:30 p.m. at the Watkins Terrace Community Center. Residents from Infantry Post, Artillery Post, Hancock, Wheaton Graham, and Gorgas Circle will meet Feb. 25 from 6 to 7:30 p.m. at Army Community Service, Building 2797. For more information call LMH at 270-7638.

Giant Voice test

A computer-based, radio-operated emergency warning system, or Giant Voice, is programmed to release emergency messages during normal duty hours to the general populace on Fort Sam Houston. The Giant Voice test is sent out the third Wednesday of each month at 9 a.m. The next Giant Voice test will be Feb. 18 at 9 a.m. For more information, call Mark Magalski at 221-2782.

See NEWS BRIEFS P4



Wounded warriors; Spc. Gary White, Pfc. Salvador Ramirez Jr., Spc. Nicholas Pherigo, Spc. John Elliott II, Staff Sgt. Noah Belcher, Spc. Michael Owen, Spc. Lawrence Guerro and Spc. Michael Wilson were honored for their bravery, courage and service to country Jan. 27, during a Purple Heart ceremony at Brooke Army Medical Center fourth floor auditorium.

Eight warriors receive Purple Hearts

Story and photo by Jen Rodriguez
 Brooke Army Medical Center Public Affairs Office

Acknowledged for their courage, eight wounded warriors were given a round of applause during a Purple Heart ceremony held Jan. 27 in Brooke Army Medical Center's fourth floor auditorium.

An American combat decoration, the Purple Heart is awarded to members of the Armed Forces of the United States who are wounded by an instrument of war in the hands of the enemy.

Guest presenter Brig. Gen. Manuel Ortiz, deputy commanding general of U.S. Army South, called the warriors distinguished, heroic and courageous young men.

Ortiz said anyone who raises his hand and takes the oath to serve the United States of America, wherever needed or whatever they need to do, represents the Soldiers assembled here today.

More than 50 Family members, comrades and medical staff recognized Staff Sgt. Noah Belcher, Spc. John Elliott II, Spec. Lawrence Guerro, Spc. Michael Owen, Spc. Nicholas Pherigo, Spec. Gary White, Spc. Michael Wilson and Pfc. Salvador Ramirez Jr. for their bravery, sacrifice and service to country.

Belcher, a Scout section sergeant assigned to Headquarters and Headquarters Company, 89th Armor Regiment, 4th Infantry Division, was

injured Sept. 22, 2008 in Iraq. While providing security on a government building, Belcher was shot by an unknown insurgent resulting in his combat injuries.

In addition to a Purple Heart, Belcher was awarded the Combat Action Badge, which recognizes Soldiers who personally engage the enemy or are engaged by the enemy, during combat operation.

Elliot received two Purple Hearts for injuries received July 24, 2007 and March 29, 2008 in Iraq. An Infantryman assigned to Alpha Company, 1st Bn., 30th Infantry, 2nd Stryker Cavalry Regiment, Elliot was injured in July, when he encountered a 107mm Chinese Artillery piece. In March, the Soldier's vehicle was hit by an improvised explosive device resulting in his combat injuries.

Elliot also received the Combat Infantryman Badge, which recognizes Soldiers who are personally present and under hostile fire while serving in an assigned infantry or Special Forces primary duty, in a unit actively engaged in ground combat with the enemy.

Guerro, a motor transport operator assigned to E Co., 2nd Bn., 14th Infantry Regiment, 2nd Brigade Combat Team, 10th Mountain Div., was injured May 25, 2007 in Iraq. While conducting convoy operations, his vehicle was struck by an improvised explosive device resulting in his combat injuries. Guerro also received

a Combat Action Badge.

Serving as a combat engineer, Owen was assigned to the 515th Engineer Co., 5th Bn., 1st Bde., when he was injured Nov. 22, 2008 in Iraq. Owen was on a route clearance mission, when his vehicle was struck by an explosive formed projectile resulting in his combat injuries.

Pherigo, a military policeman assigned to 127th MP Co., 720th MP Bn., 89th MP Bde., was injured May 14 and 30 in 2007 in Iraq. While performing convoy missions, his vehicle was struck by multiple EFPs resulting in his combat injuries. He received two Purple Hearts.

White, an infantryman assigned to Company B, 3rd Bn., 21st Infantry Bde., was injured Nov. 22, 2008 in Iraq. While on a clearance mission, his vehicle was struck by an IED resulting in his combat injuries.

Wilson, a Cavalry Scout, assigned to Troop B, 5th Squadron, 1st Cav., was injured Dec. 10, 2008, while on patrol in Iraq. His vehicle was hit by a double-stacked landmine, which resulted in his combat injuries.

A San Antonio native, Ramirez served as an infantryman assigned to Task Force Currahee in Afghanistan. He was injured Aug. 10, 2008, while traveling in a convoy when his vehicle was struck by an IED resulting in his combat injuries.

Lt. Col. John Myers, commander, Warrior Transition Battalion, hosted the ceremony.

News Briefs

from P3

NCO, Soldier of the Year competition

The 2009 Great Plains Regional Medical Command NCO and Soldier of the Year competition will be held Feb. 22 to 27 at Camp Bullis. The oral boards and awards ceremony will be held at the Holiday Inn Select on Loop 410. For more information, call Sgt. 1st Class Corey Foy at 295-2205.

Updated Tax Center information

The main Tax Center phone number is 295-1040; hours are Tuesday through Friday from 9 a.m. to 5 p.m. and Saturday from 9 a.m. to 2 p.m. The Brooke Army Medical Center satellite office phone number is 916-1040; hours are Monday through Friday from 9 a.m. to 4 p.m.

Black History Month celebration

The Fort Sam Houston Museum has a selection of audiovisual materials and exhibits to support unit programs for Black History Month. For more information, call 221-1886.

AMEDD Museum extended hours

The Army Medical Department Museum Foundation Gift Shop in the AMEDD Museum on Stanley Road has extended hours. Wednesday, hours are 10 a.m. to 6 p.m. Other operating hours will remain the same: Tuesday through Saturday from 10 a.m. to 4 p.m. For more information about the AMEDD gift shop, call 225-0015.

USACR Safety Center seeks best safety practices

As part of the NCO of the Year initiative, the US Army Reserve Command Safety Center is soliciting stories from NCOs regarding safety practices and details of safety successes. The goal is to enhance awareness and understanding of the roles of the NCO in the Army, and how they keep Soldiers safe.

On-post housing available

Lincoln Military housing has two-bedroom homes available for E1 to E6, three-bedroom homes available for O4 to O5, and four-bedroom homes available for W1 to O3. Ranks E1 to E6 requiring two bedrooms call 824-9587 or visit the Harris Heights Community Center, 3751 Patch Road. Ranks O1 to O6 requiring two, three or four bedrooms call 270-7638 or visit the Lincoln Resident Center, Building 407, Dickman Road. For more information or availability, call LMH at 270-7638 or e-mail ftsamhoustonquestions@lpsi.com.

'Town hall' anticipates 14th MI Battalion deployment

Story and photo by Gregory Rippes
470th Military Intelligence Battalion
Public Affairs



Lt. Col. Greg Meyer, 14th Military Intelligence Battalion commander, talks about the Family Readiness Group (FRG) during a town hall meeting of battalion Soldiers and family members in Blesse Auditorium on Fort Sam Houston Jan. 21. The battalion anticipates deployment overseas some time in 2009.

The 14th Military Intelligence Battalion held its first "town hall" meeting Jan. 21 in anticipation of deployment overseas later this year.

Battalion Soldiers and Family members gathered in Blesse Auditorium to take the first steps in preparing for their time of separation from one another. More specifically, they learned about scheduled pre-deployment events and about two major sources of support: Army Community Services and the battalion's own Family Readiness Group.

Daniel Alicea of Army Community Services described the on-post classes the organization offers about resources, benefits, leadership and interpersonal skills for Soldiers and their family members. Additional training gives Families and Soldiers a better concept of what to expect during a deployment and afterward.

As Col. Cheryl A. Harris, 470th MI Brigade commander, said in her intro-

ductory comments, it is helpful for family members "to know what's going on from the Soldier's standpoint."

She emphasized the importance of Soldiers and Families staying in regular, close contact as mission and distance would allow. "Any type of connectivity or

communication is helpful," said Harris.

She encouraged Family members to join their FRG, whose first purpose is to enhance the flow of information between the brigade and the Families of its subordinate battalions, which include the 14th. She also noted that the FRG provides mutual support between the command and Families, providing help in solving problems at the lowest level.

Battalion Commander Lt. Col. Greg Meyer and Battalion Command Sgt. Maj. Charles Totoris noted that the FRG was not only for the immediate families but also for parents and single friends.

Meyer reminded Soldiers and Families to keep their contact information up to date, and as an indication of his own accessibility, he made available cards with his own personal contact information. He underlined the need to take care of the Families at home so their Soldiers overseas wouldn't have to worry.

