

FORT SAM HOUSTON News Leader

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Guest Speaker
Chaplain Brig. Gen.
Donald Rutherford

**FSH
PRAYER
BREAKFAST**

Feb. 23, 6:30 a.m.
Sam Houston Club

For tickets, call 221-5007

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

201st MI Battalion welcomed home from Afghanistan

By Gregory Ripps

470th Military Intelligence Brigade
Public Affairs

The Soldiers of the 201st Military Intelligence Battalion returned to San Antonio from Afghanistan in the middle of the night Feb. 14 and 15, but the darkness could not dim the brightness of the smiles they saw during their welcome home celebration.

After a flight from Afghanistan delayed more than

once because of weather, the battalion's Soldiers disembarked from a chartered airliner at the Kelly Field Annex to Lackland Air Force Base before boarding buses for the Fort Sam Houston youth center where excited Families waited.

As the Soldiers entered the building, they were greeted by boisterous cheers, signs and balloons. A brief ceremony included a welcome from Col. Jim Lee, 470th MI Brigade commander, and the uncasing

of the battalion colors.

Immediately upon conclusion, Soldiers and Families rushed into one another's arms.

It was on Valentine's Day a year ago when couples embraced to say goodbye as the same Soldiers deployed in support of Operation Enduring Freedom. This year they embraced in welcome.

Soldiers who were parents

See 201st P8



Photo by Gregory Ripps

Staff Sgt. Linda Carlisle holds sons Joshua, 3, and Preston, 15 months, while husband Josh, a sergeant first class with Army North, savors the scene.

Clarification on BAMC garage

A story in the Feb. 10 News Leader incorrectly stated that the Brooke Army Medical Center parking garage would open March 15.

According to BAMC and BRAC officials, the construction company is expected to hand over the garage to BAMC March 31.

After that time, a phased-in parking plan will be implemented. Details of the parking plans will be published as soon as they become available, according to Dewey Mitchell, chief of BAMC Public Affairs.



Photo by Jen D. Rodriguez

Lt. Gen. Guy C. Swan III, commanding general of the U.S. Army North and Fort Sam Houston congratulates Purple Heart recipients Private Sergio Gonzalez, 1st Lt. Matthew Anderson, Spc. Michael Verardo and Pfc. Charles Lingerfelt following the Purple Heart Ceremony Feb.10 at the Warrior and Family Support Center.

Army North commander awards four Purple Hearts

By Jen D. Rodriguez

Brooke Army Medical Center Public Affairs

The Purple Heart is a one-of-a-kind military decoration that few Soldiers actively seek on that faithful day, said Lt. Gen. Guy C. Swan III, commanding general of U.S. Army North and Fort Sam Houston, during a Purple Heart ceremony at the Warrior and Family Support Center Feb. 10.



See PURPLE HEARTS P7

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CAC PIN scam hitting military e-mail

The Air Education and Training Command's Critical Asset Risk Management Program and the 502nd Communications Squadron have issued a warning regarding a fraudulent e-mail that tells users to change the personal identification number for their Common Access Card.

There is no such requirement and this e-mail is a scam, officials said. Delete any e-mail received with the subject line of "IMMEDIATE ACTION REQUIRED: CAC PIN length increases."

The fraudulent e-mail reads:

Subject: IMMEDIATE ACTION REQUIRED: CAC

PIN length increases

Recent world events have uncovered a potential weakness in DOD Common Access Card (CAC) security systems using a PIN length of less than 10 digits. Therefore a new requirement has been established that calls for PIN length to be at least 10 digits and no more than 14 digits.

Security systems DOD wide will begin imposing the new restriction on 10-FEB-2011. In order to handle the high volume of CAC PIN resets, an

automated CAC PIN Reset site has been stood up.

Please log in to <<website link deleted>> immediately and establish your new PIN with the increased length requirement.

NOTE: If you fail to establish your new PIN before the new restrictions are imposed, you will need to visit a CAC issuance location before you will be able to access the network.

SOURCE: Directorate of Plans, Training,

Mobilization and Security Plans and Operations Division Fort Bliss, Texas 79916

This message is making the rounds of military and civilian e-mail around the world, sources said. If an e-mail

of this type is received, it's prudent to ask questions before sensitive information is compromised.

For more information, call the Network Enterprise Center Help Desk at 221-4358.

Thought of the Week

Adam was the luckiest man; he had no mother-in-law.

— Mark Twain

Military historical trivia

Q. Where was the first hospital building on what is now Fort Sam Houston?

- In the Quadrangle
- Building 615, Infantry Post
- Staff Post Road, Building 48
- Staff Post, west of Pat's Grave

A. The answer is "D." The first hospital building, a board and batten temporary building built in 1879, was located on the Staff Post, just west of Pat's Grave. As you exit Fort Sam Houston through the Cpl. Joseph C.D. Villette gate onto Cunningham Street, Building 2157 (a former ammunition magazine built in 1889) is to your left. Near this site, the first hospital was built.

	Feb. 17	Feb. 18	Feb. 19	Feb. 20	Feb. 21	Feb. 22
San Antonio Texas	75° Cloudy	72° Few Showers	73° Isolated T-S	74° Isolated T-S	80° Partly Cloudy	75° Partly Cloudy
Kabul Afghanistan	40° Sunny	38° PM Showers	41° Partly Cloudy	43° Mostly Cloudy	46° Partly Cloudy	43° Showers
Baghdad Iraq	68° Mostly Sunny	68° Mostly Sunny	70° Sunny	69° Partly Cloudy	68° Mostly Sunny	68° PM Showers

(Source: The Weather Channel at www.weather.com)

News Briefs

Black History Month Events

Feb. 23 – Expo, 10 a.m., Building 171, Port San Antonio
 Feb. 23 – Fort Sam Houston Observance, 11:30 a.m., Roadrunner Community Center
 Feb. 25 – Brooke Army Medical Center Celebration, 11:30 a.m., Medical Mall

National Prayer Breakfast

The Fort Sam Houston National Prayer Breakfast will be held at 6:30 a.m. at the Sam Houston Club. The guest speaker is Chaplain Brig. Gen. Donald Rutherford. Suggested donation is \$6. Call 221-5007 or 221-1932.

FSH Museum Closure

The Fort Sam Houston Museum will be closed Feb. 20 in observance of the Presidents Day Federal Holiday and will reopen Feb. 23.

New Voice Mail System

The Network Enterprise Center voice mail system migration from Meridian Mail to the Call Pilot system is scheduled for the week of Feb. 23. This upgrade will improve security standards. All voice mail services for Fort Sam Houston, Camp Bullis and Camp Stanley will be affected. Call 808-MAIL (808-6245) for information.

HHC, 106th Signal Brigade Change of Command

Capt. Erick Sutton, Headquarters and Headquarters Company, 106th Signal Brigade will relinquish command to Capt. Richard Jimenez during a ceremony Feb. 25 at 10:30 a.m. at MacArthur Parade Field. Inclement weather site is Roadrunner Community Center.

JBSA Annual Awards Ceremony

Inaugural Joint Base San Antonio Annual Awards Ceremony will be held Feb. 25, 6 p.m. at the Gateway Club Fiesta Ballroom, Lackland Air Force Base. Reserve seats by Feb. 23, call 395-2389.

See NEWS P4

Stay safe during holiday weekend, eliminate risk factors

By Lt. Gen. Guy Swan III

Commanding general, U.S. Army North

The third Monday of February, we celebrate George Washington's birthday, our first Commander-in-Chief. Through popular tradition, Washington's birthday has become a time to honor and celebrate all our former presidents' birthdays.

While we may have a favorite president, we all understand that serving in this country's highest office is extremely demanding. I salute all leaders,



past and present, who have and continue to serve this great nation. It is also important to focus on safety during any holiday and you should take every precaution in order to enjoy a safe and memorable celebration.

