

FORT SAM HOUSTON News Leader

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

BRAC funding on track

Senator Kay Bailey Hutchison and San Antonio Mayor Phil Harberger listen as Maj. Gen. Russell Czerw, Fort Sam Houston and Army Medical Department Center and School commander responds to a reporter's question during a press conference held Monday to explain the progress of BRAC construction at Fort Sam Houston totaling more than two billion dollars. Hutchison praised the cooperation among military, political, civic and business leaders to insure construction stays on timelines to complete BRAC construction by September 2011 and community efforts to welcome new families to the San Antonio area. The post will employ more than 32,500 personnel as a result of new commands relocating to the installation. Prior to the press conference Hutchison met with Bexar County Judge Nelson Wolff, Mayor Phil Harberger, Bexar County Commissioner Kevin Wolff, City Councilwoman Sheila McNeil, San Antonio Greater Chamber of Commerce president Richard Perez and San Antonio Hispanic Chamber of Commerce president Ramiro Cavazos to discuss community BRAC related initiatives and her commitment to secure congressional funding.



Photo by Esther Garcia

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YEAR OF THE NCO



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32nd Medical Battalion graduates Soldier Medics

The inaugural Brian D. Allgood award winner announced

By Minnie Jones
Fort Sam Houston Public Affairs

The Jimmy Brought Fitness Center was filled near to capacity with Soldiers, Family and friends Feb. 11 when A Company, 232nd Medical Battalion graduated 383 combat medics from the 68W, Health Care Specialist (Combat Medic) course.

Lt. Col. John Lamoureux, commander, 232nd Medical Battalion opened the ceremony

"Today is a very special day. Not only do we honor 383 graduating Soldier Medics, but we pay tribute and honor to one who was an incredibly gifted, extremely focused husband, father, physician, Soldier, and leader. And I am grateful to say – friend, Col. Brian D. Allgood."

*Maj. Gen. Russell Czerw
Commander, Fort Sam Houston and U.S. Army Medical Department Center and School*

recognizing Families and friends of the graduating Soldiers, "Most don't realize it but serving in the military is a Family affair," said Lamoureux.

He then thanked the veterans in the audience. "More than 80 percent who serve come from a Family that has had someone else who has served in some

form or fashion."

Addressing the Soldiers, Lamoureux said, "this course was very tough, both academically and environmentally, but what you may not realize is that in many ways this course was tough for a reason and it is not designed for everyone to get through. Only the best of the best are allowed and able to get through this course."

Lamoureux concluded "Be

See GRADUATES P4

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Army sending 'I. A.M. Strong' kits to battalions

WASHINGTON — Help is on the way for commanders who are launching sexual harassment and assault prevention programs at the battalion level.

The Army's newly restructured Sexual Harassment and Assault Response and Prevention has begun distributing "I. A.M. Strong" sexual assault prevention information kits to Army commanders. I. A.M. stands for "intervene, act, motivate."

The intent of the "I. A.M. Strong" kits is to provide commanders materials that promote Soldier awareness of the "I. A.M. Strong" campaign to promote the prevention of sexual harassment and sexual assault.

The kits contain a Commander's Guide, Leader's How-To Guide, brochures and wallet cards for each Soldier, a DVD, poster series and banners.

The DVD portrays real victims and real accounts of sexual assault from female Soldiers.

Battalion-level sexual harassment and assault prevention programs are part of an Army-wide effort over the next five years to change Army culture to encourage reporting of incidents and stamp out sexual assault within the ranks.

In 2007, the number of sexual assaults in the Army was twice that of its sister services. The program intends to ensure a cultural about-face: to transform Army climate and become the model for the nation in prevention of sexual harassment and assault, officials said.

The Army launched its "I. A.M. Strong" campaign at a sexual assault prevention summit in September 2008. To better realize the goals of already-established preven-

tion and response programs, the Secretary of the Army approved the reorganization of the Department of the Army's Sexual Assault Prevention and Response Office, now called the Sexual Harassment/Assault Response and Prevention Division, or SHARP office, which has assumed the Prevention of Sexual Harassment missions formerly run by Army Equal Opportunity and Equal Employment Opportunity offices to prevent duplication

of efforts and resources.

"Commanders at all levels have been charged to aggressively implement their command's 'I. A.M. Strong' prevention program," said Nathan Evans, Army Sexual Harassment and Assault Response and Prevention program and policy analyst.

For more information on the Army's sexual harassment and assault response and prevention program, visit www.preventsexualassault.army.mil. (Source: Army News Service)

Weekly Weather Watch						
	Feb. 19	Feb. 20	Feb. 21	Feb. 22	Feb. 23	Feb. 24
San Antonio	70° Clear	70° Partly Cloudy	61° Thunderstorms	63° Partly Cloudy	70° Mostly Cloudy	74° Partly Cloudy
Kabul Afghanistan	41 Rain Chance	46° Rain Chance	44° Snow Chance	39° Rain Chance	48° Snow Chance	42° Rain Chance
Baghdad Iraq	66° Rain Chance	71° Clear	66° Clear	62° Clear	66° Partly Cloudy	68° Partly Cloudy

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

Thought of the Week

"Those who give when they are asked to have waited too long."
Kobi Yamada
(Source: Bits and Pieces, January 2009)

News Briefs

Walters Street gate closure

The Walters Street Access Control Point outbound lanes will be closed Feb. 21 and 22 to install a new canopy. The inbound lanes will also be closed so inbound traffic will be detoured through the visitors' entrance. Consider using alternative ACPs, such as Harry Wurzbach, Wilson Road or Schofield Road for easier access during the closure.

Garrison town hall meetings

Lincoln Military Housing, in conjunction with the Family and Morale, Welfare and Recreation, will host the garrison commander town hall meeting for residents from Infantry Post, Artillery Post, Hancock, Wheaton Graham, and Gorgas Circle Feb. 25 from 6 to 7:30 p.m. at Army Community Service, Building 2797. For more information call LMH at 270-7638.

NCO, Soldier of the Year competition

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

Newcomers' Extravaganza

The mandatory Newcomers' Extravaganza will be held Feb. 24 from 9:30 to 11 a.m. at the Sam Houston Club. All permanent party in-processing Soldiers, lieutenant colonel and below, must attend the Newcomers' Extravaganza within 60 days of their arrival to Fort Sam Houston. The extravaganza is an opportunity to learn about Fort Sam Houston, the San Antonio area and meet representatives from many different organizations, programs and businesses. Commanders and supervisors are encouraged to allow Soldiers and civilian employee's administrative time to attend. Soldiers and their spouses as well as the entire Family are welcome, as are civilians new to the area. For more information, call the Army Community Service Relocation Assistance Program at 221-2705 or 221-2418.

Army Nurses Corps celebrates 108th anniversary

By Jerry Harben
Medical Command Headquarters

Nurses on Fort Sam Houston gathered at the Stillwell House on Feb. 12 to celebrate the 108th anniversary of the establishment of the Army Nurse Corps.

Keynote speaker for the event was Col. Susanne Clark, deputy chief of the ANC. Clark spoke about the ANC Campaign Plan adopted last summer by Corps Chief Maj. Gen. Patricia Horoho.

The plan is organized around "four imperatives:" leadership development, warrior care delivery, evidence-based management and human capital.

"We are looking at restructuring the Head Nurse Course," Clark said. "We need nurses capable of leading a unit, not just managing a unit." "We also are looking at how do we turn some of our civilian nurses into leaders," she added.

From the Revolutionary War through the 19th Century, women providing nursing service to the United States Army were either volunteers or civilians under contract. The performance of contract

nurses in the Spanish-American War helped convince military leaders and Congress that a permanent nurse corps should be established.

"American women may well feel proud of the record made by these nurses in 1898 through 1899, for every medical officer with whom they served has testified to their intelligence, and skill, their earnestness, devotion and self-sacrifice," wrote Army Surgeon General George M. Sternberg in 1899. Congress agreed, and on Feb. 2, 1901, the Nurse Corps became a permanent part of the Army Medical Department under the Army Reorganization Act.

A chronology of ANC history can be viewed online at <http://history.amedd.army.mil/ancwebsite/anchhome.html>. During the event Clark presented Army Nurse Corps Campaign coins to Maj. Joseph Topinka, Lt. Col. Jack Davis and Lt. Col. Kelly Bramley.



Photo by Ignacio Dondoyano
(From left) Retired Army Col. Mary Messerschmidt, 2nd Lt. Jennifer Koide and Col. Susanne Clark, deputy chief of the Army cut the birthday celebrating the 108th Anniversary of the Army Nurse Corps.



Photo by Esther Garcia
(From left) retired U.S. Coast Guard Capt. Dick Whynot, Society for the Preservation of Fort Sam Houston, presents Col. Susanne Clark, deputy chief of the Army Nurse Corps and Col. Carol Gilmore, chief nurse, U.S. Medical Command, a 1920 picture of the Nurses Quarters, now building 2189 which is unoccupied, and a 1919 picture of the old Station Hospital, now Building 2000 that is under renovation for Installation Management Command - West Headquarters.