"If things aren't all right at home, it's tough for the Soldiers to do their job," said Meyer.

Black History Month commemorative events schedule

<p>'The Quest for Black Citizenship in the Americas'</p> <p>The 2009 Black History Theme is "The Quest for Black Citizenship in the Americas." A century ago, an interracial group of Americans joined and formed the National Association for the Advancement of Colored People (NAACP). Two generations after emancipation, a tide of racism had betrayed the promise of first-class citizenship. In the South, Blacks were denied the right to vote and forced to endure racial segregation. In the North, African Americans confronted myriad forms of discrimination that thwarted their aspirations.</p> <p>Schedule of events:</p> <p>African American Heritage Luncheon will be held Feb. 6 from 11 a.m. to 12:30 p.m. at the</p>	<p>Kendrick Club. The speaker will be Brig. Gen. A.J. Stewart, Air Force Recruiting Service commander. Cost is \$12, tickets can be purchased from Tech. Sgt. Denicia Conley at 565-4440; Capt. Kimberly Wallace at 565-0578; or Tech. Sgt. Lakiesha Williams at 565-4595.</p> <p>A Variety Show will be held Feb. 7 at the Bob Hope Theater. For more information, call Mitch Anderson at 671-8945</p> <p>The Tuskegee Airman Breakfast will be held Feb. 9 at 8 a.m. at Randolph Air Force Base.</p> <p>AAHC Luncheon will be held Feb. 12 from 11 a.m. to 1 p.m. at the Gateway Club, Lackland AFB. The speaker will be Lt. Gen. Daniel James. For more information, call Shirley Jones at 671-2854</p> <p>An African American Heritage Month bowling special will be held</p>	<p>Feb. 13 from 2 to 5 p.m. at Randolph AFB Bowling Alley. The cost is \$8 and includes three games and shoe rental. For more information, call Staff Sgt. Marvetta Harper at 565-5255 or Master Sgt. Joel Dorsey at 565-2889.</p> <p>An African American Heritage Committee 2009 Fashion Show and Social will be held Feb. 15 from 6 to 9 p.m. at the Parr Club. The show will celebrate black citizenship in the Americas through fashion; from the 1950s to today. Tickets are \$20 and can be purchased from Tess Hatcher at 565-3733 or Dana Woods at 565-1373.</p> <p>Artist Kehinde Wiley will be at Artpace, 445 North Main Avenue, Feb. 15 at 6:30 p.m. For more information, call 212-4900 or e-mail publicprograms@artpace.org.</p>	<p>African-American Men on the Move Conference will be held Feb. 16 to 20 at St. Phillip's College. For more information, call John Martin at 486-2241</p> <p>A Soul Food Taste will be held Feb. 17 at Fisher House #1, Lackland AFB. For more information, call Tech. Sgt. Shattiyah Curtis at 671-4910.</p> <p>Motivational speaker Jack Daly will hold a seminar Feb. 18. Cost varies. For more information call Marisa Sarabia at 824-9437 or e-mail admin@eosanantonio.com</p> <p>The Team Randolph African-American Heritage Month Committee 9th Annual Scholarship Golf Tournament will be held Feb. 19, check-in begins at 11:30 a.m. at Randolph Oaks Golf Course; a shotgun start is at 12:30 p.m. For more information, call Tech. Sgt. Reginald Frazier at 565-4281.</p>
--	---	--	---

Year of the NCO

AMEDD NCO builds pharmacy for Soldiers

By Sgt. Amber Robinson
Task Force Spartan Journalist

BAGRAM AIRFIELD, Afghanistan — As International Security Assistance Force Soldiers continue to reinforce bases across Afghanistan, more forward installations are taking steps to facilitate Soldiers' everyday needs.

For Soldiers of C Company, 710th Brigade Support Battalion, otherwise known as "Charlie Med," providing reliable medical care, especially for chronic conditions, has become part of that process.

Charlie Med's facility is currently operating as a "level two," which means it does not offer surgery, in-patient care or a pharmacy — at least a level two does not usually offer a pharmacy.

Staff Sgt. James Wilson Jr., a pharmacy technician with C Company, 710th BSB, was given the task of raising the bar for himself and fellow medical Soldiers. Upon his arrival at Jalalabad Airfield, Wilson began work on the first pharmacy in-country to facilitate a level-two establishment.

"I was told I was going to build a pharmacy here at JAF," Wilson said. "In a normal situation, when a pharmacy goes up, we usually oversee the construction, making sure builders know how we need it set up. But in this case, they meant we

would actually build the pharmacy from scratch ourselves."

Wilson was presented with a small hull of a room. Within one week of his tasking, a fully functional pharmaceutical facility had emerged. Wilson and colleagues added on to the room, making it larger. They constructed shelves, wired additional lighting and laid flooring. Medications were ordered in advance and shelves were stocked promptly after construction was complete.

"We are not fully automated currently," Wilson said. "We are filling prescriptions strictly on paper. Soon we should have our computer system in place so we can enter prescriptions for patients into the system and I can check their meds in that manner. Right now it's a little basic, but that will change in the next couple of weeks."

Within the next few weeks, the pharmacy also will receive a pill counter and a label printer.

"Within two weeks we should have a fully automated pharmacy, comparable to those in more established (forward operating bases)," Wilson said.

The location of a pharmacy at a more "forward" base has more than obvious benefits. "We have moved an accommodation that is usually reserved for more established FOBs into a forward location,"

Wilson said. "Soldiers who are downrange will now have the opportunity to acquire the meds they need in a far more timely manner."

Soldiers of Task Force Spartan will benefit significantly from the newly built pharmacy. The pharmacy will help mitigate challenges posed by the brigade's four-month extension in-theater.

"Most Soldiers with the brigade were equipped with chronic meds for the one year they would be in country," Wilson said. "With the extension, getting those meds continued could prove difficult. With the pharmacy, we have most common chronic meds on hand and are fully capable of ordering anything needed because of our new establishment."

The unit that follows Spartan Brigade into the northeast also will be able to use the new pharmacy. Meanwhile, as 3rd BCT continues its rotation, the pharmacy's capabilities grow.

"It's not perfect, but we are

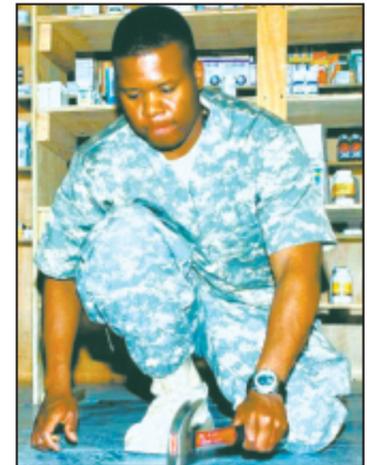


Photo by Sgt. Amber Robinson

making it work," Wilson said. "We will continue to build on what we have to reach the utmost standard."

"With any new endeavor, especially one as remarkable as this pharmacy, there may be minor kinks," said Sgt. Amanda Marion, a medic with C Company, 710th BSB. "We have the right man for the job in Staff Sgt. Wilson. He knows

his stuff, and if we don't have exactly what is needed, we can find something that works.

"We are adaptable and willing to do what it takes to get Soldiers what they need," she added. "We want to make sure our Soldiers are taken care of. They should never hesitate to turn to Charlie Med for any medical care they need."

Two job fairs planned for March

Fort Sam Houston will host a Hiring Heroes Career Fair at the Sam Houston Club March 10. This Department of Defense-sponsored event will bring together upwards of 75 employers whose primary purpose in attending will be to speak with Warriors in Transition and their Family members and caretakers on employment opportunities available to them once separated from military service. Employers from the federal sector, government-affiliated agencies, contractors and corporations will be present, among them being Lockheed-Martin, United Services Automobile Association, Department of Homeland Security, Army and Air Force Exchange Service, the Veterans Administration, Central Intelligence Agency, etc.

On the following day, March 11, San Antonio military installations will join forces to host the San Antonio Military Community Job Fair at the Live Oak Civic Center, 8101 Pat Booker Rd, Universal City, Texas, just off IH-35 North. Historically, over 100 employers gather to speak with active duty and Reserve Soldiers, veterans, military retirees and their Family members on employment opportunities.

Pre-Job fair assistance is offered to **Warriors in Transition**. To best prepare for these critical events, the Fort Sam Houston Army Career and Alumni Program Center and the Office of Personnel Management and Soldier and Family Assistance Center representatives will be conducting a series of classes and individual appointments to assist Warriors in Transition in federal and corporate resume formulation, Internet job searching, interviewing and other job search related skills. Interested Warriors may call the ACAP SFAC

office at 916-9295 or the Office of personnel management SFAC office at 916-9252 for further assistance. **ACAP clients.** Eligible ACAP clients can receive similar pre-job fair assistance at the ACAP Center, Building 2263, Room B-099. Computer workstations may be reserved for counselor-assisted resume building, viewing of interview training modules and Internet job searching. There are also federal resume classes offered on a regular basis. For more information, call the ACAP Center at 221-1213.

