

# FORT SAM HOUSTON News Leader

502nd AIR BASE WING  
FEBRUARY 9, 2012  
VOL. 54, NO. 6



FEB. 10  
2 p.m.  
AMEDD  
Museum

A PUBLICATION OF THE 502nd AIR BASE WING – JOINT BASE SAN ANTONIO – FORT SAM HOUSTON

## SOLDIERS HONORED DURING PURPLE HEART CEREMONY



Lt. Gen. William Caldwell IV, commanding general, U.S. Army North, presents the Purple Heart to Pfc. Kevin Trimble, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, during a ceremony Jan. 31 at the Warrior and Family Support Center. See story and more photos on Page 3.

Photo by Sgt. 1st Class Manuel Torres-Cortes

## FSH News Leader staff fields two winners at 2011 AETC Media Contest

Two members of the Joint Base San Antonio-Fort Sam Houston News Leader newspaper staff were winners at the 2011 Air Education and Training Command Media Contest.

The contest recognizes outstanding achievement in journalism across the spectrum of Public Affairs specialties.

Associate editor Leslie Shively won first place in Category 5, Series Articles, for her three-part "Fighting For Recovery" series about wounded warriors and their

reintegration back into the Army and society.

Editor/writer Lori Newman took first place in Category 11, Photojournalism, for her photography and article titled "Soldiers compete for Army's best medic title," which appeared in the Nov. 10, 2011 edition of the News Leader.

This was the first time the News Leader staff had competed in an Air Force media contest since transitioning from the Army to the Air Force as the result of joint basing.

## JBSA-Fort Sam Houston celebrates African-American/Black History Month

By Eric Lucero  
ARSOUTH Public Affairs

Joint Base San Antonio-Fort Sam Houston kicked off the installation's celebration of African-American/Black History Month Feb. 3 at Anderson Hall with the theme of "Black Women in American Culture and History."

Maj. Gen. Simeon G. Trombitas, U.S. Army South commanding general, gave the opening remarks while Dr. LuGuana Gray, associate professor of history at the University of Texas at San Antonio, served as the guest speaker.

"Even before this country was founded, African-Americans contributed their blood, sweat and tears to make this nation – to keep it great and to help build the greatest armed forces in the world," Trombitas said.

"Despite hardships and challenges there was never a time in history when African-Americans were unwilling to serve or fight bravely for this country," the general added. "They served believing that their courage, honor, duty, sacrifice and love of liberty would neutralize inequality and injustice."



Photo by Eric Lucero

Fort Sam Houston Joint Base San Antonio kicked off the installation's celebration of African-American/Black History Month Feb. 3 at Anderson Hall. This year's theme was "Black Women in American Culture and History." Maj. Gen. Simeon G. Trombitas, U.S. Army South's commanding general, gave the introductory remarks while Dr. LuGuana Gray (above), the associate professor of history at the University of Texas at San Antonio, was the guest speaker.

After discussing the efforts of African-American pioneers like Phillis Wheatley, an American patriot and revolutionary war poet, and Harriet Tubman, the Underground Railroad leader, Trombitas took a moment to speak about today's African-American leaders such as

first lady Michelle Obama and Maj. Gen. Marcia Anderson, currently serving as deputy chief, U.S. Army Reserve. This past October, Anderson became the first African-American woman to be appointed a two-star

See ARSOUTH, P15

VISIT NEWS LEADER ONLINE: [HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/pao)

**Editorial Staff**

502nd Air Base Wing Commander  
**Brig. Gen. Theresa C. Carter**

Public Affairs Officer  
**Karla L. Gonzalez**

Editor  
**Steve Elliott**

Associate Editor  
**L. A. Shively**

Writer/Editor  
**Lori Newman**

Layout Artist  
**Joe Funtanilla**

**News Leader office:**  
 2330 Stanley Road  
 Building 122, Suite C  
 Fort Sam Houston  
 Texas 78234-5004  
 210-221-1031  
 DSN 471-1031

**News Leader Advertisements:**  
 Prime Time  
 Military Newspapers  
 Ave E at Third Street  
 San Antonio, Texas 78205  
 (210) 250-2519  
 (fax) 250-2570

**News Leader email:**  
 usaf.jbsa.502-abw.mbx.  
 fsh-news-leader@mail.mil

**News Leader online:**  
 www.samhouston.army.mil/PAO

This Air Force 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 Defense. It is published weekly by the 502nd Air Base Wing and Fort Sam Houston Public Affairs Office, 2330 Stanley Road, Building 122, Suite C, 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, Ave E at Third Street, San Antonio, Texas 78205, (210) 250-2519, a private firm in no way connected with the U.S. government, under exclusive written contract with the 502nd Air Base Wing 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. Air Force. Stories and photos for publication consideration may be e-mailed to [steven.jelliott2.civ@mail.mil](mailto:steven.jelliott2.civ@mail.mil) or [lori.a.newman.civ@mail.mil](mailto:lori.a.newman.civ@mail.mil) by close of business Friday.

# First African-American pilot a war hero during WWI

After watching his father narrowly escape a lynching in early 20th century Georgia, Eugene Bullard would escape the confines of racial tensions and a segregated country to become the first African-American combat pilot and one of the first African-American heroes of World War I.

Bullard, who grew up in Columbus, Ga., as one of 10 children of a former slave, left his hometown as a teenager, stowing away on a ship bound for Scotland and moved to London to fulfill his dreams.

Before the war began, Bullard moved to Paris where he made a reputation for himself as a professional boxer. At the start of the war in 1914, Bullard enlisted in the French Foreign Legion where he was assigned to the 170th Infantry Regiment.

Nicknamed the "Swallows of Death," he and his unit would see heavy action. During the battle of Verdun, Bullard was wounded twice and sent to a Parisian hospital to recuperate for the next six months.

Bullard was promoted to the rank of corporal and was awarded the Croix de Guerre, and other war-time medals, for his bravery during combat.

While still in the hospital, Bullard accepted a bet that he couldn't get into the flying corps and in October of 1916 arrived at French gunnery school. A month later, he talked his way into pilot training and earned his



File photo

Eugene Bullard became the first African-American combat pilot, credited with two unofficial kills during World War I as part of the French Flying Corps.

pilot's license to become the first African-American aviator.

He reached the front lines as a pilot in August of 1917 flying more than 20 sorties in a Spad VII fighter biplane, with two unconfirmed kills to his credit. After a disagreement with a French officer, he was eventually

removed from the French air force and spent the remainder of the war back with his infantry regiment.

After the war, Bullard remained in France, got married, had two daughters, and purchased a bar on the north side of Paris. He was still living in Paris at the outbreak of World War II, and worked with French Resistance forces to spy on German troops who would patronize his bar.

Considered too old to join the French army, Bullard found a way to escape from occupied France, and returned to the U.S. aboard a Red Cross ship in 1940.

In 1954, Bullard, along with two other French veterans, were invited by then-French President Charles De Gaulle to light the flame of the Unknown Soldier at the Arc de Triomphe in Paris. In 1959, he was honored with the Knight of the Legion of Honor.

When he returned to the U.S., he was never

recognized as a war hero, and died in relative obscurity and poverty in Flushing, Queens, New York in 1961.

While he never real-

ized his dream of becoming a pilot in the U.S. military, he was finally recognized posthumously as a second lieutenant in the U.S. Air Force in 1994.

(Source: American Force News Service)

## Weekly Weather Watch

	Feb 9	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14
San Antonio Texas	58° PM Showers	59° Showers	65° Partly Cloudy	61° Showers	74° Isolated T-Storms	77° Scattered Showers
Kabul Afghanistan	37° Sunny	40° Sunny	38° PM Snow Showers	36° Snow Showers	36° Snow Showers	34° Sunny

(Source: The Weather Channel at [www.weather.com](http://www.weather.com))

## Edwards Aquifer Level

in feet above sea level  
as of Feb. 7

**CURRENT LEVEL\* = 661.4'**

\*determines JBSA water conservation stage

**Normal - above 660'**

**Stage I - 660'**

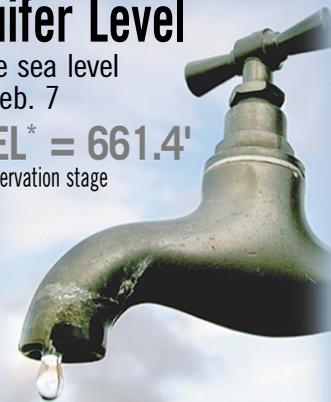
**Stage II - 650'**

**Stage III - 642'**

**Stage IV - 640.5'**

**Stage V - 637'**

Joint Base San Antonio will revert back to Stage I water restrictions; the J-17 Well Level is at 652.7 feet as of Jan. 5 and has been over 650 feet for more than 30 days, allowing for JBSA to return to Stage I conditions. Watering hours are now allowed between the hours of 8 p.m. and 10 a.m. and new turf can be planted at this time.



## News Briefs

### **BAMC African-American/Black History Month Celebration**

Brooke Army Medical Center will hold an event 11:30 a.m. Feb. 10 in the Medical Mall. Guest speaker is Command Sgt. Maj. Kevin B. Stuart from the U.S. Army Medical Research and Materiel Command. Call 916-7365.

A Black History Month tribute will also be held 6:30-7:30 p.m. Feb. 16 at the Evans Theater.

