

# News Leader

FORT SAM HOUSTON

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MAR. 17, 2011  
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**MILITARY CITY USA 5K RUN**

March 26 • 7:30 a.m.

at MacArthur Field, see page 27

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

## LOOKING FOR THE BEST WARRIOR



Photo by Master Sgt. Robert R. Ramon

Spc. John Diaz, from the 647th Regional Support Group in El Paso, Texas, listens for commands from the tower before firing his M-4 carbine during the 4th Expeditionary Sustainment Command 2011 Best Warrior Competition at Camp Bullis March 4. See story and more photos on page 21.

## ‘Spice’ made illegal; now Schedule I controlled substance

By Steve Elliott  
FSH News Leader

It’s now a crime for members of the U.S. military to use the synthetic cannabis substance known as “Spice.”

As of March 1, the Drug Enforcement Agency placed the five synthetic cannabinoids used in the manufacture of the so-called “fake pot” products into Schedule I of the



File photo

See SPICE, P11

## Leaders sign agreement for future military medical care structure

By Linda Frost  
59th Medical Wing Public Affairs

A year of positive transition is ahead as a new era of military medical care is established in the San Antonio area, as mandated by the 2005 Base Realignment and Closure Law.

Air Force and Army chiefs of staff have signed an agreement that establishes the San Antonio Military Health System, or SAMHS, which activates Sept. 15, 2011.

SAMHS will serve as the office that provides oversight for clinical, educational, and

business operations for all military treatment facilities in the San Antonio region and will be led by Air Force and Army general officers.

Air Force Maj. Gen. Byron Hepburn, commander of the 59th Medical Wing, has been named the first director of SAMHS and Army Brig. Gen. Joseph Carvalho Jr., commanding general of Brooke Army Medical Center, will serve as deputy director. The positions will rotate services every two years.

“SAMHS will be dedicated to high quality, patient-centered care with a clear focus on

safety and customer service, while providing first-rate graduate medical education and training, state-of-the-art research and maintaining a first-class global readiness mission,” said Hepburn, who will oversee the health care for 227,000 beneficiaries in the San Antonio metropolitan area.

Within this system, the current facility known as BAMC will be renamed the San Antonio Military Medical Center, or SAMMC, providing inpatient services.

Wilford Hall Medical Center will be renamed the Wilford



Maj. Gen. Byron Hepburn



Brig. Gen. Joseph Carvalho Jr.

Hall Ambulatory Surgical Center, or WHASC, and emerge as one of the Department of Defense’s largest ambulatory surgical centers providing outpatient services.

While both military treatment facilities will be staffed with Air Force and Army personnel, SAMMC and WHASC will continue to be commanded by an Army and Air Force general officer, respectively.

“Our expectation for SAMHS is a higher level of functioning,” Hepburn said.

“By working collaboratively across Service component lines, we can achieve tremendous educational, staffing, and resourcing efficiencies. These, in turn, will enhance our already world-class health care services both at home and during deployments.”

**VISIT NEWS LEADER ONLINE: [HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/pao)**



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# Stay TRICARE eligible: keep DEERS up to date

By Sharon Foster  
TRICARE Management Activity

Beneficiaries who have recently experienced a life changing event, such as the birth or adoption of a child, recent divorce or marriage should immediately record these changes in the Defense Enrollment Eligibility Reporting System.

If they wait, their TRICARE benefit coverage could be affected.

“Life comes at you fast and beneficiaries should not wait to update DEERS when they experience any life event that changes their TRICARE status,” said John Arendale, chief, Purchased Care Systems Integration Branch, TRICARE Management Activity.

“What beneficiaries don’t want to experience is a lapse in TRICARE coverage because their DEERS eligibility information is incorrect.”

Incorrect information can potentially impact a beneficiary’s ability to get a prescription filled, get a medical claim paid or make an appointment to see a doctor. Beneficiaries can easily avoid these types of problems by making sure their DEERS record is accurate.

DEERS is the world-wide, computerized database designed to maintain timely and accurate information on service members and dependents that are eligible for military benefits and entitlements, including TRICARE.

It is also used to detect and prevent fraud and abuse. All sponsors are automatically registered in DEERS. The sponsor must register all

eligible family members. Once the registration process is complete, the family members can update their personal information, such as addresses and phone numbers.

Events that change a beneficiary’s TRICARE status include: relocation, retirement, change of address, change in marital status, birth, death, adoption or Medicare entitlement.