Photo by Esther Garcia
Lt. Col. Miriam Spells, Chief, Regulatory Compliance, medical surgical nurse, views pictures depicting nurses in the military from past to present.

See NEWS BRIEFS P4

News Briefs

from P3

108th anniversary of the Army Nurse Corps

The AMEDD Museum and the AMEDD Museum Foundation will host the 108th anniversary of the Army Nurse Corps Feb. 24 at 5 p.m. in the Army Medical Department Museum, on the corner of Stanley Road and Harry Wurzbach. The guest speaker is Lt. Col. Cheryl Capers, U. S. Army Nurse Corps Historian. Her presentation will be "Envision the Future – Building upon a 108 year legacy." Light refreshments will be served.

ISR 1 training

Installation Status Report, Infrastructure training will be held Feb. 24 from 7:30 to 11:30 a.m. at Evans Theater, Building 1396. The mandatory orientation training is for all ISR 1 points of contact, directors, program managers or representatives for installation activities required to complete ISR ratings. No reservation is required. Commanders are requested to provide a point of contact, and phone or e-mail information for the POC. For more information, call Judy Barta at 295-4922 or e-mail judy.barta@us.army.mil.

Black History Month celebration

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

USACR Safety Center seeks best safety practices

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

On-post housing available

Lincoln Military housing has two-bedroom homes available for E1 to E6 for immediate move-in. The homes have been recently renovated and offer many amenities. For more information, call LMH at 824-9587.

GRADUATES from P1

proud of what you have accomplished... you are now part of an elite club whose members are the world's finest "medics" and on behalf of the nation, I congratulate each one of you for earning this title and for the credit you bring upon the United States of America and the country of Yemen."

Maj. Gen. Russell Czerw, commander, Fort Sam Houston and U.S. Army Medical Department Center and School delivered the commencement address to the graduates. He manages over 40,000 personnel and 31,000 acres of military real estate on Fort Sam Houston.

"For 233 years, our armed forces have come together to fight for a common cause. Brave patriots come from all across America, from small towns and cities, and from various backgrounds – and they gather together to defend America, when our borders, our people and our way of life are threatened. They volunteered and answered our nation's Call to Duty," said Czerw.

Soldier Medics of graduating class number 17-08, you are now that patriot – you have made that commitment to honor our nation by giving of yourself so that others may receive your healing touch, that commitment to protect – that of which we hold so pre-



(From left) Mrs. Brian D. Allgood, Lt. Col. John Lamoureux, commander, 232nd Medical Battalion and Colonel Brian D. Allgood 68W Distinguished Honor Graduate Award winner, Spc. Mark Pilar, 1984th DET 2, Tripler Army Medical Center, Honolulu, Hawaii. Allgood had a chance to meet and talk with Pilar at the Jimmy Brought Fitness Center Feb. 11 after the graduation ceremony about winning the award and her husband Lt. Col. Allgood.

cious – our freedoms."

Addressing the Allgood award Czerw said, "Today is a very special day, not only do we honor 383 graduating Soldier Medics, but we pay tribute and honor to one, who was an incredibly gifted, extremely focused husband, father, physician, Soldier, and leader. And I am grateful to say – friend, Col. Brian D. Allgood."

"Col. Brian D. Allgood may be fallen, but he will never be forgotten for who he was and what he represented. In his memory, we have established the Colonel Brian D. Allgood award of excellence, an award that recognizes a leader who possesses integrity, commitment, one who is loyal and dedicated, one who epitomizes selfless service and who inspires others to lead. And I for one, having been a friend who had the privilege to receive that inspiration. For those who receive this distinguished award in the future, know that it is special, know that it is an extreme honor."

"The day after tomorrow, you give up the job of student and take on the mantle of warrior. I thank you for your service. I thank you for your dedication and I welcome you back. Congratulations. God bless you, and God bless this great nation we call the United States of America."

In a resounding voice, Czerw shouted "GATORS." And Class 17- 08 answered



Photos by Minnie Jones

Maj. Gen. Russell Czerw, commander, U.S. Army Medical Department Center and School and Fort Sam Houston stands at attention as the award is read aloud for the Col. Brian D. Allgood, 68W Distinguished Honor Graduate Award. Spc. Mark Pilar stands ready to receive the award.

back, "Lead the Way." Czerw said, "Make your cadre proud because you are their legacy and you are their credentials."

The medical battalion also graduated one international student from Yemen. Two Soldiers were recognized for leadership awards, three received physical fitness awards and 18 received honor graduate recognition.

All the graduates were congratulated and the ceremony concluded as the new Soldier Medics marched from the ceremony, calling cadence on their way to new assignments which will carry them to all parts of the world saving lives.

Col. Brian D. Allgood Award

The Army Medical Department Center and School established the Col. Brian D. Allgood 68W Distinguished Honor Graduate Award on behalf of Allgood, who commanded the 232nd Medical Battalion from June 4, 1999 to June 8, 2001. Under his superior leadership, more than 9,000 Soldiers,

were trained and molded into combat medics. His legacy lives on in generations of combat medics who save lives everyday. The award is given in an effort to memorialize his honor, courage, professionalism, technical and tactical competency and values.

Army Reservist, Mark Pilar, 1984th DET 2, Tripler Army Medical Center, Honolulu, Hawaii, was the first to receive the Col. Brian D. Allgood, 68W Distinguished Honor Graduate Award. "I feel a great sense of honor, I wasn't aware at first what the Allgood Award was, until I saw all the people coming out and going through the practice runs, how big of a deal this was," said Pilar.

Speaking about the award, Mrs. Allgood said, "It is a nice way to remember him. It would be nothing he would want, because he was very low key, but if it helps someone else to stay focused and have some sort of goal, you never know how the ripple effect, affects other peoples' lives.

Fire danger high

Ready Army tips to safeguard Soldiers, Families



With South Texas experiencing record drought conditions, Ready Army is reminding Army personnel and their Families to prepare themselves for the possibility of wildfires. Wildfires can start unexpectedly and spread quickly.

People may not be aware of a wildfire until they are in danger, so it is important to be prepared for a wildfire, especially when living in or near dry, wooded areas. Wildfires can be incredibly destructive and dangerous.

They pose a threat not only to people's home and community, but also to Families if people are not prepared. In general, to prepare for wildfires, it is important to make an emergency kit ready for evacuation that includes copies of important documents and papers that can be accessed by all family members. People also should develop a communication plan in case they are separated from their Family during an evacuation.

There are several ways to better prepare for a wildfire:

- Be aware of the area's risk for wildfires.
- Create a 30 to 50 foot safety zone around the home by clearing the area of all flammable vegetation, including dry leaves and branches.

- Regularly clean roof and gutters of debris.
- Make sure to have a fire extinguisher as well as a hose that can reach all areas of the home.

If experiencing a wildfire, take these steps to protect family and property:

- Listen to radio and TV for information and instructions.
- If you spot a wildfire, call 911 immediately. Don't assume that someone has already reported it.
- If directed to evacuate, take an emergency kit and do so immediately.

See FIRE P8

Black History Month commemorative events schedule

'The Quest for Black Citizenship in the Americas'

The 2009 Black History Theme is "The Quest for Black Citizenship in the Americas." A century ago, an interracial group of Americans joined and formed the National Association for the Advancement of Colored People (NAACP). Two generations after emancipation, a tide of racism had betrayed the promise of first-class citizenship. In the South, Blacks were denied the right to vote and forced to endure racial segregation. In the North, African Americans confronted myriad forms of discrimination that thwarted their aspirations.

Schedule of events:

TODAY

The 32nd Medical Brigade Black History Month Celebration will be held Feb. 19 from 6:30 to 7:30 p.m. at the Hacienda Recreation Center. The guest speaker is Lt. Col. Carlene Blanding, adjutant officer, 32nd Medical Brigade. The 264th Medical Battalion will host the event.

The Team Randolph African-American Heritage Month Committee 9th Annual Scholarship Golf Tournament will be held Feb. 19, check-in begins at 11:30 a.m. at Randolph Oaks Golf Course; a shotgun start is at 12:30 p.m. For more information, call Tech.

Sgt. Reginald Frazier at 565-4281.

FRIDAY

A Workshop In Traditional Yoruba Fabric Techniques' will be held Feb. 20 through 22 from 10 a.m. to 4 p.m. at Southwest School of Art and Craft, 300 Augusta (at Navarro). Tuition for the three days is \$240. For more information or to register, call 224-1848

WEDNESDAY

The Soul Food Fest will be held Feb. 25 at noon at St. Phillips College, Heritage Room. St. Phillip's College Culinary Arts students will prepare and sell the food.