### **National Prayer Breakfast**

The 502nd Mission Support Group ministry team hosts the National Prayer Breakfast from 6:30 to 7:30 a.m. Feb. 15 at the Sam Houston Community Center. The guest speaker is retired Lt. Col. Steve Russell, the author of "We Got Him!," a memoir of the hunt and capture of Saddam Hussein. Tickets are \$10. Call 221-5007 or 221-2754.

### **METC Professional Development Series**

The Medical Education and Training Campus Professional Development Lecture Series presents Brig. Gen. David L. Smalley, Ph.D., M.S.S., speaking on "Building future leaders using education, choosing the right positions, and accepting challenges" from 10 to 11:30 a.m. Feb. 21 at the Anderson Hall (MIF 4) Auditorium at 3488 Garden Avenue, Building 1364. Smalley is the deputy commanding general for professional services at the 807th Medical Command (Deployment Support) and prospective METC commandant. No reservation required. For more information, call 808-1217 or 1253.

### **Military Tax Assistance Centers Open**

Active duty military members, military retirees, and their families can take advantage of free tax services at the Military Tax Assistance Centers. The 502nd Mission Support Group's legal office offers the main site at 2271 Reynolds Road, at the corner of Wilson and Reynolds Roads, as well as a San Antonio Military Medical Center satellite office at the L44-6 conference room. All tax returns are completed on an appointment-only basis. Customers need to bring their W-2s, 1099-Rs and all other tax-related documents to their appointment. The main site phone

See **NEWS, P4**

# ARNORTH commander awards Purple Hearts

By Maria Gallegos  
BAMC Public Affairs

Eight wounded warriors were honored for their bravery and selfless sacrifices during a Purple Heart ceremony at the Warrior and Family Support Center Jan. 31.

Col. David Hayes, chief of BAMC's Anesthesia and Operative Services hosted the event. Lt. Gen. William Caldwell, commander of U.S. Army North presented the Purple Heart medals and certificates.

Caldwell gave words of praise for their courage, dedication and sacrifices they made to defend our country for

See **PURPLE, P14**



Photo by Maria Gallegos

(From left) U.S. Army North Command Sgt. Maj. David Wood, Sgt. Elmer Cajés, Spc. Joshua Michael, Pfc. Jeffrey Brown, Spc. Christopher Haley, Pfc. Brett Bondurant, Pfc. Andrew Stregge, Lt. Gen. William Caldwell, commanding general of U.S. Army North, (lower left to right), Spc. Jonathan Gideon and Pfc. Kevin Trimble pose after the Purple Heart Ceremony at the Warrior and Family Support Center Jan. 31. Caldwell presented the Purple Heart medals and certificates during the event.

## ARSOUTH deputy commanding general speaks to UTSA students

By Sgt. Tamika Exom  
ARSOUTH Public Affairs

As part of an outreach to strengthen community relations, Brig. Gen. Manuel Ortiz, deputy commanding general, U.S. Army South, addressed a group of approximately 30 political science students at the University of Texas at San Antonio Feb. 2.

Ortiz spoke to the students about Army South's mission, vision and area of responsibility, which focuses on humanitarian assistance and strengthening relationships with partner nations.

Alexander Barrera, a political science and international business major at UTSA, studied abroad last summer in Argentina and found the presentation

informative.

"When I found out about [this speaking engagement], it piqued my interest immediately," Barrera said. "In a sense of what you all do, I'm more informed about the area you all cover. Before today, I didn't even know there was an Army South."

U.S. Army South is the Army compo-

nent command of U.S. Southern Command. SOUTHCOM's area of responsibility includes 31 nations in Central and South America, and the Caribbean, which covers about 15.6 million square miles.

Army South conducts theater security cooperation in order to enhance hemispheric security and stability and on orders, con-

ducts contingency operations as directed by SOUTHCOM.

Army South works with army and security forces in its area of responsibility to build partner nation capacity by conducting various humanitarian, security, medical and engineer training exercises.

"I've seen it firsthand, the United States helping out," said Gina

Conti, a Colombian political science and international business law major at UTSA. "I didn't know it was Army South, but I knew they were helping out with Colombia and of course the terrorism and the narcoterrorism. It was very educational."

Ortiz also spoke to the students about the future of the Army and how the force will be reduced after more than a decade of fighting two wars.

"It is how we reduce that will be critical," said Ortiz. "As we transition to a leaner more agile Army, we must do it at a pace that allows us to retain a high quality, all-volunteer force that is lethal, versatile and ready to deploy with the ability to expand as required."



Photo by Sgt. Tamika Exom

Brig. Gen. Manuel Ortiz, deputy commanding general, U.S. Army South speaks to a group of political science students at the University of Texas at San Antonio Feb. 2.

## News Briefs

from P3

number is 295-1040 and the SAMMC satellite phone number is 916-1040.

### Research Participants Needed

The Center for Nutrition Research, U.S. Military-Baylor University Masters Program in Nutrition at the Army Medical Department Center and School is looking to help soldiers in remote areas access nutrition education to combat heart disease with a study titled "Effectiveness of a Web-Based Nutrition Education Program in Reducing Coronary Artery Disease Risk Factors among Military Beneficiaries ('Defend Your Heart' Study)". This study is looking at different approaches to educate the military community in helping to combat the No. 1 killer in America. Participants must be active duty, retired, and family members (over 18 years of age). Females cannot be pregnant or lactating. Volunteers should also have elevated total blood cholesterol (above 200mg/dL) and/or elevated LDL cholesterol or bad cholesterol (above 100mg/dL). Participants will receive, at no cost, a lipid profile, hemoglobin A1C, C-reactive protein, blood pressure, body composition measurement using gold standard method (dual-energy X-ray absorptiometry -DXA), as well as heart-healthy nutrition and lifestyle education. The study will be performed at the San Antonio Military Medical Center. For more information or to volunteer, call 916-3375.

### No Smoking at Bus Stops

Smoking is not allowed at any bus stops or bus enclosures on Joint Base San Antonio-Fort Sam Houston.

### Basura Bash 2012

The 2nd Annual Fort Sam Houston Basura Bash will be held at Salado Creek Park from 9 a.m. to noon Feb. 25, with volunteer check in at 8 a.m. and a safety briefing at 8:45 a.m. The annual cleanup of Salado Creek is held in conjunction with the city-wide cleanup effort for the tributaries of the San Antonio River. Volunteers are encouraged to wear long pants, sturdy shoes, gloves, hat and sunscreen and can bring their own cleanup gear, such as waders, trash-grabbers, nets, etc. All participants under 18 must have a parent or guardian onsite and drop-offs will

See NEWS, P8

# Recruiting Command deputy CG stresses staying in school

By Bart A. Keyes  
U.S. Army Recruiting Battalion  
San Antonio Public Affairs

Brig. Gen. Henry L. Huntley, the U.S. Army Recruiting Command deputy commanding general, attended a job fair conducted by the San Antonio Recruiting Battalion at the George Gervin Academy Jan. 3.

Students received information from the Judge Advocate General, Reserve Officer Training Corps, Army Veterinary Command, and health care specialists.

The George Gervin Academy is a charter school which opened its doors in 1995. The academy provides innovative pathways that motivate today's students to become tomorrow's leaders. The school also provides a host of programs that impact the

lives of youths and their families.

Huntley spoke to the faculty members and asked them to work with the Army in their commitment to help these students succeed.

"The military is not the only avenue to success," Huntley said. "However, we are here to mentor and encourage students to find their way to what success is for them."

One way to find future success is for students to enroll in an Army program called March2Success, located at <http://www.march2success.com>.

Parents and teachers that have had students enroll in this program have seen an increase in their student's scores, not only on the ACT/SAT but also when taking state mandated and college entrance assess-



Photo by Bart A. Keyes

Brig. Gen. Henry L. Huntley, the U.S. Army Recruiting Command deputy commanding general, accepts a challenge from student Darius Jones to a push-up challenge. Both competitors completed 28 push-ups.

ment examinations.

Huntley emphasized that the Army visited not only as recruiters, but also as mentors for the students.

The session with the students began with Lt. Col. David Grant, San Antonio Recruiting Battalion commander, thanking Derrick Gervin,

Dr. Delia Bara and Sonny Melendrez for their help in making the event possible.

"I challenge each and every student to stay on a pathway of success, stay in school; that will lead you to succeed in whatever you choose to do in life," Huntley said. "Education took me

from the streets of Atlanta and allowed me to do the wonderful things I am doing with my job," the general said. "I didn't get here by myself. It took teamwork, teachers, counselors and mentors, the kind of people that have the

See USARC, P6

## Council on Occupational Education reaffirms accreditation for AMEDDC&S

By Phil Reidinger  
AMEDDC&S Public Affairs

Following a week-long evaluation of the Army Medical Department Center and School, the Council on Occupational Education recently reaffirmed the school's accreditation as a training and educational institution.

The initial Council of Occupational Education institutional accreditation of the AMEDDC&S was granted in 1983. Since then the AMEDDC&S has successfully received five reaffirmations of accreditation in 1988, 1993, 1999, 2005 and 2011.

The accreditation process includes a review of the school's educational

programs, evaluation of students' outcomes such as knowledge and skills and student success, strategies for achieving educational and training objectives, faculty credentials, student learning resources, student services and activities and comparability of distance learning courses to programs of instruction for resident courses.

The AMEDDC&S received excellent scores in all evaluated areas, with no recommendations or suggestions for improvement.

"Congratulations to the entire AMEDDC&S staff and faculty on the successful Council on Occupational Education accreditation survey," said

Maj. Gen. David Rubenstein, AMEDD Center and School commanding general in congratulating the staff and faculty when the results of the accreditation evaluation were released.

