

FORT SAM HOUSTON News Leader

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EXERCISE

The 502nd Air Base Wing/Joint Base San Antonio will conduct a natural disaster exercise from Feb. 28 through March 2. The purpose of the exercise is to evaluate the 502nd ABW responses to severe weather, reception and natural disaster scenarios involving mass casualties.

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



Photo by Miguel A. Negron

U.S. Army South Soldiers board a charter flight at Lackland Air Force Base bound for Guantanamo Bay, Cuba, to support exercise Integrated Advance 2011 Feb. 5. Integrated Advance 2011 is a U.S. Southern Command sponsored, operational exercise aimed at exercising key aspects of SOUTHCOM plans that will focus on HA/FDR and mass migration in the Caribbean.

Army South completes Integrated Advance 2011 exercise

By Robert R. Ramon
U.S. Army South Public Affairs

U.S. Army South played a key role in the success of Integrated Advance 2011 after deploying to Guantanamo Bay, Cuba, in support of the exercise that came to a close Feb. 18.

"I'm extremely proud of this command," said Maj. Gen. Simeon G. Trombitas, commanding general, U.S. Army South. "This hones our skills and gets our people ready [for real-world missions]. I have no doubts that they could do it again in a really outstanding manner should we be asked to."

IA 11 is a U.S. Southern

Command sponsored, operational exercise aimed at exercising and validating key aspects of SOUTHCOM plans that will focus on humanitarian assistance, foreign disaster response and mass migration in the Caribbean while working together with various U.S. interagency partners.

Army South's contingency command post, consisting of both Soldiers and civilians, arrived in Cuba Feb. 5 to begin preparing for the training exercise in support of IA 11 where they facilitated the training of the SOUTHCOM staff and also exercised the deployment and operation of the

See ARSOUTH P6

Wilford Hall Medical Center converts ER to urgent care center

By Sue Campbell
59th Medical Wing Public Affairs

Changes are fast approaching in how Wilford Hall Medical Center at Lackland Air Force Base will provide urgent and emergency care to eligible military medical beneficiaries in the San Antonio area.

Beginning July 1, 2011, Wilford Hall Medical Center will close its emergency department

and re-designate the area as an urgent care center, or UCC.

"Since last summer, we have been working with our Army counterparts to consolidate inpatient services, including trauma care, at Brooke Army Medical Center at Fort. Sam Houston," said Col. (Dr.) James King, 59th Medical Wing emergency medicine chairman.

"We plan to close the emergency department this summer

as the migration of all our inpatient services to BAMC is nearly complete," he said. "Without missing a beat, beginning July 1, 2011, we will stand up the UCC in place of the emergency department here at Lackland AFB."

This will be one of the final changes in services as Wilford Hall Medical Center becomes

See WHMC P7



Dr. Annette Williams, staff physician (left), examines Tarzo Lucares' ears Jan. 27 in the Wilford Hall Medical Center Emergency Department at Lackland Air Force Base.

Photo by Harold China

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Obama asks for \$671 Billion Defense Budget in Fiscal 2012

By Jim Garamone
American Forces Press Service

President Barack Obama's fiscal 2012 defense budget request continues the department's reform agenda, but protects personnel and family programs, Pentagon officials said.

Overall, the Defense Department budget is declining, with funding for overseas contingency operations dropping by \$41.5 billion, due mainly to military operations winding down in Iraq, officials said.

The president is asking Congress for \$671 billion for the Defense Department in fiscal 2012, which starts Oct. 1. The budget calls for \$553 billion in the "base budget" and \$117.8 billion for the wars in Iraq and Afghanistan.

By appropriation, military personnel accounts are \$142.8 billion of the base budget. Operations and maintenance is \$204.4 billion, procurement is \$113 billion and research and development is \$75.3 billion.

The Army portion of the base budget is \$144.9 billion, the Navy and Marine Corps portion is \$161.4 billion, and the Air Force share is set at \$150 billion. Defense Department spending is pegged at \$96.8 billion.

Defense Secretary Robert M. Gates continually has stressed his concern for the people portion of the budget. The secretary has called service members the "military's greatest strategic asset," and is putting his money where his mouth is.

The president's budget request calls for the

nation's 2.3 million service members to receive a 1.6 percent pay raise, equal to the Employment Cost Index, an indicator that tracks movement in the cost of labor.

The budget funds an end-strength for the services 65,000 people greater than in fiscal 2007.

The Army's end strength will be 547,000, with the Marine's coming in at 202,100. The Navy's end strength is set at 325,000, and the Air Force at 332,800.

All told, the department's end strength will be

1,408,000 in fiscal 2012 if this budget is approved. In fiscal 2007, the end strength was 1,328,500, and the Army and Marine Corps in particular were stressed by repeated deployments and not enough garrison time in between.

The 2012 end strength will help the services meet the goal of one year deployed and two years at home. This "dwell time" is crucial to the health of the force, officials said.

The budget provides for the basic allowance for housing to rise 4.2 per-

cent, and the basic allowance for subsistence by 3.4 percent.

The budget includes \$52.5 billion for the Military Health System. The system, which has 9.6 million beneficiaries, has seen its budget more than double since fiscal 2001,

when it was \$19 billion.

This year's request will attempt to rein those costs in. Systemically, the budget calls for reducing overhead, standardizing procurement and other ideas to leverage the buying

See BUDGET P13

Weekly Weather Watch

	Feb. 24	Feb. 25	Feb. 26	Feb. 27	Feb. 28	Mar. 1
San Antonio Texas	82° Isolated T-Storm	81° Sunny	81° Partly Cloudy	82° Isolated T-Storm	79° Partly Cloudy	73° Sunny
Kabul Afghanistan	45° Snow Showers	45° Partly Cloudy	44° Sunny	43° Partly Sunny	44° Rain Snow Showers	44° Scattered Showers
Baghdad Iraq	78° Sunny	79° Mostly Sunny	74° Sunny	74° Mostly Sunny	77° Sunny	70° Sunny

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

Thought of the Week

The best way to find yourself is to lose yourself
in the service of others.

— Mahatma Gandhi

News Briefs

Schofield Road closure

Schofield Road between Stanley and Dickman Roads will close for repairs from Feb. 28 until March 17. The project has four phases with subsequent phases and road closures to be announced. For more information, call the 502nd Civil Engineer Squadron's construction flight at 221-4277 or 3110.

Two SGMs recognized at JBSA ceremony

Two FSH sergeants major were among 31 promotees recognized at the first Joint Base San Antonio Chiefs Recognition Ceremony at the Omni Hotel at the Colonnades Feb. 19. Sgt. Maj. Billy Cheatum and Sgt. Maj. Tony Williams took part in the ceremony, as well as 29 Air Force chief master sergeant promotees from Lackland and Randolph Air Force Bases, as well as from Offutt AFB, Neb.; Arlington, Texas and Canonsburg, Pa.