A beneficiary can register eligible new family members in DEERS at the nearest military personnel office or uniformed services

identification (ID) card issuing office.

To find an office near them, they can go to the Rapids Site Locator website at <http://www.dmdc.osd.mil/rsl/owa/home>. Beneficiaries can call to update contact information only at 800-538-9552.

To register a child in DEERS, bring the following forms:

- An original or certified-copy of the birth certificate or certificate of live birth (signed by the attending physician or other responsible person from a U.S. hospital or military

treatment facility) or consular report of birth (FS-240) for children overseas;

- A record of adoption or a letter of placement of the child into the home by a recognized placement/adoption agency or the court before the final adoption; and
- A DD form 1172 signed by the sponsor

and verifying official from a uniformed services ID card-issuing facility.

Get more information on DEERS eligibility at <http://www.tricare.osd.mil/deers/default.cfm>.

“Updating information in DEERS is the key to maintaining eligibility for TRICARE and other military benefits,” Arendale said.

## Weekly Weather Watch

	Mar. 17	Mar. 18	Mar. 19	Mar. 20	Mar. 21	Mar. 22
San Antonio Texas	 86° AM Clouds/Pm Sun	 82° Mostly Cloudy	 81° AM Clouds/Pm Sun	 82° AM Clouds/Pm Sun	 83° Mostly Cloudy	 87° Partly Cloudy
Kabul Afghanistan	 68° Partly Cloudy	 67° Mostly Cloudy	 64° Partly Cloudy	 61° Sunny	 65° Sunny	 67° Mostly Sunny
Baghdad Iraq	 78° Sunny	 81° Sunny	 84° Mostly Sunny	 87° Partly Cloudy	 87° Partly Cloudy	 85° Partly Cloudy

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

### Thought of the Week

*He that waits upon fortune, is never sure of a dinner.*

— Benjamin Franklin

## News Briefs

### Women's History Month Celebration

Fort Sam Houston will hold a Women's History Month celebration March 25, 10-11 a.m. at the Middle School and Teen Center, 2515 Funston Road. The guest speaker is Texas State Senator Leticia Van de Putte. Call 221-9543 for information.

### 502nd Contracting Squadron Moving

The 502nd Contracting Squadron will be moving from Building 4197, Suite 202 into swing space portable Building 4011D sometime between March 21 and 30. Service to customers will continue during this time but may be somewhat delayed with respect to the move. Phone numbers and points of contact for the contracting office will remain the same.

### Practical Nurse Course Graduation

The graduation ceremony for the Brooke Army Medical Center Practical Nurse Course, 68WM6, Class 10-05, will be held March 30 at 9 a.m. in the Roadrunner Army Community Center, Building 2797. All are welcome to attend. Call 295-4120 or 295-4050 for information.

### LMH Closure

Lincoln Military Housing offices will be closed April 8 in order for the staff to attend their corporate awards presentation.

### 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.

# Army North CG meets with community, military leaders at luncheon

By Sgt. Maj. Eric Lobsinger  
ARNORTH Public Affairs

Lt. Gen. Guy Swan III, commanding general, U.S. Army North, met with representatives from nine local schools, along with their Fort Sam Houston unit partners, during a luncheon March 11 at the Sam Houston Club.

Those in attendance gathered together to share their ideas and observations during the inaugural Fort Sam Houston Adopt-A-School Program and update meeting; the nine schools are all within one mile of the post's perimeter.

The meeting provided the attendees an opportunity to meet with their partners and discuss how the program could be best used to support the schools and provide assistance for what is perhaps the community's greatest asset – its children.

Swan, who had signed the command policy memorandum on the Adopt-A-School program earlier in the day, said combining the efforts of military personnel with those of the professional educators is a natural progression.

"We pride ourselves on being a learning institution," Swan said. "If we make learning fun, it will be a life-learning skill for the children. This program is about our kids – and making them successful."

While enjoying lunch together, the Soldiers and educators spoke of the myriad of ways they could combine their efforts to support the school and, ultimately, the children, in their scholastic endeavors.

Among the topics discussed were volunteer orientation, team building, tutoring, mentoring, TAKS challenges, beautification projects, career days, reading programs, charter signing, "Go Green" day, tours, field trips, presentations and



Lt. Gen. Guy Swan III, commanding general, U.S. Army North, speaks with representatives from nine local schools, along with their Fort Sam Houston unit partners, during the inaugural Fort Sam Houston Adopt-A-School Program update luncheon March 11 at the Sam Houston Club. The event provided the attendees an opportunity to share their ideas and observations with their partners.

health awareness.

