



MAR. 3, 2011  
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**FORT SAM HOUSTON QUADRANGLE QUEST**  
 March 5, 10 a.m.  
 FSH Quadrangle  
 See page 22 for details.

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

# FSH begins fueling the Soldier Athlete

By Col. William LaChance  
 Commander, 32nd Medical Brigade

Since its inception the Army has prided itself on transforming everyday civilians into Army Strong Soldiers. Now it seeks to transform its Soldiers into something more: a Soldier Athlete.

Faced with the intense physical demands of ongoing deployments

and the declining levels of fitness of new recruits, the Army has launched a series of initiatives to train Soldiers how to not only exercise like an athlete, but eat like one as well.

These initiatives have already changed how Soldiers at Fort Sam Houston train; soon they will change how they eat.

See SOLDIER P8

# ARNORTH tests Guard Soldiers in chemical attack exercise

By Sgt. 1st Class Manuel Torres-Cortes  
 ARNORTH Public Affairs

Early on Valentine’s Day, San Antonio residents gathered at a local job fair in hopes of finding better opportunities for their Families. What they got was much worse than the challenges of a bad economy.

This was the scenario Feb. 14 at Nelson W. Wolff Municipal Stadium, as members of U.S. Army North’s Civil Support Training Activity conducted an exercise to test the skills of Soldiers from the 81st Civil Support Team.

Based out of Bismarck, N.D., the 81st CST were called upon to demonstrate their proficiency in responding to a chemical agent incident.

See ARNORTH P11



Photo by Sgt. 1st Class Manuel Torres-Cortes  
 Manuel Gutierrez Jr. (right), observer controller with the ARNORTH CSTA, opens up a Tedlar Bag to test the 81st Civil Support Team’s air monitoring system to determine the exposure of toxic organic and inorganic gases left at the scene at San Antonio’s Nelson W. Wolff Municipal Stadium Feb. 14.



## EFMB WARRIORS

Photo by Lori Newman

Capt. Patrick Malafronte from Carl R. Darnell Army Medical Center, Fort Hood, Texas, was the first to cross the finish line during the Expert Field Medical Badge 12-mile foot march. Malafronte completed the march in 2 hours, 30 minutes. One hundred thirty-three candidates began their quest Feb. 13 at Camp Bullis, and 20 received the EFMB during a ceremony Feb. 25 after the grueling 12-mile foot march, the final event in the two week process. See story and photos, pages 16-17.



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# Water management vital for Joint Base San Antonio

By Anthony Martinez  
JBSA Environmental Engineer

Implementation of proactive water management is essential in San Antonio where periods of drought increase the need for proper aquifer management.

As we move into the warmer months, we need to be aware of the fact that critical stages of drought management quickly occur with lack of rain.

As stewards of the environment, Joint Base San Antonio has a responsibility to preserve the Edwards Aquifer.

During the summer, activities such as using swimming pools, irrigation and car washing increase.

Along with the additional demands placed on the Edwards Aquifer through our growth and expansion, we need to evaluate and modify our operations to minimize withdrawals.

Excessive use must be curtailed and system losses reduced to offset drought conditions through proper management.

Poor water management will lead to depletion of the aquifer and result in the declaration of more extensive use restrictions.

As of the week of Feb. 21, the Edwards Aquifer level was approximately 671 feet.

During the hot summer months, the aquifer can drop as much as a foot per day.

The next critical stage occurs when the aquifer falls below 660 feet for three consecutive days. At JBSA there is a policy

to conserve water all year around.

According to this policy, watering is restricted to before 10 a.m. and after 8 p.m.

Military family housing units with even number addresses are allowed to water on Saturday and Tuesday, while odd number addresses can water Sunday and Thursday.

All installation facilities are allowed to water Monday and Friday. Athletic fields are watered on Monday and Wednesday and Golf

Courses any day.

Commanders throughout Fort Sam Houston must maintain and promote sound water conservation measures.

They must also educate their personnel on the importance of water conservation and the need to eliminate water waste.

Everyone at JBSA installations, to include employees, housing residents and contract personnel, are required to comply with these water conservation measures.

Failure to do so can

result in administrative actions taken against the installations.

Joint Base San Antonio staff at Fort Sam Houston and Lackland and Randolph Air Force Bases will conduct assessments on a daily basis to identify water misuse and waste.

When users are noti-

fied of discrepancies, they need to be corrected immediately.

Persons found in violation of these measures will be held accountable.

Everyone is asked to do their part to conserve water through proper management and control.

### Thought of the Week

A man is the sum of his actions, of what he has done, of what he can do. Nothing else.

— Mahatma Gandhi

### Weekly Weather Watch

	Mar. 3	Mar. 4	Mar. 5	Mar. 6	Mar. 7	Mar. 8
San Antonio Texas	78° Partly Cloudy	80° Cloudy	72° Cloud/Sun	69° Sunny	78° Sunny	84° Partly Cloudy
Kabul Afghanistan	44° Rain Snow Showers	42° Rain Snow Showers	44° AM Snow Showers	48° Partly Sunny	51° Partly Sunny	51° Sunny
Baghdad Iraq	73° Sunny	72° Sunny	73° Partly Sunny	74° Sunny	81° Partly Sunny	79° Sunny

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

## News Briefs

### Army Emergency Relief Annual Campaign

The 2011 Army Emergency Relief Annual Campaign began March 1 and runs through May 15. The theme of this year's Campaign is "Helping to make Soldiers and their Families ARMY STRONG." In 2010, AER provided \$77 million in assistance to more than 66,000 Soldiers and their Families. The Command Referral Program Company Commanders and First Sergeants have the authority to approve AER loans to Soldiers up to \$1,000. Army Emergency Relief assistance is available to Soldiers and their Families, wherever they are located and the amount of assistance is only limited by a valid need. Soldiers and their Family members needing AER assistance can contact the FSH AER office at the Roadrunner Community Center at 2797 Stanley Road or call 221-1612/0994 or click on <http://www.aerhq.org>. The kick-off meeting for the 2011 AER Fund Campaign is at 8:30 a.m. March 11 at the Roadrunner Community Center. The AER Campaign period at FSH is April 1 through 30.

### JBSA-FSH Hiring Heroes Career Fair

The next Hiring Heroes Career Fair is from 9 a.m. to 2 p.m. March 8 at the Sam Houston Club. The primary focus of the HHCF program has been the wounded, ill and injured military personnel and their spouses/caretakers, but all active and Reserve component personnel of all military service branches, military retirees and veterans in the surrounding San Antonio area are welcome to attend. Attendees can talk with more than 40 Department of Defense and other Federal agencies, and private sector recruiters/employers about career opportunities. Employers such as Lockheed Martin, Secret Service, the Naval Acquisition Career Center, SAIC, the Transportation Security Administration and the Central Intelligence Agency are scheduled to be present.

### Schofield Road closure

Schofield Road between Stanley and Dickman Roads will close for repairs until Mar. 17. The project has four phases with subsequent phases

See NEWS P10

## HHC 106TH SIGNAL BRIGADE CHANGES COMMANDERS

Incoming company commander Capt. Richard Jimenez (left) accepts colors of the Headquarters and Headquarters Company, 106th Signal Brigade from brigade commander Col. Chris Haigh as outgoing company commander Capt. Erick C. Sutton Jr. looks on during the change of command ceremony at MacArthur Field Feb. 25. Sutton is heading to Fort Richardson, Alaska, while Jimenez was most recently a network officer in the S-3 Current Operations Section of the 106th Signal Brigade.

Photo by Steve Elliott



## TRANSITIONS



## 201ST MI BATTALION CHANGES COMMANDER

Col. Jim Lee, 470th Military Intelligence Brigade commander, presents the colors of the 201st MI Battalion to its new commander, Lt. Col. Joe Barber. The change of command ceremony took place Feb. 25 on the parade grounds in front of Bldg. 1000 on Fort Sam Houston. The ceremony also takes place 10 days after the unit returned from a year in Afghanistan. Barber replaces Lt. Col. Dennis Lewis, who is retiring after 25 years of service. The new commander belonged to the unit previously, serving in various leadership positions including platoon leader, company commander and security officer. Barber was most recently at Fort Leavenworth, Kan., where he stood up the Security Force Assistance proponent office in the Counter Insurgency Center.