Make sure DD93 updated

All service members must update their DD93 (Record of Emergency Data), immediately upon any change in their status (i.e. marriage, divorce, newborn, address change). Contact your servicing administration office for specific regulatory guidelines. For Air Force, the Virtual Record of Emergency Data (vRED) satisfies the requirement of the DD Form 93. The accuracy of this document is essential if you become a casualty and for designating beneficiaries for certain benefits in the event of your death. It is the service member's responsibility to keep this information current. Delays in next of kin notification are most often associated with incomplete or outdated information. For additional information at Fort Sam Houston, contact the 502nd Manpower and Personnel Flight at 295-8516 or 221-2916.

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

Basura Bash to clean up Fort Sam Houston's Salado Creek Feb. 26

By Steve Elliott
FSH News Leader

Volunteers are needed for the first "Basura Bash" to be held on Fort Sam Houston, cleaning up trash and debris along the banks and surrounding areas of Salado Creek on Fort Sam Houston from 8 a.m. to noon Feb. 26.

Check-in is from 8 to 8:50 a.m. at the front gate of Salado Creek Park, after which will be a safety briefing. Clean up proceeds from 9 a.m. to noon.

"Basura" – the Spanish word for trash – has been at the heart of these annual single-day

cleanup events in Texas and San Antonio for 17 years, thanks to the Basura Bash Planning Organization, a volunteer organization that has been committed to increasing stewardship of San Antonio area waterways.

Trash and other items are carried into waterways by storm drainage, run-off, and human carelessness.

Focusing on cleaning the waterways in the San Antonio area, the Basura Bash is the largest one-day waterway cleanup in Texas and also concentrates on recycling the items found in the waterways.

Each year, approximately



2,825 volunteers, sponsors and partners have been responsible for cleaning up areas which include the San Antonio River Mission Reach, segments of Alazan Creek, Indian Creek, Leon Creek, Olmos Creek, Zarzamora Creek, Salado Creek, Medina River natural area, Bracken-ridge Park and Woodlawn Lake.

Last year, more than 42 tons of trash, 3.7 tons of recyclable material and 250 tires were collected.

Volunteers who are at least 10 years of age will collect trash for recycling and disposal. Valid identification will be required and individuals must complete and submit an individual liability release form prior to participating.

Officials from the 502nd Civil Engineer Squadron's environmental section said volunteers are encouraged to wear protective clothing which includes long sleeve shirts, long pants, work gloves, boots and hats. Open-toed shoes or sandals will not be allowed.

Volunteers are encouraged to bring any equipment or supplies which will assist in the collection and disposal of trash. Trash bags are provided.

Volunteers can receive community service credit during sign-in and sign-out at the event. Registration is required. Call the 502nd CES at 221-4842 for more information and to register.

Exercise good for pets' health as well as owners

By Lori Newman
FSH News Leader

Is your dog a couch potato? Humans aren't the only ones suffering from a sedentary lifestyle; pets also need exercise to maintain good health.

"Exercising with your pet not only helps increase the pet's life span and overall function, it also builds the pet-owner bond," said Capt. Bethany Everett, a veterinarian at the Fort Sam Houston Veterinary Treatment Facility. "It gives the pet something to do, something to look forward to."

A great opportunity for people and pets to exercise takes place Feb. 26 with the 5K Doggie Dash Fun Run/Walk. It also gives people a chance to bond with neighbors and friends.

Check-in is at 8:30 a.m. at the Jimmy Brought Fitness Center and the run begins at



Dachshunds have a genetic predisposition to obesity, as well as cocker spaniels, basset hounds, golden retrievers and beagles. Obesity is a condition of elevated body weight due to unnecessary, excess body fat. It is caused by a consistent intake of calories that exceeds the expenditure of energy.

Photo by Lori Newman

obese, they are more inclined to have different health diseases, such as endocrine and thyroid problems. It can also affect liver function, kidney function and heart health.

"Obesity does shorten an animal's lifespan," Everett said. "We encourage pet owners to do something with their pets, whether it's going for a walk or taking them to the dog park ... something that keeps them in shape."

Diet is also an important factor in maintaining your pets' health.

"People food is not healthy for our pets," the vet said. "They don't process [food] the same way humans do."

According to the American Society for the Prevention of Cruelty to Animals website (<http://www.asPCA.org>), dogs that don't get enough exercise may exhibit behavior problems

9 a.m. The event is open to the community. All dog owners must show proof of distemper combo, leptospirosis (DHLPP) and rabies vaccines. All dogs must be on a leash at all times.

According to the American Veterinary Medical Association 25 to 40 percent of dogs are overweight or obese.

"Obesity is a major health concern in our pets," Everett said.

Obesity is a condition of elevated body weight due to unnecessary, excess body fat. It is caused by a consistent intake of calories that exceeds the expenditure of energy.

Some breeds of dogs have a genetic predisposition to obesity including the cocker spaniel, basset hound, golden retriever, beagle and dachshund.

The veterinarian explained that if a pet is overweight or

News Briefs

from P3

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. Call 395-2389 for information.

Trombitas Speaking on Leadership

The Junior Officer Council at Brooke Army Medical Center will sponsor an event Feb. 28 at 10:30 a.m. in Blesse Auditorium, Building 2841. Maj. Gen. Simeon Trombitas, commanding general, U.S. Army South, will speak to junior officers and non-commissioned officers from all services on full spectrum operations and leadership. The event is free and open to all interested in this topic.

101th Anniversary of Foulis First Military Flight

The local chapter of the Order of the Daedalians will sponsor a ceremony to commemorate the 101th anniversary of Lt. Benjamin Foulis 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.

ACS: How are we doing? General Lynch wants to know!

By Cheryl Harrison
Warfighter and Family Services
Marketing

In an effort to find out how things were at Fort Sam Houston's Army Community Service, Lt. Gen. Rick Lynch, commanding general, U.S. Army Installation Management Command, and his wife, Sarah, held an open dialogue with 52 Families from the Joint Base San Antonio installation community Feb. 14.

As in any contract, covenant or promise, it pays to follow up and see that things are still "working" or if a "tune-up" is necessary. Lynch's visit fulfilled that and more.

The 90-minute question and answer session gave insight into how the Army is doing in terms of getting information out to those who need it; how the Army is doing with respect to delivering services at the installation level; and with implementation of joint basing.

"After 10 years of war, there's a lot of stress on our Army; however, our Army will not break because of the strain on our great Soldiers. Our Army will break due to the strain on our Families," Lynch said.