"During their visit, the COE surveyors had no written findings," Rubenstein added. "That's a testament to each of you."

Rubenstein said that the surveyors commended the 68T Animal Care Specialist training team, led by Sgt. 1st Class Elizabeth Marroquin, for demonstrated knowledge, professional environment, and success at ensuring all animals are treated with compassion, care, concern, and

gentleness.

The COE evaluation team also acknowledged Vicky Cruz for her extensive knowledge of all AMEDD courses. Her professional manner was instrumental in completing the accreditation process. The team members commended the Quality Assurance Office as the COE liaison and office responsible for consolidating the very thorough and complete self-study.

"The evaluators acknowledged the faculty at Fort Rucker, Camp Bullis, and Fort Sam Houston for their enthusiasm, professionalism, and instructional charisma, which encourages and motivates students to Army excellence,"

Rubenstein said.

The Council on Occupational Education, originally founded in 1971 as a regional accrediting agency of the Southern Association of Colleges and Schools, is the successor to the Commission on Occupational Education Institutions.

In 1995, the Council became a national accrediting agency. In 2011, the Council celebrated its 40th year of assuring quality and integrity in career and technical education. The Council's accreditation process is conducted on behalf of more than 360,000 students across the nation who pursue careers in a variety of technical fields.

## JROTC CADETS LEARN MARKSMANSHIP



**Photo by Kathy Salazar**

Lee Fulton (left), Engagement Skills Trainer 2000 Operator, assists Memorial High School Junior ROTC Cadet Maj. Margaret Cuevas with a simulated rifle during a virtual training exercise on marksmanship where she had seven hits while on a tour of Fort Sam Houston Feb. 3. The EST2000 system helps Soldiers with marksmanship training on a wide-variety of military weapons and allows Soldiers to practice “Shoot/Don’t Shoot” training scenarios.

# DOD testing program to screen for more prescription drugs

By Karen Parrish  
American Forces Press Service

The Defense Department's drug-testing program is expanding to add screening for two additional prescription medications to the range of legal and illegal drugs it currently detects.

Joe Angello, the department's director of operational readiness and safety, told Pentagon Channel and American Forces Press Service reporters the two drugs added to the screening program – hydrocodone and benzodiazepines –

are nationally among the most abused prescription drugs now on the market. The program already tests for codeine and morphine, he noted.

As patterns of drug misuse change, the drug testing program responds by adding more testing procedures, he noted.

Hydrocodone is a component of a number of prescription painkillers, including Vicodin, while benzodiazepines are a class of antidepressant medication present in a range of drugs that includes Xanax and Valium.

Angello said DOD announced the new screenings 90 days before they would take effect, which is unprecedented in the more than 40 years since military drug testing began. The memorandum went out Jan. 31.

"The memorandum is giving you a 90-day warning order," Angello said. A service member addicted to prescription drugs, he added, should seek medical help.

"Don't get caught in a drug test," Angello urged. "There [are] no penalties, there's no stigma, attached to [self-referral for medical] help here."

Service members with prescriptions for the two drugs will not be subject to disciplinary action for using them within the dosage and time prescribed, Angello said.

To anyone who has medication remaining from an expired prescription, he added, "Don't use those."

Such drugs should be turned in for disposal, but should not be flushed, he noted, as they can contaminate the water supply.

"If nothing else, you can always turn them in through your local military police," Angello said. Drug abuse among

service members is significantly lower than in the civilian population, he said, but has a potentially much greater effect in the military.

"You're not at your peak mental acuity when you're using drugs," he said. "The military has some of the finest men and women this nation has to offer; we cannot have people in the business of arms with drug impairments."



The Defense Department's drug-testing program is expanding to add screening for two additional prescription medications to the range of legal and illegal drugs it currently detects.

Photo by J.D. Leipold

## USARC from P4

passion to prepare students for success. The kind of faculty you have here at George Gervin Academy.

"You, the students, have the responsibility to prepare for success and give your best back so that you can be successful," Huntley added.

After the general finished his remarks, student, Darius Jones took the statements a step further and challenged the brigadier general to a push up competition.

Huntley enthusiastically accepted and the match was on, as both completing 28 push-ups as the crowd cheered them on.

"Don't miss out on your opportunities," Huntley said. "Our Army Soldiers are here to be teammates."

# Army North showcases community support during Western Heritage Parade

(Right) The 323rd Army Band "Fort Sam's Own" plays music as it marches along Feb. 4 during the Western Heritage Parade. The parade hosted an array of participants, clowns and longhorns as well as the Fort Sam Houston Honors Platoon.

Photos by Maj. Stephen Short



Fort Sam Houston's honors platoon pulls a vintage wagon Feb. 4 as it takes part in the Western Heritage Parade held in historic downtown San Antonio. The parade hosted an array of participants, clowns and longhorns as well as the 323rd Army Band "Fort Sam's Own" and the Fort Sam Houston Honors Platoon.



(Left) Lt. Gen. William Caldwell IV, commanding general, U.S. Army North, stands with (from left) Steve Bridges, chairman of the board, San Antonio Livestock and Rodeo; Alex Pena, operations director, San Antonio Stock and Rodeo Western Heritage Parade; and Fred Petmecky, president, San Antonio Livestock and Rodeo during the Western Heritage Parade Feb. 4. The parade hosted an array of participants, clowns and longhorns as well as the 323rd Army Band "Fort Sam's Own" and the Fort Sam Houston Honors Platoon.

# How to submit claims filed under Article 139 of the UCMJ

By Capt. John Withers  
Army Claims Office  
Joint Base San Antonio

Specialist Smith left the restaurant where he was eating just in time to see another member of his unit smash the fender of his car with a crowbar.

Smith recognized the vandal as Specialist Jones. Regardless of how the command may choose

to discipline Jones, Smith wants to know if the Army can require Jones to pay him personally for the damage to his car.

Smith may have a remedy in the non-punitive articles of the Uniform Code of Military Justice.

Article 139 of the UCMJ allows commanders to investigate claims filed by victims of “willful damage” to property or a

“wrongful taking” committed by Soldiers.

For substantiated claims, commanders can direct the Defense Accounting Office to compensate victims of these kinds of criminal conduct from the wrongdoer’s military pay.

“Willful damage” generally includes property that is damaged intentionally but without

justification – essentially vandalism.

It can also include damage resulting from a “reckless and wanton disregard” for the property rights of others. Broadly, a “wrongful taking” is a theft. It can include property taken through larceny, forgery, embezzlement, misappropriation, fraud, or similar conduct.

However, Article 139 claims do not provide a mechanism for the collection of debts, which are essentially business disputes. They are intended to compensate the victims of criminal wrongdoing.

Article 139 claims must be submitted to the command within 90 days of the incident. They must be in writing, must be signed by the claimant,

and must seek a definite amount of money. The command will conduct an investigation and ultimately determine whether to withhold money from the wrongdoer’s paycheck.

The Army Claims Office can assist in preparing a Article 139 claim. The office is located in Building 153. Call 221-1973 or click on [http://www.samhouston.army.mil/sja/claims\\_div.asp](http://www.samhouston.army.mil/sja/claims_div.asp) for more information.

## NEWS from P4

not be allowed. All participants must have a military ID or CAC and sign a waiver to participate. Volunteers can register online at <http://www.basurabash.org>. For more information, call 221-4251 or 4842.

### **Type 2 Diabetes Research Study**

Military medical beneficiaries (retired and family members

of active duty and retired), age 18-65, and diagnosed with Type 2 diabetes may be a candidate for a research study titled “Sleeve Gastrectomy Versus Medical Management For Remission Of Diabetes In Mild To Moderately Obese Patients,” even if not being a previous candidate for weight loss surgery before. Active duty personnel can’t participate. For more information, call the Bariatric Clinic at 292-2210.

### **NMTR Sexual Assault Prevention and Response Program**

The Navy Medicine Training Support Center Sexual Assault Prevention and Response Program provides quality support and assurance to rape/sexual assault victims for Navy staff, student, and civilian personnel through prevention education and victim intervention services. To report a sexual assault, call the Navy Command SAPR at 287-8283; the Joint Base San

Antonio Sexual Assault Hotline is 808-7272.

### **Wilford Hall ER Closed**

The Wilford Hall Ambulatory Surgery Center has closed its emergency department and re-designated the area as an urgent care center. The UCC is an option for common acute minor medical problems when an individual cannot obtain an appointment with a primary care provider or a clinic is closed. The

UCC staff will treat minor illnesses and injuries, such as flu, fever, earaches, nausea, rashes, animal and insect bites, minor bone fractures and minor cuts that require stitches. If you go to the Wilford Hall UCC with an emergency injury or illness, you will be sent or transported by ambulance to a hospital emergency department and this could delay your care. Call 292-7331 for more information.

### **Retirement Estimates**

Current Army-serviced employees who are eligible for a voluntary/optional retirement within the next five years can now request a retirement estimate electronically through the Employee Benefits Information System (EBIS). To request an estimate, log into EBIS through the Army Benefits Center-Civilian (ABC-C) website at <https://www.abc.army.mil> and click on the “How Do I...?” button.

# Resiliency app available on Android

By Cheryl Rodewig  
Fort Benning Public Affairs

The Comprehensive Soldier Fitness Resiliency Goals Book, previously released as an app for iPhones and iPads, is now available for Android users.