Service members going on leave/pass or moving from one post to another must complete

the automated risk assessment; civilian employees must also do the same (per AR 385-10) when using their privately owned vehicles during a move or going TDY, and are encouraged to use this tool when taking leave.

Your chain of command must brief all service members and civilians on preventive actions to avoid accidents or injuries.

I challenge you to eliminate common risk factors such as excessive speed, alcohol, fat-

igue, failure to wear seatbelts, and failure to wear protective gear for motorcycle riding.

The automated TRiPS POV Risk Assessment web based tool can be found on the U.S. Army Combat Readiness/Safety Center website <https://safety.army.mil>.

Thank you for the great contributions you are making every day to the mission of our nation's military. Have an enjoyable accident-free weekend with your Family and friends.

Be safe over the long weekend

By Maj. Gen. David A. Rubenstein

Army Medical Command Center & School commanding general

Soldiers, civilian employees, their Families and friends will soon celebrate Presidents Day Feb. 21. Americans will reflect on the sacrifices made by our nation's founding fathers and the freedoms that came from their loyalty.

As we remember former leaders, we must continue to



focus on safety while enjoying the holiday with your Family and friends.

Leaders will promote vehicle safety vehicle safety

prior to the holiday weekend. As this holiday ends, the warmer weather will encourage more motorcycle riders to venture on the roads and high-

ways. Supervisors at all levels will review current policies to reinforce safe motorcycle operations within their unit, including the proper wear of helmets and other protective gear.

Privately owned vehicle accidents continue to be the greatest threat to our personnel. Leader comments will address drinking and driving, adequate sleep/rest before long trips, wearing seat belts, adverse weather driving, and driving defensively.

Personal responsibility is

imperative, and begins with leaders who care about their personnel. Get involved, emphasize safety, and lead by example.

As we celebrate this holiday, remain vigilant in your on and off duty composite risk management, and remember that most accidents happen when off duty.

I wish you all an enjoyable Presidents Day holiday with Family and friends. Be safe over the long weekend, rest up, and come back refreshed.

Army Medicine! Army Strong!

Plan for risk management and situational awareness

By Brig. Gen. Leonard Patrick

Commander, 502nd Air Base Wing

As we approach Presidents Day, I think of George Washington whose name is associated with virtues such as honesty, strength, courage and leadership.

Thanks to him and other presidents since, we live in the greatest country in the world and share many blessings. So I would encourage you to take time to recognize the meaning of this day.

Presidents Day is an opportunity to reflect upon the extraordinary accomplishments and sacrifice made by those who have held the highest office in our land.

In his book "Presidential



Courage," the prolific presidential historian Michael Beschloss says "throughout our history, at times of crisis

and urgent national need, it has been important for presidents to summon the courage to dismiss what is merely popular – and the wisdom to do that for causes that later Americans will come to admire."

Often, those of us who serve or have served in uniform, along with our civilian workforce, have been charged with carrying out the tough presidential decisions. Some of those decisions have been extremely

agonizing for a president.

I'm proud of your courage, sacrifice and resilience. Thanks for all you and your Families do every day to ensure our superb state of readiness and I want you back safely following the extended weekend.

We've had some unusual weather lately and I know people will take full advantage of this holiday period, so please make it a point to consider risk management no matter what activities you will be involved in.

Without a doubt, many people will driving to out-of-town locations this coming weekend and I'm concerned about the number of vehicle mishaps lately.

But it is especially troublesome that most of the accident-related military fatalities during the past four months have been self-caused. Lack of situational awareness was the key element in many of these fatalities which, in addition to vehicle accidents, ranged from recreational flying mishaps to crossing the street.

Whether driving a car, riding a motorcycle, relaxing or doing some spring cleaning, risk management and situational awareness should be part of your plans. Be safe.

Enjoy the richly-deserved time off and spend some quality time with your family and friends. Again, thanks for all you've done and all you will continue to do.

News Briefs

NEWS from P3

WHMC Neurology Clinic

The Air Force Neurology Residency Program and the majority of the Wilford Hall Medical Center Neurology Clinic at Lackland Air Force Base will relocate to Brooke Army Medical Center. The move is scheduled to begin Feb. 28. The outpatient neurology clinic at WHMC will maintain minimal staffing to support the mission during the move. The small WHMC neurology clinic will remain on the "B" wing of the hospital's sixth floor, offering electromyography and electroencephalogram tests and Botox procedures, call 292-7671 or fax 292-6953, Monday-Friday, 7:30 a.m.-4:30 p.m., excluding federal holidays. All patients currently followed by AF neurology physicians at WHMC will continue to be followed and have neurologic services available to them at WHMC or the new San Antonio Military Medical Center neurology clinic starting on March 7. The SAMMC clinic's phone will be 916-2203/1561 or fax 916-3833. Call to verify status and location of appointments.

Foulois Ceremony

The local chapter of the Order of the Daedalians will sponsor a ceremony to commemorate the 101th anniversary of Lt. Benjamin Foulois first military flight, March 2 at 11 a.m. at the post flagpole, Stanley Road. The guest speaker is Astronaut Air Force Col. Lee Joseph Archambault.

Tax Centers are Open

The Fort Sam Houston Military Tax Assistance Center and the satellite tax center at Brooke Army Medical Center are open. Active duty service members, their family members and military retirees are eligible for free tax preparation services. The FSH main location at 2272 Rattlesnake Rd. is open Monday-Friday 8:30 a.m.-5 p.m. by appointment only, call 295-1040. The BAMC location is open Monday-Friday 9 a.m.-5 p.m., by appointment only, call 916-1040.

717th MI Battalion demonstrates 'selfless service'

By Sgt. 1st Class Raymond McIndoe
717th Military Intelligence Battalion

Soldiers of the 717th Military Intelligence Battalion began 2011 by getting involved in the San Antonio community through a variety of charitable endeavors.

The battalion's Better Opportunities for Singles Soldiers program spearheaded these efforts by making arrangements with Soldiers' Angels and Habitat for Humanity for volunteer opportunities.

About 30 Soldiers and Family members from the battalion, a subordinate unit of the Fort Sam Houston-based 470th MI Brigade dedicated two Saturdays, Jan. 8 and 22, to working at the warehouse of Soldiers' Angels, located on Interstate Highway 35 across from the San Antonio Military Medical Center.

A volunteer-led nonprofit organization, Soldiers' Angels provides aid and comfort to men and women of the U.S. armed forces and their Families under the motto "May No Soldier Go Unloved."

Nationwide, volunteers have sent hundreds of thousands of care packages and letters to deployed service members and supplied the wounded with "First Response Packs" in military hospitals in Iraq, Afghanistan and Germany.

The 717th MIB volunteers stuffed care packages and organized and inventoried numerous boxes of donated materials stacked on shelves

more than 10 feet high.

"I like volunteering at Soldiers' Angels," said Sgt. Anya Dollar. "They're good people. They provide a very valuable service, one that I feel proud to be able to support. It makes you feel really good when you are deployed and know that someone back home is thinking of you."

On Jan. 7, Pfc. Jodie Griffith, battalion BOSS president, led 40 Soldiers, one Airman and one Marine to the Habitat for Humanity building site in southeast San Antonio for a day of construction labor.

The nonprofit organization partners with low-income families who would not otherwise be able to afford a house and helps them build simple, decent and affordable houses for themselves at no interest and no profit.

Families are required to spend a minimum of 300 hours investing in "sweat equity," where they support and help build their own home and the homes of their neighbors.

Volunteers worked as construction crew members, which allowed them to engage in team building at the same time.

The day started with house leaders instructing volunteers on the proper use of all the tools and safety equipment provided at the site. No previous experience is necessary because house leaders and experienced volunteers teach newcomers how to perform each of the many construction tasks, which take place

simultaneously and in concert.

Service members installed insulation and solar panels, cut and mounted siding, and painted – all skills they can take with them.