Photo by Gregory Rippes



## IMCOM-West welcomes new command sergeant major

By Vicki Stapes

IMCOM-West Public Affairs

Soldiers and Family members of the Installation Management Command-West region gathered Feb. 25 to bid farewell to Command Sgt. Maj. Terry L. Braddock and welcome Command Sgt. Maj. Donald R. Felt during a change of responsibility ceremony in Blesse Auditorium.

J. Randall Robinson, the

regional director for IMCOM-West, presided over the ceremony and lauded Braddock for his outstanding leadership and trusted advice.

He recognized Braddock's more than 37 years of service, including six years as his principal enlisted adviser on all issues impacting the well-being of Soldiers and their Families.

See IMCOM P15



Command Sgt. Maj. Donald R. Felt (left) accepts the NCO sword, which symbolizes the position of responsibility as Installation Management Command-West's command sergeant major, from J. Randall Robinson, the regional director for IMCOM-West, during a change of responsibility ceremony in Blesse Auditorium Feb. 25. Felt takes over for Command Sgt. Maj. Terry L. Braddock, who is retiring.

Photo by Ed Dixon

## Memorial service honors comrade, sister and friend

By Esther Garcia

AMEDDC&S Public Affairs Office

Loving, a friend, someone you can count on, a hard worker, trusting, full of life ... this was how friends and colleagues described Sgt. 1st Class Brenda Arrindell during a memorial service hosted by the Noncommissioned Officer's Academy in her honor at the Main Post Chapel Feb. 25.

An instructor at the NCO Academy, Arrindell died suddenly Feb. 2. One of 10 children, she was born in Sandy Point, St. Kitts Island in the Caribbean. Numerous friends, co-workers and

community leaders filled the chapel to pay their final respects.

At the front of the chapel was a display of Arrindell's helmet and identification tags on

an inverted rifle with bayonet and combat boots. The service began with the national anthem, an invocation and a scripture reading.

Sgt. 1st Class Janice Barnett said it was just 24 days ago that she had spoken with her friend who she had met in 2008. It was after supper and she was avoiding doing her homework.

"Her last words to me were, 'Barnett, go do your homework,'" Barnett said. "Looking back at the conversation which I thought was routine, it was



Photo by Esther Garcia

Family members of Sgt. 1st Class Brenda Arrindell, (from left) Marilyn Moore, Annette and Claudette Thompson, Korah Arrindell and Spc. Tregenza Henry, attend the memorial service hosted by the Noncommissioned Officer's Academy in her honor at the Main Post Chapel Feb. 25.

See ARRINDELL P13

# FSH Black History celebration entertaining, informative

By Lori Newman  
FSH News Leader

Fort Sam Houston commemorated African American/Black History Month with a lively and informative event Feb. 23 hosted by the 106th Signal Brigade at the Roadrunner Community Center.

“Today we pause to celebrate some of the great achievements of our culture,” said Col. Chris Haigh, 106th Signal Bde. commander. “I can’t imagine the American landscape without the rich influences, contributions and many sacrifices of our African-American citizens and forefathers.”

Haigh asked the audience to reflect on the service and sacrifice of the more than 2 million African-American veterans who have served the nation from the Civil War through today’s conflicts in Iraq and Afghanistan.



Keith Toney and Deborah Seabron shake gourds adorned with beads to the beat of the drums during the Black History Month celebration Feb. 23 at the Roadrunner Community Center.

Lt. Col. Linwood Wright, equal opportunity program manager for the Military District of Washington, presented a history of African-Americans in the United States and in the military.

“The contributions of African-Americans are numerous, significant and continuous,” he said. “One cannot truly understand America



Photos by Lori Newman

without understanding the historic importance of Black people in the nation.” Wright urged everyone to talk about racial matters. “This is the only way we can

without understanding the historic importance of Black people in the nation.”

Wright urged everyone to talk about racial matters.

“This is the only way we can

become one America,” he said. “Blacks have played a unique and productive role in the development of America. The greatest strength of the United States is the diversity of its

people.”

Capoeira Luanda San Antonio provided a martial art demonstration, encouraging the audience to clap to the beat of their instruments. Capoeira is an ancient form of martial art that blends music, dancing and singing with a combination of spins, turns, precisely-aimed kicks, evasive defense moves and acrobatics. To see more photos visit <http://www.samhouston.army.mil/pao/community.aspx>.

See HISTORY P10

## Senior State Department official talks Iraq at Fort Sam Houston

By Phil Reidinger  
AMEDDC&S Public Affairs

Michael Corbin, deputy assistant Secretary of State, Bureau of Near Eastern Affairs for Iraq issues, visited students attending medical training at the Army Medical Department Center & School and the new instructional facilities at the Medical Education and Training Campus and also talked to wounded warriors at the Center for the Intrepid and the Warrior and Family Support Center Feb. 25.

The state department official hosted a briefing for students and faculty at Blesse Auditorium to talk about U.S. policies in Iraq and what to expect as the drawdown of military forces nears.

Corbin, with 25 years experience in the region, previously served as the Minister-Counselor

for Political and Military Affairs at the U.S. Embassy in Baghdad. He has also served in Syria, Egypt, Tunisia and Kuwait, as well as director of the counter-narcotics section of the U.S. Embassy in Caracas, Venezuela.

His current responsibility is to assist in transitioning Iraq to a civilian operation, which begins next year when the security agreement ends and most U.S. forces are scheduled to return from Iraq.

“The incredible contributions of the military in all the different areas in Iraq will be used to build a partnership with the Iraqi people,” Corbin noted. “The State Department will not replicate everything the military is doing, but build a partnership with the Iraqis that will preserve the gains

See CORBIN P10



Photo by Phil Reidinger

Col. Dawn Smith (fourth from left), AMEDDC and School chief of staff, is joined by (from left) Col. Randall Anderson, Command Sgt. Maj. James Diggs, Col. Danna Whittaker, Col. William LaChance and Wayne Barth in welcoming Michael Corbin (center) deputy assistant Secretary of State and his assistant, David Staples, during a briefing and discussion about Army medical training and recent developments in the Army medical force structure. Following the briefing, Corbin hosted a presentation to students and faculty at Blesse Auditorium about United States policies in Iraq and what to expect as the drawdown of military forces begins later this year.

# U.S. Army North commander stresses importance of Scouting

By Staff Sgt. Keith Anderson  
ARNORTH Public Affairs

Speaking of his own experience in the Boy Scouts, Lt. Gen. Guy Swan III, U.S. Army North commanding general, said that Scouting teaches young men values that will shape them and guide them throughout their lives.

The general was the guest speaker of the 2011 Friends of Scouting Bexar County Community Breakfast Feb. 16 at the Pearl Stables, an annual event for the Alamo Area Council of the Boy Scouts of America.

The Alamo council serves more than 27,000 young people throughout 13 counties in the San Antonio area.

"It teaches common

values that transcend race, religion and national origin," Swan said. "Duty, honor, country ... these values parallel our Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage."

Swan was proud to be attending the event for another reason.

"I'm gratified to have my own son, Ryan, here with me today," Swan said. "Ryan achieved Eagle Scout in December."

Ryan said he was proud to have achieved Eagle Scout in 2010, Scouting's centennial, and said there are many reasons to be a Scout.

"I would definitely recommend joining the Scouts," Ryan said. "You get to meet new people,



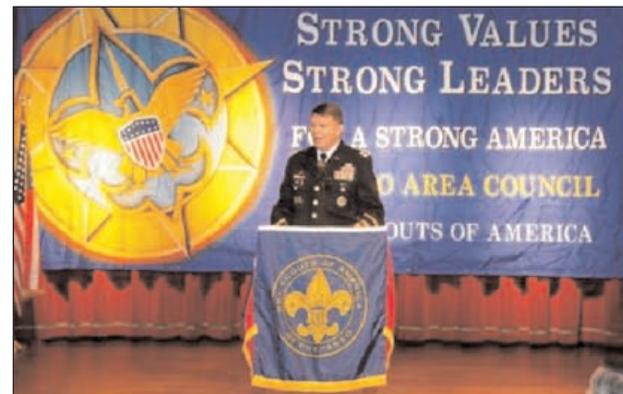
Rafael Mota, an Eagle Scout from Troop 288, leads business and community leaders, which included Lt. Gen. Guy Swan III, commanding general, U.S. Army North, in the Pledge of Allegiance at the 2011 Friends of Scouting Bexar County Community Breakfast Feb. 16 at Pearl Stables.

make friends, work on skills and learn new things. You learn to be prepared, to be ready for anything."