FEB. 27

A 5K Fun Run/Walk will be held Feb. 27 at Eberle Park. Sign-up begins at 7:15 a.m. and the race begins at 7:30 a.m. Prizes will be awarded to the first ten participants to sign up. For more information, call Tech. Sgt. Kristie Simpson at 565-4701.

An African-American/Black History Month Commemoration will be held Feb. 27 from 11 a.m. to 1 p.m. at the Jimmy Brought Fitness Center, Building 320, Wilson Road.

FEB. 28

An AAHC Banquet will be held Feb. 28 at the Gateway Club, Lackland AFB. For more information, call Maj. Torres at 671-9338.

Fort Sam tax center offers e-filing

By Ann Mancillas

Army Community Service Financial Readiness

The 2009 income tax filing season is under way and the Internal Revenue Service is accepting electronic filing of returns due April 15 for calendar year 2008.

E-filing, available through tax preparation software used by most return preparers and many self-filing taxpayers, is again being promoted by the

IRS as the most expeditious method of filing. E-filing is available in the tax center at Fort Sam Houston, and in most cases are filed the same day.

Taxpayers receiving Form 1099-B, Proceeds From Broker and Barter Exchange Transaction, as well as other items that reporting entities customarily report with it on an annual composite form/broker statement, including forms 1099-DIV and

Changes affecting individual taxpayers for 2008 include a higher additional standard deduction and an increase in the maximum deductible contribution for IRAs.

1099-INT, might not receive them until after Feb.17.

Changes affecting individual taxpayers for 2008 include a higher additional standard deduction and an increase in the maximum deductible contribution for IRAs.

Taxpayers who own qualifying real property but don't itemize their deductions can take advantage of the new additional standard deduction for state and local real property taxes paid in 2008, up to \$500 for single filers and \$1,000 for married couples filing jointly. Also, standard deductions can also be increased by net disaster loss, if applicable. These additions allow for greater flexibility and are added to the taxpayer's standard deduction along

E-filing is available in the tax center at Fort Sam Houston, and in most cases are filed the same day.

with other traditional credits (elder and blindness).

The maximum deductible contribution limit for traditional IRAs rose to \$5,000 and \$6,000 for individuals 50 or older for 2008. The contribution limit for employer plans, including 401(k) and 403(b) plans, remains unchanged from 2007 at \$15,500, as does the catch-up contribution limit at \$5,000.

The Fort Sam Houston Military Tax Center is located in Building 133, near the intersection of Stanley and Liscum, immediately behind

the Office of the Staff Judge Advocate. The office is open Tuesdays through Fridays from 9 a.m. to 5 p.m. and Saturdays from 9 a.m. to 2 p.m.

A satellite office is located in Brooke Army Medical Center's lower level. The satellite is open Monday through Friday from 9 a.m. to 4 p.m. Both offices are accepting appointments at the present time. For more information or to make an appointment, call 295-1040 or for the BAMC satellite, call 916-1040.

Lincoln Military Housing recognized



Photo by Esther Garcia

Ivan Bolden, chief, Public-Private Initiatives, assistant chief of staff for Installation Management, presents the Army outstanding housing installation team-privatized location award to U.S. Army Garrison Commander, Col. Mary Garr, Garrison command Sgt. Maj. Pedro Class, and to members of Lincoln Military Housing. Bolden oversees all public private initiatives ventures for the Army. His direct oversight includes the Army's Residential Communities Initiatives (the Army's housing privatization program), privatization of Army lodging, utilities privatization, enhanced use leasing, municipal services/partnerships and competitive sourcing. Lincoln Military Housing received the Military Service Award for providing high quality housing and livable communities throughout partnerships, collaborations and resident-focused services, setting high standards in all areas including partnering, property management and development. Also accepting the award are Allyson McKay, Tricia Aleman, Mark Doremus, Teresa ElHabr, Patricia Baker and Ray Ferland.

Hiring Heroes Career Fair

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

The Fort Sam Houston Army Career and Alumni Program Center, the Office of Personnel Management and the Soldier and Family Assistance Center will be conducting a series of classes and taking individual appointments to assist Warriors in Transition in federal and corporate resume formulation, Internet job searching, interviewing and other job search related skills. For more information, call ACAP SFAC office at 916-9295 or the Office of Personnel Management SFAC office at 916-9252.

(Source: Army Career and Alumni Program)

San Antonio Military Community Job Fair

The San Antonio Military Community Job Fair will be held March 11 at the Live Oak Civic Center, 8101 Pat Booker Rd., Universal City, Texas. Historically, over 100 employers gather to speak with active duty and Reserve Soldiers, veterans, military retirees and their Family members on employment opportunities.

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

New commander



Photo by Maria Gallegos

Brig. Gen. James Gilman, commanding general, Great Plains Regional Medical Command and Brooke Army Medical Center, passes the unit colors to Col. Jane Anderholt as she accepts her new position as the commander of the Community Based Health Care Organization Task Force Command during a change of command ceremony Feb. 2 in Wood Auditorium. Departing Commander, Col. Kathy Chambers, will reside as the new staff officer for the Arkansas Medical Detachment, Joint Forces Headquarters.

FIRE from P5

- Turn on porch lights and all the lights inside to make a home easier to spot in heavy smoke.
- Leave doors and windows unlocked for firefighters.
- Turn off gas.
- Fill any large containers with water, including pools, garbage cans and tubs.
- Close all the doors in your house to prevent a draft.
- Wear protective fire retardant clothing that fully covers arms and legs.
- Once people are in a safe place, report to your command or supervisor.

After a wildfire, you should:

- Check the roof and attic for smoldering embers or fires.
- Put out any fires with the water

stored in containers.

- Maintain a fire watch for several hours, periodically checking for fires or smoke throughout and around the house.

Ready Army is an Army-wide campaign developed by the Headquarters Department of the Army, Army Emergency Management Program. The campaign seeks to inform the Army community of all hazards, man-made and natural, and encourages Soldiers, their Families, Civilians and contractors to—Get a kit. Make a plan. Be informed. The Fort Sam Houston Ready Army Coordinator, Brad Barrett, can be reached at 295-0534. The Fort Sam Houston Ready Army Web site is located at <http://www.sam-houston.army.mil/readyarmy/>.

(Source: Fort Sam Houston Ready Army Coordinator)



Commissary informs customers about product recalls

McClellan, Calif. – To keep commissary customers informed about recalled products carried in the Defense Commissary Agency inventory, the agency provides a complete list under Recent Food Alerts and Product Recalls at <http://www.commissaries.com>.

Commissary customers can return any recalled products purchased at a commissary to the place of purchase for a full refund.

The Defense Commissary Agency understands customers' concerns regarding food safety and is committed to providing a safe and secure shopping environment for its patrons. When it comes to food safety, DeCA engages a stringent, multitiered system

to ensure quick and complete removal of suspect items from store shelves throughout the world whenever a food or product recall is issued.

The recall process itself begins when an item is suspected of being contaminated or otherwise unfit for consumption or use. No matter the source, when DeCA receives a recall alert, the first order of business is to determine whether or not the product line or manufacturer is part of the DeCA inventory. That job falls to DeCA's sales directorate, which purchases and tracks the thousands of products bought for resale in the commissary system.

If any commissary stocks the same brand name as the item in the recall, the sales

directorate staff determines if the product DeCA sells matches the actual product being recalled. This is the part of the advisory or recall process that confuses most customers.

When a lot number matches the item being recalled, the matching lot numbers are immediately removed from the shelves and placed on hold. Some companies, however, will ask DeCA to remove its entire stock of a product even if only one lot number in their company's line is recalled. Other times, companies will request that just the item indicated in the recall be removed, leaving other products with the same name on the shelves for customers. This is why an entire product line may be

The Defense Commissary Agency provides a complete list of recalled products at <http://www.commissaries.com>.

removed following a recall, but why other times similar products remain on the shelves for commissary patrons.

Items listed on a recall go into the medical holding areas of commissaries, where signs are placed on the items stating they are on medical hold. Each commissary has an employee responsible for ensuring every item remains off the shelf until either cleared for sale or removed from the facility. That employee counts the items when they are put into the holding area, and ensures that the initial

count remains the same until the items are released for sale or removed from the facility.

To ensure there are no mix-ups along the way, "numerous redundancies are built into the system, both internal and external to DeCA," said Ralph Maastricht, Fort Sam Houston store director. "In addition, anytime a recall comes out through the media before stores are notified from DeCA headquarters, local commissary managers have the authority to pull items off shelves if they feel the items might not be safe."

(Source: DeCA)

Driving, motorcycle safety courses available to Fort Sam community

Road incidents result in the deaths of an estimated 1.2 million people worldwide each year, and injure about forty times this number

according to a 2004 World Health Organization report.

Despite advanced safety technology and 21st century medical care, cars are respon-

sible for more deaths than virtually any other cause in the United States. The Army Combat Readiness Center reports driving fatalities -

again the leading cause of accidental deaths, accounting for 62 percent of accident-related fatalities — increased 17 percent from fiscal 2007.

