

# News Leader



MAR. 10, 2011  
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**DAYLIGHT  
SAVINGS  
TIME  
BEGINS  
AT 2 A.M.  
MARCH 13.**



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

Turn your clock one hour ahead.

## Exercise tests JBSA's response to natural disasters

By Steve Elliott  
Fort Sam Houston News Leader

A recent three-day exercise tested the responses of the three military installations that make up Joint Base San Antonio in the event of several scenarios involving mass casualties.

Held from Feb. 28 through March 2, the Disaster Response Forces for Fort Sam Houston, Lackland and

**"We plan on having some level of exercise occur just about every month."**

*Henry King,  
Chief, 502nd Air Base Wing Exercise Evaluation Team*

Randolph Air Force Bases – which includes first responders, crisis action teams, mission partner teams, emergency operation centers, unit control centers and emergency responders – were put

through their paces.

"The scenarios that were played out included severe weather, natural disasters and reception of Department of Defense

See **EXERCISE, P7**



Photo by Air Force Staff Sgt. Robert Barnett

Medical personnel from the 59th Medical Wing respond to a simulated emergency birth during a natural disaster exercise scenario which included the evacuation of Corpus Christi residents to Lackland Air Force Base's Arnold Hall March 1.

(From left) Herbert Coley, chief of staff, U.S. Army Medical Command; Air Force Maj. Gen. Gerard Caron, assistant surgeon general for dental services; Maj. Gen. James Gilman, commander, USAMRMC; and Navy Rear Adm. Elaine Wagner, director of medical resources, plans and policy, Chief of Naval Operations cut the ribbon on the new Battlefield Health and Trauma Research Institute.

Photo by Rick Anzaldua



## Battlefield Health and Trauma Research Institute opens new era in combat casualty care research

By Tiffany Holloway  
USAMRMC Public Affairs

The U.S. Army Institute of Surgical Research held a ribbon-cutting ceremony for the Battlefield Health and Trauma Research Institute on the campus of Brooke Army Medical

Center March 4.

Groundbreaking for the facility began January 2008 and the tenants started moving in August 2010.

"We are entering a new era in combat casualty care research within the Department of Defense,"

said Col. Lorne Blackburne, USAISR commander. "With the completion of this new 150,000-square-foot research building, the Battlefield Health and Trauma Research Institute is now a reality.

See **BHT, P6**

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FOR THE SAN HOUSTON  
**News Leader**  
How You Support Military, Minimize Family Readiness

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# 502 MSG commander receives Freedom Award from SA chamber, Ford

By Steve Elliott  
 FSH News Leader

Col. Mary Garr, commander of the 502nd Mission Support Group at Fort Sam Houston, was one of seven women who will be honored by the Greater San Antonio Chamber of Commerce and Ford Motor Co. during a March 30 luncheon.

She joins such company as former San Antonio mayor Lila Cockrell, now president of the San Antonio Parks Foundation; and caterer Rosemary Kowalski, chairman emeritus of the RK Group at the 2011 Women's Opportunity Week, Ford Motor Co. Tribute to Women Business Leaders.

The awards were created under the leadership of 2007 chamber Chairwoman Brenda Vickrey Johnson and the Ford Motor Co. Fund. Each honoree will select an institution of higher education to receive a \$1,000 scholarship, presented to the school in her name.

"Ford created this award with the Greater San Antonio Chamber of Commerce to highlight women business leaders and their achievements," said Jim Vella, president of Ford Motor Co. Fund and Community Services.

Other awards went to: Brenda Vickrey Johnson Award for small business; Trish DeBerry, president and partner of Guerra DeBerry Coody; Excellence Award for large business: Suzanne Wade, president of the San Antonio Food/Drug Division for H-E-B; Hope Award: Jane Macon, partner at Fulbright & Jaworski law firm; and Promise Award: April Ancira, Ancira Enterprises Inc. vice president.

"These honorees have



**Col. Mary Garr**

truly made a difference, not only as outstanding leaders in organizations, but they have impacted the community around them," 2011 WOW Chairman Renée Flores, regional vice president external affairs for AT&T said.

"We are proud to recognize such a diverse group of respected women whose leadership and contributions are positively impacting the San Antonio community," Vella added.

"I am still registering the impact of this award and am truly honored and humbled to be selected for an award in the company of these very accomplished women who have contributed so much to San Antonio," Garr said when learning of being awarded the Freedom Award. "I was a child in San Antonio when Former Mayor Lila Cockrell was mayor, and she was an inspiration to a generation of young women to aspire to lofty goals.

"In terms of my accomplishments, all of them have occurred with tremendous teamwork from my staff and great support from various mentors, leaders, and supporters," the colonel added. "I also have to say that anything I do is with the complete support of

my husband and children who have sacrificed a lot to support my role in FSH's transformation and growth. I am merely representing a wonderful team.

"I truly appreciate San Antonio and Fort Sam Houston and am grateful that I have had the opportunity to command the FSH Garrison/502nd MSG at this point in Fort

Sam Houston's history," Garr said.

The awards luncheon will be held at 11:30 a.m. to 1 p.m. March 30 at the Marriott Rivercenter Hotel downtown. Cost to attend is \$40 for individual chamber members and \$55 for non-members. Corporate tables are available. For registration online, go to <http://www.sachamber.org>.

## Weekly Weather Watch

	Mar. 10	Mar. 11	Mar. 12	Mar. 13	Mar. 14	Mar. 15
San Antonio Texas	75° Sunny	77° Sunny	79° Mostly Sunny	76° Mostly Sunny	79° Isolated T-Storm	79° Partly Cloudy
Kabul Afghanistan	55° Sunny	56° Mostly Sunny	60° Partly Sunny	61° Mostly Sunny	65° Sunny	68° Partly Sunny
Baghdad Iraq	71° Sunny	69° Sunny	68° Partly Cloudy	70° Mostly Sunny	72° Mostly Sunny	75° Mostly Sunny

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

## News Briefs

### Army Emergency Relief Campaign Kick-Off

The kick-off meeting for the 2011 AER Fund Campaign is 8:30 a.m. March 11 at the Roadrunner Community Center. 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 call 221-1612/0994 or visit <http://www.aerhq.org>. The AER Campaign period at FSH is April 1 through 30.