"To ease the strain, we must provide quality of life services commensurate with their serv-



Sarah Rice, Family readiness support assistant for U.S. Army South, took the microphone to ask questions and offer her point of view during a visit by Lt. Gen. Rick Lynch, commanding general, U.S. Army Installation Management Command, and his wife, Sarah, Feb. 14 at the Roadrunner Community Center.

ice. Senior Army leaders are committed to fulfilling the Army Family Covenant," the general added. "This year, funding for Family programs is \$2.1 billion and we will sustain that funding level in coming years."

The Army Family Covenant was signed by leadership throughout the Army in November 2007. The covenant is the heart of what the Installation Management Command does and recognizes the commitment and sacrifices military Families make every day.



Photos by Cheryl Harrison

In an effort to find out how things were at Fort Sam Houston's Army Community Service, Lt. Gen. Rick Lynch, commanding general, U.S. Army Installation Management Command, and his wife, Sarah, held an open dialog with 52 Families from the Joint Base San Antonio installation community Feb. 14.

During their time at ACS, the Lynchs also visited with 15 surviving Family members of fallen service members.

"This was an opportunity for survivors to voice concerns and issues and to identify and address their specific needs," said Felicia Hilliard, Survivor Outreach Services program coordinator of the meeting.

Many key points were brought to the table and recognized as legitimate concerns for the survivors of fallen service members.

Not to be overlooked was Mrs. Lynch's visit with the Exceptional Family Member Program.

During the focus group 12 EFMP Family members, which included four active duty service members, spoke openly about the many positives and negatives that they face within the program.

Melissa Reyes, EFMP program manager said, "Families were able to voice their concerns regarding challenges they face when moving from one installation to another."

FSH UNITS TAKE PART IN CAREERS ON WHEELS DAY



Officer Kelvin Anderson, 502nd Support Forces Squadron, explains safety procedures as he gets ready to demonstrate how to light a flare and its purpose during the Careers on Wheels Day at Winston Elementary Feb. 18. Career on Wheels Day provides the opportunity for elementary students to explore vehicles and talk to the operators about their career.



Sgt. John Torres, 32nd Medical Brigade, shows the proper head gear used when riding in a Humvee to first-graders at Winston Elementary. Cars, trucks, motorcycles and emergency vehicles from the San Antonio area were brought to the school, giving preschool through fifth-grade students an opportunity to learn about a variety of careers.

Photos by Kathy Salazar

PRAYER BREAKFAST SERVED UP UNITY, FELLOWSHIP FOR POST COMMUNITY



Photo by Lori Newman

Chaplain (Col.) Karl Kuckhahn (right), 502nd Mission Support Group chaplain, presents Chaplain (Brig. Gen.) Donald Rutherford, U.S. Army deputy chief of chaplains, a framed drawing of the clock tower in the Fort Sam Houston Quadrangle as a token of appreciation for speaking at the Fort Sam Houston Joint Base San Antonio National Prayer Breakfast Feb. 23 at the Sam Houston Club. Rutherford shared a story about watching a video about learning how to drive. "You have to yield the right of way ... you have to be defensive when you drive ... and you have to get the big picture. Maybe that's a good way of looking at our own lives of faith," Rutherford said.

ARSOUTH from P1

CCP in support of theater operations.

“We’ve validated our capability to rapidly deploy to a theater outside of the continental United States to set up a base to which we can introduce forces in our headquarters and conduct either a humanitarian assistance and disaster relief operation or migrant operations,” Trombitas said.

Col. Ehrich Rose, operations director, U.S. Army South, credits Army South’s experience during its deployment to Haiti

last spring, in order to assume command of Joint Task Force-Haiti and Operation Unified Response, for the success Army South had during IA 11.

“We’ve learned a lot of lessons,” Rose said. “This time last year when we had our deployment to Haiti, we captured those lessons learned and incorporated them into our standard operating procedures. Integrated Advance is another opportunity for us to practice, learn, and continue to improve in preparation for the next time we have to do this.”

IA 11 was similar to U.S. Army South’s Operation Unified Response mission in that it required the cooperation of several organizations, Trombitas added.

“One of the principal things we learned is that we cannot conduct operations solely as a single component,” Trombitas said. “It is necessary to work in a joint environment with other services as well as to integrate nongovernmental agencies and the interagency.”

Uniformed representatives from all the military

See **ARSOUTH P10**



Photo by Jose Saez

(From left) Maj. Gen. Simeon G. Trombitas, commanding general, U.S. Army South; Sgt. Maj. Jorge Ortiz, Army South operations sergeant major; Lt. Col. Clifton Harris, Army South operations deputy director; and Col. Ehrich Rose, Army South operations director, confer during Integrated Advance 2011 at Guantanamo Bay, Cuba Feb. 16.

WHMC from P1

the Wilford Hall Ambulatory Surgical Center in accordance with the 2005 Base Realignment and Closure law. In the fall of 2011, BAMC will become the San Antonio Military Medical Center, or SAMMC, providing all military medical inpatient care in San Antonio.

“Approximately half of the patients who currently come to the Wilford Hall Emergency Department will be able to be treated in our new UCC which will provide acute and non-emergency care to eligible Department of Defense beneficiaries 24 hours a day, 7 days a week,” King said.

The UCC will be staffed by both military and civilian family practice physicians, physician assistants, nurses and

medical technicians. The UCC will initially operate in the location of the former emergency department until construction is completed on the new Wilford Hall ASC, scheduled for 2015.

Urgent care centers are an option for common medical problems when an individual cannot obtain an appointment with a primary care provider or a clinic is closed. UCCs treat minor illnesses and injuries, such as flu, fever, earaches, nausea, rashes, animal and insect bites, minor bone fractures and minor cuts that require stitches.

“A UCC can be more convenient, but it is not a substitute for an emergency department,” King said. “Personnel staffing the UCC will not have the same level of expertise in treating emergencies

compared to our emergency medicine-trained staff at the SAMMC Emergency Department, nor will the UCC have the same equipment as an emergency department.”

There will be no need to make an appointment to be seen in the Wilford Hall UCC. Patients arriving at the new UCC will be seen as expeditiously as possible, based on their condition and the number of other patients also presenting for care.

Unlike UCCs, emergency departments are prepared for every kind of medical emergency, including heart attacks, stroke, motor vehicle crashes, psychiatric emergencies and other life-threatening conditions.

“Individuals who suffer a serious illness or injury should go to the closest emergency

department. If they go to an urgent care center with a serious illness or injury, they will be sent or transported by ambulance to a hospital emergency department, and this could delay their care,” King stressed.

“However, if an individual has a less serious condition, our new UCC will provide open access care for all eligible DOD beneficiaries.”