The lives of 126 Soldiers were lost to privately owned vehicle accidents in fiscal 2008. Motorcycle accidents contributed to over 40 percent of that number. The major causes of motorcycle accidents are excessive speed and failure to follow published procedures or violation of established standards. We have to find a way to get through to our Soldiers — particularly those in the 32 and under age bracket — to stop the indiscipline and high-

See SAFETY P14

Separating fact from fiction about smokeless tobacco

In observance of the "Great American Spit Out" Feb. 19, and "Through With Chew Week" Feb. 15 to 21, the U.S. Department of Defense is targeting smokeless tobacco as part of its "Quit Tobacco—Make Everyone Proud" tobacco cessation campaign.

At the campaign's official Web site, <http://www.youcan-quit2.org>, there's accurate and easy-to-digest information that sets the record straight on smokeless tobacco.

Debunking the myths

Myth: Smokeless tobacco products are a safe alternative to tobacco smoking.

Fact: Smokeless is not harmless. The list of serious illnesses connected to any form of smokeless tobacco is almost too long to print, but includes mouth cancer, cancer of the pancreas, tooth loss, and bone loss around the roots of teeth.

Myth: Smokeless tobacco

contains less nicotine than cigarettes.

Fact: The amount of nicotine absorbed from a can of spit tobacco is equal to the amount delivered by three to four packs of cigarettes. Nicotine is absorbed more slowly from smokeless tobacco than from cigarettes, but more nicotine per dose is absorbed from smokeless tobacco than from cigarettes. In addition, the nicotine stays in the bloodstream longer.

Myth: Nicotine and all the other poisons disappear when you spit out the tobacco.

Fact: A high dose of nicotine enters the bloodstream and is then carried throughout the body. It takes its toll on many parts of the body, including the heart and blood vessels, hormones, metabolism and brain.

Myth: A little dip or chew won't hurt — it's a harmless habit.

Fact: Even a little smokeless tobacco has enough nicotine in it to get a user hooked, if they keep using it.

Smokeless tobacco contains nicotine, the same drug that makes cigarettes addictive. Holding an average size dip or chew in the mouth for 30 minutes delivers as much nicotine as about three cigarettes.

Myth: Smokeless tobacco use will improve your social and romantic life.

Fact: Just the opposite. Chewing and dipping carry a heavy social price, especially when it comes to dating. Bad breath, gum disease, and stained teeth are universally unappealing. Surgery for oral cancer can result in removal of parts of the face, tongue, cheek or lip, a difficult scenario for a great love connection.

Myth: Americans are getting the message that smokeless does not equal harmless.

Fact: Nationally, about one in seven high school males currently use spit or smokeless tobacco products, and in some states, that number is one out of four.

For the total Department of Defense male population, the



rate of smokeless tobacco use is 21.6 percent, significantly exceeding the rate in the general population.

Myth: If you spit for five years or less you won't get cancer or heart disease.

Fact: Research reported at the Mayo Clinic and other well-respected organizations indicates that any amount of smokeless tobacco use is dangerous, regardless of whether it's used for a few years or a

decade. Smokeless tobacco users have a greater risk for oral cancer than non-users. Oral cancer can form in as little as five years of regular use.

Myth: Smokeless tobacco is easy to give up.

Fact: Since smokeless tobacco contains nicotine, it's as addictive as a cigarette, and users will experience the same withdrawal symptoms. These are usually strongest the first week after quitting. The worst is over after two weeks.

The Department of Defense has an innovative array of high-tech tools and personalized resources to assist enlisted personnel get tobacco-free at <http://www.ucanquit2.org>. Live Help in real time with trained tobacco Cessation Coaches is available every day, from 8:30 a.m. to 10 p.m. Eastern time.

(Source: USACHPPM)

Oath of enlistment

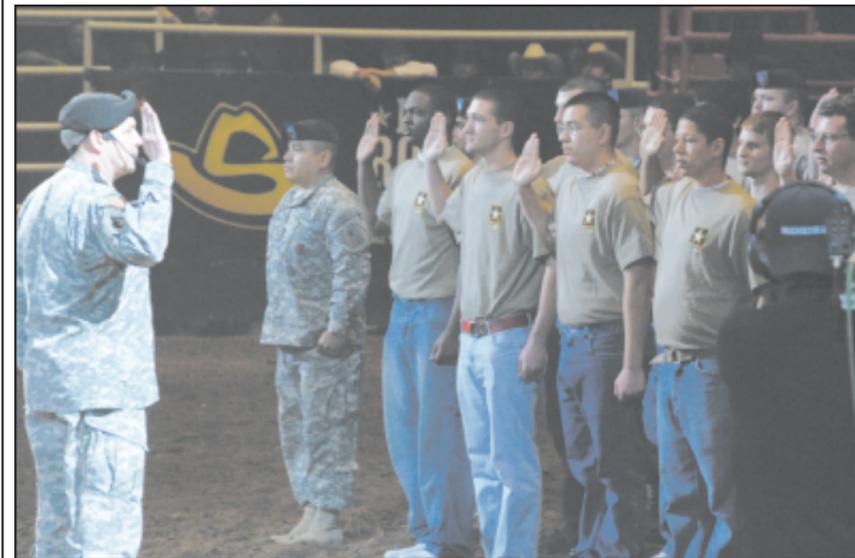


Photo courtesy of the San Antonio Stock Show and Rodeo

Lt. Gen. Thomas Turner, commanding general, U.S. Army North, administers the oath of enlistment to 40 future Soldiers Feb. 13 during the San Antonio Stock Show and Rodeo at the AT&T Center. The Soldiers were recruited from across the state of Texas by the 5th Recruiting Brigade and will report for duty in the coming months. Included among the future Soldiers is Turner's son who is joining the Army in the radiology field.

Sports

Wounded warriors 'First Swing' golf clinic

The U.S. Army Family, Morale, Welfare and Recreation Command and the National Amputee Golf Association will host "First Swing" learn to golf seminars Feb. 22 and 23 at the Fort Sam Houston Golf Course. Registration will begin Feb. 22 at 8 a.m. and Feb. 23 at 8:30 a.m. For more information, or to register, call 221-5863.

Lifeguard classes

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

3-D archery shoot

A 3-D archery shoot will be held Feb. 28 and March 1. Registration is from 8 to 10 a.m. The shoots include

**2nd Annual 32D MED BDE
COMBATIVES TOURNAMENT**

Saturday, 7 Mar 09, at the Jimmy Brought Gym

Tournament begins at 0800;
Awards Ceremony at 1400

Come out and support the
Trainees and Cadre

For more information, contact
SFC Deickman at 669-7065

FINISH THE FIGHT!

30 3-D targets. The cost per person Saturday is \$15 for competitive and Sunday is \$15 for competitive and \$10 for non-competitive shoot. For more information, call the Camp Bullis Recreation Center at 295-7577.

5K Fun Run/Walk

Jimmy Brought Fitness Center will hold a monthly Fun Run/Walk Feb. 28 at 9 a.m. Registration forms will be available on the day of the event. This free event is open to the community. Event t-shirts may be purchased for \$10. For more information, call 221-1234.

Ten Star All Star basketball camp

Applications are being evaluated for the Ten Star All Star Summer Basketball Camp. The camp is by invitation only. Boys and girls between the ages of 10 and 19 are eligible to apply. College basketball scholarships are possible for players selected to the All-American Team. There is also a summer camp for boys and girls ages nine to 18 years old for all skill levels. For more information, call 704-373-0873 or visit www.tenstarcamp.com.

Holy Cross visits Fort Sam



Photo by Lt. Col. William McCaskill

Master Sgt. April Norton and Staff Sgt. Brian Collins instruct students from San Antonio's Holy Cross High School Feb. 6 on how fluids can be evaluated for information concerning kidney function, and the detection of infections. Forty-four students and instructors from Holy Cross High School visited the U.S. Army Medical Department Center and School as part of local area Army recruiting drive focused on showing juniors and seniors career options with the Army and Army Reserve. The students visited the Department of Dental Science, Entomology and Medical Zoology, and the Hematology and Blood Lab. "The goal is to expose area students to the many career choices the Army and Army Reserve can provide" said Sgt. 1st Class Mario Wible of the San Antonio Recruiting Battalion. Staff Sgt. Isagani Maawac of the Army Medical Department Center and School took time to answer questions. Many of the students were interested in a career in medicine thus potentially generating new recruits.

SAFETY from P10

risk behavior behind many of these fatalities.

The Driving as a Life Skill program consists of mandatory driver safety training, Travel Risk Planning System (TRiPS), and Motorcycle Mentorship Program. The Army's strategy for mandatory driver safety training is the Army Traffic Safety Training Program. The program includes the on-line Accident Avoidance Course for basic driver safety training; Local Hazards Training, for personnel newly assigned to an installation; Intermediate Traffic Safety Training for all Soldiers less than 26 years of age; and Advanced Traffic Safety Training, which Soldiers will receive twelve to eighteen months after completing the intermediate course.