### BAMC Women's History Month Observance

Brooke Army Medical Center will hold an observance March 14, 11-11:10 a.m. in the medical mall. The theme is "Our History is Our Strength," a reenactment of famous and significant women who have contributed to the military and the United States will be held.

### Tax Centers Taking Appointments

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.

# Teen's quick actions prevents fire damage on post

By Esther Garcia  
AMEDDC&S Public Affairs

A local teen's quick thinking and actions helped prevent a grass fire on Fort Sam Houston from getting out of control recently.

Megan Smith, a 15-year-old sophomore at Cole High School, was instrumental extinguishing a fire in a field near the Smith's home on Artillery Loop Feb. 22.

Smith said she was walking behind her house and noticed some kids playing in a field.

"I didn't think too much of it," she said. "I returned about two minutes later and saw a big fire, and I said 'This is a problem.'"

Megan ran to her house and told her father, retired Lt. Col. Frank Smith. They filled a watering can with water and she ran ahead to pour water on the fire.

"By this time the fire was smaller," Megan said. She



Photo by Esther Garcia

Curtis Williams (left), chief of Fort Sam Houston Fire Emergency Services and Michael Grizer (second from left), director of the 502nd Civil Engineer Squadron and Fire Marshal, presents Megan Smith a certificate of appreciation March 4 for her and her father's quick actions in extinguishing a grass fire at a field near the Smith's home on post.

added that her father then used a rake on the smoking ground to make sure the fire was extinguished.

Megan's father, who was unable to attend the presentation, also received a certificate

for his actions.

"I think I am getting more credit than I deserve, but I am glad I was able to help before it became a problem," Megan said. "The fire was going downhill towards some civilian

houses."

The certificate recognized the teen "for outstanding actions taken to extinguish a working grass fire that could potentially damage property or injure personnel, your selfless act of courage, your desire to fulfill a civic duty and protect your community is greatly appreciated."

Megan is the daughter of Col. Dawn Smith, chief of staff, Army Medical Department Center and School, who attended the presentation.

"Megan has always been very observant, level-headed, and quick thinking," Smith said. "She saw the smoke billowing up from the fire in the field behind our house on Artillery Loop.

"Megan alerted her Dad, grabbed a full watering can, and headed for the fire," the colonel added. "My husband caught up shortly after with another water container. We are very proud of her!"

## Community honors 101st anniversary of first military flight

By Lori Newman  
FSH News Leader

Two T-6A Texan II jets flew over MacArthur Field March 2 marking the 101st anniversary of the first military flight completed by Lt. Benjamin Foulois from that very field.

Each year the Stinsons Flight No. 2 Order of Daedalians and the Jack Dibrell/Alamo Chapter of the Army Aviation Association of America hold a wreath-laying ceremony at the Fort Sam Houston flagpole, where a stone marker stands in honor of Foulois' contribution to military aviation history.

The Order of Daedalians was founded in 1934 by Army pilots from World War I. The organization supports

programs to improve flight safety and encourages young people to become interested in military flight and aeronautical careers.

There are 65 flights and more than 14,000 pilots in the Order. The Stinsons Flight was chartered in 1964 in honor of the four Flying Stinsons - Katherine, Marjorie, Eddie and Jack - for their contributions to aviation history in San Antonio.

The Army Aviation Association of America was founded in 1957 to bring together individuals and corporations engaged in the Army aviation community. Its purpose is to support the aviation Soldier and family.

The association provides scholarships

and award programs, and supports lifelong recognition of aviation professionals. The Alamo Chapter is named for Col. Jack Dibrell, master Army aviator, killed in 1977.

Air Force Col. Lex Brown, vice flight captain, The Stinsons Flight No. 2, described Foulois' first flight saying, "Lt. Benjamin Foulois flew a Wright Flyer Type A, labeled Aeroplane No. 1 for the first government military airplane, and made military aviation history with his first solo take-off, first solo landing and first crash all in one day."

The guest speaker for the ceremony was Air Force Col. Lee "Bru" Archambault, an astronaut who explained to



a captivated audience what it was like to fly in the space shuttle.

Archambault was the pilot on space shuttle STS-117 and the commander of space shuttle STS-119. He has logged a total of 27 days in space.

"Certainly, without a doubt, Foulois was one of aviation history's

Astronaut Air Force Col. Lee "Bru" Archambault describes what it feels like to fly on the space shuttle during the ceremony commemorating 101st anniversary of the first military flight March 2 at the Fort Sam Houston flagpole.

Photo by  
Lori Newman

pioneers," Archambault said. "Every one of us who have flown a military aircraft knows we fly on the back of these pioneers.

"Without those air and space pioneers, we would not be where we are today," the astronaut said. "We own them a debt of gratitude."

# Operating room annex extends BAMC's quality of care

By Susan Merkner  
Medical BRAC Public Affairs

An operating room annex has opened at Brooke Army Medical Center, offering the same high standards of care as traditional hospital surgical suites.

The annex was planned for use during the remaining Base Closure and Realignment Commission's construction and renovation work to help meet the need for additional operating rooms.

The first surgery in the new unit was performed Feb. 16, said Air Force Col. (Dr.) W. Brian Perry, chief of the Department of Anesthesia and OR Services.

Among the initial surgeries performed in the new OR Annex were an open sigmoid colectomy, an umbilical hernia repair and two breast biopsies, Perry said.

As more inpatient services are moved from Wilford Hall Medical Center to BAMC in accordance with BRAC law, additional operating rooms will be needed.

There are currently 12 ORs

at BAMC, excluding the one in the burn center, and all are fully utilized.

A minimum of 16 ORs was identified as the number needed when all inpatients move to BAMC from Wilford Hall this year.

When BRAC construction is completed, the re-named San Antonio Military Medical Center will have 28 ORs, excluding the burn center and new labor/delivery surgical suites.

The structures used for the OR Annex are known as Deployable Medical Systems, or DEPMEDS.

The enclosed, climate-controlled, solid units include four operating rooms and a four-bed unit for preoperative procedures and post-anesthesia care. The new structures are connected to each other and attached to the hospital building by new enclosed walkways.