“Until July 1, 2011, patients can continue to expect to receive the highest level of care in our emergency department at Lackland AFB,” King said. “However, beginning July 1, our Air Force Emergency Medicine professionals will be working alongside their Army counterparts in the only remaining military emergency department in San Antonio – the SAMMC Emergency



Airman 1st Class Jennifer Heidenesher, 59th Emergency Medical Squadron medical technician, assists a patient Jan. 27 in the Wilford Hall Medical Center Emergency Department at Lackland Air Force Base. Beginning July 1, 2011, Wilford Hall Medical Center will close its emergency department and redesignate the area as an urgent care center, or UCC.

Photo by Senior Airman Corey Hook

Department at Fort Sam Houston.”

The combined Army and Air Force staff at the SAMMC Emergency Department will provide round-the-clock care and have special equipment and highly-qualified personnel to respond to

every kind of adult or childhood medical and surgical emergency, including serious trauma.

“We remain dedicated to continue providing all of our eligible DOD beneficiaries the best possible urgent and emergency care,” King said.

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COMPANY D, 264TH MED. BN. CHANGES COMMAND, RESPONSIBILITY



Courtesy photos

The 264th Medical Battalion held change of command and change of responsibility ceremonies for D Company Feb. 11 at Blesse Auditorium. In the change of command (left), Capt. Eugene L. Thomas III took the reins from Capt Dominique L. Henry. Thomas has served ten months as the battalion's operations officer, while Henry becomes assistant operations officer for the 32nd Medical Brigade. In the change of responsibility (right), 1st Sgt. Ana C. Alvarenga took over for 1st Sgt. David M. Doubek. Doubek is headed for Fort Hood, while Alvarenga previously held the position of senior platoon sergeant of Company D, 264th Med. Bn. Lt. Col. Timothy L. Hudson, 264th Med. Bn. commander, officiated the ceremonies.

4TH ESC OBSERVES BLACK HISTORY MONTH



Photo by 2nd Lt. Sandra Richards

Desire Aguilar plays "Amazing Grace" on her saxophone during the 4th Expeditionary Sustainment Command's Black History Month observance at the Stillwell Reserve Center Feb. 17, with events that honored African-Americans during the Civil War. The Association for the Study of African-American Life and History selected "African-Americans and the Civil War" as the 2011 National Black History Theme. "We've come together to pay tribute to all of the African-Americans who have paved the way for us, not only in the civilian sector but in service to our country, from mothers and fathers to friends and colleagues," said Capt. Earnest Copeland, of the 4th ESC Headquarters and Headquarters Company commander. Additionally, hymns were sung by Sgt. 1st Class Latoir Brewer and Lt. Col. Rose Bean and Chief Warrant Officer 2 Taurus Preston cooked a sampling of soul food for the Soldiers and civilians to enjoy.

PETS from P3

such as:

- Destructive chewing, digging or scratching.
- Investigative behaviors, like garbage raiding.
- Hyperactivity, excitability and nighttime activity.
- Unruliness such as knocking over furniture or jumping on people.
- Excessive predatory and social play.
- Play biting or rough play.
- Attention-getting behaviors like barking and whining.

Exercise and play helps:

- Reduce common behavior problems;
- Keep dogs healthy, agile and limber;
- Reduce digestive problems and constipation;

• Timid or fearful dogs build confidence and trust;

- Dogs feel sleepy, rather than restless; and
- To keep dogs' weight under control.

"Animals get bored," Everett said, equating it to how people feel when they are confined in the house all day. Pets need stimulation much the same as people do.

"[Dogs] are more inclined to learn and behave when they have been stimulated," Everett said. "Our dogs are just like us, they need to get rid of energy."

Everett recommends that people check with their veterinarian before starting an exercise regimen for their pet. There are many factors to consider, such as the dogs' age, size, breed, and overall health.

"If people have any

general questions about their pets we do check-ups; we can check blood-work to make sure their pet is healthy," the veterinarian said. "People can come in and register their pets with us."

People living on Fort Sam Houston are required to register their pets with the Fort Sam Houston Veterinary Treatment Facility.

The FSH Veterinary Treatment Facility is located in Building 2635 on Harney Road, behind the Harlequin Dinner Theatre. Hours are 8 a.m. to 4 p.m. Monday through Friday for over-the-counter sales and appointments.

The facility is closed on the last day of every month to conduct inventory. To schedule an appointment, call 295-4260 or 295-4265.

ARSOUTH from P6

branches as well as advisers from government agencies such as the Departments of State and Homeland Security, and the Immigration and Customs Enforcement joined together to work under Army South's CCP.

"Working together during IA 11 proved that a uniform is a uniform no matter what branch of the military you represent," said Coast Guard Lt. Chris Anderson, 7th Coast Guard District staff representative. "We all have the same goal and working together brought a lot to the exercise; it's huge."

Trombitas said inter-agency cooperation is especially important based on lessons learned from Operation Unified Response.

"We have interagency here because of what we learned in Haiti," Trombitas said. "This ensures we have a total government effort in anything we do in terms of migrant operations or humanitarian assistance and disaster relief."

U.S. Department of State IA 11 advisor Stacy Gilbert said inter-agency cooperation is important in order to view things from a different perspective.

"It's important we do this because there's a wide range of experience among the uniforms and interagency," Gilbert said. "We can help each other think about implications of all we do from a different point of view. A different part of our brain was exercised."

Working with other agencies is something

Trombitas knows well based on Army South's OUR experience.

"Once we formed a relationship with these other agencies it afforded us the ability to work smoother, to understand their culture and their language and to better integrate them into our operations and us into theirs," Trombitas said.

Trombitas said overall he was impressed by the performance of his Army South staff, the various military components and other partner organizations as they worked together under the CCP.

"It is a team effort," Trombitas said. "We've had the opportunity to work with our sister services and the interagency and I'm quite confident that together we can do any mission we're given."

470TH MI BRIGADE CHANGES COMMAND SERGEANT MAJOR

Command Sgt. Maj. Charles Totoris (right) receives the noncommissioned officer's sword from Col. Jim Lee, 470th Military Intelligence Brigade commander, to symbolize the senior NCO's acceptance of responsibility as brigade command sergeant major during a ceremony at the Roadrunner Community Center Feb. 9. Totoris takes over for Command Sgt. Maj. Ronald Mason. Col. Jim Lee, commander of the 2,100-member operational brigade, thanked Mason for his service on behalf of the brigade's Soldiers, who are serving on intelligence missions from Afghanistan to South America, and on behalf of their families "who keep the homefires burning."

Photo by Aarika Cole



BUDGET from P2

power of such a huge enterprise. The money also will fund preventive care, immunizations and programs to combat obesity, tobacco use and alcohol abuse.