While the Soldiers demonstrated the Army value of selfless service by taking their own personal time to give to the community, their volunteer hours can be applied toward the Military Outstanding Volunteer Service Medal, which is awarded to service members who perform outstanding volunteer service to the civilian community "of a sustained, direct and consequential nature."

This award may be earned once per duty station and counts for promotion points for Soldiers under the awards category.

"It has always been amazing," said Griffith

about her Habitat for Humanity experience. "It's great to work hand in hand with the family that is going to be moving into the house you are helping them build.

"Each time I volun-

teer, I always learn a new skill and am able to apply it immediately," she added. "I plan on volunteering every time I get the chance; I should be a pro by the end of this project."



(From left) Spc. Monica Lane, Sgt. Tamika Jefferson and Staff Sgt. Victoria Sosa, 717th Military Intelligence Battalion, fill care packages for deployed Soldiers as part of the Soldiers' Angels program.

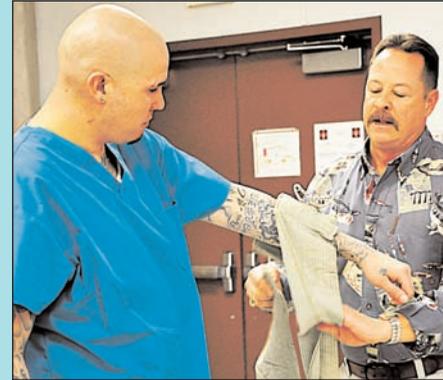


Photos by Sgt. 1st Class Raymond McIndoe

Spc. Sterling Robinson climbs a ladder to work on the roof of a house he and other members of the 717th Military Intelligence Battalion are helping to build with Habitat for Humanity.

FUTURE MEDICAL ASSISTANTS GET A TASTE OF MILITARY TRAINING

Medical assistants attending Kaplan College received a briefing about the criteria combat medics must follow in order to graduate as medics and were able to view patient simulators, lifelike mannequins with mock injuries used as training tools for combat medics.



Christopher Kwader (right), instructor, Directorate of Combat Medic Training, shows Joshua Lyssy the proper technique in the use of applying the emergency bandage on a wound. The bandage is used in treating bleeding injuries. All Soldiers carry them in their Improved First Aid Kit. Lyssy is attending Kaplan College in San Antonio and studying to be a medical assistant. His class visited with the Department of Combat Medic Training Feb. 8.



(From left) Juan Saucedo, Rosalva Prado and Maria Dominguez, medical assistant students with Kaplan College, rush to apply tourniquets on a mannequin with mock injuries during their visit to Department of Combat Medic Training Feb. 8.

Photos by Esther Garcia

PURPLE HEARTS from P1

Swan said it's equally important to remember what the Purple Heart says about us as comrades, as an Army, as a community and as a nation.

"It is an award that Americans still hold a special place in their national hearts for those who are willing to go into harm's way on behalf of family and friends, and millions of other citizens who will never know their name," the general said.

A combat decoration, the Purple Heart is awarded to members of the U.S. military who are wounded by an instrument of war in the hands of the enemy and awarded posthumously to the next of kin in the name of those who are killed in action or die of wounds

received in action.

It's the oldest military decoration in the world in present use and the first American award available to the common Soldier.

More than 50 comrades, staff from Brooke Army Medical Center and Family members honored 1st Lt. Matthew Anderson, Spc. Michael Verardo, Pfc. Charles Lingerfelt and Pvt. Sergio Gonzalez for their bravery and combat-related sacrifices while serving in Afghanistan.

A cavalry officer assigned to Company B, 1st Battalion, 66th Armor, 1st Brigade Combat Team, 4th Infantry Division in Afghanistan, Anderson was injured Oct. 16, 2010.

While conducting a dismounted combat foot patrol, an improvised



Photo by Staff Sgt. Keith Anderson

Well-wishers, including some other Purple Heart recipients, thank Pvt. Sergio Gonzalez, 1st Brigade Combat Team, 4th Infantry Division; 1st Lt. Matthew Anderson, 1st BCT, 4th Inf. Div.; Spc. Michael Verardo, 4th BCT, 82nd Airborne Division; and Pfc. Charles Lingerfelt, 1st BCT, 4th Inf. Div., for their service after presenting Purple Hearts to them during a ceremony Feb. 10 at the Warrior and Family Support Center. The four were wounded while deployed to Afghanistan.

explosive device detonated, resulting in Anderson's combat injuries.

An infantryman assigned to Bravo Company, 2nd Battalion, 508th Infantryman, 4th

Brigade Combat Team, 82nd Airborne Division, Verardo was injured April 10, 2010. Verardo

was conducting a mounted patrol when an IED detonated, resulting in combat injuries.

Lingerfelt, an infantryman also assigned to Company B, 1st Battalion, 66th Armor, 1st Brigade Combat Team, 4th Infantry Division, was injured Oct. 16, 2010. While conducting a dismounted combat foot patrol, an IED detonated, resulting in Lingerfelt's combat injuries.

Gonzalez, an infantryman also assigned to Company B, 1st Battalion, 66th Armor, 1st Brigade Combat Team, 4th Infantry Division, was also injured Oct. 16, 2010.

While conducting a dismounted combat foot patrol, an IED detonated resulting in Gonzalez' combat injuries.

201ST from P1

of small children were especially anxious to be with them after being away from them for a large chunk of their young lives.

“My son will be 2 in March,” said Capt. Timothy Sers, who last saw his son briefly six months ago. “I can’t wait to take him to a playground.”

“I’m just ready to get home,” said Staff Sgt. Shermaine Terry, embracing his wife and one-year-old daughter. “It’s been a long year.”

The 201st MI Battalion, a subordinate unit of the 470th MI Brigade, primarily consists of interrogators and information analysts.

During the year-long deployment, more than 160 Soldiers served as the Army component of the Joint Interrogation and Debriefing Center in Bagram, Afghanistan.

They conducted detainee screening and interrogation, document and media exploitation, and intelligence analysis, to provide timely intelligence to commanders in support of the

International Stabilization Force.

“I am proud of the performance of all the Soldiers,” said Lt. Col. Dennis Lewis, battalion commander. “Not only the interrogators but also all the enablers – analysts, personnel support, mechanics, cooks, every-one.”

“This deployment was a testament to the great groundwork in training and training management beginning with the 201st’s redeployment from Iraq in 2009,” Lewis added

On a somber note, one Soldier from the 201st MI Battalion did not come home alive. Spc. Ryan Gartner, 23, died Feb. 1 in Bagram, Afghanistan, of wounds sustained in a non-combat incident.

Returning Soldiers will perform some “reintegration” training during their first week at home. However, they will then have 30 days of leave before resuming their military duties.

The battalion is already on the Army Force Generation plan to return to Afghanistan in September 2012.



Staff Sgt. Shermaine Terry reunites with his wife, Rachel, and daughter Brooklyn, 1.



Staff Sgt. Oscar Gamez shares a special moment with his wife and son, who sports his own version of the Army Combat Uniform.



Just after dismissal from formation, a Soldier embraces his true love following his battalion’s year-long deployment to Afghanistan.



Family members go wild at the first glimpse of their returning Soldiers.

Photos by Gregory Rippis

(From left) Col. Kelly Wolgast, chief nurse executive for the U.S. Army Medical Command; retired Army Nurse Corps Col. Claudi Bartz; and 2nd Lt. James Rissler prepare to slice the cake at the celebration of the 110th anniversary of the corps at the Army Medical Department Museum Feb. 11.

Photo by Steve Elliott



Army Nurse Corps celebrates 110 years of service

By Steve Elliott
FSH News Leader

Members of the Army Nurse Corps on Fort Sam Houston marked the culmination of a three-week celebration of the 110th anniversary of the corps with a cake-cutting ceremony at the Army Medical Department Museum Feb. 11.