About 5,700 people have downloaded the app since its debut last summer, said Sam Rhodes, the action officer with the Directorate of Training and Doctrine who was responsible for getting the app developed, tested, revised and ready for use.

“(That) is just the beginning,” he said. “We’re setting the groundwork for years to come. The future of our country will be determined by how resilient our warriors are.”

The app, which helps users gain resiliency

by setting and meeting personalized goals, was spearheaded by the Systems Training Branch on post and the Signal Center of Excellence at Fort Gordon, Ga.

A digital, interactive version of the printed CSF Resiliency Goals Book released in 2010, the app supports the Army’s CSF program by letting Soldiers connect their Global Assessment Tool results to practical exercises and email the feedback to their supervisors.

Rhodes said the app covers “the dynamics of our life, both professional and personal.”

“In the past we have set goals during counseling sessions, conversations with our friends,” he said. “We never had a device in which we can set our goals and go back and actually receive

reminders that we have them.”

The positive impact the use of goal setting could have on Soldiers after a deployment is “enormous,” said Rhodes, who was diagnosed with post-traumatic stress disorder in 2005 after three tours in Iraq and believes resiliency could be the key to counteracting the effects of post-traumatic stress disorder, or PTSD.

Rhodes, a retired command sergeant major, is now an advocate for building resiliency in Soldiers.

“Goal setting has been identified by research (as) the number one thing that enhances performance,” he said. “If we use goal setting to improve our performance, it will increase resilience in our Soldiers before, during and after their combat missions.”



The Comprehensive Soldier Fitness Resiliency Goals Book, previously released as an app for iPhones and iPads, is now available for Android users.

Courtesy graphic

When users download the app, they should make sure it’s the right one by looking for the CSF logo with the words “goal setting” written in yellow letters on an Army star. The app is free.

“The Android has limitations,” Rhodes said, “particularly when it comes to developing an app that will work on as many of the devices as possible. As a point of reference, the app is currently available on 934

different devices. We will continue to revise and update it to make it user friendly.”

How to get the CSF Resiliency Goals Book App

For Android users:

1. Go directly to <https://market.android.com/details?id=com.fa53>.
2. Download the app

-OR-

1. Search the Android market for FA53.

For Apple users:

1. Go to the app store on

your iPhone or iPad

2. Search for Goal Setting -- Comprehensive Soldier Fitness
3. Download

- OR -

1. Open iTunes on your personal computer
2. Click on the iTunes Store on the left-hand side
3. Type in Goal Setting -- Comprehensive Soldier Fitness
4. Click on the app with the CSF icon.

# Learn more about education benefits

By Deyanira Romo Rossell  
502nd FSS Marketing

College-bound students on Joint Base San Antonio-Fort Sam Houston soaked up information from local college and university representatives Jan. 17 at a program especially targeted at their future education goals and how to finance them.

Apprentices in the HIREd! program hosted the college night at the Middle School Teen Center, and enrollment specialists with Our Lady of the Lake and St. Mary's University and the Alamo Colleges set up shop, along with FEAST, a local home-schooling association, to field questions and guide the students.

"They told me about the programs at their school and said they would email me information about their pharmacy program, since that is the degree I am interested in," said Shanice Williams, a senior at Karen Wagner High School.

Williams and other children of service members have some unique opportunities available to them to help finance their college education.

Two counselors with the JBSA-FSH Army Continuing Education Services brought the students up to speed on the Post-9/11 GI Bill and the Hazelwood Exemption, two benefits that service members may transfer to their military family members.

"We are providing the information to the students so that they can pass it on to their parents," said Bridgette Sharpe, an instructor and guidance counselor with ACES.

The Hazlewood Act provides qualified veterans, spouses and children with an education benefit of up to 150 hours of tuition and fee exemptions at state-supported colleges or universities.

To qualify, the service member must have been a Texas resident upon entry in the military, entered into active federal duty in Texas or declared Texas as their home of record at the time of entry into the armed forces.

Additionally, the service member must have a military discharge of honorable or general, and served as least 181 days of active duty service.

"For service members from other states we recommend that you check your state's veteran's programs for any educational additional benefits that you may be entitled to," said Terry Gaiter, an ACES education technician.

The Hazlewood Legacy Program allows for the transferability of benefits. Eligible veterans may assign unused hours of exemption eligibility to a child, who is a Texas resident, the biological child, stepchild, adopted child or dependent in the current tax year.

The child must be 25 years or younger on the first day of the semester or term and make satisfactory academic progress in a degree, certificate or continuing education program as determined by the institution.

If a child does not use all of the assigned hours, a veteran may re-assign the unused hours to another dependent child. The Hazlewood award can only be used at a Texas college or university. For more information, click on <http://texas-veterans.com/education/>



High school students Dorian Page, Barbara Duckett, and Mitchell and Michael Blackwell visit with Mario Valle, with Alamo Colleges enrollment services, during College Night.

Photo by Deyanira Romo Rossell

hazlewood.

"Prior planning is always the best. We want to remind our service members not to wait until the last minute. If you're not going to use those benefits make sure you transfer them to your children for Post 9/11 while you are still on active duty," Gaiter said.

While the Hazelwood exemption does not require the transfer to take place while the service member is on active duty, the Post-9/11 GI Bill transfer must be approved while the member is still serving in the Armed Forces.

For the first time in history, service members enrolled in the Post-9/11 GI Bill program will be able to transfer unused

educational benefits to their spouses or children.

The Post-9/11 GI Bill offers eligible individuals who served at least 90 days of aggregate service after Sept. 10, 2001, benefits which are also transferrable to their dependents.

Service members may visit <http://www.dmdc.osd.mil/TEB/> for more information or to submit a transfer application.

"Once you submit the transfer application, you need to allow enough time for your dependent to receive the transfer which could take up to four to six weeks through the Veteran's Administration," Gaiter said.

"Once they are approved, they need to fill out the application for

benefits which could take and additional four to six weeks."

Information on these benefits is also available online at <http://www.va.gov/>. ACES counselors, like Gaiter and Sharpe, are available to answer any questions and to assist service members with the transfer of benefits to their dependents.

The ACES office is open from 7:30 a.m. to 4:30 p.m. Monday through Wednesday and Friday and from 11:30 a.m. to 6 p.m. on Thursdays. The office is at 2408 N. New Braunfels Avenue, Building 2248, behind the 502nd Security Forces Squadron. Call 221-1738 for more information.

# Lackland AF Reserve wing acquiring C-5M, retiring some C-5A aircraft

By Capt. Carla M. Gleason  
433rd Airlift Wing Public Affairs

The 433rd Airlift Wing at Joint Base San Antonio-Lackland Air Force Base plans to add several C-5M aircraft to its fleet in 2016 while beginning to retire 16 C-5A aircraft in 2013. In addition, proposed future plans include closing the C-5A training school here.

Pentagon officials announced the force structure changes Feb. 10 as part of a larger plan called the "Air Force Strategy and Force Structure Overview." The 433rd AW is an Air Force Reserve unit based at JBSA-Lackland AFB.

"The Air Force is positioning for the future in a way that maintains our ability to be agile, flexible

and ready to engage a full range of contingencies and threats," said Lt. Col. Adam Willis, 433rd Operations Group commander. "The Air Force plans to retire 27 C-5As – 16 of those from the Alamo Wing – over the next few years."

The Air Force cited that eliminating the C-5A model will avert high sustainment costs for an aircraft with less reliability than the C-5M. To

complete the transition, the Air Force plans to transfer eight C-5Ms from the 439th AW at Westover Air Reserve Base, Mass., to the 433rd AW in fiscal year 2016.

These changes come as part of the Air Force's larger plans in support of the new defense strategy.

"We're going to do everything we can to take care of our people as these changes occur," said Lt. Gen. Charles E.

Stenner Jr., Air Force Reserve chief. "The Department of Defense's goal is to balance force structure reductions with our ability to project power globally and to maintain our force readiness."

According to Air Force officials, the Air Force is refocusing its capabilities to comply with the President's new defense strategy and proposed budget cuts scheduled to be released later this month. In order for the planned changes to take effect, they must be approved by Congress and signed into law by the president.



Air Force photo

A C-5M Super Galaxy takes off during its first flight ceremony at Lockheed Martin's Marietta, Ga., plant in June 2006.

# Tetra Tech building surveys to continue

In accordance with the implementation of Joint Base San Antonio, Air Education and Training Command has retained the professional services of a consultant, Tetra Tech, to gather data on selected buildings across Fort Sam Houston and Camp Bullis.

Teams will need access to the entire facilities, while minimizing disruption to occupants' daily operations. Restricted areas within facilities will be coordinated through 502nd Civil Engineer Squadron before the consultants arrive.

During these visits, facility managers will be interviewed and interior building layout and exterior surveys will be

completed.

Surveyors will review and update facility floor plan drawings, account for the number of personnel working in each area of the facility and verify the organizations occupying the areas.

Building occupants should expect minimal disruptions during the team visit however, they may be asked a few facility-related questions.

This data will allow civil engineers to accurately assess a facility's condition and current usage and then prepare projects to improve the condition or utilization. For more information, call 295-4922.

*(Source: 502nd Civil Engineer Squadron)*

# Army Nurse Corps: Celebrating 111 years of proud service

By Lt. Col. Nancy A. Cantrell  
Army Nurse Corps Historian

In 1899, the Army Surgeon General set criteria for a reserve force of nurses. The Spanish-American war proved that without a reserve force, there would be a nursing shortage during wartime.