"This is for whatever the kids need," said Mark Greszler, deputy chief of staff for installation management, U.S. Army North. "Every school is different; every unit is different."

Greszler said he welcomed the plethora of ideas shared by the participants and asked them for their feedback on how Fort Sam leaders could best support them in their endeavors.

"I know we are new in the program," he said, "but what are we doing right? And, what do we need to work on? Are we on track? Is there something we need to change?"

Swan and Greszler both encouraged the gathered forces to tap into each other and to share ideas. And although the program

**"If we make learning fun, it will be a life-learning skill for the children. This program is about our kids – and making them successful."**

*Lt. Gen. Guy Swan III,  
commanding general,  
U.S. Army North*



Swan speaks with representatives from local schools, along with their Fort Sam Houston unit partners.

as well.

"You may get more out of this than the kids at the end of the day," Swan said. "I can feel the love and the excitement."

The schools involved in the program, along with their partner units, are:

- Bowden Elementary School and the 470th Military Intelligence Brigade,
- East Terrell Hills Elementary School and the 264th Medical Battalion (Army Medical Department Center and School),
- Fort Sam Houston Elementary School and the Army Environmental Command;
- Lamar Elementary School and the Army Support Activity;
- Pershing Elementary School and U.S. Army North;
- Washington Elementary School and U.S. Army South,
- Wilshire Elementary School and the 106th Signal Brigade;
- Robert F. Cole Middle/High School and Brooke Army Medical Center; and
- Wheatley Middle School and the 32nd Medical Brigade (Army Medical Department Center and School).

Photos by Sgt. Maj. Eric Lobsinger

# Cole High School AP students visit Academy of Health Sciences

By Esther Garcia  
AMEDDC&S Public Affairs

Twenty Cole High School students attending advanced placement classes in chemistry, anatomy and physiology and pre-physics spent the day with instructors at the Academy of Health Sciences at the Army Medical Department Center and School Feb. 22.

The Academy of Health Sciences manages 14 teaching departments, providing 315 programs of instruction to officers, enlisted and foreign students.

The Cole students visited areas such as the cadaver lab, departments of physical therapy, radiology, pharmacy branch, chemistry lab, environmental health branch and health physics. They also received a briefing from each of the departments participating in exercises and laboratory work.

"The tour was very informative and great exposure for us," said Sydney Dunstan, a senior at Cole High School. "I learned how to do an X-ray and see the inside of a dark room. Not too many people get to do this. It's a good experience for those considering the medical field."



(Above) Navy HMC Albert Ballesteros, provides an overview of developing X-rays using digital film to Cole High School Students during their visit to the Radiology department located in Medical Instructional Facility No.1. The students had the opportunity to shoot X-rays, use of the dark room, and film processing with the use of cassettes, plain and digital.



(Above) Staff Sgt. Gerald Sim (center), microbiology instructor, chemistry branch, Academy of Health Science, Army Medical Department Center and School, supervises Gretchen Newcomer and Devante Terrell, seniors at Cole High School, as they learn the procedures for gram staining bacteria at the Chemistry lab. Wearing protective garments and equipment, the students were given opportunities for specimen collection, conducting and observing chemical reactions, testing procedures, checking for glucose.



Rashad Anderson and Ryan Wiersma, seniors at Cole High School, observe the reaction of bed bugs as the bottle is placed close to the skin during their visit to the Environmental Health Branch. Capt. Silas Davidson provided an overview of the different species of mosquitos and how to tell the difference between each by looking at their features and the how the bugs pierce the body.

Photos by Esther Garcia

## Take care to prevent dumpster fires

By Joseph L. Miyasaki  
Lead Fire Inspector

In the past month, Fire Emergency Services from the 502nd Civil Engineer Squadron have responded to two dumpster fires ignited by different causes.

One fire was caused by hot charcoal, while another blaze was caused by a lighted cigarettes being thrown into the dumpsters.

Both could have been prevented by people ensuring the charcoal and cigarettes were well doused with water before tossing these items into the dumpster.

Dumpster fires have been

compared to car fires in terms of danger and are often approached in the same manner, and for good reason. Dumpster fires can enter into barracks and office buildings, depending on where the dumpster is situated.