In accordance with DOD policy, the Joint Committee on Tactical Shelters (JOCOTAS) approves a standard family of tactical shelters, which are mobile, transportable struc-



Photo by Susan A. Merkner

Operating room nurses Air Force Maj. Regis Carr (left) and Army Maj. Cheryl Montgomery check supplies in one of the new operating rooms in the BAMC OR Annex.

tures designed to meet certain functional requirements. JOCOTAS has approved 21 shelter types for use by the Army, Air Force, Navy and Marines.

Included on that list are the rigid aluminum structures used at BAMC, which meet International Organization for Standardization standards and commonly are referred to as ISO shelters. DEPMEDS

can include various types of standard shelters used as field hospitals, command posts, dental facilities, and battalion aid stations.

The shelters were selected because there was no space in BAMC to renovate into additional operating rooms within the required timeframe and costs.

BAMC's OR Annex provides the same standard of superior

patient care as that provided in the main BAMC ORs with the same hospital personnel.

Environmental controls, infection control standards, types of equipment used, indoor plumbing, housekeeping services and access control are comparable.

General surgery, urology, gynecology and pain surgeries will be performed in the OR Annex units initially.

Other services will be added as necessary. No bariatric surgeries, no known isolation patients and no ventilated patients from the ICU will be treated in the OR Annex.

The restrictions are based on the weight load supported by the structures' floors, the size of the ORs and supply storage capabilities.

Ambulatory surgical patients will report to Same-Day Surgery (SDS) on the hospital's second floor, where they will be assessed.

Patients will change clothes and have their personal items secured, and then be escorted to the OR Annex by wheelchair or stretcher. Family members will remain in the hospital's waiting area until the patient is released or admitted.

# Memorial service remembers the 175th anniversary of Battle of the Alamo

By Esther Garcia  
AMEDDC&S Public Affairs

With the ringing of the Alamo Bell by Sam Clark, president general of the Sons of the Republic of Texas, followed by the posting of the colors by the Alamo Rangers, the memorial service inside the Alamo Shrine March 6 for the 189 defenders of the Alamo who perished 175 years ago in 1836 began.

During a solemn ceremony hosted by the Daughters of



Maj. Gen. Simeon Trombitas, commanding general, U.S. Army South, speaks at the memorial service inside the Alamo Shrine March 6, commemorating the 175th anniversary of the Battle of the Alamo.

the Republic of Texas, candles were lit by the children of the Republic of Texas.

As Patti Atkins, president

general of the Daughters of the Republic of Texas, called out the names of states and nations of the defenders, local military personnel carrying flags of the states and countries of the known birthplaces of the defenders came forward and presented each flag at the center of the shrine.

Darrien Jones, a 15-year-old ROTC student at Cole High School on Fort Sam Houston, represented the unknown birthplaces of the defenders.

"By this time on Sunday, March 6, 1836, the sounds of gunfire had faded," said Maj.



Photos by Esther Garcia

Staff Sgt. Roxanne Oviedo, Army Medical Department Center and School, presents the Texas/Mexico flag during the memorial service inside the Alamo shrine March 6.

Gen. Simeon Trombitas, commanding general, U.S. Army South. "The stench of spent gun powder and funeral pyres hung in the air. The ground

was stained with brave men's blood."

The general told of how

See ALAMO, P9

# Hiring Heroes Career Fair offered job opportunities for wounded warriors, spouses

By Lori Newman  
Fort Sam Houston Public Affairs

About 40 employers were on hand March 8 for the Hiring Heroes Career Fair at the Sam Houston Club.

The Defense Department began the program in April 2004, providing wounded service members and their spouses the opportunity to meet prospective employers within the DOD, other federal agencies and the private sector.

“At last September’s event [at Fort Sam Houston] we had 18 job offers extended on the spot; as well as some follow-up offers in the days and weeks following the event,” said Carin Otero, chief of the Civilian



Photos by Lori Newman

Larry Carlton, military education liaison, University of Phoenix, discusses educational opportunities available to service members during the Hiring Heroes Career Fair March 8 at the Sam Houston Club.

Personnel Management Service Recruitment Assistance Division.

“We are really hoping we can top that number

today.”

“On behalf of all of our military here at Fort Sam Houston, I would like to thank

all of you for coming and participating,” said Col. Mary Garr, 502nd Mission Support Group commander, as she addressed the employers attending the fair.

“I know many of you have been here before and know how important this is,” the colonel said.

“If this is your first time, I think you will find this a very rewarding opportunity to make a difference to our nation’s military; particularly to our wounded warriors and some of their spouses.”

Garr said at any given time there are about 600 wounded warriors at Fort Sam Houston.

“We have some of our nation’s most severely wounded service mem-



bers here,” she said. “Some of them are thankfully able to rehabilitate, continue wearing the uniform and go back to their units. Others because of the extent of their injuries are no longer able to wear the uniform but want to

continue contributing in their communities,” the colonel added. “Some [wounded warriors] are no longer able to continue working and their spouses, who may or may not have ever

**See HIRING, P11**

## BHT from P1

“Army, Navy and Air Force researchers are now located together, able to share ideas and resources in this state-of-the-science research facility,” Blackbourne added. “All the researchers assigned here are anxious to move forward together in advancing the care available for our fighting forces.”

Coming about as a result of Base Realignment and Closure 2005 findings, the BHT was established at Fort Sam Houston and co-locates all Department of Defense Combat Casualty Care Research (less neuroprotection) in one location.

To accomplish this action, the new building – which cost \$105 million to build – was constructed adjacent to the existing research facility at the BAMC campus that



Photo by Rick Anzaldua

Maj. Gen. James Gilman, commander of the U.S. Army Medical Research and Materiel Command speaks to the audience about the importance of the Battlefield Health and Trauma Research Institute.

had been there since 1996. Collectively, these two building comprise the BHT.

“Constructing this new facility was a daunting task. It involved close coordination between the

architects, the construction contractor, the U.S. Army Corps of Engineers, the Joint Medical Facilities Office and the BHT units,” said Mike Feeley, BRAC program manager for USAISR.

“Over the course of the design and construction, countless issues had to be resolved in order to ensure the delivery of a facility that will serve researchers for decades to come.”