On Feb. 2, 1901, the Nurse Corps (female) became a permanent corps of the Medical Department under the

**“Thousands of women have served in the Nurse Corps of the U.S. Army. Many of them worked in war zones, where their extraordinary courage, resourcefulness, and toughness first astonished and then won the respect of male officers. Their skill and dedication helped to save tens of thousands of lives and made the Nurse Corps an essential part of the American military establishment.”**

Joan E. Lynaugh

Series Editor of Mary Sarnecky's book,  
“A History of the U.S. Army Nurse Corps”

Army Reorganization Act passed by Congress.

After the start of World War I, the Army's Department of Medical Relief worked with the American Red Cross to establish base hospitals in Europe, initially designated to serve the British expeditionary forces.

Due to increased needs of military nurses in the war effort, the Army Nurse Corps increased from approximately 4,100 to 21,460 between

surgical procedures and post-surgical nursing, the administration of blood products and improvements in evacuation procedures led to greatly improved survival rates.

Fixed wing air evacuations moved



Photos courtesy Army Nurse Corps historian's office

Nurse B. Simmet assists Maj. George G. Octjen in an appendectomy. Nurse A. B. Knight supplies oxygen as needed and Pvt. P. J. Devine is the orderly at Fort Benning, Ga., July 20, 1941.

1917 and 1918. They served at base and evacuation hospitals in Europe as well as transport ships, hospital trains in France and mobile surgical hospitals stateside.

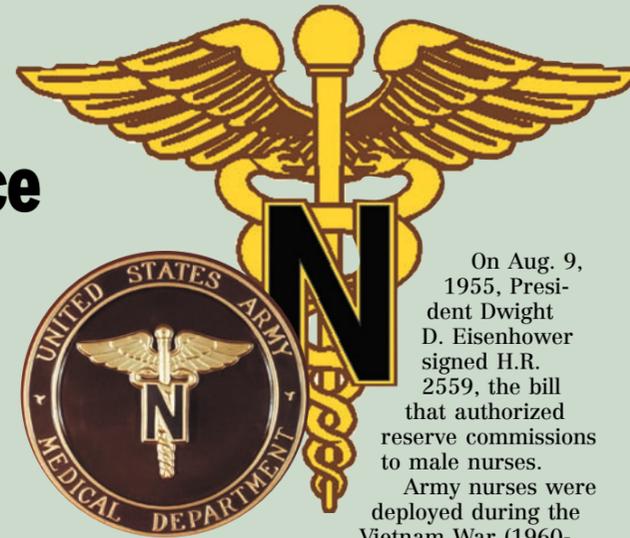
Army nurses worked tirelessly during World War II, often enduring the same hardships as combat troops. Sixty-seven Army nurses were held as Japanese prisoners of war for 37 months in the Philippines after the fall of Corregidor in 1942, during which they continued to care for the wounded.

Nurses played an integral role in medical advancements: access to care closer to the front lines, advanced

the wounded to definitive care more quickly, and flight nursing was born.

In June of 1950, North Korean communists crossed the 38th parallel, and President Truman ordered troops into South Korea for what has been known as “The Forgotten War” of Korea.

The first U.S. Army combat forces arrived from Japan on July 6, 1950 with 57 nurses, the day after Task Force Smith engaged in the Battle of Osan, the first U.S. ground action of the war. Army nurses worked throughout the Korean Peninsula in forward deployed mobile army surgical hospitals.



On Aug. 9, 1955, President Dwight D. Eisenhower signed H.R. 2559, the bill that authorized reserve commissions to male nurses.

Army nurses were deployed during the Vietnam War (1960-1975), beginning in 1965

during the rapid build-up of American forces. Trauma care specialization and an evolution of casualty care was a result of the Army Nurse Corps experience in Vietnam.

Operation Desert Shield/Storm (1990-1991) heralded a new era in trauma care, and the Army Nurse Corps led the way once again in cutting edge technology and critical care.

Approximately 2,200 Army nurses served in 44 hospitals, some part of joint operations with host nations. Wounds were now more prevalent to the extremities and new types of traumatic injuries resulted in the need for more advanced protective gear.

Army Nurses quickly adapted to the changing battle environment by deploying the Deployable Medical Systems, or DEPMEDS, and enhancing trauma training for critical care nurses deployed to theater in subsequent campaigns.

Since Desert Storm, Army nurses have deployed to theaters in Haiti, Bosnia, Kosovo, Iraq, Afghanistan, and for disaster relief and humanitarian efforts worldwide.

The current operations tempo requires a flexible and technologically advanced Army Nurse Corps. Army nurses serve with dignity and courage, continually striving for excellence.

The Army Nurse Corps continues its transformation as a leading military health care force in the 21st century, a time of great change and opportunity and celebrates 111 years of proud service.

## Army Nurse Corps: a rich and proud legacy

Feb. 2 marked the 111th anniversary of the U.S. Army Nurse Corps, the oldest of the military nurse corps and the first women's component of the U.S. armed forces.

The Corps has a rich and proud legacy dating back to 1901 when Congress enacted the Army Reorganization Act, which provided for a female nurse corps. Initial pay for the 202 charter members was \$40 per month, and quarters, subsistence, medical care and 30 days of leave per year was included.

Members of the ANC have come a long way since that time.

Since 1901, the Corps has served with distinction in every conflict and war.

Approximately 22,000 nurses served during



Head nurse, Maj. Rang, and staff nurse, Capt. Jennifer Johnson of the 31st Combat Support Hospital at an intensive care unit during Desert Storm/Desert Shield, February 1991.



During the Vietnam War, males nurses also served proudly.

World War I. Of them, slightly more than 10,000 served overseas. While no nurses died as a result of hostile fire, 264 died of disease (mostly flu) and accidents.

During World War II, 57,000 nurses served – 32,500 of them overseas – making it the most nurses ever to be on active duty.

Army nurses served in all parts of the world during this war. They landed in North Africa on the day of the invasion; they waded ashore on Anzio Beachhead following troop landings just five days earlier.

Army nurses landed in Normandy on June 10, 1944.

Thousands of nurses distinguished themselves in service during World War II. Sixty-seven Army nurses stationed in the Philippines became prisoners of war in May 1942 with the surrender of Corregidor, and most remained POWs for three years. Sixteen nurses died overseas as a result of enemy action.

Army nurses served during the Vietnam War and Operation Desert Storm. Army nurses at the Pentagon on Sept. 11 cared for the injured, assisted with evacuation and ensured that those who lost their lives were respectfully handled. ANC officers are presently deployed around the world, to include serving in Afghanistan.

Today, the entry-level educational requirement for acceptance into the ANC is a baccalaureate of science degree in nursing. Forty officers have doctoral degrees, including PhD and doctor of nursing science.

Twenty-nine percent have master's degrees.

The Corps is culturally diverse, with 63 percent being Caucasian, 19 percent being African Ameri-

can, 5 percent being Hispanic, and 13 percent Asian Pacific Islander.

ANC members serve in all officer ranks from lieutenant to major general, with the chief of the Army Nurse Corps holding the rank of major general.

The ANC remained an all-female Corps until 1955, when the first male nurse was admitted. Today, 36 percent of the Corps is male. The Corps is internationally recognized as a leader in nursing research, leadership, education and clinical nursing practice.

Today, chief of the Army Nurse Corps is Maj. Gen. Jimmie O. Keenan, who is also the commanding general of U.S. Army Public Health Command.

(Source: Fort Drum Public Affairs Office)



Operating room nurses serving in the 1st Reserve Hospital, Manila, Philippine Islands in 1901.



During the Korean War, Nurses conduct training during OPERATION LONG HORN, Fort Hood, Texas.

**Army Nurse Corps will celebrate its 111th anniversary from 2 to 3:30 p.m. Feb. 10 at the Army Medical Department Museum, 2310 Stanley Road, Building 1046. The guest speaker will be Col. Karen Gausman, Headquarters Medical Command Chief Nurse Executive.**



**Photo by Sgt. 1st Class Manuel Torres-Cortes**

Jesus Villareal (left), Alamo Chapter member of The Military Order of the Purple Heart, gives his thanks and appreciation to Pfc. Brett Bondurant, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, for his service to the country after a Purple Heart ceremony Jan. 31 at the Warrior and Family Support Center honoring those who were injured in Iraq and Afghanistan.

### **PURPLE from P3**

our freedom.

“They’re out there each and every day giving it all [in combat], and for those that are here today, we owe great debt to you,” Caldwell said.

Sgt. Elmer Cajés was assigned to the 272nd Military Police Company, 519th Military Police Battalion, serving as a military policeman in Iraq, when he was struck by an indirect fire while conducting operations, resulting in his combat injuries Sept. 22, 2011.

Spc. Jonathan Gideon, a combat engineer, was assigned to the 937th Engineer Company, 8th Engineer Battalion, 36th Brigade, when he was stuck by an improvised explosive device while conducting a mounted route clearance mission

in Afghanistan, Nov. 18, 2011.

Spc. Christopher Haley was assigned to Company A, 1st Battalion, 5th Infantry, 1st Stryker Brigade Combat Team, serving as a combat medic in Afghanistan. On Sept. 28, 2011, while conducting a dismounted patrol, another Soldier stepped on a pressure plate improvised explosive device resulting in his combat injuries. He also received his Combat Medic Badge.

Spc. Joshua Michael was assigned to Company C, 2nd Battalion, 30th Infantry, 4th Brigade Combat Team, serving as an Infantryman in Afghanistan when he received indirect fire while conducting operations at a check point, resulting in his combat injuries Sept. 8, 2011.