The theme of the corps-wide celebration has been “Touching Lives for 110 Years.” At the ceremony, Col. Kelly Wolgast, chief nurse executive for the U.S. Army Medical Command, commented that Army nurses have a “proud and rich history.”

“Last week in Washington, D.C., we cel-

ebrated our history and the lives we’ve touched,” Wolgast said. “We are one of the largest workforces in the world.”

On Feb. 2, Maj. Gen. Patricia D. Horoho, deputy surgeon general and chief of the Army Nurse Corps, laid a wreath at the Nurses Memorial at Arlington National Cemetery, Va., to

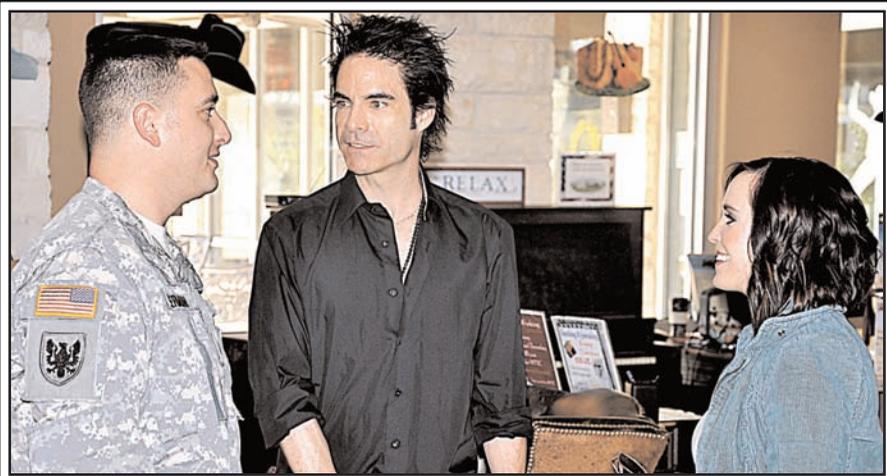
commemorate the anniversary.

“Army nursing continues to embrace the past, engage the present and envision the future in support of Army medicine,” Horoho said at the anniversary celebration dinner Feb. 5.

To make good on this

See NURSE P11

TRAIN LEAD SINGER ROLLS INTO WFSC TO MEET SOLDIERS, FAMILIES



Courtesy photo

Pat Monahan, lead singer for the band Train (center), takes time to talk with Sgt. Dallas German and his wife, April, when he stopped by the Warrior and Family Support Center on Fort Sam Houston Feb. 11, a few hours before the band's performance at the AT&T Center as part of the San Antonio Stock Show and Rodeo. After getting a short tour of the facility, Monahan stayed to talk to numerous Soldiers and their Families, sign autographs and pose for photos. The band won a Grammy Award Feb. 13 for "Best Pop Performance By A Duo or Group With Vocals" for their international hit song, "Hey, Soul Sister."

NURSE from P9

statement, she is taking the lead and transforming the corps to ensure adoption of the Surgeon General's Culture of Trust, which Lt. Gen. Eric B. Schoemaker said will standardize patients' health care experiences, outcomes, readiness, and reinforce trust in Army medicine.

Under her guidance and direction, Horoho designed the Army Nursing System of Care, or ANSOC, to provide the same standard of health care delivery in every military treatment facility across the Army.

Horoho believes that the Army Nurse Corps has the opportunity to drive change and support, not only Army medi-

cine, but the profession of nursing.

"When I refer to Army nursing, I am speaking of Active, Reserve and National Guard nurses; civilian nurses, registered and licensed practical nurses, nursing assistants; and our enlisted corps – this is the triad and cornerstone of our system," Horoho said at the anniversary dinner.

GRADUATES COMPLETE LEAN SIX SIGMA MBB COURSE



Photo by Esther Garcia

Lee Rivas (front, row, center), Director of the Army Lean Six Sigma Program; (back row, far left) Army Master Black Belt certifiers Dr. Robert Vaul, Headquarters, Department of the Army; and Michelle Graham (back row, far right), Training and Doctrine Command, recognize six graduates of the LSS Master Black Belt training course. The six graduates are (back row, from left) Air Force Master Sgt. Brian Byrd, Chief Master Sgt. Richard Halseth, R. Scott Bonny Steven Gratzler and (front row, from left) Tonika Butler-Brown and Martin Brennan. In order to be certified, following completion of the course, graduates must complete a final examination, teach the LSS Black Belt course twice, mentor two LSS BB candidates, and complete two projects. According to Rivas, the LSS program identifies projects that address process improvement and potential financial benefits.

LEGACY DONATION

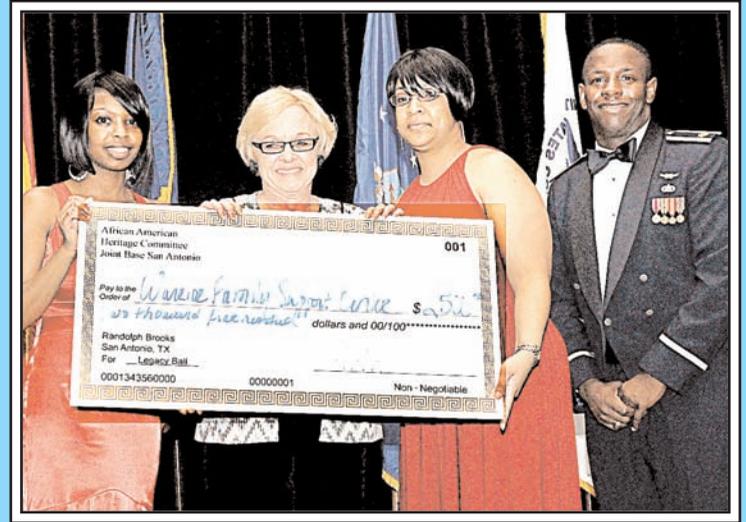


Photo by David Terry

A contribution of \$2,500 was presented to Fort Sam Houston's Warrior and Family Support Center during the second annual Legacy Ball Feb. 12, celebrating African American History Month. Members of the 502nd Air Base Wing African American Heritage Committee present the check to center director Judith Markelz (second from left). In the photo, from left, are Tech. Sgt. Letosha Shepherd, 359th Medical Group, medical material NCO in charge; Tech. Sgt. Miranda Drummond, Air Force Services Agency learning and development manager; and Maj. William Collins, chief of Air Force Personnel Center Assignment Programs, Procedures, Training. The contribution was raised during a silent auction at the ball at the Marriott Rivercenter.

Heart of Texas Chorus serenades Soldiers at Warrior Family Support Center

By Lt. Col. Randy Martin
ARNORTH Public Affairs

A quartet from the Heart of Texas Chorus paid a visit to the Warrior and Family Support Center Feb. 12 to entertain visitors at a pre-Valentine's Day breakfast.

For the singers, it was a gift of love songs for heroes and their Families on a day specially chosen because so many would be in attendance at the breakfast.

"We wanted to say thank you for their service and sacrifice," said John Towry, a Heart of Texas Chorus member and retired chief warrant officer.

Approximately one-half of the chorus members are veterans, Towry said, explaining the spe-

cial sense of patriotism in the organization. Towry works full time for the Installation Management Command.

The Heart of Texas Chorus is the performing chorus of the Central Texas Corridor Chapter of the Barbershop Harmony Society.

According to its website (<http://www.hotchorus.org>), it is the largest all-male singing organization in the world.

"I can't believe that anyone can harmonize like they do," said Donna Hughes, the wife of Master Sgt. Glenn Hughes, one of the wounded warriors in attendance.

Like the other visitors to the WFSC, the Hughes Family said they appreciated the dapper-dressed

singers performing in four-part harmony as much as their meal of freshly cooked eggs, sausage, and bacon, assorted drinks and bread.

"I thought it was beautiful," she said.

The group greeted the assembled Families and expressed encouragement to everyone as they visited each room in the center.