All newly assigned Army supervisors will receive Supervisor Traffic Safety Training, and prior to operation of a motorcycle, Army personnel are required to complete an Army-approved hands-on Motorcycle Rider Safety Course.

All Fort Sam Houston personnel are reminded that the ATSTP is an ongoing comprehensive training program aimed at combating aggressive driving for Army personnel through standardized driver and motorcycle rider training. The goal of this army-wide initiative is to significantly reduce deaths and injuries as a result of traffic and recreational accidents.

The Fort Sam Houston Safety Office offers courses of instruction for all of the FSH community. For more information, visit the FSH Safety Office Web site at www.samhouston.army.mil/iso or call 221-3846.

(Source: Fort Sam Houston Safety Office)

News Leader survey online

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

ACS offers resource libraries

Story and photo by Cheryl Harrison
Army Community Service, Marketing

When one refers to a library, it is usually a particular building on a specific street filled floor to ceiling with books, music, art and reference materials.

Fort Sam Houston Spc. Keith A. Campbell Memorial Library is just such a building. Located on Harney Road, many folks who live and work on post know it well and frequent it often.

What many people are not familiar with is the libraries within the walls of Army Community Service, Building 2797 on Stanley Road. The shelves inside this building have its share of reference material for customers to borrow as well.

The Family and Morale, Welfare and Recreation Command issues ACS Mobilization and Deployment Program these books across

the Army. The books serve as a resource for Family members who live the Army life. The available resources range from self-help, coping, grief, children's books and history.

Fort Sam Houston's Mobilization and Deployment program is no exception. Family members to the youngest military Family member can enjoy and learn from two full bookcases of titles.

Books cover such topics as relaxation for children in "A Boy and a Turtle" for the younger readers. "When Dinosaurs Die" is a guide to understanding death and the topic of everyday living is broached in "I live at a Military Post."

Other subject matter includes anger management for both kids and adults. Grieving and death of loved ones are covered as well as stress, marriage, communication and separation due to deployments.

Military wives are not forgotten, with books that help with every issue from moving to deployments. Even a "Chicken Soup for the Military Wife's Soul" is available for reading that is more leisurely.

Go across the hall to Family Advocacy and another library awaits you with shelves of resource material. The books, audio books and DVDs as well as hundreds of pamphlets are available with topics that cover raising children, ages newborn to teens. Not to mention plenty of good information about childbirth and pregnancy.

Another side of Family life is not so pleasant, and many books have been written to help with abuse, neglect and anger management. Family Advocacy has its share and their lending library has many titles to choose from dealing with this sensitive subject.

Libraries are wonderful



The Army Community Service, Building 2797, offers lending libraries. Simply pick the book(s), fill out a loan card and be on your way. Books can be checked out for two weeks and longer if necessary.

sources of knowledge, resources and books of every size and weight. A visit to the library sometimes requires time to look and search out just the right book. The ACS lending libraries makes it easier if time is an issue. Simply pick

the book(s), fill out a loan card and be on your way. Books can be checked out for two weeks and longer if necessary.

For more information about the lending libraries at ACS, call 221-2705 or simply stop by and look for yourself.

To advertise in
the military papers

call
534-8848



ClickitSA.com

Celebration kicks off 'Year of the NCO'

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

Hundreds of Noncommissioned Officers representing various tenant commands and activities assigned to Fort Sam Houston filled the Roadrunner Community Center Feb. 12 to celebrate 2009 as the year of the NCO.

The ceremony, hosted by Maj. Gen. Russell Czerw, commanding general, Army Medical Department Center and School and Fort Sam Houston, and AMEDDC&S Command Sgt. Maj. Howard Riles, kicks off the 2009 Installation Year of the NCO events.

Asking if there were any NCOs in the house and getting a definite "Hooah!" from the NCOs in attendance, Czerw said, "I am happy to hear, because today, you are the centerpiece of the best equipped trained Army that has been in our history. And our Army leadership has certainly recognized that, recognized your value, and has dedicated 2009 as the Year of the NCO."

With more than 200 years of service, the U.S. Army's NCO Corps has distinguished itself as the world's most accomplished group of military professionals.

NCOs have been celebrated for decorated service in military events ranging from Valley Forge, to

Gettysburg, to charges on Omaha Beach, to the battle along the Ho Chi Minh Trail (during the Vietnam War) to current conflicts in Afghanistan and Iraq.

In recognition of the commitment and willingness to make sacrifices on behalf of our nation, the Secretary of the Army has established 2009 as the Year of the NCO, the greatest asset and backbone of the Army.

Riles said the purpose for this is three-fold. Enhance NCOs' education, fitness, leadership development, and pride in service through implementation of programs and policies that sustain and grow our NCO Corps; recognize the leadership, professionalism, commitment, courage and dedication of the NCO Corps; and to better inform and educate the American people, Congress, and government institutions of the roles, responsibilities and the quality service of our NCO Corps.

"The bottom line is, the Army wants to showcase our NCO Corps, our national treasure, said Riles. I view this initiative as a time for NCOs to fully re-commit themselves to the ideas and practices which our Corps has made our Army - Army Strong."

"NCOs are skilled professionals; warriors, who live the Army values, embody the warrior ethos and they

define American patriot," said Czerw during his remarks.

Czerw continued, "As a NCO you are charged to lead by example, charged to teach, to train all of your subordinates and certainly to maintain and enforce the standards. You are there to take care of your soldiers, you have to remain flexible, and able to adapt to this changing world, and certainly adapt to a changing environment you might be placed in or put your soldiers in.

Czerw said NCOs are known as and recognized as the backbone of the American Army, the standard keepers for military, for training, for leading, mentoring, teaching and coaching of soldiers.

But Czerw said it is incumbent upon each and everyone to make sure that this phrase does not become a cliché.

"You must commit to yourself, to each other, to your unit, you must commit to your Corps, to keep that from happening," said Czerw.

Czerw challenged every NCO here and throughout the Army to take the Corps to an even higher level.

"Live the Army values, embody the warrior ethos, be proficient in your warrior tasks and battle drills, teach, coach mentor your subordinates. They are your credentials, challenge them, train them well,



Noncommissioned officers ranging in rank from Corporal to Command Sergeant Major describe their position, duties and responsibilities of their rank during a ceremony at the Roadrunner Community Center Feb. 12.

because they will be following in your footsteps," said Czerw.

Following remarks NCOs representing ranks from corporal to command sergeant major described their duties and responsibilities of that rank, followed by the reading of the NCO Creed.

Riles announced that throughout the year there will be monthly events in support of the Year of the NCO, based on themes provided by Department of the Army. For exam-

ple, April theme is diversity; May is leadership; July is pride of service; August is education; September is mental fitness; October is leadership; November is pride of service honoring veterans; and December wraps up the year with, the way ahead for the NCO.

The ceremony concluded with the singing of the Army Song, a cake cutting ceremony and refreshments that included lots of pizza, chips, cookies, and drinks.



Army Medical Department Center and School and Fort Sam Houston Command Sgt. Maj. Howard Riles; Cpl. Jason McKennon, Dental Activity; and Maj. Gen. Russell Czerw, commanding general, AMEDDC&S and Fort Sam Houston, cut the ceremonial cake celebrating the 2009 Year of the Noncommissioned Officer Feb. 12.



2009 Military Ambassadors Staff Sgt. Jaime Villegas and Staff Sgt. Sephtanie De La Cruz, U.S. Army North; Petty Officer 1st Class Erica Gonzales, U.S. Coast Guard; and Spc. Thomas Peirpont, U.S. Army South, and other members of the military visit at Audie L. Murphy Memorial Hospital during the annual National Salute to Hospitalized Veterans Feb. 13. Military and civic organizations visited with hospitalized veterans to say thank you for their service.

(From left) Command Sgts. Maj. Antonio Abin, 232nd Medical Battalion; Pedro Class, U.S. Army Garrison; and Terry Braddock, Installation Management Command-West; and J. Randall Robinson, director, IMCOM-West, along with hundreds of NCOs, attend the 2009 Installation "Year of the NCO" kickoff ceremony Feb. 12 at the Roadrunner Community Center.



Sgt. 1st Class Jesus Gonzalez (right) and Staff Sgt. Erin Hicks, Fort Sam Houston military ambassadors, visit with hospitalized Navy veteran Frank Culp while noncommissioned officers of the Audie Murphy Club visit with Navy veteran Spc. Adrian Saenz during the National Salute to Hospitalized Veterans Feb. 13 at Audie L. Murphy Memorial Veterans Hospital. The goal of the program is to provide the public an opportunity to view the facility, gain an awareness of the various programs that are offered to veterans, and to interest others in visiting veterans throughout the year. Saenz shared with the Soldiers that he has a son who is currently serving in Iraq.