Rafael Mota, an undergraduate at the University of Texas at San Antonio who earned

his Eagle Scout Award in 2008, gave the Eagle Scout testimonial during the event.

Mota spoke of learning the importance of community service, leadership, character and achievement, and about



Photos by Staff Sgt. Keith Anderson

Lt. Gen. Guy Swan III, discusses the importance of Scouting and community service at the 2011 Friends of Scouting Bexar County Community Breakfast Feb. 16 at Pearl Stables. The breakfast is an annual event for the Alamo Area Council of the Boy Scouts of America.

spending time with his father, Scoutmaster Robert Mota.

"I've learned a lot about living in the outdoors, but the most important part of the experience has been bonding with my dad

during those times away from the real world," said Mota, who has three brothers who also achieved Eagle Scout. "That's made a big difference in my life."

# Financial Boot Camp helps make sense out of dollars and cents

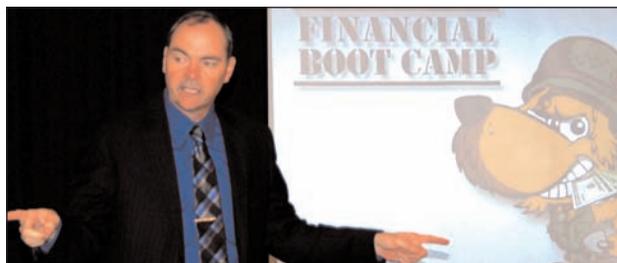


Photo by Cheryl Harrison

Terry Ross, 502nd Air Base Wing comptroller and director of financial management shared "Financial Wisdom" to an audience of about 45 active duty Airmen, Sailors and Soldiers as well as Family members during the Financial Boot Camp held Feb. 24 and 25 at the Sam Houston Community Center.

By Cheryl Harrison  
Warfighter and Family  
Readiness Marketing

The Warfighter and Family Readiness Financial Readiness Program held a Financial Boot Camp Feb. 24 and 25 at the Sam Houston Community Center for people interested in building financial

security.

The Financial Boot Camp was designed to develop a clear picture of an individual's current financial situation and supply a pathway to regain control of their finances.

During the first morning's breakout session Col. Mary Garr, 502nd Mission Support Group

commander, welcomed everyone saying, "Enjoy this, pay close attention. I guarantee this is going to be one of the best investments that you will make of your time this year."

The two-day event was an informative and a teaching opportunity with guest speakers from the Office of the Attorney General; staff judge advocate; Consumer Credit Counseling Services; Social Security Administration, Better Business Bureau; Broadway Bank; San Antonio Credit union; FBI; Texas Land Board and Texas Department of Insurance.

Terry Ross, 502nd ABW comptroller, spoke about financial wisdom and gave more than "two cents worth" of financial advice.

"It's a matter of setting priorities. Decide what is it you want to do," Ross said. "Organize your finances so you can do

the things you want, keeping in mind it is the smaller things that can chew up your money."

Staff Sgt. Cliff Neighbors from the Army Entertainment Department explained his reasons for attending the financial seminar, "I hope to be able to give my Soldiers some insight into their finances."

Attendees for the two-day event included Navy, Air Force and Army service members as well as Family members. With so many folks wanting to attend, another "boot camp" will be offered in the near future.

The full house also included two high school students and the events included a wealth of information, facts and details on making financial decisions and setting goals for a secure future.

Home-schooled high school students David

See FINANCIAL P13

## DOGGIE DASH



Photo by Kathy Salazar

Dogs and their owners, as well as the Fort Sam Houston Community, came out to participate in the Doggie Dash and 5K run, Feb 26. A light drizzle helped keep the dogs and runners cool during the walk as well as water stations along the way. Almost 100 Soldiers and civilians as well as more than 30 dogs, took part in the event. To see more photos visit <http://www.samhouston.army.mil/pao/community.aspx>.

# Air Force has new weapon in fight against Spice

By G.W. Pomeroy

Air Force Surgeon General Public Affairs

Air Force officials began drug testing Airmen Feb. 22 to determine whether they are using Spice – the street term for a range of designer synthetic-cannabinoid products.

With the implementation of testing, officials intend to send a very clear message: use Spice, and you may lose your career, end up in jail or both, officials said.

Spice, also commonly referred to as herbal incense, is mistakenly perceived by some Airmen as a legal or safe alternative to marijuana,” said Dr. Aaron Jacobs, the Air Force Drug Testing program manager.

Side effects can include panic attacks, hallucinations, delusions, vomiting, increased agitation and dilated pupils, he said.

“Additional harmful effects are still unknown, so individuals are taking significant risks to their

health when they use Spice,” he said.

Drug Enforcement Administration officials recently took steps toward listing five chemicals used to make Spice as schedule I controlled substances, meaning they will be illegal to possess, distribute or manufacture in the U.S.

According to the DEA website, this action was taken as an emergency measure due to an increasing number of reports from poison control centers, hospitals and law enforcement agencies regarding these products.

Use of these substances is strictly prohibited for Airmen. The prohibition is contained both in AFI 44-120, Military Drug Demand Reduction Program and the AFGM to AFI 44-121, Alcohol and Drug Abuse Prevention and Treatment Program.

Airmen who use Spice are subject to prosecution under the Uniform Code of Military Justice.

Air Force officials have



U.S Air Force graphic

taken disciplinary action against Airmen identified as using Spice and continue to aggressively enforce the prohibition through courts-martial and nonjudicial punishment.

In 2010, 177 Airmen received nonjudicial punishment for using Spice and another 83 Airmen faced Spice charges at courts-martial.

Air Force Drug Testing Lab technicians will utilize the expertise of the Armed Forces Medical Examiners Systems to conduct the specialized testing.

Jacobs added that the Air Force is also mounting a robust education and awareness campaign to ensure all Airmen understand the risks of possessing and/or consuming these dangerous products.

## HOCKEY NIGHT ENLISTMENT

Brig. Gen. Leonard Patrick, commander of the 502nd Air Base Wing, swears 14 young men and women into the Delayed Enlistment Program during Military Appreciation Night at the San Antonio Rampage game Feb. 26. The enlistees will serve in the Marines, Navy and Air Force.

Photo by Ed Dixon



**SOLDIER from P1**

The concept of “Soldier Athlete” started with the development of a new scientifically based physical training regimen known as physical readiness training.

The PRT 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 new PRT gives initial entry training commanders the ability to not only safely develop fitness in young Soldiers, but also enhance the performance of those already in the formation.

To further the success of the PRT, the Army has placed strength coaches and physical fitness professionals at each of its

basic training locations to assist the cadre in the training efforts. 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.

Transforming physical fitness teaches Soldiers to train like an athlete; Soldier Fueling teaches them how to eat like one.

We needed to address the entire problem ... exercise only goes so far. We needed to address poor dietary habits that hindered the proper development of bones and muscles and decrease performance levels.

Soldier Fueling makes significant changes to preparation techniques and choices at post dining facilities.

The traditional nutritional information cards will still be displayed, but

will now be accompanied by a color code which corresponds to the food’s nutritional value.

The green category consists of high performance high nutrient foods and should be chosen frequently.

Amber category foods should be chosen less frequently because of higher calorie content and are lower in vitamins and minerals.

Red category foods are highest in calories, lowest in vitamins and minerals and Soldiers should limit intake.

Under the mantra of “Go for Green,” Soldiers are encouraged to pick healthier choices. Understanding dietary labels and making good choices as they pass through a serving line can be very difficult. Under Soldier Fueling the dieticians have done all the



**Photo by Phil Reiding**

Soldiers at the Slagel dining facility look over “Soldier Fueling” choices. Slagel was the first facility on Fort Sam Houston to switch over to the new menus March 1.

work ... all the Soldier has to do is understand the basic definitions of the color code and Go for Green.

Realizing that such dramatic shifts in the menu could result in a pseudo-withdrawal to Soldiers not accustomed to healthier eating habits, the Soldier Fueling menu makes a one-day departure every weekend from its stringent standards to serve burg-

ers, fries, desserts and other less healthy options.