"The people who come and watch us have such a good time because we are having a good time," said Andy Solari, also an Army veteran and chorus member.

Next on their schedule Saturday was a visit to



the Fisher House, and naturally Feb. 14 also promised to be very busy for the chorus as online and telephone requests poured in for singing Valentines messages.

Besides competitive appearances, the group

sings regularly in San Marcos and the surrounding area.

"After 9/11, we began participating in 'United We Sing,'" said Jan Scofield, a member of the quartet. "United We Sing" is held in

September to commemorate the bravery and sacrifice displayed by America's finest.

"It's nice for them to take time out of their schedule to sing for us," Hughes said, as he and his wife left the center.

Jan Scofield, Ray Elbel, Andy Solari and John Towry of the Heart of Texas Chorus, sing classic love songs for couples and attending Families at the Warrior and Family Support Center Feb. 12 during breakfast. The Heart of Texas is the performing chorus of the Central Texas Corridor Chapter of the Barbershop Harmony Society.

Photo by
Lt. Col. Randy Martin

32nd Medical Brigade Soldiers experience wounded warrior concert

By Ben Paniagua

Family and Morale, Welfare and Recreation

Approximately 150 Soldiers from the 32nd Medical Brigade experienced a moving performance by "Soldier Hard," a recently discharged Soldier who travels the country giving inspirational and motivational concerts to other Soldiers.

Suffering from severe post-traumatic stress disorder after serving three combat tours in Iraq and Afghanistan, Sgt. Jeff Barillaro found music is the only way he can deal with the condition he lives with.

The highly charismatic ex-Soldier moti-

vates and inspires his military audience with his words of wisdom to the young Soldier audiences he performs for. The music of his Soldier Hard alter ego is mostly rap, and gains the Soldiers' attention with his original words and music.

Barillaro, from San Francisco, has auditioned for "America's Got Talent" and may soon appear on that TV talent show.

At the end of the performance, Soldier Hard asked Soldiers in the audience to join him on stage and wear one of his free T-shirts for a group shot. The group of Soldiers gladly filled the entire stage to show their appreciation for

an evening of learning, being entertained and brilliantly motivated.

"I have never seen a group of Soldiers so taken by an entertainer as entertaining as Soldier Hard," said Raymundo Hernandez, Hacienda Recreation Aide. "You could feel the inspiration and motivation that the Soldiers were experiencing."

Soldier Hard is sponsored by AVET Project, a non-profit organization whose goal is to focus on the plight of today's military men and women as well as the sacrifices their Families make in order to keep our country free from terror threats.



Photo by Ben Paniagua

"Soldier Hard" (with microphone) gets First Sgt. John Blas (in ACUs) and other Soldiers from the 32nd Medical Brigade on stage at the Hacienda Recreation Center after his Feb. 11 performance.

Troops urged to quit smokeless tobacco

When the Defense Department weighs in on kissing and spitting, it's with good reason – two good reasons, in fact: love and health.

Using smokeless tobacco can pose a stinky, unsavory obstacle to sharing a kiss with a loved one, parent, child or sweetheart.

It also may cause a slew of serious health problems. That's why TRICARE wants military personnel to participate in the Great American Spit Out on Feb. 24, and kiss the spit goodbye for a day.

About 19 percent of 18- to 24-year-old men in the armed forces use smokeless tobacco – that's more than double the national rate. The

DOD "Quit Tobacco – Make Everyone Proud" campaign at <http://www.ucanquit2.org> is focusing on helping those who spit and chew tobacco to develop a personalized cessation plan.

"Many of our servicemen started using smokeless tobacco at a young age due to peer pressure and became addicted before realizing the negative effects it could have on their personal relationships and health," said Navy Cmdr. (Dr.) Aileen Buckler, a U.S. Public Health Service officer and chairman of the DOD Alcohol and Tobacco Advisory Committee.

Throughout the month of February the DOD website will host a special Great American Spit Out

page, www.ucanquit2.org/facts/gaspo/, where service members can publicly post their pledge to quit.

Also on the website, Navy Capt. (Dr.) Larry Williams, public health emergency officer, will answer questions about smokeless tobacco. Installations planning cessation events will find ideas, an event registration page, pledge cards, and downloadable promotional materials.

Service members and their friends, Families and other supporters are invited to join the event on Facebook at <http://www.facebook/ucanquit2.org>. Those planning to quit can get a "Kiss me, I'm Tobacco Free" badge to post on their

Facebook page.

The website will showcase graphic photos of the devastating effects of surgery for oral cancer, which has been linked to smokeless tobacco use. Those who use smokeless tobacco are marked by bulging cheeks, gunk stuck in teeth, permanently discolored teeth, and spitting cups – all universally unappealing.

Visitors will also find hard-hitting facts that dispel the myth that smokeless tobacco is a safe alternative to smoking. For example, almost half of those who contract oral cancer die within five years, and one American dies from oral cancer

QUIT TOBACCO.
make everyone proud
www.ucanquit2.org

every hour.

"Don't let spitting and chewing get in the way of your personal relationships," Buckler urged.

"Take this opportunity to do something for yourself and those you love. Kiss smokeless tobacco goodbye and experience the benefits to your social life and health."

Enrolling in the website's comprehensive support system, Train2Quit, can be the first step in the journey to saying goodbye to smokeless tobacco. The system fea-

tures interactive components such as quit tools, self-assessment questionnaires and quizzes.

Service members can create a customized quit plan with a calendar to track progress and learn how to beat cravings, overcome weight gain and cope with nicotine withdrawal. The site also has personal quit coaches, available 24/7, to get answers to questions about becoming tobacco free.

Air Force athletes train for

Warrior Games



Former Staff Sgt. Elmer "Matt" Sanders takes part in a practice drill during training camp at the Jimmy Brought Fitness Center in hopes of being chosen to participate in the 2011 Wounded Warrior Games. Warriors selected for the 2011 Warrior Games will practice with Paralympics clubs in their district.



Photos by Kathy Salazar
Retired Senior Airman Jennifer M. Stone from Denver races to get the ball while a spectator observes the play during practice at the Jimmy Brought Fitness Center.

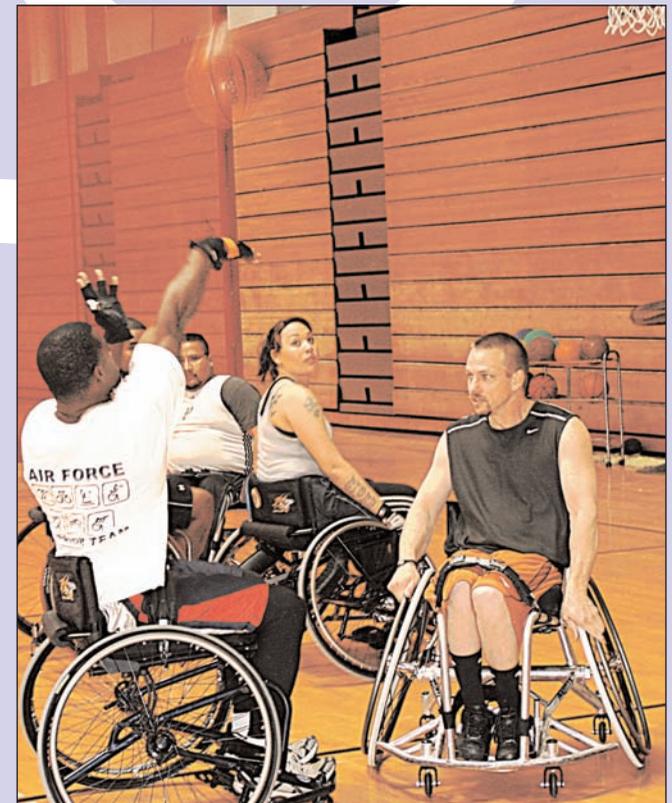


Retired Staff Sgt. Stacy Pearsall, from Goose Creek, S.C. receives the ball during an exercise drill at the Jimmy Brought Fitness Center Feb 11.