In co-locating all combat casualty care research activities at Fort Sam Houston, the BRAC 2005 commission recognized that BAMC is the only level 1 Trauma Center within the DOD, the U.S. Army Institute of Surgical Research

Burn Center is located within BAMC and is the only burn center within the Defense Department, and the Medical Education and Training Campus, where virtually all DOD medical personnel will be trained is also being established at Fort Sam Houston.

This co-location is intended to foster the rapid application of research findings to health care delivery, and provide synergistic opportunities to bring clinical insight into bench research.

Units moving to the BHT came from Great Lakes, Ill.; Bethesda, Md.; and Brooks-City Base. The units located in the BHT are: the U.S. Army Institute of Surgical Research, Naval Medical Research Unit – San Antonio, the U.S. Air Force Dental Evaluation and Consultation Service and the U.S. Army Dental and Trauma Research Detachment.

**EXERCISE from P1**

personnel evacuating the Texas coast,” said Henry King, chief of the 502nd Air Base Wing exercise evaluation team. “The scenarios also included Federal Emergency Management Agency search and rescue assets coming to Joint Base San Antonio.”

The JBSA units were required to use the Air Force Incident Management System and utilize wing plans and checklists in their responses.

“The disaster response force at Lackland AFB received evacuees from the Gulf Coast and responded to damages from the storm,” King said. “Randolph AFB and Fort Sam Houston received the FEMA Search and Rescue assets.

“In addition, personnel at Randolph AFB and Fort Sam Houston took shelter from tornadoes

and responded to damages around the installation, which included taking care of simulated injuries and deaths,” King added.

Dozens of special instructions, or SPINS, were also carried out, King said.

In some cases, these were used to track specific responses of individual units or to demonstrate the flow of information through the system, such as notifying and reviewing action taken at child development centers, base schools and at youth centers.

Other units were tested on how well they were able to prepare and execute casualty notifications, give casualty briefings and notify next of kin.

Public affairs units were also tested on how well they executed their roles in setting up a media operations center,



**Photo by Air Force Staff Sgt. Robert Barnett**

Capt. Brett Ballard (left) and 1st Lt. James Dockery secure Senior Airman Corey Hurst during a simulated seizure during a natural disaster exercise simulating the evacuation of Corpus Christi residents after a hurricane to Lackland Air Force Base March 1. Ballard and Dockery are nurses and Hurst is a mental health technician assigned to the 59th Medical Wing.

a Straight Talk hotline and in providing media escorts and PA person-

nel to the scenes of the disasters.

Security forces person-

nel were tasked to sustain traffic control points, entry control points and

post cordon guards at different locations, as well as diverting traffic.

According to the overall plan, emergency medical services were tested on their ability track status and disposition of people injured in the simulated disaster, both on base and after they were relocated to civilian medical facilities.

The chief of the exercise evaluation team said the emergency responders did a good job.

“However, as with almost every exercise, there is room for improvement,” King said. “Communications and notifications procedures are two areas where we will put more emphasis in the future. We plan on having some level of exercise occur just about every month.”

## AMEDDC&S UNITS WIN EXCALIBUR AWARD



Photo by Esther Garcia

The office of the dean of the Academy of Health Sciences, the Directorate of Combat Medicine and the 232nd Medical Battalion team accept the Army Surgeon General's Excalibur Award presented by Maj. Gen. David Rubenstein, AMEDD Center and School commander. The award acknowledged the success of the AMEDDC&S team to reduce student attrition rates and more accurately report attrition performance measures for 16 Medical Occupational Specialty courses. Initiatives included a three-day head start program for students awaiting training, peer tutoring and additional study hours, consistent class sizes, creation of an academic review board and unit recognition for academic and non academic performance such as physical fitness.

## SILVER CADUCEUS SOCIETY HELPS HABITAT FOR HUMANITY

Members of the Alamo Chapter Silver Caduceus Society, including (from left) Col. Randall Anderson, Army Medical Department Center and School; Maj. Eli Lozano, commander, Headquarters Company, 32nd Medical Brigade; William Prichard and Col. Kyle Campbell, Southern Regional Medical Command, nail and



Photo by Esther Garcia

hammer rafters on a house under construction with Habitat for Humanity in Palo Alto Feb 18. "It is such an honor to give back to the San Antonio Community, which shows so much love and support to our military service members and their families. As a professional Soldier, service to the nation means so much more than wearing the uniform; it means doing my part in strengthening the quality of the community that takes care of my Army Family," Lozano said. The society chapters are established for Medical Service Corps officers to provide professional development, education, and mentoring opportunities. Dee Van Huss, Habitat for Humanity house leader said, "We love the military when they show up. They give 110 percent." Not pictured is Cpt. Amy Prichard, intern for the MSC Corps chief office, who also volunteered her time.

**ALAMO from P4**

General Antonio López de Santa Anna described it as “but a small affair.” Trombitas went on to say that none of the 189 defenders were professional soldiers. They were farmers, lawyers, clerks, doctors and storekeepers, while others were frontiersmen.

All were immigrants having come to Texas for various reasons – for some the prospect of free land and for others, for prospect of adventure.

While some like William Travis, Jim Bowie and Davy Crockett are remembered in history

books, many others are forgotten. The one thing they all shared was the willingness to fight for freedom.

After reading a Travis letter asking for support, Trombitas described the battle, with the opening cannon shot at 5 a.m. to the last breakthrough into the Alamo.

“From the ashes of the funeral pyre rose a legend of historic defiance and a cry ‘Remember the Alamo’ that rallied Texans to defeat Santa Anna and win independence,” the general said. “The Alamo is a symbol to America’s resolve in fighting tyranny anywhere in the



Photo by Esther Garcia

Military personnel from Fort Sam Houston carry flags that represent the states and countries of the known birthplaces of the 189 defenders who died defending the Alamo.

world.”

He said how the “men of the Alamo had the faith in knowing that what they were doing

was right.”

Trombitas concluded by saying, “Today when we say ‘Remember the Alamo,’ we really say

remember the courage and conviction of the men who fought and died here. Texas, our military and our nation

will be forever grateful for the men who gave their lives here 175 years ago today. We are in their debt.”