Pfc. Brett Bondurant, an Infantryman, was

assigned to Company A, 1st Battalion, 5th Infantry, 1st Stryker Brigade Combat Team in Afghanistan when he stepped on a pressure plate improvised explosive device while he was conducting a dismounted patrol, Sept. 28, 2011.

Pfc. Jeffrey Brown was assigned to Company C, 1st Battalion 67th Armor 2 Brigade Combat Team, 4th Infantry Division, serving as an infantryman in Afghanistan when he stepped on a land mine July 27, 2011, resulting in his combat injuries.

Pfc. Andrew Strege, an infantryman, received his combat injuries while assigned to Company C, 3rd Battalion, 21st Infantry, 25th Infantry Division when an improved explosive device detonated while conducting a dismounted

patrol, Sept. 12, 2011.

Pfc. Kevin Trimble was assigned to Company A, 3rd Battalion 21st Infantry, 1st Stryker Brigade Combat Team, 25th Infantry Division as an infantryman when an improvised explosive device detonated while conducting a dismounted patrol Sept. 11, 2011, resulting in his combat injuries.

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 and posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action.

It is specifically a combat decoration and the oldest military honor in the world in use.

# How the Freedom of Information Act works

## Who can submit a Freedom of Information Act request?

Members of the public, including foreign citizens, military and civilian personnel acting as private citizens, organizations and businesses, and individual members of the Congress for themselves or constituents, may request records in writing.

The Freedom of Information Act applies only to federal agencies. It does not create a right of access to records held by Congress, the courts, state or local government agencies, or by private businesses or individuals. Each state has its own public access laws that should be consulted for access to state and local records.

## How do I make a request?

Submit requests for

Joint Base San Antonio records in writing to the JBSA FOIA Request Service Center. Requestors need to cite the FOIA and describe the records as specifically as possible and/or give other details or information of the records needed. This will help the RSC decide where to search and determine what records pertain to the request.

Requestors must also include a willingness to pay and provide contact information, such as mailing address and telephone number.

Mail or hand-carry your request to:  
502 ABW/JB6KR (FOIA Office)  
Building 247, Room 134,  
2080 Wilson Way  
Fort Sam Houston, TX  
78234-7680

To file electronically, click on <https://www.foia.af.mil/palMain.aspx>



## Will it cost anything?

Yes; the FOIA allows fee charges based on the requestor's category. There are three categories. The first is commercial and costs include search, review, and reproduction fees. The next is educational, non-commercial and costs include reproduction fees (first 100 pages provided at no cost).

The last is "others" and costs include search and reproduction fees (first 2 hours of search and 100 pages provided at no cost).

The FOIA also allows

waivers or reduction in fees if disclosing the information is of public interest. However, solid justification for reduced fees or complete fee waiver must be provided.

## When can a response be expected?

Normally, a response to a FOIA request is sent within 20 business days from the date the FOIA office receives it. If special situations exist, the FOIA office will contact the requestor with an estimated completion date and explain the reason for the delay. The FOIA request service center works requests on a first-in, first-out basis.

For more information, contact the JBSA FOIA managers at 808-0159 or 808-0147.

*(Source: JBSA FOIA Office)*

## ARSOUTH from P1

general in the Army.

Gray said the efforts of today's African-American leaders would not be possible without the foundation laid out before them. Her experience in teaching African-American women's history served as a backdrop to her presentation that highlighted the role of women in the civil rights movement.

"I believe that one can trace the history of African American civil rights struggles through the work of black women," said Gray, the granddaughter of a World War II veteran and daughter of a Vietnam War veteran. "Black women were crucial in the fight for educational, social and economic uplift."

Among the women noted in Gray's presentation were Ida B. Wells,

best known for speaking out against lynching; Mary Church Terrell, a strong advocate for the end of segregation and one of the first African-American women to earn a college degree; and Maggie L. Walker, the first African-American woman to become the president of a bank.

"The efforts of these women serve as testimony to the power of black women's determination, agitation, and powers of negotiation," said Gray.

"These are much needed skills we have brought with us into the 21st century as our struggle for a more just society continues."

"The patriotism, loyalty and leadership of African-American women coupled with their hard work, intellect and artistic expression, today more than ever is evident all around us," Trombitas said.

# Take care of your heart and it will take care of you

By Carrie Shult  
U.S. Army Public Health Command

Heart disease is the leading cause of death in the United States in men and women. Heart disease affects millions of Americans.

The American Heart Association estimates that about every 34 seconds someone will have a heart attack. That's every 34 seconds. If you are a slow reader, that means several people had heart attacks while you were reading this article.

Research about heart disease risk factors suggests that making even small lifestyle changes can reduce the risk of coronary artery disease, heart attack, stroke and other serious cardiovascular conditions.

What does that really mean, and more importantly what does it mean

for you? Lets break it down:

**Get moving!** If you sit a lot, try to sit less. If you have a job where you are at your computer a lot, add a reminder to your electronic calendar every hour to stand up and walk away, do 15 push-ups, get some fresh air.

Take the stairs instead of the elevator. Avoid being the parking lot shark — lurking around waiting for an open spot in front—and park away from your destination so you can get some extra steps in. Step, march or jog in place for at least 15 minutes while watching television.

Exercise at least 30 minutes a day for five days a week or more. Walk. Get a step counter and set a goal to walk at least 10,000 steps daily. Just get moving.

## Maintain ideal weight.

Being overweight increases the risk of heart disease and stroke. To achieve long term weight loss, don't skip meals, but eat 200 to 300 calories less each day. This amounts to one slice of bread, one pat of butter or one-half cup of regular soda. Eat smaller portions and eat breakfast every day.

Make a yearly date with the doctor. Get your blood pressure, cholesterol and blood sugar checked as recommended. Put the date on the calendar as a special date just like birthdays or anniversaries or the Super Bowl.

**Control high blood pressure.** Blood pressure that is higher than 120/80 is known to increase the risk of heart disease.

Lifestyle modifications such as staying physically

active and eating a diet high in fruits, vegetables, whole-grain and high-fiber foods and lean protein can help control blood pressure.

If you are an on-the-go person, arm yourself with information by checking out the nutrition guidelines on the Internet before going to restaurants.

If you have high blood pressure, follow your healthcare provider's recommendations carefully, even if it means taking medication every day for the rest of your life.

## Quit tobacco use.

Smoking reduces the amount of oxygen in the blood and raises blood pressure. Smoking harms nearly every organ in the body, including the heart, blood vessels, lungs, eyes, mouth, reproductive organs, bones and digestive organs. Not to mention,

it also stains your teeth, clothing and hands.

To quit smoking, make a personal quit plan. Pick a quit day and tell everyone about it. Get rid of tobacco in the house, car, workplace and your secret stash.

## Cut down on alcohol.

Too much alcohol can raise blood pressure, cause heart failure and lead to a stroke. If you drink alcohol, drink a moderate amount, which equates to an average of one drink for women and two drinks for men per day. One drink is a 12-ounce can of beer or 4 ounces of wine, or 1-1/2 ounces of liquor.

## Manage your stress.

People can have a healthier heart when they reduce stress. Stress raises blood pressure and can damage the arteries. Learn how to manage your stress by using

relaxation methods such as deep breathing exercises, counting to 10, and meditation.

**Do your part.** Care for your heart by eating a better diet, exercising, quit using tobacco and managing stress to reduce the risk of heart disease. Heart disease is preventable. Take charge of your health by making positive lifestyle changes to reduce your risk of heart disease. Small steps count, so start today.

What are your techniques for staying healthy? Check out the USAPHC Facebook page at <http://www.facebook.com/USAPHC>. For more information about taking care of your heart, visit the American Heart Association website at <http://www.americanheart.org> or the National Institutes of Health at <http://www.nhlbi.nih.gov/>.

# Cole academic decathlon team advances to state competition

By Robert Hoffmann

Robert G. Cole High School

Ranked seventh in the Texas State Small School category, the Robert G. Cole High School academic decathlon team has been invited to compete at the state meet at the San Antonio Omni Hotel and San Antonio College Feb. 24 through 26.

The team, consisting of seniors Sabrina Newsome and Jane Edwards;

juniors A.J. Bray, Hayley Morrill, and McKinnley Self; and sophomore Daniel Walters, qualified for the meet by earning third place out of 12 teams at the regional contest held in Corpus Christi Jan. 20-21.

Individual results from Corpus Christi included:

Honors Division: Hayley Morrill - 3rd place speech, 3rd place interview; Daniel Walters, 3rd place literature, 2nd place music, 2nd place

economics.

Scholastic Division: Jane Edwards, 2nd music, 3rd art, 1st essay, 3rd overall highest score in the scholastic category; Sabrina Newsome, 4th interview, 5th speech

Varsity Division: A.J. Bray, 2nd super quiz, 2nd music, 3rd math, 2nd essay, 1st speech, 2nd interview, 2nd overall highest score in the varsity category; McKinnley Self, 1st music, 3rd art, 2nd math.

## FSHISD WEEKLY CAMPUS ACTIVITIES FEB. 13-18

### Fort Sam Houston Elementary School

#### Feb. 14

Student Council Meeting in Library, 3:15 to 4:30 p.m.

### Robert G. Cole Middle and High School

#### Feb. 13

Cole H.S. "C" Awards Banquet, Cole Gym, 7 p.m.