Former Staff Sgt. Claude E. Owens, from Beavercreek, Ohio, tries to get the ball during training camp from wounded warrior teammates trying to compete for a spot on the Air Force team.

Fort Sam Houston's Jimmy Brought Fitness Center was the site for a one-day training camp for 20 active-duty Airmen, veterans, and one cadet to prepare them for the 2011 Warrior Games at the Olympic Training Center in Colorado Springs, Colo., from May 16 to 21. Approximately 200 wounded, ill, or injured warriors from all services will compete in the Warrior Games, in archery, cycling, wheelchair basketball, shooting, swimming, track and field, and sitting volleyball. The local athletes practiced their skills in wheelchair basketball and sitting volleyball. One Airman was from Texas and at least one other Airman is rehabilitating at the Center for Intrepid.



Former Staff Sgt. Elmer "Matt" Sanders, from California City, Calif. takes a shot during a practice drill with wounded warrior teammates during training camp.

4th Expeditionary Sustainment Command participates in local career fair

By Capt. Ruth Castro
4th ESC Public Affairs



Members of the 4th Expeditionary Sustainment Command met and interacted with approximately 300 eighth-grade students at Christa McAuliffe Middle School on San Antonio's south-west side during a career day Feb. 3.

An Army Reserve logistics unit on Fort Sam Houston, the 4th ESC manages approximately 6,000 people during peacetime operations in the Oklahoma, New Mexico, Arkansas and Texas area and functions as an operational command post for a theater sustainment command.

The 4th ESC was one of 24 organizations to participate in the career day, as students were able to meet with representatives from the Army and Air Force, local colleges and other business professionals.

Sgt. 1st Class Raymundo Soto and Spc. Nokita Moore from the 4th ESC met with students to answer questions about joining the military. Soto said the eighth-grade students were mostly unaware of the educational benefits and various careers in the Army.

School social worker Barbara Chandler said it was a great opportunity for the students to receive some direction while they are still in middle school.

"Our school is focusing on college readiness," Chandler said. "Each classroom is responsible for adopting a college and gathering all the information available about that college. This includes everything from the school's mascot to their location and specialty."

Chandler said the McAuliffe has a high dropout rate and hopes that this will motivate the students to think beyond middle school and high school.



Photos by 2nd Lt. Sandra Richards

Sgt. 1st Class Raymundo Soto and Spc. Nokita Moore motivate McAuliffe Middle School students by doing push-ups during their career fair. Students got to experience a taste of what they would encounter if they decided to join the military.

She also mentioned that there is an ROTC program at their high school campus which provides students with experience to help them prepare for the future.

The students learned that there are specific requirements that are needed in order to join the military; most students thought that they could join without a high school diploma.



Sgt. 1st Class Raymundo Soto and Spc. Nokita Moore interact with students while answering their questions about the military during the McAuliffe Middle School career fair.

on the west side of San Antonio, he is an example of how the Army creates a variety of opportunities for anyone who works hard and puts their mind to succeeding in life.

Chandler said the career day was a benefit to the students in the sense that they can begin thinking about what is to come in their future. To Soto, this career day proved that kids want to know what the Army does.

He emphasized how in today's society, middle school students need to understand that the Army is not for kids who get in trouble to try and straighten out.

"It's the choices they make in high school can have an impact on whether or not they can even join the Army," Chandler said. "Having a female present and able to professionally answer any questions and having a Latino Soldier who was from the area created a window of opportunity for conversation."

Targeting middle school students is not something that isn't normally done, as it's usually high schools that have career fairs to inform students of their options upon graduation.

Typically, eighth grade students get speakers in their classroom to get them thinking about what they could see in their future. Chandler says this is the second year the middle school hosted a career fair and the hope is that as the years go by, the participation rate will grow.

"We had more girls with questions than boys," Soto said. "They were happy to know that women are treated equally in the Army and that promotions and other opportunities are based on their potential and hard work, not their gender."

The Soldiers shared stories about their experiences in the Army. Soto described how even though he grew up

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

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

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of

the Chapel Enrichment or Bible Study -

Mondays

12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays

9:30 to 11:30 a.m. - Protestant Women of

the Chapel meeting - Wednesdays, child

care is provided

6:30 to 7:30 p.m. - Protestant Women of

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

the Chapel meeting - Thursdays, child

care is provided

Samoan Protestant Service:

8:30 a.m. - Sundays

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

Catholic Services:

8:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - Sundays

Protestant Services:

10 a.m. - Worship Service - Sundays

**AMEDD Regimental Chapel,
Building 1398, 221-4362**

32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays

Contemporary Protestant Service:

9:30 a.m. and 11:01 a.m. - Sundays

Muslim Jumma: 1:30 p.m. - Fridays

**Installation Chaplain Office,
Building 2530, 221-5007**

Church of Jesus Christ of Latter Day

Saints: 8:30 a.m. - Sundays

Cole students defeat school leaders at bowling match

By Jayne Hatton
FSHISD

Five Robert G. Cole Middle/High School students' defeated Fort Sam Houston Independent School District school board members and administrators at a bowling match Jan. 21 held at the Fort Sam Houston Bowling Center.

The competition began as a casual conversation between FSHISD school board member Dr. Eustace Lewis and Cole students at the end of a basketball game. After discussing student interests, Lewis extended the challenge of a bowling match with other board members and administrators.

Cole students Rashad

White, Christopher Cadd, Kaleb and Kelsey Dean and Smitt Thirakul played school board members, Lewis and Keith Toney and administrators Susan Hawkinson, Jayne Hatton, Hans Palmer and Roland Rios.

As the adults laced up rented shoes and reached for bowling balls their first sign of trouble was when the students donned personal items to include gloves, shoes and balls from bowling bags.

"For the adults, fun made up for the lack of ability, although a competitive spirit was evident in comments made during the game," said Toney. "The enthusiasm and high-fives for all

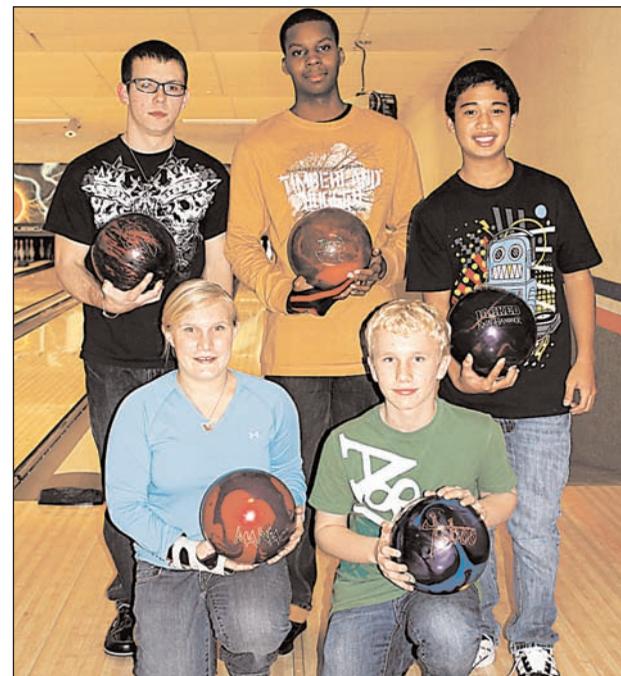
bowlers was prevalent throughout the games."

The students outscored the adults 800-452 in the second game of the evening.

Cole students look forward to defending their

undefeated record at what could be an annual event.

As the adults prepared to leave for the evening, the students continued to practice for league bowling the following day.



Courtesy photo

Robert G. Cole students (from back left) Christopher Cadd, Rashad White, Smitt Thirakul, Kelsey and Kaleb Dean defeat district leaders at bowling match.