# Survival rate for colorectal cancer improves with early detection

By John Franklin  
Spc. Taylor Burk Medical Clinic

With March designated as National Colorectal Cancer Awareness Month, the Spc. Taylor Burk Medical Clinic at Camp Bullis is conducting a patient awareness program about this deadly threat.

“Colorectal cancer is one of the few cancers that can also be prevented through screening because precancerous polyps, from which these cancers usually develop, can be identified and removed,” said Kerry Eberhard, a physician’s assistant at the clinic.

“This earlier detection is why we want to educate our patients about the importance of coming in for regular preventive exams and why the colorectal cancer screening is so important.”

According to the Centers for Disease Control and Prevention, people who have their colorectal cancers diagnosed early they have a 91 percent survival rate over the following five years. That survival rate drops to 39 percent rate when a cancer is diagnosed later in its development.

“Colorectal cancer is the third most common cancer in men and in women and is the second leading cause of cancer related deaths in the United States,” said Celeste Lichey, head nurse at the Burk Clinic, emphasizing the importance of patient education regarding this deadly cancer.

The risk of developing colorectal cancer increases with advancing age, the CDC notes. More than 90 percent of cases occur in people aged 50 or older.

“It strikes men and

women about equally. It is important for our patients to understand the importance of the screening tests for this cancer,” Lichey added.

The CDC’s studies of the disease found that many people who are at risk for colorectal cancer are not being screened. To promote greater patient awareness of the dangers of colorectal cancer, the staff at the Camp Bullis clinic will be distributing fact sheets to all patients visiting the clinic during the month of March.

Several tests are available to screen for colorectal cancer. Some are used alone; others are used in combination with each other. Talk with your doctor about which test or tests are best for you. These screening tests are recommended by the U.S.

Preventive Services Task Force:

- Colonoscopy (every 10 years).
- High-sensitivity fecal occult blood test (every year).
- Flexible sigmoidoscopy (every 5 years).

In addition to these tests, some groups also recommend the double contrast barium enema as a screening test (every 5 years). Other tests are being evaluated and may be recommended by the USPSTF for use in colorectal cancer screening in the future, including CT colonography (also known as “virtual colonoscopy”) and stool DNA testing.

More information about colon cancer is available from the Center for Disease Control’s website at <http://www.cdc.gov/cancer/colorectal/>.



Courtesy photo

Dominique Flores, a staff member at the Taylor Burk Clinic on Camp Bullis, stocks patient education racks with flyers on Colorectal Cancer. During March the clinic is providing all patients with a factsheet about colon cancer to increase their awareness of the dangers of colorectal cancer and the importance of routine screening for the disease.

**HIRING from P5**

worked previously, are now having to step up and become the primary breadwinner for their family.

“You all are helping them to ease their way back into our nations communities ...so they can be productive citizens. I wish you much success in finding some great new members for

your team,” Garr concluded.

“Secretary [Robert] Gates has charged us with making sure that we take care of those who have given the most to our country,” said Phil Burnette, principal deputy for the Assistant Secretary of Defense for Wounded Warrior Care and Transition Policy.

Burnette said his boss, Assistant Secretary of

Defense John Campbell, is working with top DOD agencies such as the Department of Labor to streamline the processes and procedures for both veterans and employers. He encouraged the prospective employers

and job seekers to share their challenges with him.

“You are going to meet the nation’s finest today – they have incredible skills to demonstrate to you,” Otero said.

Richard Tyson, from U.S. Customs and Border Protection, explains employment options to Pfc. Francisco Olea during the career fair for wounded warriors and their spouses March 8 at the Sam Houston Club.

**Photos by  
Lori Newman**



Caroline Eitejorge, a recruiter from Brooke Army Medical Center Nursing Services, talks to Yolanda Mendez during the career fair. After learning Mendez was seeking employment in the administrative field Eitejorge referred her the Civilian Personnel Advisory Center booth.

**FORT SAM  
HOUSTON  
INDEPENDENT  
SCHOOL  
DISTRICT****Spring Break  
March 14-18****Robert G. Cole Middle/  
High School****March 14**UIL Cross Examination State  
Competition in Austin, TBA**March 15**UIL Cross Examination State  
Competition in Austin, TBA**March 18**Baseball at San Antonio  
Christian, Junior Varsity 4 p.m.,  
Varsity 6 p.m.

# Navy Surgeon General commemorates Medical Corps 140th birthday

The Navy Surgeon General sent a message to the Navy Medical Corps in honor of its birthday, March 3.

"Today we celebrate the 140th Birthday of our Medical Corps," said Vice Adm. Adam M. Robinson, Jr., Navy surgeon general and chief, Bureau of Medicine and Surgery.

"From the countless humanitarian relief and disaster response missions, to the larger role of expeditionary care around the world, the Medical Corps is integral to Navy Medicine's ability to support our maritime strategy."



The Medical Corps was founded March 3, 1871, by the 41st Congress who enacted the Appropriations Act which established the Medical Corps with the mission of providing medical care to U.S. Navy personnel aboard ships and shore stations. Today, nearly 5,000

active duty and Reserve Navy doctors serve with both the Navy and the Marine Corps throughout the world, providing exemplary care to Sailors, Marines and their families, from the garrison to the deck plates and to the battlefield.

According to Robinson, the Navy Medical Corps is broad and diverse. It is comprised of physicians who are practicing or training in dozens of medical and surgical specialties with more than 200 subspecialties.

Navy doctors serve

in complex and diverse positions including the White House, the Attending Physician's Office to Congress and as astronauts exploring the frontiers of space.

Robinson also said the Navy Medical Corps continues to break new ground in biomedical research, medical education and training, and patient care delivery at Navy clinics, hospitals, aboard Navy afloat platforms, and in combat theaters.

"It is the honor, courage, and commitment of these personnel we

honor today," Robinson said. "We celebrate their spirit of service in everything they do to ensure our nation has a medically ready, fit, and fighting force.

"It is our responsibility to ensure that those who've served our nation, along with their families, can always count on Navy Medicine to help provide quality and compassionate patient and family-centered health care."