THE NCO CREED

No one is more professional than I. I am a Noncommissioned Officer, a leader of Soldiers. As a Noncommissioned Officer, I realize that I am a member of a time honored corps, which is known as "The Backbone of the Army." I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain tactically and technically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uniformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, leaders!

Robert G. Cole Middle, High School Honor Roll

A Honor Roll Second nine weeks

Sixth Grade
Brown, Emma
Hayes, Domonique
Jordan, Steven
McClella, Brandon
Penny- Fletcher, Tatiana
Purcell, Aaron

Seventh Grade
Cooper, Suzanne
Eubanks, Bianca
Garr, Patrick
Howell, Carter
Kelly, Ethan
Lougee, Isabelle
Ware, Grace

Eighth Grade
Brock, Julia
Cenney, Teresa
Costello, Sarah
Darbyshire, Kayla
Garcia-Sanchez, Eileen
Gibson, Ruby
Larsen, Grace
Morrill, Hayley
Pace, Sybellen
Renz, Marlene
Rodarmer, Alexia

Smith, Megan
Starnes, Mason
Ninth Grade
Dochnal, Aidan
Gresenz, Molly
Overstreet, Katelyn
Wessies, Savannah

10th Grade
Juni, Katelyn
Kelly, Connor
Newcomer, Gretchen
Renz, Megan
Tellez, Adrienne

11th Grade
Wafford, Lindsey
Wessies, Amber

12th Grade
Davis, Catherine
Gresenz, Casey

A/B Honor Roll Second nine weeks

Sixth Grade
Arechiga, Vanessa
Boorse, Hannah
Chavez, Kassandra
Gallegos, Rori
Gallegos, Tae
Garcia-Sanchez,

Seventh Grade
Bell, Chalci
Brewington, Patrick
Brooks, Hannah
Chambers, Malik
Coleman, Kelli
Cruz, Bridgette

Jonathan
Griggs, Dazia
Harris, Ambrosia
Hegarty, Liam
Henkes, Bethany
Ivery, Bryce
Juni, Colleen
Kurek, Zachary
Lemay, Deandre
Leonard, Brittany
Lynch, Ryan
Marquez, Anthony
Mazak, Emily
Mudd, Tyler
Nettles, Nygil
Overstreet, Kathryn
Pace, Chelsea
Porter, Emily
Ream, Gabriel
Rubin, Brian
Sonera, Moses
Vazquez, Joshua
Velasquez, Richard
Vincent, Alexandria
Wade, Mackenzie

Cunningham, Jason
Dion, Mikayla
Emry, Lindsey
Gaines, Erikka
Gutierrez, James
Harmon, Shanice
James, Acacia
Jeffords, Mariah
Lefiti, Faamanu
Lewis, Morgen
Mahon, Francis
Mathews, Austin
Robinson, Malik
Rodriguez, Daniel
Sauer, Megan
Spivey, D'mia
Steiman, Brittany
Watson, Krestain
Whiteley, Ethan

Eighth Grade
Baggerly, Ashley
Baird, David
Barber, Karley
Bray, AJ
Brinson, Jasmine
Brown, Destiny
Cessna, Mikela
Colon, Yenesis
Costello, Sarah
Crotts, Abigail
Daugherty, Robin
Gomez, Lovelia
Griggs, Dawntae
Guerrero, Andrew
Hagan, Dana
Hallstrom, Kayla
Hernandez-Rivera, Daniely
Horner, Hannah
Howell, Brent

Huys, Nicholas
Jackson, Anthony
Kane, Alexander
Livecchi, Brianna
McCobb, Tyler
Miller, Zachary
Prothero, Calvin
Ramirez, Jeana
Reyes, Ivan
Sablan, James
Schell, Jacob
Scott, Jaida
Smith-Douglas, Mikela
Stout, Amber
Sucec, Cameron
Suzko, Christopher
White, Rashad
Williams, Enrique

Ninth Grade
Abin, Derek
Brooks, Johnathan
Corbett, Leidy
Estrada-Chapman, Mikel
Finley-Marshall, Kelly
Garcia, Meagan
Gonzales, Amanda
Henkes, Chelsea
Here!, Alexandra
Lamoureux, Christopher
Larvins, Kayla
McLamb Emily
Mercado, Francesca
Mojica, Aida
Rodriguez, Daniel
Smith, Tyler
Storey, Seth
Taliaferro, William
Well, Ryan

10th Grade

Christman, Charles
Cunningham, Derek
Erickson, Ashley
Grant, Miranda
Hallstrom, Tyler
Hogan, Carlton
Kane, Taylor
Lagutchik, Ashton
Larsen, James
Mapu, Luamalae
Michna, Valeri
Rush, Meagan
Starnes, Mollie
Walton, Lucas
Wiersma, Ryan

11th Grade
Arnholtz, Michael
Battenfield, Elizabeth
Carrillo, Brea
Fee, Nicole
Goderis, Eric
Mahon, Mary
Nesmith, Devin
Peregory, Joshua
Peters, Michael
Prasek, Matthew
Prothero, Julyette
Rolfe, Eric
Schell, Zachary
Storey, Zoe
Villarreal, Austin
Villarreal, Victoria
Wong, Jameson

12th Grade
Cadd, Otis
Costello, Samantha
Cunningham, Guster
Tatum, Rachel
Wade, Steven

Fort Sam Houston Independent School District Weekly Campus Activities Feb. 23 to 28

**Fort Sam Houston
Elementary School**
Spring book fair all week
Feb. 24
Pre-Kindergarten – second grade Black
History Month Program, 8:15 to 9 a.m.
3rd to 5th grade Black History Month
Program, 9:15 to 10:15 a.m.
Feb. 26
FSHISD school board meeting in
Professional Development Center, 11 a.m.
DENTAC
Cougar connection: Math can be all fun
and games presented by Veronica Didelot,
11:30 a.m. to noon
(Learn fun games, using a simple deck of
cards or dice, that will help your child
with a variety of math concepts for all
grade levels.)
Feb. 27
Spirit Day
Spring book fair family night, 5 to 8 p.m.

**Robert G. Cole Middle
and High School**
Feb. 23
Student of the month breakfast in middle
school conference room, 8:30 a.m.
Pleasanton Girls Eagle golf tournament at
Pleasanton Country Club, Tee at 8:30 a.m.
(leave Cole at 6:45 a.m.)
Feb. 24
JROTC Blood Drive in JROTC building, 3 to
7 p.m.
Baseball vs. St Anthony at Sanchez-
Spencer fields, 7 p.m.
Feb. 26
FSHISD school board meeting in
Professional Development Center, 11 a.m.
Varsity girls and JV/V boys track meet at
Blanco High School, half day
Baseball – Navarro Tournament, TBA
Feb. 27
Baseball – Navarro Tournament, TBA
Feb. 28
Choir Solo and Ensemble contest at Steele
High School, all morning

FSHISD school board meeting

The Fort Sam Houston Independent School District will hold a school board meeting Feb. 26 at 11 a.m. in the Professional Development Center located at 1908 Winans Road.

CYSS to mentor Military Family Life Consultants

Fort Sam Houston Child, Youth and School Services has been chosen as one of a select few sites to host Mentoring Consultants.

Military Family Life Consultants and Child and Youth Consultants are licensed counselors available to provide counseling to individuals, couples, Families and groups. Brenda Berry, chief, CYSS was notified by Gregory Southworth, clinical supervisor, Child and Youth Services and Managed Health Network Government Services, of the choice on Feb. 3.

"Sites with a strong Military Family Life Consultant presence are utilized to assure that new incoming MFLCs are able to carry out their duties effectively, and your site had been identified as such a strong site, said Southworth.

The Mentoring Consultants will be working with the Fort Sam Houston CYSS for a period of five days. Consultants will learn the ins and outs of military culture and how to work within a CYSS program. The Mentoring Consultant will work with the assigned MFLC who will provide direct guidance to the mentee.

Berry said, "This is an honor for Fort Sam Houston to be chosen to host this program because it means our great working relationship with our past and current MFLCs has been recognized."

(Source: Fort Sam Houston School Liaison Officer)

February is children's Dental Health Awareness Month

Developing good habits at an early age and scheduling regular dental visits can help a child achieve dental health for a lifetime. The American Dental Association has sponsored National Children's Dental Health Month to raise awareness of the importance of oral health.



Swearing in

Dr. Gail Siller, Fort Sam Houston Independent School District superintendent, looks on as Kathy Hayson administers the oath of office to reappointed board members (from left) Deborah Seabron, Keith Toney, and Eustace Lewis during a FSHISD board meeting. Not pictured are continuing board members Jeanne Warren and Jane Crow.



Courtesy photo

Cougar battalion visits with wounded warriors

By Cadet 1st Lt. Samantha Costello
Cole Cougar Battalion Affairs Officer

Twenty-six members of Robert G. Cole High School's Junior ROTC Battalion carried out their annual service-learning project, visiting Warriors in Transition at the Warrior and Family Support Center Feb. 10. The cadets spent time with wounded Soldiers and their Families; visiting during a catered dinner and homemade desserts brought by the battalion.