On March 1, the Slagel Dining Facility, which serves all Soldiers undergoing combat medic training, fully implemented Soldier Fueling.

All other dining facilities, to include Camp Bullis, will begin converting in mid-March, by first converting all main lines. Their short-order and take-out lines will remain

open and continue to serve their traditional menu until a Soldier Fueling short-order menu is developed and implemented.

It is expected that by June, all dimming facilities will have fully implemented Soldier Fueling.

While Soldier Fueling is an Army initiative, the change will affect the ever-growing number of Airman and Sailors arriving daily for training at the Medical Education and Training Campus.

From the onset, both Air Force and Navy commanders have showed great enthusiasm for the proposed changes and see it as an opportunity to shift the dietary habits of their own people. Fort Sam Houston is leading the way toward healthier lifestyles as a tri-service initiative. It’s time to “Go For Green.”

## BASURA BASH HELPS CLEAN UP SALADO CREEK



**Photo by Steve Elliott**

A young volunteer helps Pfc. Heather Howsare clean up trash pulled out of Salado Creek at the first "Basura Bash" on Fort Sam Houston Feb. 26. More than 160 volunteers turned out for the event and helped clean up almost 8,000 pounds of trash and debris along the banks and surrounding areas of the waterway. Soldiers, Girl Scouts, Cole High School student and Family members were busy retrieving everything from old tires to half a sofa to a TV set, along with wood and other trash from the stretch of the creek that runs through Salado Park on post. While these annual single-day cleanup events have been going on throughout San Antonio and the rest of Texas, organizers here hope that this will become a tradition on Fort Sam Houston as well.

**NEWS BRIEFS from P3**

and road closures to be announced. For more information, call the 502nd Civil Engineer Squadron's construction flight at 221-4277 or 3110.

**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, call 295-8516 or 221-2916.

**Tax Centers are Open**

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

**CORBIN from P4**

made thanks to the sacrifices of the armed forces of the United States.”

Corbin made particular note of the sacrifices of military families during deployments and the dedication of Soldiers killed and wounded in Iraq.

“We have an enormous responsibility and an enormous task,” he said.

Key to the transition will be a significant State Department presence in Iraq.

The central embassy in Baghdad, the largest in the world, will serve as a diplomatic platform to expand operations with other US civilian agencies. There will also be a consulate in the northern Kurdish area. Another consulate in Basara will coordinate oil field services managed by commercial companies.

Additionally, the State Department will operate

branch consulate offices in Mosul and Kirkuk. The embassy and the consulates will work with other supporting US government departments such as Treasury, Commerce, Agriculture and USAID.

“The State Department will establish an office of security cooperation to continue the partnership with Iraqi security forces fostered by the U.S. military,” Corbin said.

The secretary noted the importance of continuing current military support programs and constant interaction with Iraqi military to sustain a professional force that has a moderating and positive presence in the country and that respects human rights. A third program will focus on police development.

“The current national police force has a lot of respect within the population as a result of training with military forces,” he said.

“The goal will be to have a professional police force that concentrates on community policing, criminal investigations, dealing with corruption, going after organized crime and getting cases to the courts.”

Corbin said U.S. military efforts have paid off.

“There are many positives, such as a peaceful transition of power; free and fair national elections of parliament that is inclusive government including Sunni, Shia and Kurds; Iraqi self-development of oil fields and revenue targeted to rebuilding infrastructure; as well as returning refugees, such as doctors, engineers and other technical professions,” Corbin said.

“We see an Iraq that is working with its neighbors, Jordan, Syria, and Turkey in a positive way,” Corbin said. “This all contributes to Iraq as an example for the region and a source of moderate policies in area.”

**HISTORY from P4**

the audience to clap to the beat of their instruments. Capoeira is an ancient form of martial art that blends music, dancing and singing with a combination of spins, turns, precisely-aimed kicks, evasive defense moves and acrobatics.

Orlan “T-Bow” Gonzales and Milton Wilson entertained the audience with a variety of percussion instruments.

Gonzales passed out gourds adorned with beads to the attendees to add an extra level of rhythm to their performance. He then invited Soldiers up on stage to play hand-made drums and the gourds-holders joined them dancing and shaking to the beat.

Robin Farland also sang several songs throughout the ceremony.

**ARNORTH from P1**

“Our goal is to push the team – challenge them to test out their standing operating procedures,” said Jeffrey Taylor, Army North CSTA. “It also tests their ability to communicate with the local authorities and their partners to enhance their effectiveness and their relationships for when an event actually occurs.”

In the scenario, 20 individuals started getting sick shortly after arriving at a job fair held in the stadium’s press boxes. Their symptoms ranged from tightness in their chests, to nausea and muscle weakness.

Some of the victims were transported to Brooke Army Medical Center for treatment, while others with less serious symptoms were taken to Wilford Hall



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

Vincent Sharp (center), ARNORTH CSTA exercise specialist, points out the various points of entry to San Antonio’s Nelson W. Wolff Municipal Stadium Feb. 14. Members of the 81st Civil Support Team, a National Guard unit based out of Bismarck, N.D., searched for a notional dispersal device during an exercise at the stadium.

Medical Center for observation.

“We must meet certain objectives to ensure this

training is successful,” said Maj. Mark Quire, deputy commander, 81st CST. “We must maintain

life, safety and security; recon the stadium and secure the perimeter; sample and analyze the products; and split the samples for state and federal agencies.”

The objectives ensured that chemical contaminants were handled with the utmost care and in accordance with Occupational Safety and Health Administration rules and guidelines, Quire explained.

“It’s important to ensure that we learn our job and what is required of it,” said Sgt. 1st Class Alex Jahner, 81st CST, while putting on his hazmat suit. “I’m fairly new, so I’ve been learning on new equipment, new vehicles and procedures. This helps me be better at what I need to do.”

The training was made possible by the efforts of the CSTA. The

training team travels throughout the United States to facilitate, observe and evaluate chemical, biological, radiological and nuclear response training. This helps to ensure the teams are ready for any event that may come up in the future.

The 81st CST has been called up for assistance in many events since its inception, said Air Force Lt. Col. Larry Shirely, commander of the 81st CST. He said the training has improved his personnel’s skills and knowledge.

“We conduct training with the Army North team to teach and challenge us,” Shirely said. “We have grown throughout the last six years from a novice to a veteran unit thanks to the training opportunity Army North provides.”

Army North CSTA coordinates times and venues for CSTs to train. A challenge for the team is to ensure the training is as realistic as possible.

“This training provides real life coordination with local first responders, the fire marshal, police agencies and local community,” said Lt. Col. Clyde Lynn, who serves with the CSTA as the deputy director for Civil Support Region-West. “They establish a good relationship with those they will be working with if anything were to happen.”

The scenario wasn’t only to prepare the Guard team for its upcoming evaluation in May, but also serves to prepare them for the day first responders hope never comes – when there is a real-world need for their expertise.

## ARNORTH CSM GOES TO BEAST

Army Command Sgt. Maj. David Wood, senior enlisted leader of U.S. Army North at Fort Sam Houston, talks to Air Force basic military trainees at the Basic Expeditionary Airman Skills Training, or BEAST, site Feb. 18. The BEAST introduces Airmen to the joint expeditionary concept and immerses them in deployment scenarios.

**Photo by  
Robbin Cresswell**



## SECOND AIR FORCE COMMANDER VISITS METC



**Photo by Steve Elliott**

Air Force Maj. Gen. Mary Kay Hertog (center), commander of 2nd Air Force at Keesler Air Force Base, Miss., talks with Staff Sgt. Robin Budge (left) and Spc. Richard Urio in the dental lab during her visit to the Medical Education and Training Campus Feb. 24. She is responsible for the development, oversight, and direction of all operational aspects of basic military training, initial skills training, and advanced technical training for the Air Force enlisted force and support officers. Second Air Force provides training in more than 250 Air Force specialties through 2,500 courses graduating 245,000 Airmen, Soldiers, Sailors, Marines, and international students annually in diverse areas. The general was also commander of the 37th Training Wing at Lackland Air Force Base from June 2004 to June 2006.

# USAMITC selects 2010 employee of the year

By **Kenneth Blair Hogue**  
USAMITC Public Affairs

The U.S. Army Medical Information Technology Center at Fort Sam Houston recently selected Matthew Wimpee as their Employee of the Year for 2010.