The budget also calls for a modest premium increase for working-age military retirees enrolled in the TRICARE Prime military health plan. The budget sets the increases at \$2.50 per month for individuals and \$5 per month for families in fiscal 2012, and for the premiums to be indexed to Medicare inflation thereafter.

The medical funding request also is aimed at providing services for wounded troops. The money will fund programs to provide a seamless transition from the Defense Department's medical system to that of the Veterans Affairs Department for wounded service members who leave the military. Defense

leaders understand that military families also serve the country, officials said, noting that Gates has vowed to protect military families from the budgetary ax. The fiscal 2012 budget shifts funding for military families into the base budget, ensuring these programs don't disappear as combat deployments and war funding decline, officials said.

The budget provides funding for child care space for more than 200,000 children, as well as funding for family support centers and morale, welfare and recreation programs. The budget funds the education of almost 95,000 students at DOD Education Activity schools in 12 countries and almost 35,000 students in seven states, Puerto Rico and Guam.

The more than 600,000 civilians in the DOD work force will not receive a raise in calendar years 2011 and 2012 as part of the larger government-wide freeze on wages. The

department intends to hold the civilian work force at fiscal 2010 levels.

The budget also seeks increasing opportunities for flexible work schedules, including teleworking options.

But the focus remains on the current wars. About 48,500 American troops remain in Iraq, and about 98,000 U.S. troops are in Afghanistan, officials noted, and Afghanistan and Pakistan remain the focal point in the war on extremist groups such as al-Qaida. Some U.S. and coalition forces are fighting against extremists while others are training the Afghan security forces to take on the security mission in the country. Last year, 30,000 more American troops surged into Afghanistan, and NATO nations and other coalition contributed 10,000 more.

These forces have been successful in arresting Taliban and al-Qaida forces' momentum and have turned the tide, offi-

cial said. Now, they added, the forces are expanding their "security bubbles" and looking for ways to make the gains permanent.

Most of the \$117.8 billion in the overseas contingency operations fund — some \$67 billion — goes to operations. Training Afghan forces consumes the next-largest amount, at \$12.8 billion.

The budget invests \$2.6 billion into defeating the biggest killer of American personnel, the improvised explosive device. Another \$6 billion goes into military intelligence funding, which includes investments in intelligence, surveillance and reconnaissance assets.

The budget request calls for three more Global Hawk unmanned aerial vehicles, 48 more Reaper UAVs, 36 more Gray Eagle UAVs and 12 maritime

UAVs, as well as 12 more MC-12 intelligence, surveillance and reconnaissance aircraft.

The fiscal 2012 budget request also sets the stage for the future, putting the defense secretary's restructuring of the F-35 joint strike fighter program in concrete. The request puts more money into research and development for the fifth-generation fighter and defers procurement to the out years. Still, DOD will receive 32 of the planes in fiscal 2012. The budget request also puts the vertical-lift version of the aircraft on a two-year probation period.

The budget request also provides for:

- Procurement of 28 more F/A-18E/F fighter aircraft and 12 more EA-18G electronic warfare aircraft;
- A stabilized ship-building effort, with two

Virginia-class submarines, a DDG-51 destroyer, four littoral combat ships, an LPD-17 amphibious assault ship and two joint high-speed vessels.

- Investment of \$2 billion in long-range strike capabilities, most notably through a new Air Force bomber that will be stealthy and nuclear-capable while giving planners the option of piloting it remotely.

- \$900 million for new air-to-air refueling tankers, and money for a new family of armored vehicles and a joint light tactical vehicle.

The budget request includes 2 percent real growth in basic research and holds the remainder of the science and technology budget steady. All told, the science and technology budget is set at \$12.2 billion, officials added.

'Going For Green' and fueling the Soldier athlete

By Phil Reidinger

AMEDDC&S Public Affairs

Over the last decade, the Army has seen a decline in the overall fitness of civilians entering Initial Military Training. Less than 25 percent of the 18- to 24-year-old population is qualified to join the U.S. Army because of obesity and lack of physical ability.

This lack of physical activity hinders the development of bones and muscles, while a decrease in calcium – as a result of people drinking less milk and more carbonated beverages – has resulted in lower bone density. This makes Soldiers coming into the Army more prone to injuries and dental problems.

Various vitamin and nutritional deficiencies have also resulted in decreased performance and an increase in attrition rates during Initial Military Training

To reverse years of unhealthy habits and change the behavior of new Soldiers, the Army kicked off two new programs in August 2010 – the Soldier Fueling Initiative and the “Go For Green” nutrition labeling program.

Fort Sam Houston and Camp Bullis will begin taking steps to improve Soldiers’ eating habits soon, as all dining facilities on Fort Sam Houston and Camp Bullis will begin serving the 28-day core menu of the Soldier Fueling Initiative on the main lines starting March 1. The Slagle dining facility converts completely to the Soldier Fueling Initiative guideline March 1.

Food stocks on hand that are not consistent with the initiative will be shifted to the other dining facilities which do not serve Initial Military Training Soldiers and served until exhausted.

On March 15, all remaining dining facilities will fully implement the Soldier Fueling Initiative menu as the core menu on their entree lines.

The short-order and take-out lines will remain open and continue to serve, allowing the facilities to maintain the same level of support to the rest of the installation while implementing the new program.

Early in 2010, a revision of physical



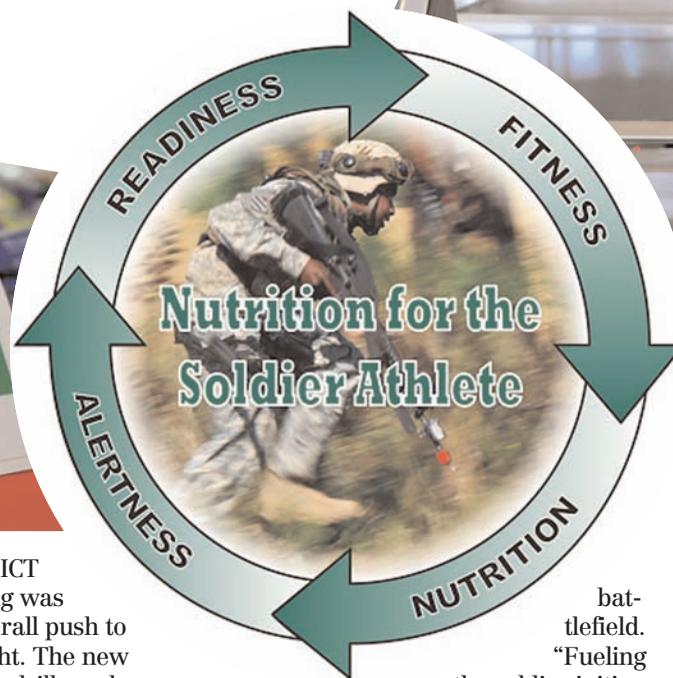
readiness training during ICT and Basic Combat Training was initiated as part of the overall push to get Soldiers more fit to fight. The new training provides exercise, drills and activities aligned to successful performance of warrior tasks and battle drills and designed to develop Soldiers’ strength, endurance and mobility while preventing injuries.