Cole cagers beat Ro-Hawks to win district title

By Robert Hoffmann
Fort Sam Houston ISD

The Robert G. Cole High School boys' basketball team clinched the District 29-2A title Feb. 11, notching a 45-40 victory over the Randolph Ro-

Hawks before a sellout crowd at Randolph High School. On the strength of 16 points from Cole junior Ronnel Jordan, the Cougars withstood a late Ro-Hawk (18-9, 8-3) rally to seal the victory. Cole (29-3, 10-1, and

ranked seventh in Texas 2A) finished their regular season schedule Feb. 15 against the Luling Eagles at the Cole Gym. The Cougars' playoff schedule begins Feb. 21 in order to qualify for the state tournament March 10 to 12.

FSHISD WEEKLY CAMPUS ACTIVITIES FEB. 21-26

Fort Sam Houston Elementary School Feb. 21

Student Holiday/Staff Work Day

Feb. 24

Parent to Parent, 9 to 10 a.m.

DENTAC – all grades during P.E. time

Feb. 25

Spirit Day

Black History Month Program, 8:15 a.m. and 9:15 a.m.

FSHISD School Board meeting in Professional Development Center, 11 a.m.

Robert G. Cole Middle/High School

Feb. 21

Student Holiday/ Staff Work Day

Boys Golf at Quail Creek Golf Course, 8:30 a.m.

Baseball vs. St. Anthony at Sanchez-Spencer Field, 5 and 7 p.m.

Boys Basketball Bi-District Playoff, TBA
Feb. 22

Make-up day for on-line registration in computer lab, 7:30 to 8:15 a.m.

Cole High School Project Protégé field trip
Boys Basketball Bi-District Playoff, TBA

Feb. 23

Make-up day for on-line registration in computer lab, 7:30 to 8:15 a.m.

Feb. 24

Make-up day for on-line registration in computer lab, 7:30 to 8:15 a.m.

Girls Varsity Basketball Regional Quarters, TBA

Boys and Girls JV/V Track @ Blanco High School, TBA

Feb. 25

Make-up day for on-line registration in computer lab, 7:30 to 8:15 a.m.

State Academic Decathlon Meet in

San Antonio
FSHISD School Board meeting in Professional Development Center, 11 a.m.
Baseball Tournament at Charlotte, TBA
Girls Varsity Basketball Regional Tourney, TBA

Boys Varsity Basketball Area Playoff, TBA
Feb. 26

Academic Decathlon State Meet in San Antonio

Baseball Tournament at Charlotte, TBA
Girls Basketball Regional Tournament, TBA

Boys Varsity Basketball Area Playoff, TBA
UIL Choir Solo and Ensemble at Madison High School, all day
UIL One Act Play rehearsals in Moseley gym, 1 to 3 p.m.

COLE STUDENTS OF THE MONTH



Cole middle school recipients are (from left) Mackenzie Campbell, seventh grade; Zachary Ray, sixth grade; and Rachel Brown, eighth grade.

Each month Cole Middle/High School recognizes one student from each grade level for his or her outstanding attitude, citizenship, and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The high school recipients for January are (from left) Tyler Ebeler, 11th grade; Amber Sears, 12th grade; Kyla Welch, 10th grade; and Marissa Griffith, ninth grade.



Courtesy photos

DOGGIE DASH FUN

Come out to this month's 5K Doggie Dash Fun Run/Walk Feb. 26, at the Jimmy Brought Fitness Center. Check in is at 8:30 a.m., the run begins at 9 a.m. This event is open to the community and of course, their loyal dogs. All owners must show proof of distemper combo, leptospirosis (DHLPP) and rabies vaccines. All dogs must be on a leash. Stop by the Jimmy Brought Fitness Center, Building 320 on Stanley Road or call 221-1234 for more information.

Photo by Amanda Stephenson



For Sale: Women dress/casual clothes, like new, miscellaneous brand names, skirts, skirt and blouse, slacks, blouse, sizes 12 to 14, prices range from \$3-\$10. Call 363-5621.

For Sale: Hand-built central processing unit (CPU), \$250. Call 831-3648.

For Sale: Battery powered scooter, like new, comfortable seat and easily

accessible controls, \$375 obo. Call 504-368-4168.

For Sale: Dining room set, includes expandable table, six chairs, china hutch, buffet, country French, butter-milk color, \$900; Dell Inspiron PC with 19-inch flat screen monitor and HP all-in-one (printer, fax, scanner, copier), \$225. Call 210-697-9261

For Sale: Above-ground Jacuzzi, needs new cover, \$425; sauna with controls and heater, \$175; fur jacket, \$42; color TV, 150 channels, \$48; gas barbecue grill, glass/metal cover, tank included, \$48; five-blade ceiling fan with lights, \$23; moving cartons, new \$1 each. Call 313-0061.

REMINDER CALENDAR

- Feb. 22** FSH Newcomer's Extravaganza, 9:30-11 a.m., Sam Houston Community Center
- Feb. 23** FSH National Prayer Breakfast, 6:30 a.m., Sam Houston Community Center
- Feb. 23** FSH Black History Month Observance, 11:30 a.m.-1 p.m., Roadrunner Community Center
- Feb. 24** Consolidated Retirement Ceremony, 11 a.m., FSH Quadrangle
- Feb. 25** BAMC Black History Month Observance, 11:30 a.m., Medical Mall
- Feb. 26** 5K Fun Walk/Run Doggie Dash, 8:30 a.m. check-in, Jimmy Brought Fitness Center
- March 2** Lt. Benjamin Foulois Wreath Laying Ceremony, 11 a.m., FSH flagpole



Announcements

BAMC Auxiliary

The Brooke Army Medical Center Auxiliary is currently accepting nominations for the 2010-2011 board. The auxiliary supports the patients of BAMC and the military community through service projects and special events. Call 223-6820 for information.

Summer Employment Opportunities

Visit the USA Jobs website for

summer employment opportunities at all the military installations around San Antonio. Positions are available for clerical, lifeguards, recreation aides, computer clerks and general laborers. To search jobs, visit <http://jobsearch.usajobs.gov/A9DeptAirForce.aspx>.

SMA Leon L. 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 Harris Heights Community Center on Patch Road. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-3887 for information.

Cloverleaf Communicators Club Meetings

The Cloverleaf Communicators Club is open to military, Family members and civilians who are interested in developing or enhancing their leadership and communications skills. 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 for information or visit <http://powertalkinternational.com/>.

Spouses' Club Scholarships

Spouses' Club of the Fort Sam Houston area is now accepting applications for 2011 Scholarships and Welfare distributions. Applications are available at

<http://www.scfsh.com>. Application deadline is April 1. For scholarship info, call 241-0811 and for welfare info, call 789-3861.

Calendar of Events

Feb. 19 Pflugerville Walk

The Colorado River Walkers volksmarch club will host a 5k and 10k walk starting at the Pflugerville Recreation Center, 400 Immanuel Road in Pflugerville, Texas. Walks start between 8 a.m and 12 noon, finish by 3 p.m. Call 512-480-0291.

Open Casting Call

H-E-B and the Witte Museum will hold a casting call 9 a.m.-3 p.m. at the Witte Museum to recruit participants to be known as 'buddies,' vir-

tual partners that will guide visitors through their journey of the H-E-B Body Adventure — a state-of-the-art experience to empower goal setting and inspire a course of action to live a balanced life, all while getting the body up and moving. Walk-ins will be accepted but reservations are recommended, call 357-1914 or visit <http://www.WitteMuseum.org>.

Feb. 21 Warrant Officer Association Meeting

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

invited. Call 375-9895 or 666-9818.

March 12 St. Patrick's Day Parades

The 43rd annual St. Patrick's Day parade in downtown San Antonio will begin at 11 a.m. from Avenue E and Houston, along South Alamo to La Villita. There will be Irish singers and dancers performing at the Arneson River Theatre starting at noon. The St. Patrick's Day river parade begins at 3 p.m.