Wimpee is an information technology project manager in USAMITC's Project Management Division and a former Air Force dependent born in Cheyenne, Wyo. He is a graduate of Health Careers High School in San Antonio and Baylor University, where he received a bachelor's degree in business administration with a concentration in management information systems.

Wimpee worked as a contractor in Austin, for



Photo by Larry Crepeau

USAMITC commander Lt. Col. Beverly Beavers awards Matthew Wimpee with his Employee of the Year certificate.

about two years before coming to USAMITC in 2008.

"Being selected as employee of the quarter was a huge surprise in and of itself; and it was even more so to be selected as employee of the year," Wimpee said. "To receive this award is extremely humbling, and

I'm very appreciative and very thankful for it."

"He took ownership of any project he was assigned to with each project management team, and did whatever he had to do to help make that project successful," said James Hickey, USAMITC's project director branch chief.

## ARRINDELL from P3

a rather special conversation, as that was the last time I spoke with my friend."

Arrindell's mother, Marilyn Moore; her sisters, Korah Arrindell, Annette and Claudette Thompson and cousin Spc. Tregenza Henry attended the service.

"I didn't know she had so many friends and so much love," said Moore, who lives in Puerto Rico

and was vacationing in Rochester, N.Y. with one of her daughters when Arrindell died. "I feel sad, to see such love for her, but I feel glad she was loved by so many."

Retired Command Sgt. Maj. Howard Riles said he met Arrindell when she approached him because she wanted to be part of a group of Soldiers he mentored.

"She wanted to be a better NCO," Riles said. He said Arrindel was

determined to pass the Expert Field Medical Badge and tried two times. "She gave 110 percent, she was an outstanding Soldier and I was proud to have known her."

"Brenda was special to each and every one of us for different reasons," said retired Sgt. 1st Class Tammy Crawley. "Her death was a shock to all of us. As a soldier of God, her mission on earth is complete."

## FINANCIAL from P6

Chacko, 18 years old, who attended with his 16-year-old brother, Joshua, said, "Our dad thought it would be a good idea for us to be here."

"In the civilian world this course would cost hundreds of dollars," said Ann Mancillas, financial readiness program man-

ager. "We encourage people to get excited about their finances and take what information they can from the course."

For more information about financial classes and future Financial Boot Camps, call 221-2380.

# Remains of WWII pilot missing in action 66 years return home

By Esther Garcia  
AMEDDC&S Public Affairs

Missing in action for 66 years, 2nd Lt. Dewey Foster, a World War II pilot, is finally home with his family. Foster was laid to rest with full military honors on Feb. 22 at Fort Sam Houston National Cemetery.

"I almost didn't answer the phone," said Mary Flowers, Foster's sister. "But I saw that the call was coming from the U.S. government. They started asking me all kinds of questions, so I said, 'why are you asking me all these questions,' then they told me. I was thrilled to death."

Flowers, now 81 years old, said she was 15 years old the last



Photo by Esther Garcia

Mary Flowers, sister of missing World War II pilot 2nd Lt. Dewey Foster, accepts the flag that was draped over his coffin from Staff Sgt. Mollahassani R. Berntsson of the Fort Sam Houston Honor Guard. Foster's remains were identified Nov. 2, 2010. The pilot was lost April 11, 1944, while on an escort mission in his P-47 D Thunderbolt aircraft northwest of Dumpu, Papua New Guinea.

time she saw her brother. He was 23 years old. Foster was born in

Oklahoma but lived most of his life in Texas. "It is just wonderful

to bring him home, just wonderful," Flowers said.

According to military records, Foster, with the U.S. Army Air Forces, 39th Fighter Squadron, 35th Fighter Group, was lost April 11, 1944, while on an escort mission in his P-47 D Thunderbolt aircraft northwest of Dumpu, Papua New Guinea. His remains were identified Nov. 2, 2010.

Among his remains were his military identification bracelet, a ring and other personal items.

"I never met my uncle but I always saw pictures of him," said Foster's niece, Amanda Kuykendall. "I was on my home from work when my mother called and said the government called and found 'brother' this is what

my mother called him, not Dewey, we were so excited."

Amanda said her uncle was on a mission when he turned his plane around because of mechanical problems, but he was never seen again.

"We never gave up hope. The military has done a wonderful job," Kuykendall said. "We are happy for my mom. She knows what happened to him."

The family credits Joint Prisoners of War, Missing In Action Accounting Command whose mission is to account for U.S. military men and women who are missing from past wars and conflicts. Their motto is "Until They Come Home."

**IMCOM from P3**

“Competence is my watch-word.’ These words from the Army’s Non-Commissioned Officer Creed describe CSM Braddock and how he approached each day of his 37 years of distinguished service,” said Robinson.

“Today we pay tribute to the a great Soldier, a leader,” Robinson said. “CSM Braddock has been my right-hand man. He has been my eyes and my ears. Your legacy will be in the lives of those you have impacted. “You, CSM Braddock, made a difference.”

Braddock, who will remain in the San Antonio area, recalled the moments that had indelibly impacted his life – memories of the tremendous sacrifice and commitment of America’s

Soldiers.

“The greatest gift given to men and women is the gift of service,” Braddock said. “It is never about you. It is about what you do. It is not about time, but about what you do with time. It’s not about the uniform, it’s about what is in the uniform.”

“The Army is my Family,” he said. “IMCOM 7, signing off.”

Felt comes to IMCOM-West following a tour as garrison command sergeant major at Fort Hood, Texas.

“I’m proud, privileged, and honored to assume command of IMCOM-West,” Felt said.

“If I can’t be on the road with our Soldiers, then I want to be supporting them. I look forward to riding hard and fast. I’ll see you on the high ground.”

**COLE HONORS STUDENTS OF THE MONTH**

**Courtesy photo**

Each month, Cole Middle/High School recognizes one student from each grade level for his or her outstanding attitude, citizenship, and overall contribution to the school. The students are nominated by their teachers and one student is selected by the faculty of each grade level. The high school recipients for February are (front row, from left) Jonathan Garcia-Sanchez, eighth grade; Ashley Aemisegger, sixth grade; Savannah Wessies, 11th grade; (back row, from left) Marlene Renz, 10th grade; Brittany Schaale, 12th grade; Colin Campbell, ninth grade; and Mara Royse, seventh grade.

# Twenty earn coveted Expert Field Medical Badge

By Lori Newman  
FSH News Leader



Brig. Gen. Joseph Carvalho Jr., commanding general, Southern Regional Medical Command, pins the Expert Field Medical Badge on Capt. Suzanne Skerrett from Great Plains Regional Veterinary Command. Skerrett received the most Go's, 40 out of a possible 42, during the combat testing lane phase of EFMB testing.

Pro football players strive for a Super Bowl ring. Actors give the performance of a lifetime to garner an Emmy or Oscar. Military medical personnel give their all, physically and mentally, to earn the coveted Expert Field Medical Badge.

There were 133 candidates who began their quest at Camp Bullis Feb. 13, and 20 received the EFMB during a ceremony Feb. 25 right after the grueling 12-mile road march, the final event in the two-week process.

The EFMB was established in June 1965 as a Department of the Army special skill award for the recognition of exceptional competence and outstanding performance by field medical personnel.

It is awarded to military medical personnel who successfully complete a set of qualification tests including both written and performance portions.

"The EFMB is the highest challenge to the professional competence and physical endurance of the Soldier medic," said Lt. Col. Carl Brinkley, who led the five-member EFMB test board. "It is the most sought after peacetime award in the [Army Medical Department]."

"I want you to know, there have been a lot of people thinking about you," said Brig. Gen. Joseph Carvalho Jr., com-

manding general, Southern Regional Medical Command during the award ceremony. "A lot of time and money went into this [event] for the sole purpose of giving you the opportunity to earn this badge."

Carvalho thanked everyone who helped to support the event.

"I want you to wear your badge proudly, but encourage those who did not get [the EFMB] to pull themselves up by their bootstraps and give it a shot again in the future," the general said.

Planning for the SRMC-sponsored EFMB began in October with the selection of key leadership, cadre and support personnel from the region to run the event.

"Tactical combat casualty care (TC3), evacuation, communication and warrior skill tasks were blended into three combat testing lanes (CTLs) in a deliberate scenario-based array to simulate the current combat environment," Brinkley said.