#### Feb. 14

Baseball junior varsity/varsity scrimmage vs. Natalia at Cole, 4:15 p.m.

Boys basketball junior varsity/varsity vs. Luling at Luling, 6 and 7:30 p.m.

Girls basketball varsity Bi-District

#### Feb. 15

9th grade online class registration in Kiehle building during Geography  
6th Grade online class registration during AA  
Boys Golf host Brandeis at Cast-Alsatian, tee time at 8 a.m.

#### Feb. 16

10th grade online class registration in Kiehle building during World History class  
7th grade online class registration during AA

#### Feb. 17

JROTC Fort Worth Drill Meet  
Baseball scrimmage junior varsity/varsity vs. SA Christian, 4:15 p.m.  
11th grade online class registration at Kiehle building during U.S. History class  
8th grade online class registration during AA

#### Feb. 18

JROTC Fort Worth Drill Meet  
One Act Play Rehearsal on the Mosely Gym Stage 1-4 p.m.

## STUDENTS SEEK TO RAISE COLE SPIRIT

Cole High School senior Clint Bowen presents his Sociology class' spirit ideas to Cole Principal Isabell Clayton and Assistant Principal Susan Hawkinson.

This past fall semester, a class discussion in teacher Christine Williams' High School sociology class launched a

semester long project on school spirit at Cole Middle and High School. Students wrote surveys, interviewed other students, created presentations, and researched and generated solutions to build school spirit. The culmination of the project was a presentation to Cole administrators. The students hope to see some of their ideas come to fruition in the next school year.



Photo by Robert Hoffmann

## Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



## Fort Sam Houston Independent School District

Exhibit C-2  
Statement of Revenues, Expenditures, and Changes in  
Fund Balances – Governmental Funds

Year Ended August 31, 2011

Data Control Codes	10	60	98	
	General Fund	Capital Projects Funds	Other Governmental Funds	Total Governmental Funds
<b>Revenues</b>				
5700 Local and intermediate sources	\$ 86,008	\$ 1,326	\$ 1,628,059	\$ 1,715,393
5800 State program revenues	8,279,903	-	136,006	8,415,909
5900 Federal program revenues	10,335,351	110,621	3,211,393	13,657,365
5000 Total revenues	<u>18,701,262</u>	<u>111,947</u>	<u>4,975,458</u>	<u>23,788,667</u>
<b>Expenditures</b>				
Current:				
0011 Instruction	8,132,830	-	2,030,994	10,163,824
0012 Instructional resources and media services	234,917	-	-	234,917
0013 Curriculum development and instructional staff development	250,273	-	215,846	466,119
0021 Instructional leadership	175,433	-	249,980	425,413
0023 School leadership	988,964	-	26,174	1,015,138
0031 Guidance, counseling, and evaluation services	463,221	-	267,672	730,893
0033 Health services	201,049	-	26,589	227,638
0034 Student (pupil) transportation	373,826	-	21,035	394,861
0035 Food services	-	-	615,450	615,450
0036 Cocurricular/extracurricular activities	404,517	-	-	404,517
0041 General administration	809,304	-	16,811	826,115
0051 Plant maintenance and operations	1,648,238	-	259,132	1,907,370
0052 Security and monitoring services	16,629	-	-	16,629
0053 Data processing services	938,120	-	75,155	1,013,275
0081 Facilities acquisition and construction	-	469,036	-	469,036
0093 Payments related to shared services arrangement	-	-	1,211,845	1,211,845
6030 Total expenditures	<u>14,637,321</u>	<u>469,036</u>	<u>5,016,683</u>	<u>20,123,040</u>
1100 Excess (deficiency) of revenues over (under) expenditures	<u>4,063,941</u>	<u>(357,089)</u>	<u>(41,225)</u>	<u>3,665,627</u>
<b>Other Financing Sources (Uses)</b>				
7915 Operating transfers in	-	-	79,606	79,606
8911 Operating transfers out	(79,606)	-	-	(79,606)
7080 Total other financing sources (uses)	<u>(79,606)</u>	<u>-</u>	<u>79,606</u>	<u>-</u>
1200 Net change in fund balances	3,984,335	(357,089)	38,381	3,665,627
0100 Fund balances (deficit) at beginning of year	9,132,113	1,039,385	(3,407)	10,168,091
3000 Fund balances at end of year	\$ <u>13,116,448</u>	\$ <u>682,296</u>	\$ <u>34,974</u>	\$ <u>13,833,718</u>

**Unit Family Readiness**

Feb. 9, 10-11 a.m., Roadrunner Community Center Building 2797, call 221-1829 or 221-0946.

**Key Call Training**

Feb. 10, Fort Sam Houston Theater 9 a.m.-4 p.m., Roadrunner Community Center Building 2797, call 221-1829 or 221-0946.

**Friday Night Jazz & Wine**

Feb. 10, cocktails 6-8 p.m., show begins at 8 p.m., Euge Groove and Chuck Loeb perform, advance tickets are \$20 or \$25 at the door. Visit <http://www.armymwr.com> to purchase tickets.

**Zumba! Mardi Gras-Style**

Feb. 11, 10 a.m.-noon, Fitness Center on the METC Campus, call 808-5709.

**Story Time**

The Keith A. Campbell Memorial

Library will host a Valentine's story time event for all ages 2:30 p.m. Feb.11. Families are encouraged to attend together.

**Black History Month 5K**

Feb. 13, 5:30-6:30 a.m., Fitness Center on the METC Campus, call 808-5709.

**Access Level 1**

Feb. 13, 8 a.m.-noon, Roadrunner Community Center Building 2997, call 221-2518 or 221-2705.

**Army Pride**

Feb. 13, 8 a.m.-3 p.m., Fort Sam Houston Elementary School, call 221-0349.

**Family Readiness Support Assistant Forum**

Feb. 13, noon-1 p.m., Roadrunner Community Center Building 2797, call 221-1829 or 221-0946.

**Dare to be Debt Free**

Feb. 13, 2-4 p.m., Roadrunner Community Center Building 2797, call 221-1612.

**Access Level 2**

Feb. 14, 8 a.m.-noon, Roadrunner Community Center Building 2797, call 221-2518 or 221-2705.

**HUGS playgroup**

Feb. 14, 9-11 a.m., Middle School Teen Center Building 2515, call 221-0349 or 221-2418.

**Post-Deployment Training**

Feb. 14, 9-10:30 a.m., Roadrunner Community Center Building 2797, call 221-1829 or 221-0946.

**General Resume Writing**

Feb. 14, 9 a.m.-noon, Roadrunner Community Center Building 2797, call 221-0516 or 221-0427.

**Immigration Services**

Feb. 14, noon-2 p.m., Roadrunner Community Center Building 2797, call 221-2418 or 221-9698.

**Help Name Two New Facilities**

MWR patrons are invited to name two of the newest facilities on Fort Sam Houston, the dining hall and the fitness center, on the Medical Education and Training Campus. The contest runs through Feb. 14. Visit <http://www.fortsammwr.com> to download the contest form or pick one up and drop it off at either of the facilities with your ideas for a name. Winners will be announced Feb. 20. Call 808-5712.

**Better Opportunities for Single Servicemembers**

Sign up for a three-day ski trip to Ruidoso, N.M. at the Apache Ski Resort Feb. 24-27. Registration deadline is Feb. 15. Call 221-4242.

**Family Readiness Support Assistant Training**

Feb. 15 and 16, 8 a.m.-3:30 p.m., Roadrunner Community Center Building 2797, call 221-1829 or 221-0946.

**CARE Team Training**

Feb. 15, 10-11:30 a.m., Roadrunner Community Center Building 2797, call 221-1829 or 221-0946.

**Overseas Orientation**

Feb. 15, 10-11 a.m. and 5-6 p.m., Roadrunner Community Center Building 2797, call 221-1681 or 221-2705.

**Mandatory Initial First Termer Financial Readiness**

Feb. 15, noon-2 p.m., Education Center Building 2248, call 221-1612.

**Child Safety Seat Clinic**

Feb. 16, 1-3 p.m., Auto Craft Shop Building 2410. This clinic will provide a safety seat check-up, installation education and recall checks. Registration is required and the children must be present. Call 221-0349, 221-0326 or 221-0221.

**Harlequin Dinner Theatre**

"The Mousetrap," Thursday-

Saturday through Feb. 18, 6:15 p.m. dinner, 8 p.m. curtain, call 222-9694.

**Spring Break Camp Registration**

Registration begins Feb. 20 for children grades 6-12, fees are \$15/day and \$60/week. Call 221-4871.

**Army Family Team Building Level 2**

Feb. 22 and 23, 8:30 a.m.-2:45 p.m., Roadrunner Community Center Building 2797, call 221-2611 or 221-0918.

**Future Speakers on the Horizon**

Openhouse, Feb. 22, noon-1 p.m. in the Joint Program Management Office conference room 1A, Building 4196, reserve a seat by Feb. 21, call 295-4921.

**Exceptional Family Member Program**

"If I Only Had a Heart" Feb. 23, 1:30-3 p.m., Roadrunner Community Center, call 221-0600.

**African American Heritage Scholarship Banquet**

Feb. 25, 6 p.m., JBSA-Lackland Gateway Club, guest speaker is retired Gen. Toreaser A. Steele, call 977-6710.

**Talent Showcase**

Child, Youth and School Services will host at talent showcase 6-8 p.m. and a dance 8-10 p.m. Feb. 25 at Roadrunner Community Center Building 2797. Call 221-4871.