Another cause of fires in the past has been from unused MRE (Meals Ready to Eat) heaters discarded into dumpsters. These heaters absorb moisture, causing the heating process and igniting trash on fire.

Never discard unused MRE heaters in dumpsters. Even if the heaters are not used to heat the meals, follow the instructions on activat-

ing the heating process and wait until they are thoroughly cooled before discarding them.

Trash dumpsters and compactors on the scale seen today are a relatively new hazard. The sizes and numbers are increasing almost daily and have become a permanent part of doing business in today's society.

502nd Fire Emergency personnel request everyone's support on preventing dumpster fires by following these safety practices.

For more information on fire safety practices, contact the fire prevention office at 221-5052 or 4798.



Courtesy photo

Dumpster fires have been compared to car fires in terms of danger and are often approached in the same manner.

# 470th MI Brigade springs forward with T-SPRING

By Spc. Natalie Sampson  
470th MIB Public Affairs

A breakthrough in warfighter-focused technology has been introduced to the Fort Sam Houston military intelligence community.

After approximately two years of negotiations, the 470th Military Intelligence Brigade has received its own TROJAN Soldier Portable Remote Intelligence Group (T-SPRING).

This technologi-

cally advanced remote communications satellite system has never been used on Fort Sam Houston, making this an unprecedented training initiative.

The T-SPRING enables Soldiers to supply, analyze and process collected data and transmit time-sensitive reports to signal intelligence operators.

“Soldiers have now been provided with the tools and resources necessary to deploy

quicker and disseminate SIGINT information more efficiently than ever before,” said 2nd Lt. Steven Anselmetti of the brigade’s operations and training) section.

“The system also affords commanders greater leverage in the tactical decision-making process, ultimately enhancing the safety and

security of their troops,” said Anselmetti, the actions officer primarily involved in the acquisition of the T-SPRING.

“Our SIGINTers and analysts will now be able to fuse technology with knowledge to achieve power,” Anselmetti said.

Members of the brigade’s 401st MI

Company and the S6 (communications) staff are training at the brigade’s motor pool to become fully capable of employing the T-SPRING expediently.

Within the next few weeks, a dozen of the Soldiers will have learned to install, maintain, field and operate the system which can

be controlled locally or remotely with embedded satellite communications capabilities.

The unit is housed within an easily transportable, expandable shelter designed to accommodate operations personnel and equipment essential to conducting missions worldwide.



Photo by Spc. Natalie Sampson

System administrators from the 401st Military Intelligence Company practice anchoring components of the T-SPRING antenna structure.

# AER helps Soldiers, Families in financial emergencies

By Lori Newman  
Fort Sam Houston News Leader

Fort Sam Houston kicked off the Army Emergency Relief campaign March 11 at the Roadrunner Community Center. Commanders and project officers were briefed about the annual campaign, which runs from March 1 to May 15.

AER is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff to provide emergency financial assistance to Soldiers and their Families in the form of no-interest loans or outright grants, as well as scholarships for children and spouses of active duty and retired Soldiers.

“Our Soldiers have benefitted from this program for many, many years,” said Lt. Gen. Guy Swan III, commanding general, U.S. Army North. “It is one of the good things that Soldiers do for Soldiers.”

Swan thanked the project officers for volunteering.

“You are the point-people out there in your units and on post promoting AER; most importantly, to Soldiers and families who are new to the Army and may not know a whole lot about AER,” the general said.

“Last year, almost 1,200 Soldiers and Family members at Fort Sam received some benefit from AER,” Swan said. “We are number seven out of the entire Army, here at Fort Sam, in



Photo by Lori Newman

Lt. Gen. Guy Swan III, commanding general, U.S. Army North, speaks to commanders and project officers about the annual Army Emergency Relief annual fund campaign during a kick-off meeting at Roadrunner Community Center March 11.

receiving benefits from the AER program.”  
Active duty Sol-

diers and their Family members, retirees and their Family members,

Reserve and National Guard Soldiers on active duty for more than 30

consecutive days and their Family members and surviving spouses and orphans of active duty or retired Soldiers are eligible to receive AER benefits.

The Commanders Referral Program allows commanders and first sergeants to have the authority to approve loans to their Soldiers up to \$1,000.

Loans or grants can be used for medical, dental or hospital expenses; funeral expenses; rent, mortgage or utility payments; appliance and vehicle repairs; child safety seats and cranial helmets; or other unforeseen expenses.