If 2009, or even 2010, is your year of decision as to whether to continue your military service, know what lies ahead. Seek out the services mentioned above to put your best foot forward into the job arena. Employers more than ever are seeking out those with military service to fill positions within their companies. There are also thousands of opportunities in the federal sector that want the skills and traits of the Soldier. Be prepared.

(Source: Army Career and Alumni Program)



Photo by Jen Rodriguez

Brig. Gen. James K. Gilman, Great Plains Regional Medical Command and Brooke Army Medical Center commander along with BAMC and GPRMC Command Sgt. Maj. Donna Simmons are the first to sign the Army Warrior Healthcare Covenant Jan. 26 at the BAMC fourth-floor auditorium. The Covenant affirms BAMC's commitment, pledge and dedication to the wounded Soldiers, and demonstrates a commitment to provide Soldiers and their Families with quality healthcare and services.

COVENANT from P1

are grateful for the contributions of warriors and their Families, each person should do their part," said Gilman.

"We need Families; the hospital staff can't do it alone," he said.

The remainder of the covenant states:

- We will provide Warriors and their Families the highest quality of care and services possible to honor their contributions to our Nation.
- We will provide the assistance needed by Warriors and their Families during the healing process.
- We will provide an environment that is conducive to healing by focusing on: the Body – medical treatment; Mind – skills and interests; Heart – communication skills and anger management; and Spirit – relaxation techniques, leisure skills and religious support.

In his closing remarks, Gilman summed up the covenant, "We're in the business of healthcare and of taking care of the whole Soldier and Family, the best we can."

Seek help for PTSD, combat reactions

By Maj. Richard Barton, social worker
U.S. Army Center for Health
Promotion and Preventive Medicine

Posttraumatic Stress Disorder is an anxiety disorder that can appear after an individual has witnessed or experienced an event they perceive as traumatic.

Common signs of PTSD are persistently experiencing the event through dreams or flashbacks, avoiding events or situations that are similar to the event, increased anxious feelings, and significant impairment of social, occupational or personal functioning.

When these symptoms continue in combination beyond a month, those combinations of symptoms could be PTSD.

People who witnessed or experienced childhood or adult physical, emotional or

sexual abuse; assault; an auto accident, or a near-death experience may also experience PTSD-like reactions. Firefighters and police officers who place themselves in harm's way may have reactions that are similar to PTSD. Service members who are involved directly or indirectly in combat or deal with the results of combat actions may have experiences that lead to reactions similar to PTSD.

Reports of combat reaction have been identified since the 6th century B.C. In 490 B.C., the Greek historian Herodotus, in recording the Battle of Marathon, described PTSD-like reactions in an Athenian soldier. During the Civil War, these reactions were called "Soldiers' heart." In World War I, PTSD was labeled "shell shock." During World War II, it

was called "battle fatigue," and in the Korean War, it was titled "operational exhaustion." Through the efforts of the Department of Veterans Affairs, identification of specific symptoms and the use of the term PTSD began during the Vietnam War.

Most individuals exposed to a traumatic event experience some level of acute stress reactions, or Acute Stress Disorder. These reactions are similar to PTSD, however the length of time and continued intensity distinguishes one from the other. ASD lasts between two days and four weeks. Reactions that are lesser in intensity and length are commonly referred to as combat reactions.

Contributing factors that can lead to PTSD are reduced levels of sleep due to dreams or agitation (frequently called hyper-

Common signs of PTSD are persistently experiencing the event through dreams or flashbacks, avoiding events or situations that are similar to the event, increased anxious feelings, and significant impairment of social, occupational or personal functioning.

vigilance) that may lead to sleep deprivation and the misuse of alcohol used to manage reactions. Increased alcohol tolerance can magnify the potential for addiction, and studies have shown that excessive alcohol use will adversely affect sleep patterns, multiplying the impact of sleep deprivation.

Overall, people with combat reactions, ASD or PTSD can learn to successfully identify and manage their reactions. For those who have, the common factor is that they

acknowledged and accepted their situation and did something about it.

If after 120 days of post-deployment, there is not a significant improvement in sleep or a decrease in combat reactions, seek assistance from your primary-care provider. You might also search out another healthcare professional, such as a behavioral health officer or chaplain.

Military Once Source, www.militaryonesource.com, also offers resources.

Housing Update

Each month Lincoln Military Housing chooses a yard that exceeds the standard yard maintenance. Nominations may be submitted by telephone or in person at one of the community centers.

Nominations must be received by the 24th of each month. Winners will receive a \$25 gift card from Wilmar. The winners for the January yards of the month were: 1 Staff Post; 104 Artillery Post; 760 Chaffee; and 2954 Foulouis Pass.

Each month LMH conducts a drawing for residents who complete the survey card from move-in, move-out, or service requests. Survey cards must be submitted from the 1st through the 30th of each month to be eligible for that month's drawing.

LMH will host several events for housing residents in February.

Residents can stop by a community center through Feb. 10 to register to win a romantic couples dinner at a restaurant on the Riverwalk. The winners will be announced Feb. 11.

LMH will host a cutest pets contest Feb. 6 at the neighborhood community centers. Winners will be announced Feb. 9 and will receive a \$25 gift card to Petsmart.

Residents can stop by their neighborhood community center to guess who

many Hershey's Kisses are in a jar. The winners of a "his and hers" gift basket will be announced Feb. 12.

Energy conservation meetings will be held Feb. 10 from 4:30 to 5:30 p.m. at the Watkins Terrace Community Center; Feb. 18 from 4:30 to 5:30 p.m. at the Harris Heights Community Center; and Feb. 19 from 4:30 to 5:30 p.m. at the Main Resident Center, 407 Dickman Rd. Residents will be provided information on low or no cost ways to save energy. Reservations are required.

Quarterly garrison town hall meetings will be held Feb. 17 at 6 p.m. at the Watkins Terrace Community Center; and Feb. 25 at 6 p.m. at Army Community Service, Building 2797, Stanley Road. The topic is community services.

Pizza night will be held Feb. 20 from 5:30 to 6:30 p.m. at the neighborhood community centers. Reservations are required by Feb. 19.

A monthly mayor's meeting will be held Feb. 26 from 10:30 to 11:30 a.m. at the Main Resident Center, 407 Dickman Rd.

For more information, call 270-7638 or visit www.samhoustonipc.com.

(Source: Residential Communities Initiative)

New tax credits mean larger refunds for some

This tax season features two new tax credits that all taxpayers should be aware of – the Recovery Rebate Credit, and the First-Time Homebuyers' Credit.

The Recovery Rebate Credit is a second chance to get the full amount of the Economic Stimulus Payment that most people received last spring. Taxpayers who did not receive the stimulus payment or received less than they should have can now get that money in the form of the Recovery Rebate Credit.

People can check their stimulus payment online at www.irs.gov by searching for "How Much Was My 2008 Stimulus Payment." Active duty, retirees and dependents eligible for free tax preparation assistance from the Military Tax Assistance Center can also have the IRS-trained preparers check for them.

The First-Time Homebuyers' Credit is essentially an interest-

Fort Sam Houston main tax center, Building 133, can be reached at 295-1040. Call the Brooke Army Medical Center satellite at 916-1040.

free loan of up to \$7,500 available to taxpayers who bought their first home after April 8, 2008, and before July 1, 2009. "First home" really means "first home in a while": in order to qualify, the taxpayer must not have owned a home in the three years prior.

This credit must be repaid to the IRS in \$500 increments, over a 15-year period beginning in 2010. In addition, if the home is sold or ceases to be used as the taxpayer's main home, all remaining installment payments become due in the next tax year. Some other restrictions may apply, so interested taxpayers should seek preparation assistance before claiming the credit.

The Fort Sam Houston main tax center is located in Building 133, near the intersection of Stanley and Liscum, immediately behind the Office of the Staff Judge Advocate; hours are Tuesday through Friday from 9 a.m. to 5 p.m. and Saturday, from 9 a.m. to 2 p.m.

A satellite office is located in Brooke Army Medical Center, on the lower level; hours are Monday through Friday from 9 a.m. to 4 p.m.

Both offices are taking appointments now – the main site can be reached at 295-1040, and the BAMC satellite at 916-1040.

(Source: Fort Sam Houston Office of the Staff Judge Advocate)

Sergeants Major visit LBJ's home

By Jen Rodriguez and Sgt. Maj. Patricia Quillen
Brooke Army Medical Center Public Affairs Office and Warrior Transition Battalion

Eleven sergeant majors learned to be effective members of a joint team by fulfilling one of BAMC's balance scorecard strategic objectives to improved training and development, during a team-building off-site staff ride on Jan. 16.