"Unlike station-based evaluation, the concept was for candidates to be briefed on a mission with an operations order and assume the realistic role of a combat medic for approximately one hour and 30 minutes per lane," Brinkley added.



Photos by Lori Newman

Sgt. Martin Moreno, Expert Field Medical Badge candidate, moves through combat testing lane one assessing and treating Soldiers and mannequins with various injuries as part of the EFMB testing Feb. 23 at Camp Bullis. The battlefield scenario was purposefully intense to simulate combat conditions including realistic casualties, pyrotechnics, smoke and opposing force activity to replicate a combat experience.

"The mission scenario was designed to change as the candidate moved through the lane with fragmentary orders."

The planning culminated in a setup/validation week before the arrival of candidates.

During this time, the five-member EFMB test board validated the written test, CTLs, land navigation and foot march events to ensure they were consistent with Army Medical Department Center & School Pam 350-10 and the evaluators were standardized in their grading.

Following in-processing, the candidates cycled through a standardization week to understand the performance standards and their expectations when running each CTL and experienced a full day and night land navigation course.

The battlefield scenario was purposefully intense to simulate combat conditions required for testing performance.

For example, realistic casualties, pyrotechnics, smoke and opposing force activity were used to replicate a combat experience.

Two-hour study halls were held each evening and a full-day study hall occurred at the end of the standardization week.

Test week began with a 60-question, multiple-choice written test for which 45 of 60 correct answers, or 75 percent, was required to pass. Those who did not pass the written test were given another opportunity to re-test prior to the foot march if they were not eliminated on the CTLs or land navigation events.

"Since tasks on the CTLs and land navigation were evaluated 'Go' or 'No-Go,' there was some flexibility to remain in the fight, if a No-Go was received," Brinkley said.

For example, the candidate must receive a 'Go' for 11 out of 14 TC3 tasks,



EFMB candidate Sgt. Angela Noble from Great Plains Regional Veterinary Command, must assemble and operate a Single Channel Ground and Airborne Radio System (SINCGARS) to transmit a medical evacuation request as one of several communication tasks during tests Feb. 23 at Camp Bullis.

8 out of 10 evacuation tasks, four out of five communication tasks and 10 out of 13 warrior skill tasks. Day and night land navigation was two separately evaluated events requiring the location of three of four points for each event.

During testing, candidates who did not meet the standards were out-processed and returned to their sending units. Those that did not exceed the No-Go limit per category were allowed to participate in the 12-mile foot march.

The numbers broke down as follows:

- 129 candidates began test week and 20 crossed the foot march finish line before the three hour time limit for a 16 percent pass rate.
- 43 percent of the candidates passed the written test on the first attempt and 67 percent on the second attempt.
- 20 out of 23 completed the foot march.
- 43 met the day land navigation standard and 38 met the night land navigation standard.

Air Force Lt. Col. Mike Patronis, from Air Force Training Command Headquarters at Randolph Air Force Base, said when he was deployed in Balad, Iraq in 2007, he saw how hard the medical personnel worked.

"I'm an administrator; I don't get my hands on the patients," he said. He saw the EFMB as a training opportunity. "If I do get in that situation, I want to be well trained."

"Once I got here, I also thought about all those young folks who I would like to set a great example for and get the Air Force involved in the EFMB," Patronis said.



An EFMB candidate treats a simulated casualty who has a laceration, contusion and extrusion of the eye. Once the victim is treated, the candidate must evacuate the casualty using the Skedco litter at part of the tasks in combat testing lane three.

Patronis said it was hard, but it's achievable.

"This is my second try at the badge," explained Staff Sgt. Autumn Rodriguez. "I just didn't want to give up. I have a very high-speed NCO who motivated me, so I just had to come out and get it."

Capt. Kristina Bartee from Winn Army Community Hospital in Fort Stewart, Ga., said it was a tie between the road march and the land navigation, as far as which was the most challenging.

"They were both really physical," she said. "It feels good to finish on the first try."

"The land navigation was incredibly challenging, but rewarding," said Capt. Donald Appleman from Winn Army Community Hospital in Fort Stewart, Ga.

"I been wanting to do this for a long time," Appleman said. "Ever since I moved from artillery to medical, I knew I wanted to come and compete for the badge."

"If you want to do well, you need to prepare in advance," Brinkley advised future candidates. "Aim for a less than 15-minute mile pace for full 12-mile foot march training. Seek out training opportunities. Practice for day and night land navigation on tough courses that include map plotting. Become familiar with the CTL categories and tasks by using the score sheets available in AMEDDC&S Pam 350-10. Prepare for the written test by using flash cards and online resources."

Future candidates can consult EFMB test Control website for guidance at <https://www.us.army.mil/suite/page/140048>.

Spc. Jonathan Ruiz, from Martin Army Community Hospital, Fort Benning, Ga., must evacuate a simulated casualty using a one-person carry at part of the testing scenario on combat testing lane one.



## EFMB RECIPIENTS

**Capt. John Lopez**, 187th Medical Battalion  
**Capt. Aaron Roberts**, 187th Med. Bn.  
**Capt. Dustin Soechting**, 187th Med. Bn.  
**Staff Sgt. Kristopher Raines**, 264th Med. Bn., Highest written test score -- 53 out of 60  
**Capt. Cara Pugliese**, Great Plains Regional Veterinary Command  
**Capt. Suzanne Skerrette**, GPRVC, Most Go's, 40 out of 42  
**Capt. Emilee White**, GPRVC  
**Capt. Jodi Brown**, Brooke Army Medical Center  
**Staff Sgt. Aaron Butler**, Army Reserve Medical Command  
**Cpl. Joshua McDowell**, Army Reserve Medical Command  
**Air Force Lt. Col. Mike Patronis**, Air Force Training Command, Randolph Air Force Base  
**Sgt. Jason Reeves**, Martin Army Community Hospital, Fort Benning, Ga.  
**Staff Sgt. Christopher Thomas**, Martin Army Community Hospital, Fort Benning, Ga.  
**Capt. Donald Appleman**, Winn Army Community Hospital, Fort Stewart, Ga.  
**Capt. Kristina Bartee**, Winn Army Community Hospital, Fort Stewart, Ga.  
**Staff Sgt. Autumn Rodriguez**, Moncrief Army Community Hospital, Fort Jackson, S.C.  
**Spc. Andrew Ducharme**, Moncrief Army Community Hospital, Fort Jackson, S.C.  
**Capt. Patrick Malafronte**, Carl R. Darnell Army Medical Center, Fort Hood, Texas, Finished first in the 12-mile foot march.  
**Sgt. Ethan Mergentime**, Fox Army Health Center, Redstone Arsenal, Ala.  
**2nd Lt. Christopher Heuer**, Lyster Army Health Clinic, Fort Rucker, Ala.



# Girl Scout cookie sales do more than just taste good

By Tammy Loveless  
Cole Service Unit Cookie Manger

While Trefoils, Thin Mints, Caramel Delites and Do-Si-Dos are what some people think of when they hear "Girl Scout cookies," the sale of these items goes a long way towards helping Scouts, Families and charities.

The money that the girls make from cookie sales help pay for supplies, trips, camps, and other projects for the Girl Scout troops.

A few of the things the cookie money has done is help the older girls go to Horse Camp, Girl Scout Camp on Fort Sam Houston, Space Camp at Space Center Houston, Splash Town, and the Schlitterbahn water park. They are planning this year to go to Camp on The U.S.S. Lexington, and

to the Texas Aquarium in Corpus Christi, Texas.

The younger girls have done Build-a-Bear and gone on trips to the San Antonio Zoo, the Natural Bridge Caverns Wildlife Park, SeaWorld and also the camp on Fort Sam Houston.

Community service projects have included decorating headstones at the Fort Sam Houston National Cemetery on Veteran's Day and Memorial Day.

Local Girl Scouts also served Thanksgiving dinner to Soldiers on post and helped clean up at Canyon Lake and at Saledo Park on Fort Sam Houston for the Basura Bash. Future projects include work at the San Antonio Food Bank and Habitat for Humanity.