**Exotic Hunts**

Exotic hunts are underway at Camp Bullis Friday through Sunday 4-9 p.m. until Feb. 26. Call 295-7529 or 295-7577.

**DECA Scholarships**

The JBSA-FSH Commissary is accepting scholarship applications for military children through Feb. 24. Call 221-4678 or visit <http://www.militaryscholar.org>.

**Spouses' Club Scholarships**

The Spouses' Club of the Fort Sam Houston Area contributes annually to the Fort Sam Houston community through scholarship and welfare awards. Scholarships are awarded to high school seniors, students continuing their education and military

## INSIDE from P18

spouses. All applicants must have a valid DOD ID card. Welfare funds are awarded to charities, non-profit organizations or other worthy causes supporting the welfare of the Armed Forces and their families located at Fort Sam Houston and Camp Bullis. Applications for scholarship and welfare awards are at <http://www.scfsh.com>. Deadline to apply is April 1.

### Java Café

The Java Café is open in the Sam Houston Community Center.

### USAF Fit Family

Visit <http://www.usaffitfamily.com> for healthy recipes, fitness tips and health and nutrition articles.

### Hacienda Student Center

Big area tent at 3100 Marvin R. Wood, hours are 5-10 p.m. Fridays and Saturdays, 5-9 p.m. Sundays.

### All You Can Cut Firewood

Bring your chainsaw and cut all the oak firewood you can fit into a small truck for \$5 or a large truck for \$10 at Camp Bullis Outdoor Recreation Area. Call 295-7529 or 295-7577 for information.

### Varsity Soccer

Players wanted for the FSH varsity soccer team, call 808-5710.

### Sports Scores

For Fort Sam Houston and 32nd Medical Brigade intramural sports results, visit <http://bit.ly/MWRsports>.

### Stilwell House

The Fort Sam Houston Stilwell House, a historic landmark since 1888, is open for tours, receptions and parties. The Stilwell House is managed by the Society for the Preservation of Historic Fort Sam House, Inc. a 501(C)(3) Corporation not affiliated with the Department of Defense. Call 224-4030 or 655-0577.

### Cloverleaf Communicators Club

Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 or visit <http://power-talkinternational.com/>.

### Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212.

### Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-1732 or 221-0144.

## OUTSIDE THE GATE

### Del Webb Hill Country Retreat Walk

The Randolph Roadrunners volksmarch club will host a 5k and 10k walk Feb. 11 starting at the Del Webb's Hill Country Resort Center, 4800 Sunrise Beach in San Antonio. Walk start between 8 a.m. and noon, finish by 3 p.m. Call 723-8574 or visit <http://randolphroadrunners.info/>.

### A Journey through African American Music

Lecture by Kimberly Montford, Trinity University professor, Feb. 11,

1-2 p.m., Hannah Landa Memorial Branch Library, 233 Bushnell Ave. Free and open to the public.

### RecruitMilitary Veteran Opportunity Expo

Veterans and military spouses are invited to a free career fair Feb. 16 from 11 a.m.-3 p.m. at the 2012 Norris Conference Centers – San Antonio, 4522 Fredericksburg Road. Call 513-683-5020 for more information.

### McKinney Roughs Nature Park Walk

The Colorado River Walkers volksmarch club will host a 5k and 10k walk Feb. 18 starting at the McKinney Roughs Nature Park, 1884 TX 71 W, Cedar Creek, Texas. Walks start between 8-noon, finish by 3

p.m. Call 512-480-0291.

### 3rd Annual Legacy Ball

The Joint Base San Antonio African American Heritage Committee Legacy Ball, Feb. 18, 6-11 p.m., JW Marriott Resort & Spa, formal/semi-formal dress, \$55 per person. Visit <http://aahclegacyball.eventsbot.com/> for tickets.

### Student Aid Saturdays

Free help to fill out federal and state forms for college financial aid, Feb. 12, 9 a.m.-4 p.m. at Café College, 131 El Paso Street. Call 254-9376.

### African-American Expo

Feb. 29, 11 a.m. Port San Antonio, Building 171, call 395-8275.



**For Sale:**

Dodge 17-inch rims and new Michelin tires, \$425; five-piece

wood dinette set, good condition, \$60. Call 414-6132 or 414-0357.

**For Sale:** Three-drawer beige metal filing cabinet, \$35; computer chair, black, \$20; black metal computer desk, \$15; round wood game table with four leather stools, \$85; Whirlpool washer and dryer, \$375 for both. Call 241-1291.

**For Sale:** 1989 Honda Civic Hatchback DX, automatic, A/C, CD player, AM/FM radio, excellent mechanical condition, maintenance records available, runs great, \$2,799; REM Martinique bed, dual adjustable with massage, \$3,299; Stuyvesant upright piano, \$139. Call 659-6741.

**For Sale:** New Rascal electric wheelchair with detachable legs, instruction manual included, \$800 obo. Call 661-3765 leave a message.

## Rocco Dining Facility Menu

Building 2745, Schofield Road

Breakfast hours, Monday-Friday 6:15-8:15 a.m., weekends and holidays 8-9:30 a.m.

**Feb. 10**

**Lunch: 11 a.m. to 1 p.m.**

Old fashioned bean soup, cream of potato soup, BBQ spareribs, blackened catfish, chicken and dumplings, meatloaf, broccoli quiche, mashed redskin potatoes, macaroni and cheese, baked sweet potatoes, Southern style greens, steamed turnip greens, corn on the cob, seasoned pinto beans.

**Dinner: 5 to 7 p.m.**

Bombay chicken, BBQ beef cubes, grilled pork chops, eggplant parmesan, oven browned potatoes, red beans and rice, honey dijon vegetales, steamed yellow squash.

**Feb. 11**

**Lunch: noon to 1:30 p.m.**

Beef noodle soup, cream of mushroom soup, Greek lemon turkey pasta, tropical baked pork chops, Cajun baked catfish fillets, mashed potatoes, macaroni and cheese, Hopping John rice, steamed cauliflower, seasoned collard greens.

**Dinner: 5 to 6:30 p.m.**

Herbed baked chicken, chili macaroni, baked

stuffed fish, baked cheese manicotti with marinara sauce, rice pilaf, potato au gratin, steamed carrots, seasoned asparagus.

**Feb. 12**

**Lunch: noon to 1:30 p.m.**

Vegetable soup, cream of broccoli soup, orange chicken stir fry, hamburger yakisoba, vegetable egg rolls, vegan pierogie with marinara sauce, spaghetti with meat sauce, steamed rice, mashed potatoes, green beans with mushrooms, vegetable stir fry.

**Dinner: 5 to 7 p.m.**

Sauteed shrimp, steak ranchero, grilled hamburgers, grilled cheeseburgers, grilled cheese sandwiches, BBQ pork sandwiches, black bean veggie burgers, mashed potatoes, baked beans, steamed rice, steamed broccoli, steamed corn, sauteed mushroom and onions, baked sweet potatoes.

**Feb. 13**

**Lunch: 11 a.m. to 1 p.m.**

Cream of chicken soup, French onion soup with croutons, beef pot pie with biscuits, honey-cooked chicken wings, baked cod, bean burritos, chicken lasagna, oven-browned potatoes, Kansas medley rice, calico cabbage,

seasoned mixed vegetables, cauliflower au gratin.

**Dinner: 5 to 7 p.m.**

Asian BBQ turkey, roast turkey, beef enchiladas, beef ravioli, Italian broccoli pasta, refried beans, garlic roasted potato wedges, steamed rice, seasoned carrots, steamed green beans.

**Feb. 14**

**Lunch: 11 a.m. to 1 p.m.**

Hearty beef and vegetable soup, clam chowder, grilled chicken breast with onions, mushrooms and bell peppers, grilled steak, fried shrimp, oven-fried fish, BBQ ribs, baked macaroni and cheese, rice pilaf, mashed potatoes, baked potatoes, sweet peas and pimientos, corn on the cob, mixed vegetables, smothered cabbage.

**Dinner: 5 to 7 p.m.**

Oven fried chicken, roast beef, pork chops Mexican, vegetarian nuggets, steamed rice, baked redskin potatoes, steamed mixed vegetables, steamed zucchini squash, harvard beets

**Feb. 15**

**Lunch: 11 a.m. to 1 p.m.**

Beef noodle soup, cream of potato soup,

savory baked chicken, Italian rice and beef, apple-glazed corned beef, pasta primavera, caviar rice medley, steamed parsnip red potatoes, steamed carrots, seasoned cabbage, seasoned blackeyed peas.

**Dinner – 5 to 7 p.m.**

Braised beef and noodles, baked salmon croquettes, buffalo chicken wings, beef stir fry, rice frittata, oven-browned potatoes, steamed brown rice, steamed green bean combo, steamed asparagus, steamed yellow squash.

**Feb. 16**

**Lunch: 11 a.m. to 1 p.m.**

Asian stir fry soup, cream of chicken soup, Cantonese spareribs, BBQ chicken, Swedish meatballs, grilled turkey patties, cheese enchiladas, steamed rice, steamed paprika potatoes, fried rice, Hacienda corn and black beans, vegetable stir fry, steamed spinach.

**Dinner: 5 to 7 p.m.**

Chicken parmesan, baked spaghetti, spinach lasagna, sweet and sour chicken, whole wheat pepperoni pizza, garlic roasted potato wedges, rice pilaf, steamed broccoli, steamed succotash, cauliflower au gratin.

*Menus are subject to change without notice.*