Assistance is available to Soldiers and their Families wherever

**See AER, P14**



## BAMC ROBOTICS DEMONSTRATED



**Photo by Charles Lozano**

Maj. (Dr.) Kevin Chung demonstrates a robot he uses at Brooke Army Medical Center to students from St. Anthony High School at the Henry B. Gonzalez Convention Center March 5. More than 1,400 high school students from Texas, Arkansas and Mexico were competing in the FIRST (For Inspiration and Recognition of Science and Technology) Alamo Regional Robotics competition. Chung uses the robot, called the "Chungbot," to look in on his patients in the burn center when he is deployed or attending training in another city.

## AMEDDC&S COMMANDER THANKS SLAGEL STAFF



**Photo by Lt. Col. Robert Cornes**

Maj. Gen. David Rubenstein, Army Medical Command Center and School commanding general, visited the Slagel dining facility for lunch March 11, which was serving the new Soldier Fueling menu. During lunch, he presented key personnel with certificates and coins for their roles preparing the Slagel DFAC when the new menu was implemented March 1. Awarded the commander's coin and a certificate of appreciation are (from left) Calvin Lillard, government property administrator; Dianne Bobbitt, quality control; Billy Mayberry, Slagel DFAC manager; James Brooks, food program manager; James Lancaster, Force Support Sustainment flight chief; and Kirk Simmons, contracting officer representative/quality assurance evaluator for installation DFACs.

# Revised promotion system requires Soldier input

By Master Sgt. Christina Steiner  
U.S. Army Human Resources  
Command

Active-component Soldiers interested in promotion to sergeant or staff sergeant should immediately update their personnel and training records before the Army implements its revised promotion system June 1.

“Revisions to the semi-centralized promotion system will help the Army and the U.S. Army Reserve promote the best-qualified junior-enlisted Soldiers,” said William Wright, the chief of junior enlisted promotions at The Adjutant General Directorate, U.S. Army Human Resources Command.

The active component

will go live with an automated promotion-point worksheet, or Department of the Army Form 3355, May 2.

The Army Reserve will adopt the automated system simultaneously but will use a revised hard-copy promotion-point worksheet until automated support becomes available, he added.

“It will also level the playing field by ensuring Soldiers receive points for verified data entered in the Army Training Requirements and Resources System and the Electronic Military Personnel Office,” he said.

In order for Soldiers to receive correct promotion points under the revised system, promotable active-component junior-enlisted Soldiers

must visit their human resource or personnel specialists section, military personnel divisions, known as MPDs, or unit administrators and ensure their personnel and training records are up-to-date no later than May 8.

The revisions of the semi-centralized promotions system affect several key areas:

- First, promotion points will be redistributed for promotion to sergeant and staff sergeant. Points calculated for sergeant focus on Soldier skills, while those for staff sergeant focus on leadership.

- Second, the new system eliminates commander and selection-board points. The elimination of these

points does not minimize the chain of command’s role in the promotions process, because the chain of command must recommend the Soldier to the next grade. The promotion board will then provide the promotion authority a recommendation (go/no-go) based on each Soldier’s potential.

- Third, Soldiers will only receive promotion points for completed correspondence courses instead of earning points for completion of sub-correspondence courses.

- Fourth, promotion points will be awarded for combat deployments. For the active component, Army-level enterprise systems, including the Army Training Requirements and

Resources System, will provide promotion data automatically to update the revised automated promotion point worksheet.

These systems have been redesigned to award points based upon the new criteria. The automatic feed of promotion data will reduce human-resources service-support requirements for S-1s and Military Personnel Directorates.

Soldiers should ensure their promotion points are accurate and their records reflect creditable promotion-point data, according to Sgt. Maj. Debra J. Sturdivant, chief, enlisted promotions, in the TAGD.

Soldiers who fail to do this and don’t meet

the cutoff score because of it, won’t receive an exception to policy for addition to the by-name list. Failure to update records is considered lack of due diligence and not a valid justification for an exception to policy, she said.

The new promotion system is a win-win situation, Sturdivant said. It reduces paperwork, and it’s faster and more accurate. The 800-point format will remain in place, and the revision of the system won’t reduce the number of monthly promotions that the Army has forecast.

Inquiries should be sent to [hrc.tagd.jr.enlistedpromotions@conus.army.mil](mailto:hrc.tagd.jr.enlistedpromotions@conus.army.mil) or call 888-ARMY-HRC (276-9472).