The battalion also made thank-you cards for the Soldiers, which were displayed on the WFSC fireplace. Later in the evening, the Soldiers and the cadets played board games and watched movies. The soldiers shared

stories of where they came from, their lives, and their experiences. The Soldiers injuries varied, but that didn't stop them from having a good time with the cadets.

The visit was part of the Brooke Army Medical Center Warrior Battalion's monthly "Chaplain's Night in the Barracks," hosted by Chaplain Roger Bryan Van Pelt. Prior to the wounded warriors arriving for the evening's events, Bill Yates of the WFSC gave the cadets a detailed tour of the new facility.

"The building was gorgeous," said cadet senior Kelsey Charlton.

It has everything the soldiers could want. It's really neat that they have access to something that wonderful."



Courtesy photo

Cole Junior ROTC cadets Colby Register and Ryan Brock visit with wounded warriors, Sam and Jake, during their visit to the Warrior and Family Support Center Feb. 10.



Announcements

Baseball Registration

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

Harlequin Dinner Theatre

The Pump Boys sell high octane on Highway 57 in Grand Ole Opry country and the Dinettes, Prudie and

Rhett Cupp, run the Double Cupp diner next door. It is an evening of country and western songs performed by the actors – on guitars, piano, bass and kitchen utensils. Performances will be Thursday through Saturday evenings from March 4 to April 11. Tickets are \$31 for Friday and Saturday performances; and \$28 for Wednesday and Thursday performances. Discounts are available for military and students. The theater opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. The box office is open from noon to 5 p.m. weekdays and from 1 to 5 p.m. on Saturdays. The Harlequin Dinner Theatre offers Late Night Cabaret on Saturdays from 10 p.m. to 2 a.m.; Wednesday matinees from 11:30 to 2 p.m.; and Saturday matinees from 12 to 3 p.m. For more information, or to make reservations, call the Harlequin Dinner Theatre at 222-9694.

Story Time at the Library

Keith A. Campbell Memorial Library will host story time on the first and third Thursday of every month

beginning at 3:30 p.m. Toddlers and Preschoolers can enjoy story time, arts and crafts and sing songs. For more information, call 221-4702.

All Army Chess Championship

The 2009 All Army Chess Championships will be held April 4 to 10 in Fort Myer, Va. Each player must be U.S. Army active duty and a United States Chess Federation rated member. Twelve players will be selected and funded by Family, Morale, Welfare, and Recreation. All players must apply online; or download application and fax to 703-681-7249. There will be no on-site registration. For more information or to apply, call 703-681-7204 or visit www.army.com/portal/recreation/chess.

Team Building Trail Rides

The Fort Sam Houston's Equestrian Center will hold Team Building Trail Rides Tuesdays through Thursdays from 11 a.m. and 1 p.m. Promote team building and have some fun with a lunchtime ride. Group rates are \$15 per person and Department of Defense I.D. card is required. Reservations are required 24 hours prior to event. Participants must arrive no later than 30 minutes before scheduled rides. For more information or reservations, call 224-7207.

Calendar of Events

TODAY

Stress management class

The Family Advocacy Program will hold a stress management class Feb. 19 from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. This class will provide valuable tips to help manage stress. For more information, call 221-0349 or 221-2418.

Family Readiness support assistant training

The Army Community Service Mobilization and Deployment Program will hold a Family Readiness support assistant training Feb. 19 and 20 from 8 a.m. to 3 p.m. at ACS, Building 2797, Stanley Road. The training is open to Soldiers, Family members and civilians. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

FRIDAY

PowerPoint level 2

A PowerPoint level 2 class will be held Feb. 20 from 8 a.m. to noon at Army Community Service, Building 2797, Stanley Road. All active-duty, spouses and civilian employees can participate. Registration is required.

For more information or to register, call 221-1841 or e-mail jennifer.lobo@us.army.mil.

Sponsorship training

Army Community Service Relocation Program will hold sponsorship training Feb. 20 from 2 to 3 p.m. at ACS, Building 2797. This program provides quarterly training to designated sponsors and to units upon request. The training includes a step-by-step instruction guide, a video and samples of sponsors letters. For more information, call 221-2418 or 221-2705.

Mardi Gras Masquerade Bash

The Better Opportunities for Single Soldiers will host a Mardi Gras Masquerade Bash Feb. 20 from 6 to 10 p.m. at Benner Barracks, Building 272. Door prizes will be given away every 30 minutes. A grand prize will be given for the best masquerade costume. For more information, call 221-4242 or 221-2810.

MONDAY

Access level 1

An Access level 1 class will be held Feb. 23 from 8 a.m. to noon at Army Community Service, Building 2797, Stanley Road. All active-duty,

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spouses and civilian employees can participate. Registration is required. For more information or to register, call 221-1841 or e-mail jennifer.lobo@us.army.mil.

B.E.A.M.S. session 1

Army Community Service Family Advocacy Program will hold the first of a five session class in Building Effective Anger Management Skills Feb. 23 from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650. The class will be held each Monday for five weeks. This class will help to identify strategies to more effectively handle anger, resentment and frustration. For more information or to register, call 221-0349 or 221-2418.

Saving and investment class

Army Community Service Financial Readiness will hold a savings and investment class Feb. 23 at 2 p.m. at ACS, Building 2797, in Training Room 1. Class space is limited. For more information or to register, call 221-1612.

Unit Trauma training

The Army Community Service Mobilization and Deployment Program will hold a Unit Trauma training Feb.

23 from 9 a.m. to 2 p.m. at ACS, Building 2797, Stanley Road. The training is open to Soldiers, Family members and civilians. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Dad Difference class

Army Community Service Family Advocacy Program will hold a Dad Difference class Feb. 23 from 11 a.m. to 12:30 p.m. at ACS, Building 2797, training room 2. This class shows dads how to be involved with babies from pregnancy to age five, with practical tips to become more connected with their child. For more information, call 221-0349 or 221-2418.

TUESDAY**Mandatory first term PCS move**

Army Community Service Financial Readiness will hold a mandatory first term PCS move class Feb. 24 at 2 p.m. at ACS, Building 2797, in Training Room 1. Class space is limited. For more information or to register, call 221-1612.

WEDNESDAY**Excel level 1**

An Excel level 1 class will be held Feb. 25 from 8 a.m. to noon at Army

Community Service, Building 2797, Stanley Road. All active-duty, spouses and civilian employees can participate. Registration is required. For more information or to register, call 221-1841 or e-mail jennifer.lobo@us.army.mil.

FEB. 26**Family Readiness Group Leadership Academy training**

The Army Community Service Mobilization and Deployment Program will hold a Family Readiness Group Leadership Academy training Feb. 26 and 27 from 8:30 a.m. to 3 p.m. at ACS, Building 2797, Stanley Road. The training is open to Soldiers, Family members and civilians. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Walking tour of downtown San Antonio

Army Community Service Relocation Program will hold a walking tour of downtown San Antonio Feb. 26 beginning at 8:45 a.m. Enjoy the Riverwalk, La Villita, the Alamo, Market Square and Hemisfair Plaza. Meet at 8:45 a.m. at ACS, Building 2797. A military I.D. card is required. For more information, call 221-2418 or 221-2705.

Time Management at the Work Place

Army Community Service Employment Readiness program will host a Time Management at the Work Place class Feb. 26 from 9 to 11 a.m. at ACS, Building 2797. This training will provide valuable information on time management, goal setting and organization. Registration is required. For more information or to register, call 221-0427 or 221-2705.

Children, deployment training

The Army Community Service Mobilization and Deployment Program will hold a Children and Deployment training Feb. 26 from 6 to 7:30 p.m. at ACS, Building 2797, Stanley Road. The training is open to Soldiers, Family members and civilians. For more information or to register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

FEB. 27**Excel level 2**

An Excel level 2 class will be held

Feb. 27 from 8 a.m. to noon at Army Community Service, Building 2797, Stanley Road. All active-duty, spouses and civilian employees can participate. Registration is required. For more information or to register, call 221-1841 or e-mail jennifer.lobo@us.army.mil.

Mardi Gras Celebration

Sam's Sports Bar will host a Mardi Gras celebration Feb. 27 at 4 p.m. Stop by the club to enjoy Jambalaya, Dirty Rice and a Three Kings Cake. Cost is \$5 per person. For more information, call 224-2721.

FEB. 28**CYSS Talent Show**

Child, Youth and School Services is currently accepting applications for the CYSS Talent Show. The show will be held Feb. 28 from 6 to 10 p.m. in Building 2797. Children ages three to 18 years old may apply. For more information call any of the CYSS facilities or contact Central Registration at 221-4871.