The physical training program was revamped as part of a larger program which looks at Soldiers as athletes. It has three components: physical training, injury prevention and fueling the Soldier, or the nutrition aspect.

According to Lt. Gen. Mark P. Hertling, U.S. Army Training and Doctrine Command’s deputy commanding general for Initial Military Training, “The Soldier Athlete consists of three different parts; it’s physical readiness, and how you do physical training, it’s injury prevention, how you prevent Soldiers from getting hurt or having some type of injury to hinder their performance. And it’s also a nutritional aspect to make sure Soldiers get the right food.”

So far, results are showing that the new program is contributing to an increase in physical fitness test scores and a significant reduction in injuries.

The Fueling the Soldier “Go for Green” campaign focuses on performance nutrition, motivating Soldiers to think of themselves as athletes and eat like athletes. Treating the Soldier as an athlete helps them to be better prepared to take on rigorous training and the physical demands of operating on the



bat-
tlefield.

“Fueling

the soldier initia-

tive means the right things to eat, ensuring you are feeding your body for the kind of demands it takes on during initial training and combat,” Hertling said. “We are just trying to get Soldiers to understand that there are a lot of important aspects of being physically fit besides just working out.”

“Go for Green” is a nutritional recognition labeling system providing the Soldier with a quick assessment of the nutritional value of menu offerings and food products in the dining facility

New standards for meals served in dining facilities shift food preparation methods from fried to baked, increasing the nutrient quality and grade of foods, and eliminating less healthy food options.

The menu offerings and food items are labeled green (eat often), amber (eat occasionally), and red (eat rarely) based on the impact the food can have on a Soldier’s performance.

Deep-fried foods are gone in favor of baked, grilled and roasted items. Instead of white breadstuffs and pasta, menus will now include whole grain, whole wheat and brown rice. Whole milk will be replaced by reduced-fat milk, skimmed milk and soy milk.

Sugar-sweetened sodas will be replaced by calcium-enriched fruit juices and teas. Frozen yogurt replaces ice cream, while fruit and yogurt parfaits



Courtesy photos

Army dining facilities use labels to indicate which types of food enhance a Soldier’s performance and which types of food are considered for moderate performance or performance limiting. The labeling is part of the Soldier Fueling Initiative, which addresses the nutritional needs of Soldiers in Initial Military Training.

and sugar-free baked goods will take the place of sugary desserts.

Salts and fat are also limited in the new “Go for Green” menus.

Dining facilities are discontinuing cooking with saturated fats or trans-fat cooking oils. The use of canola oil spray, as well as cooking with butter instead of margarine, will reduce fat and salt.

The use of low-sodium products and salt substitutes for flavoring will also make meals healthier for the Soldier athlete.

“Go for Green” guidelines classify foods in a “green” category that are dense in nutrients and low in fat and calories. These should be chosen frequently as they are the most beneficial foods.

“Amber” category foods provide nutrients, but should be chosen less frequently because of higher calorie content, lower amounts of vitamins and mineral.

The “red” category foods are highest in calories, lowest in vitamins and minerals and should be eaten in moderation. Red foods are deemed “performance-limiting foods.”

Using an entree as an example, fried chicken would be red, baked chicken would be amber and skinless chicken would come in as green. For side dishes, french fries are red, potatoes au gratin are amber and roasted potatoes get classified as green.

Soldiers can get “Go for Green” information as a free iPhone application at the iTunes App Store and as the “Go For Green-US Army Nutrition” application, which is free for Android phones.

Nine selected as JBSA Fiesta ambassadors

By Mike Joseph
Lackland AFB Public Affairs

Nine military members based at San Antonio installations will represent their respective services as 2011 Military Ambassadors.

The ambassadors represent the military at San Antonio-area community events, including nearly 150 activities associated with Fiesta. Ambassadors will also participate in parades and visit local schools, nursing homes and retirement facilities throughout the year.

The Military Ambassadors for 2011 include:

Air Force — Staff Sgt. Jillian Pass, Lackland Air Force Base, and Maj. Paul Ferguson, Randolph Air Force Base

Army — Sgt. Lauren Aldaco and Sgt. 1st Class Jeffrey Ebert;

Navy — Petty Officer 2nd Class Nicholas Campos and Petty Officer 2nd Class Sarai Cordova;

Coast Guard — Petty Officer 3rd Class Florencia Mendez and Petty Officer 2nd Class Dustin Debarge

Marine Corps — Cpl. Angela Hudson

“The ambassador program is another tool for the services to get their message out,” said Bill Gaines, 502nd Air Base Wing civic outreach chief. “Over the course of a year, the ambassadors have a chance to utilize their talents and skills, and really expand on them. It’s certainly a learning experience.

“They’ll participate in local festivities (during the year) and have an opportunity to meet local leaders, with Fiesta being the highlight simply because of its exposure and the time spent (in the community),” Gaines added.

To retain the uniqueness and significance of the program, each San Antonio-area military service

selected two ambassadors for representation. In previous years, each installation selected ambassadors.

Senior Air Force leadership views the ambassador program as an important component in connecting with the local community.

Lt. Gen. Douglas H. Owens, Air Education and Training Command vice commander, said in a Nov. 1 memorandum that ambassadors play an integral role for the installations’ community relations programs, not only during Fiesta, but also during parades and community events throughout the year.

Cordova, a Navy cryptologic technician based at Lackland, said she was honored to be an ambassador.

“One of my close friends was a Marine ambassador three years ago,” she said. “From what she told me about it, it sounded like something I would like to do.”

As preparations hit full stride for the city-wide celebration in April, Cordova will no longer be a novice when it comes to Fiesta.

“I’ve actually never been,” she said. “I’d heard of Fiesta when I was stationed here the first time (2003-2006), but my husband was stationed elsewhere and attempting to do things with the kids was always difficult.

“This is our

first year back and it’s going to be a whole new experience for me. It’s something I’m really looking forward to.”



MARINE CORPS
Cpl. Angela Hudson



NAVY
Petty Officer 2nd Class Nicholas Campos and
Petty Officer 2nd Class Sarai Cordova



ARMY
Sgt. Lauren Aldaco and Sgt. 1st Class Jeffrey Ebert



AIR FORCE
Staff Sgt. Jillian Pass and Maj. Paul Ferguson



COAST GUARD
Petty Officer 3rd Class Florencia Mendez and
Petty Officer 2nd Class Dustin Debarge

Force Support Squadron

Family & MWR

Announcements

Free Golden Gloves Championship Tickets

The 75th Golden Gloves Championship Boxing Tournament is Feb 26 at 7 p.m. at the Municipal Auditorium. Several sponsors of the event have underwritten 500 tickets, which are available free of charge to DOD I.D. cardholders. Call 226-1663 or visit the Family and MWR Ticket Office in the Sam Houston Community Center for information.