The Brooke Army Medical Center and Great Plains Regional Medical Command senior non-commissioned officers had an off-site tour of the Texas Hill Country and the National Historical Park in Johnson City to learn more about one another outside of the office.

"Not only did it (the trip) educate us on our 36th president, but also allowed us to learn a little bit about each other outside the uniform," said Sgt. Maj. Brian Whelan of GPRMC Operations.

The staff ride visit is the first of several events to take place quarterly amongst the senior noncommissioned officers.

Using the backdrop of the Johnson City and Stonewall Ranch, the NCOs made use of the trip as an educational tool.

"Our trip to Johnson City and Stonewall Ranch was informative and an interactive

event where our senior NCOs learned about different challenges and the leadership perspective of one of our nation's leaders and how his decisions affect us today," BAMC and GPRMC Command Sgt. Maj. Donna Simmons said.

The trip was developed for the senior NCOs to gain a better understanding about the 36th President Lyndon B. Johnson, his leadership role and the effectiveness of his work for today's leaders.

"As an Air Force member, I found this to be a teambuilding and strategic planning event that was refreshing and very enlightening," said Chief Master Sgt. Marie Potts, senior enlisted manager, San Antonio Medical Base Realignment and Closure Integration Office. "The day was informative as well as provided an opportunity to become better acquainted with my fellow E-9s. It was a great day!"

The day began with a risk assessment of the temperature: 36 degrees with a forecast of up to 57 degrees and a slight chance of rain. Inclement weather however didn't stop nor discourage the leaders from trekking along the trails around LBJ's family settlement for nearly a mile. Trail views included the original log cabin, early farm tools, a chuck wagon, horses and longhorns grazing in the pasture.

The group also visited a

modern-day exhibit center, which focused on the family cattle business.

The NCOs were met at the front porch of LBJ's home by a park ranger, who answered many of their questions concerning the home.

While walking through the house, the group took a look back in time to small town and rural America of the 1920s.

"The house had the appearance, complete with materials and furnishings of that time," said Sgt. Maj. Patricia Quillen of the Warrior Transition Battalion. "The kitchen was a reminder to us that Lyndon Johnson did not come from a rich or aristocratic background, but from a hardworking and humble family."

LBJ lived in the three-bedroom home with his parents, three sisters and brother from the age of five, until adulthood, she said.

The tour ended with a riding tour, 14 miles west of Stonewall, Texas, of the Johnson Family Ranch. Part of

"Not only did it (the trip) educate us on our 36th president, but also allowed us to learn a little bit about each other outside the uniform."

Sgt. Maj. Brian Whelan
GPRMC Operations

the tour included the Texas White House, a ranger-guided tour of the President's office, and his extensive car collection.

BAMC Troop Command, Command Sgt. Maj. Cornell Richardson Jr. said the staff ride was the most interesting one that he's been on in almost 30 years of service. "The most exciting part was seeing LBJ's childhood home, and the Texas White House. Everyone should go visit Johnson City. It's cost effective and full of history."

Richardson was so impressed with the trip that he told his commander, BAMC Troop Command Commander, Col. David Baker about it, and he wants to take his grandkids. According to Richardson,

Baker is interested in gathering the commanders and first sergeants for a similar trip.

The next sergeant majors' staff ride will be to Fredericksburg for a living history reenactment March 16.

Note: Johnson City Visitor's Center is located off of Highway 290, about 60 miles north of San Antonio. Park Rangers are well-versed in the history of Lyndon Johnson's family to explain how he was profoundly influenced by his father, a state legislator and his mother's passion for education. Exhibits, a 30-minute video and a short walk to LBJ's boyhood home details the life and achievements of the former President.

Army striving to decrease sexual assault, increase reporting

By C. Todd Lopez
Army News Service

WASHINGTON — Through its Sexual Harassment and Assault Prevention and Response Program, the Army hopes to change command climates to make victims of sexual assault feel more comfortable reporting the crime.

During a meeting with members of the press Jan. 26, Secretary of the Army Pete Geren discussed the Army's efforts to reduce sexual assault within the ranks, a crime he said that is not just an assault on a person, but on the whole Army.

"Since Sept. 11, 2001, we've had 1,800 Soldiers that have been punished for sexually assaulting a fellow Soldier," Geren said.

"Soldier-on-Soldier violence, blue-on-blue — sexual assault is a crime everywhere, but in the Army it is a crime that is more than just a crime against the victim. In the Army it is a crime against the core values that

"In the Army it (sexual assault) is a crime against the core values that bind our Army together."

*Secretary of the Army
Pete Geren*

bind our Army together."

Sexual assault is one of the most underreported crimes in the United States and in the Army as well, said Carolyn Collins, program manager of the Army's Sexual Assault Prevention and Response Program. Through the SAPR program, the Army hopes to change the cultural climate so Soldiers who are victims of sexual assault will be more likely to report the crime.

"The last couple of years we have seen a bit of a plateau in the reporting, but ... we are certainly still having convictions of sexual assault," Collins said. "We know we are not where we want to be yet. We are looking to increase our propensity to report, and bring down the actual number of assaults. We are looking to close that gap. We want to raise the number of reports so we can get more investigated, and hold offenders accountable for those actions, and we want to reduce the number."

The Army is also doing more

to ensure that when Soldiers report a sexual assault, the crime is properly investigated and prosecuted.

Secretary Geren has approved funding to provide 15 special victim prosecutors — that's additional personnel billets within the judge advocate general corps that will be filled from within the ranks by those that have proven themselves as especially effective prosecutors and who also have experience in sexual assault prosecution.

"They will focus exclusively on those cases, and on training the balance of our prosecutorial and defense force on those kinds of cases," said Maj. Gen. Scott Black, judge advocate general of the U.S. Army. "They will have previous experience, and special training as well. The idea is to pick people who are ... very good in the prosecutorial function, and then ... have experience in this particular area of prosecution. We are identifying them now."

Black said those special prosecutors would come from the JAG ranks, would serve for a minimum of three-year tours, and would be positioned at installations such as Fort Bragg, N.C. and Fort Hood,



Photo illustration by Margo Wright

Texas, where there are large concentrations of Soldiers.

Brig. Gen. Rodney Johnson, the provost marshal general of the Army, said the service will add an additional 30 special investigators to be assigned at 22 of the Army's largest installations to assist Criminal Investigation Command agents in investigating sexual assault crimes.

Those investigators, Johnson said, would provide insight into how civilian juries look at sexual assault cases and what kinds of evidence are needed to prosecute. The investigators would also look at sexual predator and victim behavior and the scientific perspective of sexual assault investigation.

An additional seven "highly qualified experts" are also coming aboard, Johnson said, to provide training and assistance to CID agents.

"We in CID already have highly skilled agents investigating these crimes," Johnson said. "But bringing the civilian expertise onboard will simply be a valuable tool to glean insight and a fresh perspective in many areas. Our special agents and supervisors will be working shoulder-to-shoulder with those highly qualified experts on our most challenging and complex cases."

Black said there are already four of those experts on board, with the remaining to be brought in by mid-February.

BOSS hosts super bowl party at Hacienda

By Ben Paniagua
Hacienda Recreation Center

More than 125 Soldiers from the 32nd Medical Brigade enjoyed Super Bowl XLIII Feb. 1 on the 25-foot screen at the Hacienda Recreation Center.

The Fort Sam Houston Better Opportunities for Single Soldiers Program in partnership with the Hacienda Recreation Center hosted the annual Super Bowl Party in coordination with the Directorate of Morale, Welfare and Recreation.

The Soldiers, in addition to enjoying the game on the giant screen, enjoyed refreshments consisting of chips con queso, taquitos, popcorn, cotton candy, cake and punch.

"The turnout was great," said Sgt. Edmund Perez, installation BOSS president. This gave me the opportunity to talk to the Soldiers and tell

them about the BOSS Program and encourage them to get involved with BOSS when they get to their next duty station."

The sponsor for the event was Beacon Assurance, who provided two \$100 gift certificates in two drawings, one during halftime and the other at the end of the game. The Fort Sam Houston BOSS Program provided a \$50.00 gift certificate to the Soldier who guessed the correct score at the end of the game.

BOSS is a program that supports the overall quality of life for single soldiers. BOSS identifies well-being issues and concerns by recommending improvements through the chain of command.

Fort Sam Houston BOSS meets every first and third Wednesday of the month at the Hacienda Recreation Center at 1:30 p.m. For more information on BOSS, e-mail fsh.boss@gmail.com.

Sports

Sgt. Mack; C Co., Sgt. 1st Class Gray. For more information, call Master Sgt. Garcia at 916-5167 or Master Sgt. Nicholson at 916-6864.

Lifeguard classes

The Jimmy Brought Fitness Center will host weekend Lifeguard Classes Feb. 7 and 8; Feb. 14 and 15; Feb. 21 and 22; and Feb. 28 and March 1. All classes will be held at the Jimmy Brought Fitness center from 8:30 a.m. to 4:30 p.m. Cost is \$160 per class. For more information, call Ignacio Flores at 221-1234 or 221-1532.