See FMWR P23

FMWR from P22**MARCH 1****Heart of Texas Duathlon**

The Fort Sam Houston Sports and Fitness Branch will host a Heart of Texas Duathlon March 1 at 8 a.m. This event will consist of a 2-mile run and a 10-mile bike ride, starting at the Jimmy Brought Fitness Center and finishing at the Fort Sam Houston Aquatic Center. Individual registration cost is \$35. Interested participants may register online at www.runawayclub.com. For more information, call 221-1180.

MARCH 5**Ladies Golf Clinic**

The Fort Sam Houston Golf Club will host a Ladies Golf Clinic March 5, 12, 19 and 26 from 6 to 7 p.m. A participation fee of \$120 per player will apply. For more information, call 222-9386.

MARCH 9**Youth horsemanship camp**

The Fort Sam Houston Equestrian

Center will host a Spring Break Youth Horsemanship Camp March 9 to 13 from 9 a.m. to 3 p.m. for children seven to 17 years of age. The cost is \$195. Limited spaces are available. For more information or to register, call 224-7207.

Center Stage Academy

Harlequin Dinner Theatre will host the Center Stage Academy March 9 to 13 from 10:30 a.m. to 4:30 p.m. for children ages six to 18 years old. Professional instructors help students build self confidence, learn teamwork and be trained in singing, dancing, showmanship and performing. A monthly tuition rate of \$100 will apply. Ask about special discount rates for military Families. For more information or to register, call 222-9694.

MARCH 13**Baseball registration**

Child, Youth and School Services will conduct baseball registration March 13 from 8:30 a.m. to 4:30 p.m. in Building 2797, for children ages three to 17 years old. Cost is

\$45. The child must have a current sports physical at the time of registration. For more information, call 221-4871.

Spring Break Bowl

The Fort Sam Houston Bowling Center will host a Spring Break Bowl March 13 from 9 a.m. to 12 p.m. at the bowling center. Special includes all-you-can-bowl for \$ 5 and free shoes. For more information, call 221-4740.

Texas Hold'em Tournament

The Family, Morale, Welfare and Recreation Texas Hold'em Tournament will be held March 13 from 6 p.m. to completion at the

Sam Houston Club. A player's fee of \$20 will include a meal. Sam's Sports Bar will be open with drink specials throughout the evening. Players must be 18 years or older. For more information, call 224-2721.

MARCH 17**Women Encouraging Women**

Army Community Service Family Advocacy Program will hold a Women Encouraging Women lunchtime seminar March 17 from noon to 1 p.m. at ACS, Building 2797. The topic will be, "Practice Healthy Eating Habits." This class is held in conjunction with National Nutrition Month. For more

information or to register, call 221-0349 or 221-0600.

MARCH 19**First-term spouses orientation**

Army Community Service will hold an orientation for all first-term spouses March 19 from 10 a.m. to 12 p.m. at ACS, Building 2797. This first time event will provide an overview of all ACS services offered to active duty military and their Families. All spouses new to the military and to the Army are encouraged to attend this informative gathering. For more information, call 221-0427 or 221-2705.

Community

Announcements

Military Appreciation Day at the Rodeo

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

San Antonio Botanical Gardens

The San Antonio Botanical Garden is open 9 a.m. to 5 p.m. daily. Admission is \$7 for adults; \$4 for children ages three to 13, \$5 for seniors, military and students. San Antonio Botanical Society members enjoy free admission. The Carriage House Bistro serves an express menu

daily for only \$8 during lunch. For more information, call 829-5360.

Census takers needed

The U.S. Census Bureau is currently hiring census takers for the 2010 census. The positions are temporary, part-time; with flexible hours up to 40 hours per week. For more information or to schedule a basic employment test, call 866-861-2010.

T-shirt design contest

The United Service Organization is looking a design for a USO T-shirt. Designs are for the T-shirt back only. The design must be tasteful and original; must fit within a letter-size page; in a JPEG, TIFF and Bitmap format. Designs must be submitted by midnight March 6. Entries should be submitted via e-mail to ahernandez@uso.org, in a 72 dpi format. Original design should be created in

a 200 to 300 dpi. The winner will receive \$100 and a free T-shirt. For more information, call 227-9373 ext. 10 or e-mail ahernandez@uso.org.

Calendar of Events

TODAY

Preservation society meeting

The Society for the Preservation of Historic Fort Sam Houston will hold a meeting Feb. 19 at 11:30 a.m. in the Stillwell House, Building 626, Infantry Post Rd. The guest speaker will be retired Col. Cheryl Dozier. For more information on the Society for the Preservation of Historic Fort Sam Houston, call 822-6034.

SATURDAY

Volunteer to help seniors

The American Society of Military Comptrollers members will host a volunteer project Feb. 21 from 9 a.m. to noon at the Sunshine Plaza Apartments, 455 E. Sunshine Drive, San Antonio. For more information or to volunteer, call Master Sgt. Michael Sonderman at 671-8370.

WEDNESDAY

Green to Gold Briefings

St. Mary's University ROTC cadre will provide monthly Green to Gold

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

FEB. 25

Financial planning, pre-retirement seminar

The Alamo Federal Executive Board in collaboration with the Fort Sam Houston Civilian Personnel Advisory Center will hold a financial planning and pre-retirement seminar Feb. 25 from 9 a.m. to 4 p.m. in the Evans Theater, Building 1396.

This seminar is for federal employees interested in long or short-range retirement planning and learning about a particular retirement system. Topics will include retirement systems; Thrift Savings Plan; Social Security Benefits; Federal Employees' Group Life Insurance and Survivor Benefits, and other topics. Bring the following statements with you, a current leave and earnings, TSP statement and an annual Social Security statement. For more information or to register, call Ray Mendoza at 221-1607 or e-mail ray.mendoza@us.army.mil.

Reservations are required.

FEB. 27

122nd Hospital Corps Anniversary Social

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

MARCH 4

Microsoft Word, PowerPoint training

The Army Medical Department Center and School Information Management Training Branch will hold hands-on training for Office 2007, Microsoft Word and PowerPoint March 4, 9, 17 and 31 from 8 to 10 a.m. and 10:30 a.m. to 12:30 p.m.; and March 9, 11 and 31 from 1:30 to 3:30 p.m. at Willis Hall, Building 2841, in Room 2105C. Seats are limited. For more information or to register, e-mail Julie.Gueller@amedd.army.mil.

Religious Briefs

Bible seminar

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

Ash Wednesday worship services

Ash Wednesday worship services will be held Feb. 25 at 11:30 a.m. at the Main Post Chapel; 12:30 p.m. at the Brooke Army Medical Center Chapel; and 7 p.m. at the AMEDD Chapel. Ash distribution will be held Feb. 25 at 8 and 9 a.m.; and 2 and 3 p.m. at the BAMC Chapel.

Lent worship services

Lent worship services will be held March 4, 11, 18 and 25; and April 1 at 6 p.m. at the Dodd Field Chapel, Building 1721. For more information, call 221-5010 or 221-5432.

W O R S H I P SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

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

Protestant Services - Sundays:

8 a.m. - Collective Protestant
11 a.m. - Collective Protestant

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

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

Protestant Services:

10 a.m. - Worship Service - Sundays
Episcopal/Lutheran Rite services:
12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays
6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays
Contemporary Protestant Service: 9:30 a.m. - Sundays
Muslim Jumma: 1:30 p.m. - Fridays

Fort Sam Houston Library, Building 1222, 221-4702

Church of Jesus Christ of Latter Day Saints:

8:30 a.m. - Sundays

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

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

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

Brooke Army Medical Center Chapel, Building 3600, 916-1105
Catholic Services:

For Sale Fort Freebies

Submission guidelines:

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

For Sale: James Avery silver bangle

bracelet with five gold flowers, \$150; Resistol hat, size 7 1/4, \$75; Little Tikes Cozy Coupe, \$20; Refrigerator with freezer, four feet tall by two and a half feet wide, \$95; Male pug, 2 years old, \$275. Call 633-3859.

For Sale: 20-inch bike, pink, \$35; 26-inch bike, \$35; exerciser, \$200; set of four 16-inch tires, \$50; giant custom-made dog house, \$250; buffet, \$75. Call 633-2247.

For Sale: Extreme exerciser, \$60; office chair, black, \$25; computer desk, \$35; two-drawer metal filing cabinet, \$20; end table, \$25. Call Sandy at 241-1291.

For Sale: Red Dot exerciser, \$65; Ab-Doer exerciser, \$40; New L.A.M.B. black purse \$400; Teak entertainment center, \$250; Baldwin piano \$950; hanging file

cart \$25. Call 651-9064.

For Sale: Lab-border collie mix puppies, born Dec. 30, \$45. Call evenings 830-214-0450, Garden Ridge area.

For Sale: Magnavox 20-inch television with video player, \$50. Call 653-5302.

For Sale: 2002 Chrysler LX Town and Country minivan, 73K miles, V-6, automatic, navigation system, new battery AM/FM/4 CD changer, DVD player, all power, roof rack, clean. \$5,800 obo. Call 673-9649 or 630-3936.

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