This is a very busy group with lots to offer the girls. We are also looking



Courtesy photo

Local Daisies, Cadet Daisies and Brownies line up in front of a car decorated by the Girl Scout Council for the 2011 cookie season. Included in the photo are Charlotte Sampson, Cecilia Smith, Julianna Colon, Isabella Brown, Morgan Eddins, Gracie White, Victoria Forames, Evelyn Attleson, Annessa Colon, Anastasia Brown, Michaela and McKinley Viers. This troop is a combined troop it has a total of 11 girls. There are also have three individuals that are registered to Fort Sam Houston as well. Cadets are Anja Burkman-Flaig, Gwen Garr, Tuesday Loveless. This troop has seven girls in it.

for new girls to join us and always need adult volunteers.

The Girl Scouts wish to thank the Fort Sam Houston Commissary and

Post Exchange for allowing girls to do booth sales and Lincoln Military

Housing for letting the girls sell door to door on post.

# Dental Health Month celebrated at elementary school

By Dr. Kathy Maxwell  
FSHISD

Fort Sam Houston Elementary students celebrated National Dental Health Month Feb. 24 with well-planned, hands-on, and engaging lessons provided by U.S. Army Dental Command.

Students learned firsthand how to properly care for teeth and gums, heard songs with catchy lyrics about caring for teeth and eating properly, watched skits, and experienced demonstrations used to teach good dental hygiene.

One facet also addressed proper nutrition necessary to promote healthy teeth and gums and preserve tooth enamel.

Kindergarten students squealed and giggled at the antics of the DENTAC performers as they sang a dental rendition to a remix of Walk It Out.

"The funniest part of the presentation was brushing the giant teeth and tongue," said Tom Fullmer.

"I liked the skit the best with the three perfect lady teeth avoiding the rotten tooth guy," added Malana Yankton.

Fifth-grader Kailee Gibson said, "I learned that sugar is really bad because when sugar combines with saliva it turns into acid and destroys the enamel on my teeth."

"Yeah," added Riley Cho. "Most important is that if you drink a soda



Courtesy Photo

Fort Sam Houston Elementary students learn proper tooth brushing techniques Feb. 24 from U.S. Army Dental Command personnel in celebration of National Dental Health Month.

every day you will take in 61.1 pounds of sugar and that's 5,915 sugar cubes."

"Margaret Nunez and her team are the backbone of this wonderful partnership," said Tonya Hyde, elementary principal.

"They encourage students to put healthy prac-

tices into action through engaging and fun activities."

Each year children and teachers look forward to this special time of teaching and learning. Each child received a bag filled with toothbrush, dental floss, dental care sticker, and a special pencil.

## FSHISD WEEKLY CAMPUS ACTIVITIES MARCH 7-12 TEXAS PUBLIC SCHOOLS WEEK

### Fort Sam Houston Elementary School

Baseball vs. Holy Cross at Cole, 4 p.m.

### March 9

Visit from Rey Feo, 1:15 p.m.

### March 9

Boys Golf at Buckhorn Golf Club, 8:30 a.m.

### March 10

Cougar Connections: Learner Centered Instruction with Shannon Janes, 11:30 a.m. to 12 noon

### March 10

JV/Varsity boys and girls Brackenridge Tennis tournament at McFarlin, 8 a.m.

### March 11

Spirit Day  
Lifetouch Individual Pictures

Varsity boys and girls track meet at Comfort High School

### Robert G. Cole Middle/High School

### March 11

JV/Varsity boys and girls Brackenridge Tennis tournament at McFarlin, 8 a.m.

### March 7

Girls Golf at Buckhorn Golf Club, 8:30 a.m.  
UIL Band Concert Contest at Canyon Lake High School, TBA  
Cougar Pride Club meeting in media center, 5:30 p.m.

Baseball vs. St. Anthony at Cole, 4 p.m.

### March 12

JV/Varsity boys and girls Brackenridge Tennis tournament at McFarlin, 8 a.m.

### March 8

UIL Band Concert Contest at Canyon Lake High School, TBA

UIL One Act Play rehearsals in Moseley gym, 1 to 3 p.m.

## Cole drama students present one act play

Robert G. Cole High School will present their annual UIL One Act Play, "The Death and Life of Larry Benson," March 23 and 28 at 7 p.m. in Cole's Moseley Gym. The play is a dramatic and controversial story of an MIA's return to his hometown. Cole students will also present the play in UIL Zone 2 competition on March 26 and District competition, March 31.

## Cole student chosen as outstanding JROTC cadet for Texas

By Robert Hoffmann  
Robert G. Cole High School

The Texas Society, Sons of the American Revolution has selected Robert G. Cole High School Junior ROTC Cadet 1st Lt. Chris Lamoureux as their Outstanding JROTC Cadet for 2010-2011.

Representing the San Antonio chapter, the state society has nominated him to the National Society, Sons of the American Revolution; and recommended him for selection as the National Outstanding Cadet in competition that will be held this July at the

national conference in Winston-Salem, N.C.

Lamoureux will represent Cole and San Antonio at the Texas state meeting held in the Dallas/Fort Worth area on March 16, receiving his award and reading his winning essay.

Lamoureux, a junior at

Cole, is a third year cadet and the Cougar Battalion's Alpha Company Commander.

This is the second year in a row that a Cole cadet has won this award. Last year cadet Lt. Col. Stephanie Aviles was so honored, and represented Cole in Houston.

# Force Support Squadron

Family & MWR

## Announcements

### River City Wrestling Tickets

The Family and MWR Ticket Office, Building 1935 on Chaffee Road, is offering complimentary tickets for River City Wrestling's pro wrestling event March 5 at Good Shepherd Lutheran Church, 1630 Goliad Road. Call 226-1663.

### Tops In Blue Tickets

The Tops In Blue Tour is March 27 at 6 p.m. at the Laurie Auditorium, Trinity University. Get your free tickets at the Sam Houston Club, Building 1395, Tuesday-Friday, 10 a.m.-5 p.m. by March 18.

### Youth Spring Break Camp

The Middle School and Teen Center still has some openings for spring break camp. To register call Parent Central at 221-4871.

### 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.

### Operation Baby Shower

Sign up now for the 3rd Annual Operation Baby Shower May 13, 2-6 p.m. at the Roadrunner Community Center. This event is for expecting parents and those with babies under 1 year old. Call 221-0349, 221-2418 or visit <http://operationbabyshower2011.wufoo.com/forms/operation-baby-shower-2011/>.

### "Boogie Back To Texas" at Harlequin Dinner Theatre

Performances will be held Thursdays, Fridays and Saturdays, March 10 to April 23. Dinner is served at 6:15 p.m. with an 8 p.m. curtain. Tickets are \$33/civilians, \$30/military, \$26/students and \$16.50/children 12 and under. Call 222-9694 for

reservations and directions.

### Gaming Time at the Library

Game time at the Keith A. Campbell Library is the first Sunday of the month from 3-5 p.m. Game systems available for use are Wii, PS3, Xbox 360, board games and more. Call 221-4702.

### Free Fitness Training

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

### Microsoft Office Classes

March 3 – Excel Level 1  
March 9 – PowerPoint Level 2  
March 10 – Excel Level 2  
March 15 – Word Level 3  
March 16 – Access Level 1  
March 17 – Excel Level 3  
Classes are 8 a.m.-noon at the Roadrunner Community Service, Building 2797. To register, call 221-2518/2705.

## Calendar of Events

### 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. Call 221-0349.

### Understanding ADHD/ADD

The class is 11:30 a.m.-1:30 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0600/2962.

### March 4 Family Readiness Support Assistant Forum

The forum is 11:30 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

### March 5 Camp Bullis Catfish Pond Opens

Catfish are \$2 per pound (live weight), no fishing license required. Rent a pole for \$1. Call 295-7577.

### March 6 Indoor/Outdoor Triathlon

Participants must swim 200 meters, bike 10 miles and run two miles in immediate succession. Participants must report to the Jimmy Brought Fitness Center at 6:30 a.m. on event day for packet pick up, number assignment, bike inspection and final instructions. A bicycle helmet is required. Open to the public. For fees, registration or information, call 221-1234.

### 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.

### ScreamFree Parenting

Classes are March 7, 14, 21 and 28 from 11 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349.

### Budget Development

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

### Doctor Dad

Classes are March 7, 14, 21 and 28 from 5:30-7 p.m. at the Red Cross, Building 2650. To register, call 221-0349.