Intramural racquetball

Fort Sam Houston intramural racquetball season will begin Feb. 17. Letters of intent must be received by Feb. 2. Letters of intent may be sent to Earl Young, 1212 Stanley Road, Building 124, Ste 20, Fort Sam Houston, TX, 78234 or e-mailed to earl.t.young@us.army.mil. For more information, call 221-3185.

Intramural volleyball

Fort Sam Houston intramural volleyball season will begin Feb. 18. Letters of intent must be received by Feb. 2. Letters of intent may be sent to Earl Young, 1212 Stanley Road, Building 124, Ste 20, Fort Sam Houston, TX, 78234 or e-mailed to earl.t.young@us.army.mil. For more information, call 221-3185.

3-D archery shoot

A 3-D archery shoot will be held Feb. 28 and March 1. Registration is from 8 to 10 a.m. The shoots include 30 3-D targets. The cost per person Saturday is \$15 for competitive and Sunday is \$15 for non-competitive and \$10 for non-competitive shoot. For more information, call the Camp Bullis Recreation Center at 295-7577.

Burning rubber on track keeps Army North civilian young

By Sgt. Joshua Ford
U.S. Army North Public Affairs

Imagine yourself in the driver's seat of a 1963 Chevy Nova sitting on a quarter mile stretch of pavement. The smell of racing fuel and burning rubber fills your nostrils as you slam your foot onto the gas pedal. At 129 mph you cross the finish line and look at the clock—it reads 10.6 seconds.

This is reality for 63-year-old Duke Floyd, a personnel operations officer at U.S. Army North. Floyd has been racing for more than 25 years and says he loves every minute of it.

"I guess I started street racing when I was younger. I always liked it. I blame it on my lead foot," Floyd said jokingly.

His wife Catherine blames his love for racing on the fact that he hasn't been able really to grow up.

"I always tell him I grew out of it. I wish he'd grow out

of it, but he won't," Catherine said.

Catherine had a lead foot of her own once. When she was younger she worked on and raced cars as well as built dune buggies with her father and brothers.

"I blame what I know about cars on my father. He taught me a lot," Catherine said.

Duke met Catherine at a drag strip in Albuquerque, New Mexico. He was racing that day and placed second. Eventually, they got married and she would stand on the side lines to watch him race.

After Duke enlisted in the Army, he stopped racing. He was promoted to staff sergeant and then decided to go to officer candidate school. After spending a few years as a second lieutenant, he decided to take a break from the military.

During Duke's 11-year break in service, he worked for Coca Cola in Albuquerque and invested time into his pas-

sion of racing; however, he still had an itch to be in the Army.

"One day I woke up and decided that I wanted to go back to the Army," Duke said.

Duke rejoined as a staff sergeant and worked his way up to become a warrant officer. He didn't race from 1986 until he got the bug again in 1997. He went out, bought a car and has gone full speed since.

Catherine eventually stopped going to the race-track, because she gets too nervous watching Duke speed down the quarter mile stretch.

That hasn't stopped the rest of the family from going though.

Duke and Catherine have three daughters, Dawn, Jennifer and Amanda, and eight grandchildren.

"The grandkids love coming out and watching me race," Duke said.

Duke's youngest daughter Amanda's husband, Perry Taylor, is on Duke's race team



Courtesy photo
Duke Floyd 'burns rubber' in his 1963 Chevy Nova after a race in San Antonio Mar. 8, 2008.

and helps him with repairs as well as races cars.

"The [whole] family is involved in the hobby. They have fun and I have fun so that's good," Duke said.

During Duke's racing career he has owned a 1957 Chevy Bel Air, a 1969 Chevy Camaro, a 1979 Chevy Nova and a 1963 Chevy Nova.

"Out of all the cars I've owned, I like the '63 Nova the most," Duke said about the car he is currently racing.

Catherine agreed by adding, "I like the '63 Nova, because I finally got him to paint a car the color scheme I wanted."

This year Duke and his team have set their goal for the 1963 Nova to cross the finish at the quarter mile in 9.8

seconds.

Duke and Catherine have been married for 32 years and have enjoyed working on cars together.

"One time we tore an engine down in less than 45 minutes," Catherine said. "I try to help him tear down and fix the car. It is always better to have more than one person when you are doing stuff like that."

Duke retired at Fort Sam Houston in 2002 with 27 years in the Army. He then took a civilian position at ARNORTH and has worked there for more than 6 years. After all these years, Duke is still running cars.

When asked why he still races, Duke simply put it: "I love racing."



Staff. Sgt Jamika Coats, Warrior in Transition, Fort Bragg, N.C. flag privilege, Noncommissioned Officer In-Charge watches Feb.13 as the flag is being folded during the retreat ceremony at the main flagpole.

NCO Academy hosts Cub Scouts at retreat

Academy's vision: 'Inspiring NCOs to make a difference'

By Minnie Jones
Fort Sam Houston Public Affairs

Cub Scout Pack 23, Den 7 joined Soldiers from the Army Medical Department Noncommissioned Officer Academy Tuesday during retreat at the post's main flagpole for a lesson in flag courtesies.

The retreat ceremony has two purposes. It signals the end of the official duty day and serves as a ceremony for securing and paying respect to the flag. The ceremony is performed daily here at Fort Sam Houston.

"It's about tradition and it is honor, putting the flag up in the morning and bring it down in the evening is our testament to those who can't do it," said Sgt. 1st Class Vinny Sandoval, Noncommissioned Officer Academy.

During retreat special attention

and care is given to the flag ensuring that no part of it touches the ground. The flag is then carefully folded into the shape of a tri-cornered hat, symbolic of the hats worn by colonial Soldiers during the Revolutionary War. While folding, the red and white stripes are wrapped into the blue, as the sun sets.

On this occasion, the scouts were invited to participate in the ceremony and are now one-step closer to earning their Wolf badge. The Soldiers in the ceremony realize the academy's vision of "Inspiring NCOs to make a difference."

In order for Cub Scouts to earn their Wolf badge they must learn how to raise the American flag properly for an outdoor ceremony, participate in an outdoor flag ceremony and with the help of another

person, fold the U.S. flag.

"The scouts look like they were really into the ceremony, they were really knowledgeable about the flag and some of the traditions," said Staff Sgt Jamika Coats, Warrior in Transition, Fort Bragg, N.C.

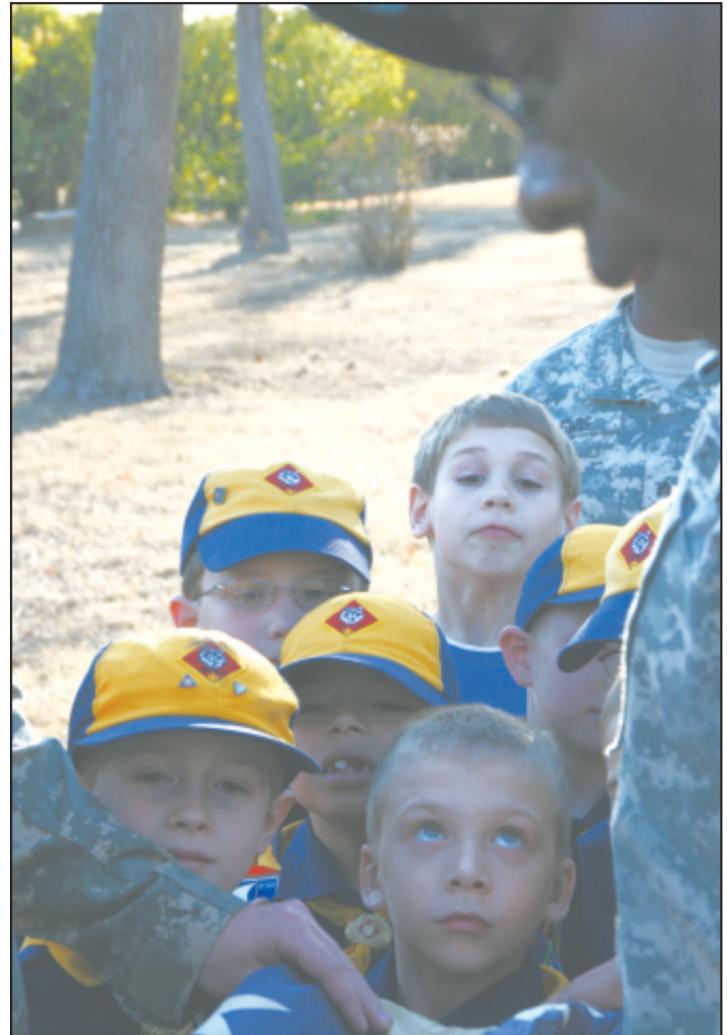
Before the ceremony began, Sgt Ryan Cobin, 82nd Airborne Division, 4th Brigade Combat Team, Fort Bragg, N.C., gave a presentation to the scouts about the history of the American flag. Next the scouts watched a practice of the ceremony that included a run through of the flag folding, so they would know what to expect during the ceremony. Soldiers instructed them [Cub Scouts] at what intervals to salute and where they should face.