*(Source: U.S. Navy Bureau of Medicine and Surgery Public Affairs)*

## Military Historical Trivia

Q. How tall is the tower in the Quadrangle on Fort Sam Houston?

1. 60 feet
2. 75 feet
3. 90 feet
4. 105 feet



A. The answer is "C." The quadrangle is the oldest building on post and is one of four buildings at Fort Sam Houston open to the public. The Quadrangle, built in 1876 as a supply depot, has a distinguished historical past housing Indian outlaws including the Apache war chief, Geronimo in 1886. The centerpiece of the Quadrangle is the clock tower which still bears the inscriptions and architecture of 19th century Texas.

## Religious Education Classes

The adult, youth and children's classes will be held Sundays from 9:15-10:15 a.m. at Dodd Field Chapel. For information, call 221-3749.



**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:

8:00 a.m. - Collective Protestant

11:00 a.m. - Collective Protestant

**Jewish Services: 379-8666 or 493-6660**

8:00 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 the Chapel meeting - Thursdays, child care is provided

### Samoan Protestant Service:

8:00 a.m. - Sundays

**Brooke Army Medical Center**

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

**Chapel, Building 3600, 916-1105**

### Catholic Services:

8:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - Sundays

### Protestant Services:

10:00 a.m. - Worship Service - Sundays

Sundays

### Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship - Thursdays

**Center for the Intrepid, first floor, 916-1105**

### Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays

6:00 p.m. - Contemporary worship - Sundays

### AMEDD Regimental Chapel,

**Building 1398, 221-4362**

### 32nd Medical Brigade Student

services

**Catholic Mass:** 8:00 a.m. - Sundays

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

# Army North gears up for Vibrant Response 11.1

By Donald Manuszewski  
ARNORTH Public Affairs

Members of U. S. Army North will travel to central and southern Indiana to conduct and participate in the U. S. Northern Command's Vibrant Response 11.1 exercise from March 11 to 19.

The exercise revolves around a scenario in which an improvised radiological dispersing device, or "dirty bomb," spreads radioactive material in and around a major metropolitan area in the United States.

"All in all, we try to create an environment and mission sets for the training participants that is as close to the real thing as possible," said Paul Condon, joint exercise planner for Army North.

The field training exercise will see more than 3,400 participants from the units that compose the Chemical, Biological, Radiological, Nuclear and High-Yield Explosive (CBRNE) Consequence Management Reaction Force (CCMRF) 11.1 to train with each other as well as their

local, state and federal partners as they respond to the catastrophic incident.

For Condon and the other members of the ARNORTH team, the exercise is a prescribed series of events that is orchestrated like a finely tuned opera.

"It's like a multi-act play," Condon said. "Every night we have to reset the state of play for the next day's training."

"The days are long but worth the effort when you see the young men and women demonstrate and hone their skills," he added.

Those skills include medical care, decontamination, search and rescue as well as air evacuation and logistical support to the primary agencies providing assistance.

"I've charged my planners with stretching the responding units to the max – and then some," said Lt. Gen. Guy Swan III, commanding general, Army North. "I consider Army North as 'America's Insurance Policy,' and we need to make sure that policy is ready and able to support our nation."



A member from the Federal Emergency Task Force 1 search and rescue team, from Dayton, Ohio, search for simulated survivors and casualties in the collapsed garage at Muscatatuck Urban Training Center July 17, 2010 during the Vibrant Response 10.2 field training exercise. U.S. Army North's Joint Task Force – 51, headquartered in San Antonio, served as the command and control element for the national emergency response exercise that is designed to create the realism of an American city following a nuclear blast.

Photo by Staff Sgt. Brad Staggs

Along with Condon, there have been hundreds of people involved in the planning process since around April 2010.

People from U. S. Northern Command, and the Indiana National Guard, as well as people from other federal agencies, such as the Federal Emergency Management Agency, and contractors like General Dynamics Informa-

tion Technology.

CCMRF 11.1, led by U. S. Air Force Maj. Gen. Jonathan Treacy and his team from Joint Task Force – Civil Support, is testing their command and control operations during the annual training event.

Broken into three subordinate task forces, Task Force Operations; TF Aviation

and TF Medical, the CCMRF 11.1 will perform a myriad of tasks associated with the Defense Department response to this type of disaster.

Included in those efforts are the ability to medically evacuated injured and displaced persons as well as decontaminating those who have been affected by the notional radiological device.

## Army North to bring new life to historic Quadrangle grounds

By Staff Sgt. Keith Anderson  
ARNORTH Public Affairs

Military leaders at Fort Sam Houston are revitalizing U.S. Army North's historic Quadrangle grounds in an ambitious project to make one of the oldest and most storied Army facilities in Texas a cultural draw for locals and tourists to San Antonio.

Planned improvements include the planting of inner and outer rings of animal-friendly trees, adding picnic tables and benches, and installing a new duck pond.

Discussions are also underway exploring the possibility of adding a small museum-style room with historic photos,

implements and children's activities.

"You can have a nice place to come visit and see the deer, peacocks and ducks, or you can relax and do nothing and just enjoy the grounds," said Lt. Col. Melissa Fahrni, deputy chief of staff, Army North, in talking about the planned improvements to the grounds.

Leaders at Army North, the current tenant headquarters command that resides in the 135-year-old former Army supply depot, are working with officials from the San Antonio Botanical Garden, the San Antonio Zoo and Aquarium, and other local organizations to create an environmentally

conscious and animal-friendly experience for local community members and tourists to visit and discover some of the post's unique history.

The grounds are also available for school field trips and can be reserved for private functions.

Some of the considerations for the trees in the grounds include ensuring the deer have canopy and cover, that the peacocks have sturdy roosts, and that there is nothing harmful to animals or visitors.

Some of older oak trees have already been removed and replaced with mountain laurels, but the major plantings of Live Oak, Spanish Oak, Red Oak, Magnolia, Mountain

Laurel and Mission Anacua are slated for early April in celebration of Earth Day, April 22, and Arbor Day, April 29.

The Society for the Preservation of Historic Fort Sam Houston, Inc., is accepting monetary donations. All donations are tax-deductible and all participants will be recognized, with ID tags on trees, or with plaques in the scenic seating rings, or through other recognition, Fahrni said.

"The Quadrangle belongs to the city of San Antonio," Fahrni said. "This project is our legacy. It's good for San Antonio; it's good for the Army, and it's good for Texas."