Military World Games Applications

All Army Sports applications are currently being accepted for volleyball (sand and floor), men's basketball, taekwondo, boxing, women's soccer, women's basketball, and triathlon. The following CISM-only sports are accepting applications until March 1, swimming/lifesaving, modern pentathlon, and track and field. Military World Games are being held in Rio de

Janeiro, Brazil, in July 2011. Visit <http://www.ArmyMWR.com> for applications and information.

American Red Cross Life Guard Certification Classes

Sessions are March 19, 20, 26 and 27, and April 9, 10, 16 and 17 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.

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 sculpting, muscular strengthening and endurance training. Call 221-4893 for information or an appointment.

Attention Fitness Center Patrons

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

Microsoft Office Classes

Feb. 24 – Access Level 2
March 1 – Word Level 1
March 2 – PowerPoint Level 1
March 3 – Excel Level 1

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

Calendar of Events

Feb. 24 Financial Boot Camp

The training is Feb. 24-25, 8:30 a.m.-3 p.m. at the Sam Houston Community Center. Confidential financial counseling is available. Call 221-2380.

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. 25 Breastfeeding Support Group

The group meets 11 a.m.-1 p.m. at the Roadrunner Community Center Building 2797. To register, call 221-0349 or 295-0313.

Battlemind Pre-Training for Families

The training is 2:30-4:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829 or 221-0946.

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.

CYS Services Talent Showcase

The Child, Youth and School Services Talent Showcase is 6-8 p.m. followed by a dance from 8-10 p.m. at the Youth Center, Building 1630-A. Call 221-4781.

Feb. 28 Unit Trauma Training

The training is 9 a.m.-2 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Negotiating Conflict

The class is 11 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. Learn to handle difficult people in your life. To register, call 221-0349.

Mandatory First PCS

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

March 1 Unit Family Readiness Training

The training is 9-10 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Federal Resume Writing

The class is 8 a.m.-noon at the Roadrunner Community Center, Building 2797. Registration is required, call 221-0516/2418.

Women Encouraging Women en Espanol

This seminar, presented in Spanish will be held noon-1 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0349.

Bank Account Management

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

March 2 Virtual Family Readiness Group

The training is 10-11 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Family Readiness Group Leader's Forum

The forum is 11:30 a.m.-1 p.m. at the Roadrunner Community Center Building 2797. This forum provides FRG Leaders the opportunity to discuss, network and share lessons learned in an open forum. To register, call 221-1829/0946.

Mandatory Initial First Term Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. Class space is limited. To register,

call 221-1612.

March 3 5 Love Languages for Teens

Classes are March 3, 10 and 17 from 5:30-7 p.m. at the Roadrunner Community Center, Building 2797. Parents discover how to identify and fluently speak your teen's primary love language. Teens learn how to demonstrate and express love to your parents, siblings, boyfriends, girlfriends and friends. Call 221-0349.

March 7 Unit Victim Advocate Training

The training is March 7-11 from 8 a.m.-4:30 p.m. at the 32nd Medical Brigade, Building 902. For more information, call 221-1505.

March 11 Application Deadline for Memorial Bataan Death March

The annual Memorial Bataan Death March will be held March 27 at the White Sands Missile Range in New Mexico. Deadline to apply is March 11. This event is not open to individuals, units interested in sending a five-person team, can call 221-9122.

Shamrock Scramble

502d 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 for 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.

March 26 Military City USA 5K Run

The Annual Military City USA 5K Run is open to the public for any individual, five-person guidon teams and 28-man formations who are interested in participating. Registration fee is \$15 before March 20 is \$15 or \$20 after. Call 221-1234.

Military Historical Trivia

Q. What do these people have in common: Ambassador Alan Keyes, basketball superstar Shaquille O'Neal, former Army Col. Oliver North, actor Peter Weller and military icon Gen. Douglas MacArthur?

A. They were All-American athletes.

B. They were Family members of Soldiers stationed at Fort Sam Houston.

C. They were all born in San Antonio.

D. They were all stationed at Fort Sam Houston.



**GEN. DOUGLAS
MACARTHUR**

A. The answer is "B." Shaq was the only All-American athlete in the group. None were stationed at Fort Sam Houston, although MacArthur was assigned here on temporary duty. None were born on Fort Sam Houston, but North was born at the nearby Nix Hospital in downtown San Antonio. Weller played in the "Robocop" movies among many others. All were Family members whose fathers were stationed at the post.



Announcements

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>.

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.

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

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

March 5-6

Jack Hanna at SeaWorld

Jack Hanna, animal expert and TV personality, will make guest appearances March 5, 11:30 a.m. and 3:30 p.m. and March 6, 11:30 a.m. and 2 p.m. in the park's Nautilus Amphitheater. Discounted SeaWorld tickets are available at the Fort Sam Houston Ticket Office, call 226-1663.

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.saredcross.org>.

March 22 Spouses' Club Joint Services Luncheon

The Spouses' Club of the Fort Sam Houston Area will host a Joint Services luncheon 10 a.m.-1 p.m. at the Bright Shawl, 819 Augusta St. Keynote speaker is Vivian "Bibs" Reynard, military spouse and author of the "The Once Over Lightly." Cost is \$26, rosemary lemon chicken or shrimp Augusta. Reservations or cancellations must be received by March 1 to Reservations Chair, 213 Royal Troon Dr., Cibolo, TX 78108. Visit <http://www.scfsh.com> for information.

REMINDER CALENDAR

- 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
- March 8** Hiring Heroes Career Fair, 9 a.m.-2 p.m., Sam Houston Club
- March 13** Daylight Saving Time Begins
- March 14-18** FSHISD Spring Break



For Sale: Women dress/casual clothes, like new, skirts, skirt and blouse, slacks, blouse, Sizes 12-14, \$3-\$10. Call 363-5621.

For Sale: French door, 32 inches by 78 inches, 15 glass panels, \$42; wooden doors with sliding glass window, 32 inches by 78 inches, \$25; wooden door, solid glass win-

dow, 32 inches by 78 inches, \$25; 15-inch Quasar color TV, 150 channels, \$48; new 5-gal plastic buckets with covers, \$1.35 each. Call 313-0061.