"I think it was definitely a wonderful learning experience for the

boys, and it is always a humbling experience for anyone observing. If I think about it too much, it brings tears..." said Julie Rose, parent to Caleb, one of the Cub Scouts of Pack 23.

During the ceremony, just as the sun began to lower in the sky and just prior to the lowering of the American flag the scouts recited a poem "Remembering our Flag"

Today the flag consists of thirteen horizontal stripes, seven red alternating with six white. The stripes represent the original 13 colonies; the stars represent the 50 states of the Union. The colors of the flag are symbolic as well: Red symbolizes Hardiness and Valor, White symbolizes Purity and Innocence and Blue represents Vigilance, Perseverance and Justice.



Cub Scouts of Pack 23, Den 7 watch carefully Feb. 13. as Soldiers from the Army Medical Department Noncommissioned Officer Academy fold the American flag during retreat.

Pack 23, Den 7 stand in the distance Feb.3 during retreat as Soldiers from the Army Medical Department Noncommissioned Officer Academy, Fort Sam Houston, lower the flag during retreat.



Prior to retreat, Sgt Ryan Cobin, 82nd Airborne Division, 4th Brigade, Combat Team, Fort Bragg, N.C., gave a presentation to Cub Scouts Pack 23, Den 7 about the history of the American flag.



Cub Scouts of Pack 23, Den 7 march in front of Army Medical Department Noncommissioned Officer Academy Soldiers Feb. 13 on their way to retreat post's main flagpole.

Soldiers from Army Medical Department Noncommissioned Officer Academy fold the American flag Feb. 13 during retreat at Fort Sam Houston's main flagpole.



Sgt. 1st Class Vinny Sandoval, Noncommissioned Officer Academy, rehearses the poem "Remembering our Flag" with the Cub Scouts prior to retreat at Fort Sam Houston's main flagpole.



Announcements

Stock Show and Rodeo

The FMWR Ticket Office has San Antonio Stock Show and Rodeo tickets on sale now. Cost is \$40 per person, for Section 104 seats. For more information, call 226-1663.

Valentine's Day dance coupons

The Fort Sam Houston Bowling Center is partnering with the Sam Houston Club, offering patrons who bowl one game through Feb. 14 a coupon redeemable for \$1 off admission to the Valentine's Day dance Feb. 14 from 8 p.m. to midnight at

the Sam Houston Club. Coupons are limited to one per person per ticket purchased. For more information, call 221-4740.

Baseball Registration

Child, Youth and School Services will conduct baseball registration through March 13 from 8:30 a.m. to 4:30 p.m. at ACS, Building 2797, for children ages three to 17 years old. The cost is \$45. Participants must have a current sports physical at time of registration. For more information, call Central Registration at 221-4871 or Sports and Fitness at 221-5513.

Harlequin Dinner Theatre

The Harlequin Dinner Theatre presents, The Unexpected Guest, a mystery by Agatha Christie, now through Feb. 21. Tickets are \$31 for Friday and Saturday performances; and \$28 for Wednesday and Thursday performances. Discounts are available for military and students. The theater opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. The box office is open from noon to 5

p.m. weekdays and from 1 to 5 p.m. on Saturdays. The Harlequin Dinner Theatre offers Late Night Cabaret on Saturdays from 10 p.m. to 2 a.m.; Wednesday matinees from 11:30 to 2 p.m.; and Saturday matinees from 12 to 3 p.m. For more information, or to make reservations, call the Harlequin Dinner Theatre at 222-9694.

CYSS Talent Show

Child, Youth and School Service is currently accepting applications for the 2009 CYSS Talent Show. All talents are welcome. Interested participants, ages three to 18 years old, may register through Feb. 7. For more information, call any of the CYSS facilities or call Central Registration at 221-4871.

H.U.G.S. playgroup

Army Community Service Family Advocacy Program offers a Helping us Grow Securely playgroup Tuesdays from 9 to 11 a.m. at Dodd Field Chapel, Building 1721. The weekly interactive playgroup is for parents and children ages infant to 5 years old. For more information, call 221-0349 or 221-2418.

FMWR Recreation Area at Camp Bullis

The FMWR Recreation Area at Camp Bullis is open to all

Department of Defense I.D. card holders. Camp Bullis provides patrons a variety of activities including small game hunting, a shooting range, 3-D archery shoots, hunter's education courses and a pay-as-you-go catfish pond. In addition, patrons may take advantage of the Lodge and picnic areas complete with volleyball and horseshoe pits. For information on hours of operation, pricing and availability, call 295-7577 or 295-7529.

Commanders Training

The Family Advocacy Program, Commander and Senior Leader training course is for new commanders, first sergeants, and senior leaders. This training needs to be completed within 45 days upon assumption of the positions. Training will be held the second Thursday of every month from 8 to 10 a.m. at Army Community Service, Building 2797, Stanley Road. For more information or to register, call 221-0349 or e-mail thelma.t.kegley@us.army.mil.

Calendar of Events

TODAY

B.E.A.M.S. classes

Army Community Service Family Advocacy Program will hold Building

Effective Anger Management Skills classes Feb. 5, 10, 12 and 17 from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. This class helps to identify strategies to more effectively handle anger, resentment, and frustration in your personal and professional life. For more information, call 221-0349 or 221-2418.

FRIDAY

Preparing for Childbirth

Army Community Service Family Advocacy programs will hold a Preparing for Childbirth class Feb. 6 from 9 a.m. to 12 p.m. at ACS, Building 2797, Stanley Road. The class will provide women and their partners with research-based information that will prepare them for the childbirth experience. A copy of Prepared Childbirth, "The Family Way," will be given when available. For more information, call 221-0349.

Survivor Outreach Service

The Army Community Service Mobilization and Deployment Program will conduct Survivor Outreach Service focus group interviews Feb. 6 from 6 to 8 p.m. at ACS, Building 2797. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

See FMWR P17

FMWR from P16

SATURDAY

Big Bucks Bingo

The Sam Houston Club will host Big Bucks Bingo Feb. 7 at 12 p.m. A free buffet will be served to all players. Guaranteed \$13,000 in payouts. For more information, call 224-2721.

Hearts Apart support group

Army Community Service Relocation Readiness will hold a Hearts Apart support group Feb. 7 from 1 to 3 p.m. for military spouses of deployed, geographically separated, on unaccompanied tour or extended TDY military members. The group will meet the first Saturday of each month. This is a great opportunity to meet others in the same situation and enjoy refreshments and prizes. For more information or to register, call Relocation Readiness at 221-2418 or 221-2705.

SUNDAY

Valentine's Day story time

Keith A. Campbell Memorial Library will host a Valentine's Day story time for pre-schoolers and toddlers Feb. 8 at 1 p.m. Participants will be read stories and will have a chance to create a Valentine's Day card for a loved one. For more information, call 221-4702.

MONDAY

Word level one

A Word level one class will be held Feb. 9 for 8 a.m. to noon at Army Community Service, Building 2797, in the computer lab. All active duty Soldiers, spouses and civilian employees can participate. Registration is required. For more information or to sign up, call 221-1841 or e-mail jennifer.lobo@us.army.mil.

Pre-deployment training

The Army Community Service Mobilization and Deployment Program will hold a pre-deployment planning training Feb. 9 from 9 a.m. to 3 p.m. at ACS, Building 2797, Stanley Road. The training is open to Soldiers, Family members and civilians. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Dad Difference class

Army Community Service Family Advocacy Program will hold a Dad Difference class Feb. 9 and 23 from 11 a.m. to 12:30 p.m. at ACS, Building

2797, training room 2. This class shows dads how to be involved with babies from pregnancy to age five, with practical tips to become more connected with their child. For more information, call 221-0349 or 221-2418.

TUESDAY

Coushatta Casino Trip

The MWR Ticket Office is sponsoring a trip to the Coushatta Casino Resort in Kinder, La. The bus will depart the Sam Houston Club Feb. 10 at 7 a.m. and will return Feb. 11 at 10 p.m. The cost is \$50, double occupancy or \$100, single occupancy and includes round-trip motor coach transportation, overnight hotel accommodations, continental breakfast and one \$23 coupon for the casino. Must be at least 21 years old, with valid photo I.D. available at all times. Make reservations at the ticket office by Feb. 6. For more information, call 226-1663 or 224-2721.