### March 8 Family Readiness Group for Command Leadership

The group meets 8 a.m.-noon at the Roadrunner Community Center, Building 2797. This training provides command leadership a better understanding of their FRG and how to utilize their volunteers. To register, call 221-1829/0946.

### Re-Entry Workshop

The workshop is 10-11 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1681 or 221-2705.

### Using Credit Wisely

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

### Building Effective Anger Management Skills

Classes are March 8, 10, 15, 17, 22 and 24 from 5:30-9 p.m. at Roadrunner Community Center, Building 2797. Call 221-0349.

### BOSS Mardi Gras Party

Better Opportunities for Single Service members is hosting a Mardi Gras party 6-9 p.m. at the barracks, Building 2015 on Lackland Air Force Base. Call 671-4091.

### March 9 FAP Commander/Senior Leader Training

The training is 8-10 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349.

### Post Deployment Planning

The class is 9-10:30 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

### Bringing Baby Home

This two-part class is March 9 and 23 from 9 a.m.-12:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349/0326.

### Overseas Orientation

The class is 10-11 a.m. and again from 5-6 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1681.

### Sexual Assault Training

The training is 2-3 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349.

### Truth or Consequences

Classes are March 9, 16, 23 and 30 from 5-6:30 p.m. at the Red Cross, Building 2650. To register, call 221-0349/0221.

### 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.

### March 12 Challengers 15-Mile Bike Ride

Ride begins at 7:30 a.m. at Eberle Park, Randolph Air Force Base, first 50 participants to register will receive a T-shirt. Please visit <http://www.randolphfss.com> or call 652-7263 for information.

### March 19 Spring Bowling Bash

Bowl from 9 p.m.-midnight at the Fort Sam Houston Bowling Center. Cost is \$25 per person for three hours of bowling, soda and all-you-can-eat pizza. Call 221-4740.



## Announcements

### Summer Employment

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

### SMA Leon L. Van Autreve Sergeants Major Assn.

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.

### Cloverleaf Communicators

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 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 Quarterly Quadrangle Quest

The Fort Sam Houston Museum will host a walking tour of the Quadrangle beginning at 10 a.m. to promote a better understanding of its role in the history of the post.

### 175th Battle of The Alamo

The Daughters of The Republic of Texas will host a concert to commemorate the 175th Battle of The Alamo from 10 a.m.-9:30 p.m. on the grounds of the Alamo. A salute to our heroes past and present begins at 6 p.m. with a presentation of colors and an Air Force jet flyover.

### 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 tickets are available at the Fort Sam Houston Ticket Office, call 226-1663.

### Walburg, Texas Walk

The Texas Volkssport Association will host a 5k, 10k and 12k walk starting at the Walburg German

Restaurant located in the old H.Y. Doering Company Building, 3777 FM 972 in Walburg. Saturday walks start between 9 a.m. and 1 p.m. and Sunday walks start between 9 a.m. and noon. Call 496-1402 or visit <http://www.selmapathfinders.com/>.

### 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.

### Leon Valley Walk

The Randolph Roadrunners volksmarch club is hosting a 5k and 10k walk starting at the Leon Valley Library, 6425 Evers Road. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 723-8574.

### March 14 Babysitting Boot Camp

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

### March 21 Warrant Officer Association Meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. All active duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. For information, call 375-9895 or 666-9818.

### 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. Visit <http://www.scfsh.com> for information.

# W O R S H I P SCHEDULE

**Main Post Chapel, Building 2200, 221-2754**

**Catholic Services:**  
4:45 p.m. - Reconciliation - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays  
**Protestant Services - Sundays:**  
8 a.m. - Collective Protestant  
11 a.m. - Collective Protestant  
**Jewish Services:** 379-8666 or 493-6660  
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

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

**Catholic Services:**  
9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays  
12:30 p.m. - Mass - Sundays  
**Protestant Services:**  
10:30 a.m. - Gospel Protestant - Sundays  
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided  
6:30 to 7:30 p.m. - Protestant Women of

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

the Chapel meeting - Thursdays, child care is provided  
**Samoan Protestant Service:**  
2:00 p.m. - Sundays

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

**Catholic Services:**  
8:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - Sundays  
**Protestant Services:**  
10 a.m. - Worship Service - Sundays

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

**32nd Medical Brigade Student services**  
**Catholic Mass:** 8 a.m. - Sundays  
**Contemporary Protestant Service:**  
9:30 a.m. and 11:01 a.m. - Sundays  
**Muslim Jumma:** 1:30 p.m. - Fridays

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

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

## 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 - March 4**

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

Baked ham, roast beef, spaghetti with meat sauce, spaghetti with tomato sauce, scalloped potatoes, rice pilaf, broccoli, peas & carrots  
**Dinner - 5 to 7 p.m.**  
Savory baked chicken, Swiss steak, tuna and noodles, eggplant parmesan, Kansas medley rice, mashed potatoes, California blend, okra and tomato gumbo

**Saturday - March 5**

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

Baked turkey patties, barbecued beef cubes, lemon-pepper baked fish, cheese tortellini marinara, lyonnaise potatoes, orzo with lemon and herbs, green beans, honey Dijon vegetables  
**Dinner - 5 to 6:30 p.m.**

Buffalo chicken, gyros sandwiches, spicy baked fish, sweet potatoes, black beans and corn, oven browned potatoes, caviar medley rice, spinach, glazed carrots

**Sunday - March 6**

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

Chicken parmesan, beef teriyaki, grilled pork chops, broccoli-cheese and rice, steamed rice, O'Brien potatoes, vegetable stir fry, lima beans  
**Dinner - 5 to 6:30 p.m.**

Grilled steak, chicken cordon bleu, grilled hamburgers, grilled cheese-burgers, grilled chicken sandwiches, vegetarian hearty burgers, grilled cheese sandwiches, baked potatoes, sautéed onions and mushrooms, broccoli, mixed vegetables, french fries

**Monday - March 7**

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

Cranberry glazed chicken, Italian rice and beef, grilled ham steaks, Italian

broccoli pasta, lyonnaise potatoes, steamed rice, collard greens, cauliflower

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

Roast turkey, meatball stroganoff, egg noodles, cornbread dressing, mashed potatoes, stewed tomatoes, herb broccoli

**Tuesday - March 8**

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

Roast pork tenderloin, turkey chili macaroni, shrimp jambalaya, cheese ravioli, Italian roasted potato wedges, wild rice, peas, California blend  
**Dinner - 5 to 7 p.m.**

Pepper steaks, honey ginger chicken, grilled pork chops, whole wheat cheese pizza, mashed potatoes, steamed rice, Brussels sprouts parmesan, corn O'Brien

**Wednesday - March 9**

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

Beef stir fry, oven baked fried chicken, lemon baked fish, pasta primavera,

mashed potatoes, steamed rice, broccoli combo, fried cabbage  
**Dinner - 5 to 7 p.m.**

Cantonese spareribs, baked catfish fillets, chicken tetrazzini, Japanese vegetable stir fry, mashed sweet potatoes, mixed vegetables, spinach, green beans

**Thursday - March 10**

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

Baked turkey and noodles, Salisbury steaks, baked stuffed fish, vegetable curry with rice, redskin potatoes, steamed rice, carrot slices, Brussels sprouts

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

Fish amandine, beef lasagna, rock Cornish hens, orzo with spinach, tomatoes and onions, mashed potatoes, green bean combo, stewed tomatoes, potato frittata

*Menus are subject to change without notice*



**For Sale:** New Hamilton Beach Brew Station coffee maker, 6-cup, model 48274, \$21; computer desk, \$17; 4 foot by 8 foot plywood sheets, \$3.50; large beveled mirror, \$42. Call 313-0061.

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

**Have feedback for a post customer service provider?**

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.



## REMINDER CALENDAR

- March 6** Indoor/Outdoor Triathlon, 6:30 a.m., Jimmy Brought Fitness Center
- March 8** Hiring Heroes Career Fair, 9 a.m.-2 p.m., Sam Houston Club
- March 11** AER Fund Champaign Kick-Off, 8:30 a.m., Roadrunner Community Center
- March 13** Daylight Saving Time Begins
- March 14-18** FSHISD Spring Break
- March 22** Spouses' Club Joint Services Luncheon, 10 a.m.-1 p.m., Bright Shawl
- March 25** AUSA Alamo Chapter Luncheon, 11:30 a.m., Sam Houston Club