Capt. Michael Norton, operations officer, Headquarters

and Headquarters Battalion, Army North, said the project was important to him.

"The Quadrangle is extremely significant to me personally," said Norton, who grew up in San Antonio.

"I spent many years attending Mother's Day masses and Easter Sunrise services running around in this very Quad."

Norton, who donated to the project to revitalize the grounds, said it was an opportunity to honor someone special to him.

"My family and I decided to donate a tree to the Quadrangle to honor my father, who retired here in 1996," Norton said.

# Cole student selected for Lone Star Leadership Academy

By Steve Elliott  
FSH News Leader

Cole Kirchen, son of Maj. Erik and Twylla Kirchen and a student at Cole Middle School, has been selected to travel to Houston to attend the Education in Action's Lone Star Leadership Academy June 13 through 17.

Kirchen, who said he thinks the qualities of a good leader are respect, duty, and most importantly, self confidence, was selected based on his grades, leadership ability and his involvement in school and

community activities. He also attended a previous academy stint in Austin last summer.

"The Lone Star Leadership Academy gave me the understanding that anybody can cause change for the better," the seventh-grade Cole student said. "It has helped me to try to take charge and improve myself and to help my community.

"During the school year, I'm part of the Lone Star Leadership Council and the program has been a great opportunity for me," Kirchen said. "I am also involved in Drama Club and it has helped me tremendously with self confidence, and realizing that to succeed, you must first put in your best effort. I have also been involved with the University Interscholastic League for both science and history."

Each spring break and summer, Education in Action offers the Lone Star Leadership Academy program to outstanding fourth-eighth grade students. Participants travel to Dallas/Fort Worth, Austin or Houston to develop leadership skills and experience what they are learning in school through visits to significant Texas sites.

Education in Action, a non-profit organization, was incorporated by Texas social

studies teachers dedicated to actively involving students in learning Texas history, geography, government and citizenship.

Kirchen said while he has had to move often as being part of a military family, he has especially enjoyed his time in Texas and at Cole Middle School.

"Texas is a state whose people are true Americans, and they give Texas a 'homey' feel," he said. "In this state, even in the city, people are polite and strike up a conversation with you. There is a strong feeling of community and inclusiveness in Texas.

"My experience at Cole Middle School has been great," Kirchen added. "My teachers are encouraging and understanding and my peers are accepting. Being part of a military school has been unique because we learn so much about culture and diversity. I think we celebrate differences in one and another other than being afraid of them.

Kirchen said he has been participating in a community project to raise funds for a local animal shelter.

"I chose to help out at the animal shelter because as Gandhi once said, 'You can



Photos by Twylla Kirchen

Cole Kirchen presents Dr. Larry Wood of the Northwood Animal Hospital with a \$250 donation for the care of the abandoned cats in the San Antonio community.

judge a society by the way it treats it's animals.' So many animals are stray and suffering both on post and off and that's not something we should be proud of," he said.

Kirchen decided to donate \$250 dollars to Dr. Larry Wood at Northwood Animal Hospital March 4.

"Dr. Wood and his clinic donate countless hours and

funds to rescue, treat and find homes for abandoned animals here in San Antonio," Kirchen said.

"He has been a vet here in San Antonio since 1970 and he is a remarkable person and animal advocate. I hope that the money that I earned will help him care and find homes for some of the animals that he has rescued."



Cole Kirchen at Northwood Animal Hospital. Cole said Dr. Larry Wood provides care for many pets of military families.

## Swan helps kick off Women's History Month at PX

Lt. Gen. Guy Swan III, commanding general of U.S. Army North and Fort Sam Houston, joined Sgt. Maj. Robin Johnson, equal opportunity sergeant major for U.S. Army Medical Command, during the opening ceremony to commemorate Women's History Month.

Johnson served as the guest speaker for the event, and Swan followed her at the podium and provided remarks as well.

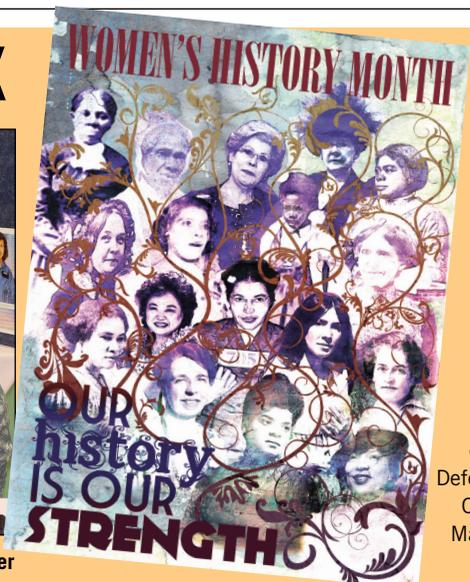
Johnson shared her

story about her enlistment into the Army, which came shortly after the Women's Army Corps was assimilated into the regular Army in 1978, and expressed her beliefs on the importance of history – both on a professional level and on a personal level.

Afterward, Swan and Johnson joined together to cut a ceremonial cake, which was adorned with the inscription of "Our History is our Strength."



Photo by Sgt. Maj. Eric Lobsinger



Poster courtesy of Defense Equal Opportunity Management Institute



## Force Support Squadron

Family & MWR

### Announcements

#### Tops In Blue Tickets

The Tops In Blue World 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.

#### 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/3rd-annual-operation-baby-shower-registration/>.

#### “Boogie Back To Texas” at Harlequin Dinner Theatre

Performances will be held Thursdays, Fridays and Saturdays, through 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.

#### New Fitness Classes

Step Turbo Jam will be offered Saturdays and Sundays at 2 p.m. and Yoga will be offered Tuesdays and Thursdays at 6 a.m. at the Jimmy Brought Fitness Center. Call 221-1234.

#### 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 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 10 Immigration and Naturalization Services

A representative will be available from noon-2 p.m. at the Roadrunner Community Center, Building 2797. Call 221-2418.

#### March 11 Breastfeeding Support Group

The group meets 11 a.m.-12:30 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0349.

#### 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 reg-

ister will receive a T-shirt. Please visit <http://www.randolphfss.com> or call 652-7263 for information.