Women Encouraging Women

Army Community Service Family Advocacy Program will hold a Women Encouraging Women lunchtime seminar Feb. 10 and 17 from 12 to 1 p.m. at ACS, Building 2797. The class will explore issues regarding relationship boundaries. Sign up today, bring a lunch, and make new friends. For more information or register, call 221-0349 or 221-0600.

B.E.A.M.S. classes

Army Community Service Family Advocacy Program will hold Building Effective Anger Management Skills classes Feb. 10, 12 and 17 from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. This class helps to identify strategies to more effectively handle anger, resentment, and frustration in your personal and professional life. For more information, call 221-0349 or 221-2418.

Post-deployment training

The Army Community Service Mobilization and Deployment Program will hold a post-deployment planning training Feb. 10 from 6 to 7 p.m. at ACS, Building 2797, Stanley Road. The training is open to Soldiers, Family members and civilians. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

WEDNESDAY

Word level two

A Word level two class will be held Feb. 11 for 8 a.m. to noon at Army

Community Service, Building 2797, in the computer lab. All active duty Soldiers, spouses and civilian employees can participate. Registration is required. For more information or to sign up, call 221-1841 or e-mail jennifer.lobo@us.army.mil.

You and Your Baby

Army Community Service Family Advocacy programs will hold You and Your Baby class Feb. 11 and 25 from 8 a.m. to 12 p.m. at the Red Cross, Building 2650. This two-part series will teach how to care for a newborn baby. Dads are welcome and encouraged to attend. Receive a duffel bag with a layette and a copy of "What to Expect the First Years" upon completion of the class. For more information or to register, call 221-0349.

Rear detachment commander training

The Army Community Service Mobilization and Deployment Program will hold a rear detachment commander training Feb. 11 from 8 a.m. to 3 p.m. at ACS, Building 2797, Stanley Road. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Single Parenting

Army Community Service Family Advocacy programs will hold a class on single parenting Feb. 11 and 18 from 11 a.m. to 12:30 p.m. at ACS, Building 2797. The class provides skills uniquely designed for single parents. Topics include, dating, children, separation and more. For more information or to register, call 221-0349.

FEB. 12

Valentine Flower Delivery

The Better Opportunities for Single Soldiers will provide a post wide Valentine flower delivery service Feb. 12 and 13. All orders must be placed before Feb. 11. The cost is \$10, cash only. For more information, call your BOSS Representative or call 221-4242 or 221-2810.

General resume writing class

Army Community Service Family Employment program will host a general resume writing class Feb. 12 from 8 a.m. to 12 p.m. at ACS, Building 2797, in the computer lab. Interviewing skills, techniques, and how to dress for success will also be topics of discussion. This class will be offered twice monthly. For more information or to register, call 221-2705 or 221-0516.

Fort Sam fire department responds to gazebo fire

By Terry Davis
Fort Sam Houston Fire Department

The Fort Sam Houston Fire Department responded to a gazebo fire at building 2263 Jan. 22 that cause more than \$11,000 in damage. Damage to the building's windows and the gazebo was completely destroyed. Fortunately, there were no injuries.

The most probable cause of the fire was improper disposal of smoking materials. The gazebo was designated as the smoking area for the occupants of the building; however, it was determined that the gazebo was too close to the building.

In recent months, South Texas has been in "Red Flag" conditions. This means that any spark could cause brush, grass or wildland fires. The Fort Sam Houston Fire Department has responded to several small fires caused by improper disposal of smoking materials, one only within a few feet from the building.



Courtesy photo

Fort Sam Houston Fire Department responds to a gazebo fire at Building 2263 Jan. 22 causing more than \$11,000 damage. The probable cause of the fire was improper disposal of smoking materials.

Do not throw smoking materials out of car windows, dormitory windows, on the ground or into brush, especially around post facilities. The Fort Sam Houston Prevention Branch would like to remind all personnel that live and work on post of the smoking policies and provide some tips on properly dispos-

ing smoking materials.

The majority of fire incidents result from unsafe smoking practices. Fires of this type, particularly in dormitories and family housing, can expose personnel to injury or death. Firm control measures and rigid enforcement are required to prevent fires of this nature.

Smoking areas

Building managers must ensure that approved containers for disposal of smoking materials are provided for each designated smoking area. Containers will be self-closing type and stenciled with cigarette butts only. Signs, and/or other distinctive markings, such as painted lines on

floors, will designate authorized smoking areas.

Designate outdoor smoking areas that are reasonably accessible to employees and provide a measure of protection from the elements. Smoking areas shall be 50 feet from any building and 50 feet away common points of ingress and/or egress into and/or out of any facility and not near any air intake ducts.

Under no circumstance will smoking be allowed in or upon a bed. The use of tobacco products in GSA vehicles is strictly prohibited.

U.S. fire departments respond to an estimated 150,000 smoking-related fires every year causing hundreds of deaths and millions of dollars in structural damage.

See FIRE P19

FIRE from P18

More fatal smoking-material fires start in bedrooms then in living rooms, family rooms and dens. The risk of dying in a home structure fire caused by smoking materials rises with age.

Some safety tips to help prevent any fires from improper disposal of smoking materials:

- Smoke outside.
- Never smoke in bed. Replace mattresses made prior to the 2007 Federal Mattress Flammability Standard.
- Don't put ashtrays on the arms of sofas or chairs.
- Use deep ashtrays and soak ashes in water before disposal.
- Don't leave cigarette, cigars,

or pipes unattended.

If smokers have visited, be sure to check the floor and around chair cushions for ashes that may have dropped accidentally.

- Never smoke in a home or area where oxygen is being used.
- Keep matches and lighters up high, out of children's sight and reach.
- Choose fire-safe cigarettes. They are less likely to cause fires.

For more information on fire safety, call the Fort Sam Houston Fire Prevention Branch at 221-2727.

(Some information was taken from the National Fire Protection Association and the U.S. Fire Administration.)

News Leader survey online

Submit your feedback to help improve the News Leader. The survey is available online at <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-1031.

FSHISD hosts 'Straight Talk to Smart Parents'

Fort Sam Houston Independent School District will host a third, "Straight Talk to Smart Parents," presentation Feb. 18 at 6 p.m. in the Cole Middle School mall.

The topic of discussion will be, "The 411 on Teen Relationships." All parents and community members

are invited.

The guest speaker of the event will be Lucien Costley an education specialist from the Region 20 Office of Safe and Drug Free School and Communities program.

Parents will receive information on teen dating and healthy relationships amongst

today's youth.

Parents and community members are advised that some information presented will be in adult content.

For more information, call Assistant Principal, Elizardo Hernandez at 368-8736 or e-mail ehernand@fshisd.net.

(Source: FSHISD)

Fort Sam Houston Independent School District

Weekly Campus Activities – Feb. 9 to 14

Fort Sam Houston Elementary School Feb. 13

Early dismissal at 11 a.m.
Valentine's party
Spirit day

Robert G. Cole Middle and High School Feb. 9

Boys' Golf Invitational vs. Boerne-Champion High School at Buckhorn Golf Club in Comfort, Texas (leave Cole at 7 a.m.) tee time at 9: a.m.

Feb. 11

Girls' Golf Invitational vs. Boerne-Champion High School at Buckhorn Golf Club in Comfort, Texas (leave Cole at 7 a.m.) tee time at 9:00 a.m.

Feb. 13

Chili cook-off in Pryor Hall, 12:45 to 1:30 p.m.
Regional swim meet at Corpus Christi, TBA
Boys' JV/V basketball at Blanco, 6 and 7:30 p.m.
Middle school Valentine's Day dance, 7 to 9 p.m.

Feb. 14

Regional swim meet at Corpus Christi, TBA

Community

Announcements

Military Appreciation Day at the Rodeo

The San Antonio Stock Show and Rodeo at the AT&T Center and Freeman Coliseum grounds, is offering special discounts Feb. 6, 13 and 20 for military I.D. Card holders. People with a military I.D. card can enter the grounds free. This includes active-duty, reserve and National Guard. Parking is not free. For more information about the rodeo and other events, visit www.sarodeo.com.

Calendar of Events

FRIDAY

Troop 492 father-daughter dance

The Girl Scouts of Southwest Texas, Cole Service Unit, will host a father-daughter dance Feb. 6 from 6 to 8 p.m. at ACS, Building 2797. Cost is \$5 per person; which includes a spaghetti buffet and souvenir photo. Dinner will be served from 6 to 7 p.m. Attire is dressy casual. Reservations must

be made by Feb. 4. For more information, call (904) 540-4385 or e-mail roberta.hutson@amedd.army.mil or huggiebear54@att.net.

SATURDAY

Stock Show Stampede

The San Antonio Stock Show and Rodeo will host the 4th Annual Stock Show Stampede 4 mile run and 1.6 mile walk Feb. 7 at 8 a.m. The stampede will start at the rodeo satellite parking lot on Gemblor Road and will finish at the Family Fair area of the rodeo grounds. Registration includes a long-sleeve T-shirt, drawings, chuck wagon breakfast, rodeo grounds admission and complimentary shuttle to and from the rodeo satellite parking lot. For more information or to register visit www.sarodeo.com/annual/stock_show_stampede.html or e-mail sarodeorun@gvec.net.