For Sale: Compaq CQ5320Y with upgraded 500 watt power supply and 1 GB HDMI video card, Windows 7 Home Premium 64 bit Dual Core AMD Athlon II X2 240 @ 2.8 GHz 500 GB Sata hard drive, 3 GB PC3-10600 DDR3 SDRAM, Multi-format DVD/CD-RW drive. Comes with power cord, keyboard and mouse, \$400. Call 639-1039.

Cougar cagers march into playoffs

By Robert Hoffmann

Robert G. Cole High School

Putting the finishing touches on a superb regular season highlighted by head coach Herb More's 500th career victory, the Robert G. Cole High School boys' basketball team defeated the Luling Eagles, 66-34, Feb. 15 to end district 29-2A competition with an 11-1 record.

The Cougars are district champions and advance to this year's playoffs with a first-

round bye.

Cole will play the winner of Hebronville and Refugio Feb. 25 with the site and time to be determined.

The Cougars have high hopes for a great playoff run as they are ranked No. 7 in the Texas Association of Basketball Coaches poll with a 30-3 record.

"I think we have a chance to advance deep as long as we stay grounded and focused," More said. "This team is very strong defensively and excellent on the

boards."

This is More's first 30-win season; although he has had several with 28 and 29 wins.

In the 20 years More has been Cole's head coach, 15 teams have recorded over 20 wins and nine have recorded over 25 wins. His tenure has seen only two losing seasons (16-17 and 12-16), with both of those teams advancing to the playoffs. Of the 20 teams, 18 have advanced to playoff competition.

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. 25

Lunch – 11 a.m. to 1 p.m.

Beef pot roast, fried chicken, ham hocks, barbecued pork chops, grilled pork chops with onions, parsley-buttered potatoes, macaroni and cheese, smothered squash, yellow squash, collard greens, pinto beans

Dinner – 5 to 7 p.m.

Beef stroganoff, pork adobo, grilled ham steaks, barbecued ham steaks, cheese ravioli, egg noodles, steamed potatoes, fried potatoes, black-eyed peas, cauliflower combo, stewed tomatoes

Saturday – Feb. 26

Lunch – noon to 1:30 p.m.

Roast turkey, pepper steak, breaded pork fritters, eggplant parmesan, mashed potatoes,

steamed rice, stewed tomatoes and okra, green bean combo, peas and carrots

Dinner – 5 to 6:30 p.m.

Chicken parmesan, grilled chicken breasts, baked fish, cheese tortellini, brown rice, scalloped potatoes, collard greens, black-eyed peas

Sunday – Feb. 27

Lunch – noon to 1:30 p.m.

Honey-glazed Cornish hens, Yankee pot roast, spaghetti with meat sauce, mushroom quiche, rice pilaf, paprika potatoes, corn combo, zucchini squash, carrots

Dinner – 5 to 6:30 p.m.

Cheese manicotti, braised beef and noodles, pork chops Mexicana, grilled ham steaks, Spanish rice, steamed rice, baked sweet potatoes, lima beans, corn, spinach

Monday – Feb. 28

Lunch – 11 a.m. to 1 p.m.

Meat loaf, Creole fish, barbecued spareribs, mustard-dill

baked fish, potato frittata, steamed rice, rissole potatoes, smothered squash, yellow squash, fried okra, herb broccoli

Dinner – 5 to 6:30 p.m.

Chicken tetrazzini, chili macaroni, breaded pork fritters, Salisbury steaks, mashed potatoes, red beans and rice, turnip greens, carrots, fried cauliflower

Tuesday – March 1

Lunch – 11 a.m. to 1 p.m.

Hot and spicy chicken, Yankee pot roast, lemon-baked fish, red beans and rice, steamed rice, O'Brien potatoes, ratatouille, green beans

Dinner – 5 to 7 p.m.

Jerk roast turkey, hamburger yakisoba, grilled ham steaks, vegetarian nuggets, rice pilaf, baked sweet potatoes, cauliflower au gratin, lima beans

Wednesday – March 2

Lunch – 11 a.m. to 1 p.m.

Braised beef, grilled pork chops, herb baked fish, vegetable

pizza, mashed potatoes, egg noodles, mustard greens, whole-kernel corn

Dinner – 5 to 7 p.m.

Santa Fe glazed chicken, meat loaf, Cajun-baked fish, vegetable egg rolls, lyonnaise potatoes, brown rice, broccoli, carrots amandine

Thursday – March 3

Lunch – 11 a.m. to 1 p.m.

Pineapple chicken, vegetable lasagna, baked salmon, sweet and sour pork chops, garlic-roasted potato wedges, steamed rice, pinto beans, Brussels sprouts

Dinner – 5 to 7 p.m.

Chicken enchiladas, Mexican baked chicken, beef fajitas, bean burritos, Spanish rice, parsley potatoes, carrot and celery amandine, Mexican corn, Spanish-style beans

Menus are subject to change without notice

FSHISD WEEKLY CAMPUS ACTIVITIES FEB. 28-MARCH 5 TEXAS PUBLIC SCHOOLS WEEK

Fort Sam Houston Elementary School

March 1

Fourth grade TAKS Writing Test

March 2

Read Across America – Literary Character Dress-Up Day

March 3

Progress Reports sent home
College/University T-Shirt Day
Jump Rope and Hoops for Heart during Physical Education
Student Council Meeting, 3 to 4:30 p.m.

March 4

Spirit Day
Early Release, 11 a.m.

Robert G. Cole Middle/High School

Feb. 28

Boys Golf at Cedar Creek, 8 a.m.

Girls Golf at Pleasanton, 8:30 a.m.

March 1

Seventh grade TAKS Writing Test
Ninth grade TAKS Reading Test
10th grade TAKS ELA Test
11th grade TAKS Exit Level ELA Test

Cole Varsity Baseball vs. St. Mary's Hall, 4:30 p.m.

March 2

TAKS Exit ELA and Exit Level Math

March 3

TAKS Exit Level Science

10th grade TAKS ELA make-up session

Varsity Tennis Stockdale

Invitational at Starke Park, Seguin, 8 a.m.

Baseball Tournament at Edgewood, TBA

Boys and Girls Varsity Track meet

at South San High School

Girls Varsity Basketball State

Tournament, TBA

March 4

TAKS Exit Level Social Studies

Varsity Tennis Stockdale

Invitational at Starke Park,

Seguin, 8 a.m.

Baseball Tournament at

Edgewood, TBA

Boys and Girls Varsity Track meet

at South San High School

Girls Varsity Basketball State

Tournament, TBA

March 5

Varsity Tennis Stockdale

Invitational at Starke Park,

Seguin, 8 a.m.

Baseball Tournament at

Edgewood, TBA

Girls Varsity Basketball State

Tournament, TBA

UIL One Act Play rehearsals in

Moseley gym, 1 to 3 p.m.