#### March 14 Debt Liquidation

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

#### March 15 General Resume Writing

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

#### Pre-Deployment Planning

The class is 9 a.m.-3 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

#### Saving and Investing

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

#### March 16 Key Caller Training

The training is 8 a.m.-4 p.m.

at the Roadrunner Community Center, Building 2797. 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. To register, call 221-1612.

#### Building Your Parenting Toolbox

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

#### Women Encouraging Women

The topic is “Transitional Compensation” from noon-1 p.m. at the Roadrunner Community Center, Building 2797. Congress passed section 1059 of title 10 to provide monthly payments for Family members abused by an active duty member of the armed forces. Certain eligibility requirements must be met to qualify for and receive payments. Call 221-0349.

#### 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.

#### 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. Check-in between 6-7:15 a.m. at MacArthur Field. Registration fee is \$15 before March 20 is or \$20 after. Call 221-1234.

#### April 10 Fiesta & Fireworks

Fort Sam Houston's largest event, Fiesta and Fireworks, will be 1-9 p.m. at MacArthur Parade Field. This event is officially recognized by the Fiesta San Antonio Commission as part of the city-wide celebration, and is open to the public. Enjoy live entertainment, a wide variety of food and beverages, elaborate military ceremonies and fireworks finale. Visit <http://www.FortSamHoustonMWR.com> for detailed information.

## 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 11

#### Lunch – 11 a.m. to 1 p.m.

Jaegerschnitzel, chicken cordon bleu, grilled chicken breasts, vegetable stuffed peppers, noodles Jefferson, German potato cakes, peas and celery, red cabbage

#### Dinner – 5 to 7 p.m.

Bombay chicken, barbecued beef cubes, grilled pork chops, red beans and rice, oven-browned potatoes, honey dijon vegetables

### Saturday – March 12

#### Lunch – noon to 1:30 p.m.

Greek lemon turkey pasta, tropical baked pork chops, Cajun baked catfish fillets, mashed potatoes, macaroni and cheese

#### Dinner – 5 to 6:30 p.m.

Herb baked chicken, meat loaf, baked stuffed fish, manicotti with sauce, rice pilaf, potatoes au gratin

### Sunday – March 13

#### Lunch – noon to 1:30 p.m.

Orange chicken stir fry, hamburger yakisoba, vegetable egg rolls, vegan pierogy, mustard dill baked

fish, steamed rice, mashed potatoes, green beans with mushrooms  
**Dinner – 5 to 6:30 p.m.**  
Sautéed shrimp, steak ranchero, grilled hamburgers, grilled cheeseburgers, barbecued pork sandwiches, grilled cheese sandwiches, vegetarian burgers, mashed potatoes, baked beans, broccoli, sautéed onions and mushrooms, baked sweet potato fries

### Monday – March 14

#### Lunch – 11 a.m. to 1 p.m.

Beef pot pie with biscuits, honey chicken wings, baked cod, bean burritos, jalapeno potato wedges, rice, Kansas medley, calico cabbage, mixed vegetables

#### Dinner – 5 to 6:30 p.m.

Asian barbecued turkey, beef enchiladas, lemon baked fish, Italian broccoli pasta, refried beans, mashed potatoes, carrots,

### Tuesday – March 15

#### Lunch – 11 a.m. to 1 p.m.

Roast pork tenderloin, herb Cornish hens, pork adobo, broccoli-rice and cheese, O'Brien potatoes, wild rice, French-style green beans

#### Dinner – 5 to 7 p.m.

Oven fried chicken, roast beef,

Mexican baked chicken, vegetarian nuggets, baked redskin potatoes, steamed rice, turnip greens,

### Wednesday – March 16

#### Lunch – 11 a.m. to 1 p.m.

Savory baked chicken, Italian rice and beef, grilled ham steaks, pasta primavera, caviar medley rice blend, mashed potatoes

#### Dinner – 5 to 7 p.m.

Braised beef and noodles, ginger teriyaki salmon, hot and spicy chicken wings, potatoes and herbs, brown rice, carrots, green bean

### Thursday- March 17

#### Lunch – 11 a.m. to 1 p.m.

Barbecued chicken, Swedish meatballs, Szechwan chicken breasts, cheese enchiladas with sauce, lyonnaised potatoes, steamed rice, hacienda corn and black beans

#### Dinner – 5 to 7 p.m.

Chicken parmesan, baked spaghetti, grilled pork chops with sautéed onions, spinach lasagna, whole wheat pepperoni pizza, steamed spaghetti, Italian baked beans, broccoli, cauliflower au gratin

*Menus are subject to change  
without notice*



## Announcements

### 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/>.

## Calendar of Events

### 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 17

#### Military Officers Association of America

The Alamo Chapter of MOAA will host a luncheon, 11 a.m. meet and greet, 11:45 a.m. lunch at the Fort Sam Houston Golf Course. Pete Van dePutte from Dixie Flag Company will present the history of the American flag. Menu choice is London broil or stuffed pork chops, cost is \$20 per person. Reserve a seat by March 14. Call 228-9955 or visit <http://moaa-ac@sbcglobal.net>.

### March 19

#### Combative Tournament

Company D, Troop Command, Brooke Army Medical Center will hold a combative tournament for its students and cadre beginning at 9 a.m. in Building 2515 Funston Road. Twelve Soldiers and cadre will compete in double elimination for the right to call themselves champion. All are welcome to come watch the action.



#### For Sale:

Entertainment armoire, 76 inches tall by 45 inches wide, hold up to 40-inch TV, cherry finish, \$300 obo. Call 688-2445.

**For Sale:** Dining room set includes table, six chairs, china hutch, buffet, country-French, buttermilk color, \$900. Dell Inspiron PC with 19-inch flat

screen monitor, Windows XP Home Edition and HP all-in-one printer, fax, scanner and copier, \$225 obo. Call 697-9261.

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

**For Sale:** Enclosed trailer, white, 5 feet by 10 feet, interior light, single ramp, on FSH lemon lot, \$1,900. Call 325-8742.

## REMINDER CALENDAR

- March 11** AER Fund Campaign 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
- March 26** Military City USA 5K Run, 7:30 a.m., MacArthur Field
- March 27** Tops In Blue, 6 p.m., Laurie Auditorium
- April 10** Fiesta & Fireworks, 1-9 p.m., MacArthur Parade Field