FEB. 14

Chocolate Day, Botanical Gardens

The San Antonio Botanical Garden celebrates its annual Chocolate Day Feb. 14 with special chocolate flavored activities scheduled from 10 a.m. to 2

p.m. (The Garden is open 9 a.m. to 5 p.m.) Chocolate Day is free with paid admission. Garden admission is \$7 for adults; \$4 for children ages three to 13, \$5 for seniors, military and students. San Antonio Botanical Society members enjoy free admission. Group rates for groups of 15 or more are available.

FEB. 16

Warrant Officer Association

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet Feb. 16 at 7 p.m. at Chacho's and Chulucci's, 8614 Perrin Beitel Rd. (near Loop 410). All active duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. For more information, call Juan Gomez at 295-6596, e-mail juan.gomez@us.army.mil; or Jim Gonzales at 666-9818 or e-mail rgonzales879@satx.rr.com.

FEB. 17

Spouses' Club luncheon

The Spouses' Club of the Fort Sam Houston area will host a luncheon Feb. 17 at 11 a.m. at Dodd Field Chapel. Macaroni Grill will cater the meal. Club members will perform the classic "Basic Black Dress." Cost of the meal is \$12. Seating is limited. For more information or reservations, call Kelly Pinsky at 233-8401 or e-mail kelly.pinsky@us.army.mil. Reserve by Feb. 13.

FEB. 19

Preservation society meeting

The Society for the Preservation of Historic Fort Sam Houston will hold a meeting Feb. 19 at 11:30 a.m. in the Stillwell House, Building 626, Infantry Post Rd. The guest speaker will be retired Col. Cheryl Dozier. Dozier will speak about the kidnapping of her father Gen. Dozier, by the Red Brigades terrorists in 1981. Light refreshments will be served followed by the presentation at noon. For more information on the Society for the Preservation of Historic Fort Sam Houston, call 822-6034.

FEB. 21

Volunteer to help seniors

The American Society of Military Comptrollers members will host a volunteer project Feb. 21 from 9 a.m. to noon at the Sunshine Plaza Apartments, 455 E. Sunshine Drive, San Antonio. The project involves light cleaning for senior residents. School students can earn a community service certificate for up to three hours. For more information or to volunteer, call Master Sgt. Michael Sonderman at 671-8370.

FEB. 24

Officer Candidate School interviews

Fort Sam Houston structured Officer Candidate School interviews will be held Feb. 24 at Human Resources and

Administration, Building 2263, Room B100, Stanley Road. Deadline for application submissions is Feb. 20. For more information or a sample application, call Sylvia Villarreal at 221-0885.

FEB. 25

Green to Gold Briefings

St. Mary's University ROTC cadre will provide monthly Green to Gold briefings Feb. 25 and March 25 from 11 a.m. and 1 p.m. in the Education Center, Building 2248, 2408 N. New Braunfels Ave. The briefs are for Soldiers interested in applying for the full Green to Gold scholarship option and the new active duty option. For more information, call 221-1634.

FEB. 27

122nd Hospital Corp Anniversary Social

The 122nd Hospital Corp Anniversary Social will be held Feb. 27 at 5 p.m. at the Army Medical Department Museum. The doors open at 4:30 p.m. Army Medical Department Center and School Commanding General, Maj. Gen. Russell Czerw and Command Sgt. Maj. Howard Riles will host the event. The guest speaker will be U.S. Army Medical Command, Command Sgt. Maj. Althea Dixon. The cost is \$5. For more information, call Staff Sgt. Erin Hicks at 221-8940 or Staff Sgt. Di Virgilio at 221-6241.

For Sale Fort Freebies

For Sale: Small bookcase, \$10, Sony DVD player \$35, LazyBoy five-section modular seating includes queen-size sleeper, \$500 obo; portable stereo TV/CD and radio \$25. Call 662-8887.

For Sale: Kodak Easy Share digital camera, accessories, memory card and Kodak Easy Share photo docking station/printer, excellent condition, original packaging, \$200.00 for all. Call 833-0063.

For Sale: six-speed baby swing, music, sounds, and mobile \$55; seven foot couch, missing legs, \$40. Call 618-531-8122 or 530-8745.

For Sale: 2008 Cannondale six13-1 Dura Ace road bike, size 50cm, carbon cage, wireless computer, mint condition, \$2,500 value, \$1,300. Call 887-4630.

For Sale: Dremel scroll saw, model 1671, with stand, \$150; wedding dress, ivory satin, heavily beaded, short sleeved, sweetheart neckline, 22 pearl buttons up the back, size 18, \$100; Therapist Select shiatsu plus massage cushion, still in box, \$50; Home Interiors victorian art print, framed, "Puss in Boots" by John Millais, \$40; Charles Burton Barber "In Disgrace" print, excellent condition, with standing easel frame, fair condition, \$40. Call 648-8290.

For Sale: GE Hotpoint washer and dryer set, includes hoses, washer in good condition, dryer may need work, \$100 obo. 437-4865.

For Sale: Futon, black, good condition, \$75; small chandelier, brass with crystals, \$35; maple table, old, original hardware, two-side drop leaf, 66 inches by 53 inches,

\$150; desk, black and silver, three shelves above, slide tray for keyboard, \$50; recliner, beige, like new, \$125. Call 684-8966.

For Sale: two-drawer filing cabinet, metal, \$20; television with wood cabinet, \$50; wood computer desk, \$30; office chair, black, adjustable, \$20; washing machine, \$125. Call Sandy at 241-1291 or 637-7322.

For Sale: Wood-grain wall unit entertainment center, 6 feet high by 5 feet wide by 17 inches deep, \$150; Authentic Burberry Nova Check small hobo tote with dust jacket, excellent condition, 9 inches wide by 6 inches high by 2.5 inches deep with 8 inch strap, \$175; baby crib, needs slightly bent, \$40; three-tier diaper cake, blue. Call 852-9927.

For Sale: Oak entertainment center, 50 inches high by 55 inches wide, opening for television is 29 inches wide by 32.5 inches high, on casters, two storage compartments, with three shelves, \$100. Call 496-9304.

For Sale: Left-handed golf clubs, hybrid graphite shaft, two through five woods, excellent condition, \$150; antique golf clubs, right handed, autographed, Bryon Nelson, \$100; Bobby T. Jones Jr. \$100; Walter Hagen, \$100; Betty Berg, \$90. Call 227-6590.

For Sale: Chihuahua puppy, tan, male, long hair, \$250. Call 651-9227.

For Sale: Everflo baby backpack on metal frame, \$35; air tailgate, small to medium size, \$35; Little Tikes coupe, \$20; burgundy wood coffee table, \$595; tail gate extender, small to medium size, \$175. Call 221-2690.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies can only be ran twice. Limit of five items per entry. For more information, call 221-0546.

For Sale: James Avery bangle bracelet with five gold flowers, \$150; Resistol hat, size 7 1/2, \$95; Little Tikes Cozy Coupe, \$20; refrigerator with freezer, 4 feet tall by 2.5 feet wide, \$95; male pug, 2 years old, \$275. Call 633-3859.

For Sale: Office chair, \$95; chairs, various sizes and prices. Call 550-7371.

For Sale: four 16 inch tires, 50; buffet, \$75; male Chihuahua, \$150; giant custom-made pet house, insulated, \$195; exerciser, \$195. Call 633-2247.

For Sale: Battery powered pink Razor scooter, one seat, excellent condition, \$125. Call 464-6761.

Wanted: Pipe-tile roofing tin to cover a patio area, nice condition, reasonable price. Call 550-7371.

Wanted: Children's outdoor swing set; Playstation 2 games; 2002 to 2005 Toyota or Mazda. Call 897-8737.

Yard Sale: Feb. 7 from 9 a.m. to 4 p.m., 7602 Moss Brook Dr., Northwest San Antonio, near 1604 and Babcock, collectibles, furniture, televisions, bikes and more.

W O R S H I P SCHEDULE

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

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. - Sundays
Muslim Juma: 1:30 p.m. - Fridays

Fort Sam Houston Library, Building 1222, 221-4702

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

Installation Chaplain's Office, Building 2530, 295-2096

Contemporary Protestant: 11:01 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain

Bible seminar

The Installation Chaplain Office will hold a free Bible seminar entitled, "Walk Thru the Bible" Feb. 20 from 6 to 8:30 p.m. and Feb. 21 from 8:30 to 12:30 a.m. at Dodd Field Chapel, Building 1721. There will be national speakers brought in to facilitate the learning. Pre-register at www.samhouston.army.mil/chaplain/wttbi, call Robb Wood at 221-3749, or Sister Bedell Springs at 897-6880.