March 14 Babysitting Boot Camp

Classes will be held March 14-15 and March 16-17 from 9 a.m.-4 p.m. at the Red Cross, 2642 E. Houston St. Cost is \$60. To register, call 582-1931 or visit <http://www.sarecross.org>.

Rocco Dining Facility Menu

Building 2745, Schofield Road

Dining room breakfast hours: Monday-Friday, 6:15 – 8:15 a.m.; weekends and holidays, 8-9:30 a.m.

Friday – Feb. 18

Lunch – 11 a.m. to 1 p.m.

Fried chicken, barbecued pork chops, grilled pork chops, baked stuffed fish, macaroni and cheese, parsley potatoes, carrot and celery amandine, cabbage, vegetable stir fry

Dinner – 5 to 7 p.m.

Beef lasagna, Salisbury steaks, chicken Parmesan, mushroom quiche, steamed brown rice, scalloped potatoes, peas and mushrooms, broccoli

Saturday – Feb. 19

Lunch – noon to 1:30 p.m.

Salisbury steaks, Hungarian goulash, chicken fried steaks, broccoli-rice and cheese, egg noodles, mashed potatoes, cauliflower, wax beans, corn

Dinner – 5 to 6:30 p.m.

Lemon baked fish, barbecued chicken, chili macaroni, cheese tortellini, paprika-battered potatoes, brown rice, spinach, yellow squash

Sunday – Feb. 20

Lunch – noon to 1:30 p.m.

Tempura fried fish, roast pork, barbecued roast pork, rice frittata, baked sweet potatoes, fried rice, Southern-style greens, okra and tomato gumbo

Dinner – 5 to 6:30 p.m.

Swiss steaks with tomato sauce, breaded pork chops, grilled chicken breasts, broccoli quiche, cottage-fried potatoes, brown rice, peas, carrots

Monday – President's Day

Lunch – noon to 1:30 p.m.

Oven-fried chicken, barbecued beef cubes, Swiss steaks, eggplant parme-

san, steamed rice, paprika potatoes, asparagus, peas and carrots

Dinner – 5 to 6:30 p.m.

Roast turkey, Swedish meatballs, cheese ravioli, lemon-baked fish, noodles Jefferson, mashed potatoes

Tuesday – Feb. 22

Lunch – 11 a.m. to 1 p.m.

Lemon-baked fish, chicken fajitas, breaded pork chops, Mexican rice, steamed rice, oven-glo potatoes, cauliflower, pinto beans, spinach

Dinner – 5 to 7 p.m.

Vegetable stuffed peppers, baked chicken breasts, barbecued chicken, chicken enchiladas, chili macaroni, Spanish rice, steamed rice

Wednesday – Feb. 23

Lunch – 11 a.m. to 1 p.m.

Apple-glazed corned beef, spaghetti with meat sauce, savory baked chicken, Salisbury steaks, vegetable lasagna, rice pilaf, parsley potatoes

Dinner – 5 to 7 p.m.

Barbecued beef cubes, chicken cordon bleu, roast pork, broccoli quiche, boiled egg noodles, baked sweet potatoes, savory style beans, zucchini squash

Thursday – Feb. 24

Lunch – 11 a.m. to 1 p.m.

Sweet & Sour Pork, beef stir fry, Italian-style veal steaks, mustard-dill baked fish, eggplant parmesan, mashed potatoes, fried rice, steamed rice

Dinner – 5 to 7 p.m.

Grilled chicken breasts, breaded pork chops, teriyaki baked chicken, Creole macaroni, mushroom quiche, mashed potatoes, fried rice, fried okra

Menus are subject to change without notice

Force Support Squadron

Family & MWR

Announcements

American Red Cross Life Guard Certification Classes

Classes start soon at the Jimmy Brought Fitness Center's Indoor Pool. Registration is \$160 and includes all books required. Participants will receive first aid instruction, cardiopulmonary resuscitation mask and CPR automated external defibrillators for infant, child and adult. To register, call 221-1234.

Scholarships for Military Children

The Scholarship for Military Children Program awards \$1,500 scholarships to qualified military dependents. Applications are currently available and due Feb. 22. For more information on eligibility and applications, contact the Fort Sam Houston Commissary, visit <http://www.militaryscholar.org> or call 221-4678.

Attention Fitness Center Patrons

In an effort to reduce costs and improve efficiency, towel service will discontinue March 1, please plan accordingly.

CYS Services Talent Showcase

The Child, Youth and School Services Talent Showcase to be held Feb. 26 from 6-8 p.m. A dance will follow from 8-10 p.m. There are no auditions and everyone is encouraged to participate. Practices will be held Saturdays through Feb. 19, 5:30-7:30 p.m. at the Youth Center, Building 1630-A. Call 221-4781.

“And Then There Were None” at the Harlequin

The Harlequin Dinner Theatre presents a critically acclaimed adaptation of Agatha Christie's murder mystery “Ten Little Indians.” Performances are Thursdays, Fridays and Saturdays through Feb. 19. Dinner is served at 6:15 p.m. with an 8 p.m. curtain. Tickets are \$33/civilians, \$30/military, \$26/students, and \$16.50/children 12 and under.

Call 222-9694 for reservations and directions.

Free Fitness Training

The Brigade Gym is offering free body fat calculations, Body Mass Index, measurements and taping, and personal and group fitness training. Services will include high intensity movement training, body sculpturing, muscular strengthening and endurance training. Call 221-4893 for more information or an appointment.

Microsoft Office Classes

Feb. 17 – Access Level 1
Feb. 22 – Word Level 3
Feb. 23 – Excel Level 1
Feb. 24 – Access Level 2

Classes are 8 a.m.-noon at the Roadrunner Community Service, Building 2797. To register, call 221-2518/2705.

Calendar of Events

Feb. 18

Post Deployment Planning

The training is 9-10:30 a.m. at the Roadrunner Community Center,

Building 2797. To register, call 221-1829/0946 or e-mail samh.acs.mob.deploy@conus.army.mil.

Balancing Marriage and Baby

The class is 11 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349.

Feb. 22

Family Readiness Group Leadership Academy

The training is Feb. 22-23 from 8 a.m.-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Newcomers' Extravaganza

The Newcomers' Extravaganza, 9:30-11 a.m. at the Sam Houston Community Center, is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston. The extravaganza is an opportunity to learn about Fort Sam Houston and the San Antonio area. Food, give-always and door prizes are provided. Open to

service members, civilians and Family members. Call 221-2705/2418.

Building Effective Anger Management Skills

This six part series is held Tuesdays, 11 a.m.-12:30 a.m. at the Red Cross, Building 2650. Call 221-0349.

Consumer Awareness

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

Feb. 23

New Parent Support Orientation

The orientation for expectant parents and parents of children birth to 3 years old is 2-3:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349/0860.

Feb. 24

Creative Approaches to Parenting Children with Special Needs

The class is 11:30 a.m.-1 p.m. at the Roadrunner Community

Center, Building 2797. Call 221-0600/0349.

Feb. 26

Doggie Dash

The run begins at 9 a.m. at the Jimmy Brought Fitness Center. This event is open to the community and of course, their dogs. All owners must show proof of distemper combo, leptospirosis (DHLPP) and rabies vaccines. All dogs must be on a leash. Call 221-1234 for information.

March 11

Shamrock Scramble

502nd Air Base Wing will host its First Annual Shamrock Scramble at the Fort Sam Houston Golf Club. The scramble will begin with a 10 a.m. shotgun start. Registration is open to all Defense Department I.D. cardholders and must be completed by March 1. The fee is \$35/FSH/Randolph/Lackland golf club members and \$50/non-members, per person; includes cart fee, greens fee and entry to awards banquet following scramble. Register your team in person at the Golf Club Pro Shop, 1050 Harry Wurzbach or call 222-9386.

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