## SHAMROCK GOLF SCRAMBLE DRAWS 148 TO LINKS

Almost 150 people took advantage of the warm weather March 15 to take part in the Shamrock Golf Scramble at the Fort Sam Houston Golf Club. Taking a break from the links are (from left) Capt. Brendan Frost; 502nd Force Support Squadron acting director Terrence Frost; Serafina De Los Santos; 502nd Mission Support Group commander Col. Mary Garr; and retired Col. Brad Freeman.



Photo by Jame' Alford

## Scott Road traffic shift starts March 22

Beginning March 22, there will be a traffic shift, just north of the Scott Road Access Control Point, according to Irwin Stuart from the 502nd Civil Engineer Squadron.

The two northbound lanes of Scott Road will be reduced to one lane immediately north of the ACP. The one southbound lane of Scott Road will be maintained.

The traffic shift will be in place for approximately 41 days. This is necessary to complete the construction of three new storm water box culverts (drainage lines) which will be placed underneath the existing Scott Road. The new drainage lines are part of the construction of the new access control point.

"As construction on this project continues, there will likely be additional traffic shifts and detours," Stuart said. "We ask all drivers on

the installation to please use extra caution as you drive through these areas."

## SPICE from P1

Controlled Substances Act. Schedule I is the most restrictive and is typically reserved for "unsafe, highly abused substances with no medical usage."

This action by the DEA makes possessing and selling these chemicals or the products that contain them illegal in the United States. The DEA found this action was necessary to avoid an imminent hazard to the public safety.

As a result, the full weight of the laws governing Schedule I substances will be imposed on the manufacture, distribution, possession, importation and exportation of these synthetic cannabinoids.

Schedule I substances are reserved for those substances with a high potential for abuse, no accepted medical use for treatment in the United States and a lack of accepted safety for use of the drug under medical supervision.

According to a final

order in the Federal Register, the agency exercised its emergency scheduling authority to outlaw the chemicals (JWH-018, JWH-073, JWH-200, CP-47, 497, and cannabicyclohexanol) used to make so-called "fake pot" products for one year, with the possibility of a six-month extension.

All five branches of the U.S. military have already banned the substance. The armed services have also added the chemicals to the list of substances they look for during random urinalysis tests.

The DEA and the U.S. Department of Health and Human Services will conduct further studies to whether these chemicals should be permanently controlled.

"Young people are being harmed when they smoke these dangerous 'fake pot' products and wrongly equate the products' 'legal' retail availability with being 'safe'," said DEA Administrator Michele M. Leonhart in a news

release.

"Parents and community leaders look to us to help them protect their kids, and we have not let them down," Leonhart added. "This action, while temporary, will reduce the number of young people being seen in hospital emergency rooms after using these synthetic chemicals to get high."

The herbal blends coated with synthetic chemicals are marketed under brands such as Spice, Red X Dawn and K2. They are usually sold as packets of incense or potpourri at convenience stores, herbal and spiritual shops and online.

Officials at the 502nd Air Base Wing Legal Office warn troops that smoking the chemical-soaked herbal blend is punishable under the Uniform Code of Military

Justice as a wrongful use of "any intoxicating substance not intended for human ingestion."

"All service members are restricted from buying, selling, using or possessing any form of this drug," said Capt. Will Babor, chief, Military Justice. "Drug users, seeking to get high, are always looking for ways to get around the law. Now they can't. 'Spice' is an illegal substance."

According to the DEA, some side effects of "Spice" use include agitation, anxiety, nausea, vomiting, racing heartbeat, elevated blood pressure, tremors, seizures, hallucinations, paranoia and non-responsiveness.

Cases of psychotic episodes, withdrawal and dependence associated with the drug have also been reported to the

DEA and many public health departments and poison control centers.

Under the UCMJ, the maximum punishment for use or possession of Spice is a dishonorable discharge, forfeiture of all pay and allowances, and up to five years in military confinement.

"Service members need to know that Spice, just like marijuana, is incompatible with military service," Babor added. "Smoking these drugs is leading to stripes being taken, pay being forfeited, and careers ending. Getting high is bad for service members and worse for the mission."

Service members who are court-martialed or administratively discharged for Spice are also subject to losing most of their veteran's benefits, such as the Post 9/11 G.I. Bill, other

educational benefits, VA home loans and disability benefits.

Babor said reporting drug abuse is the responsible thing to do in order to prevent harm to those using drugs and everyone around them.

"Reporting something like Spice usage is very important," Babor said. "If someone observes suspicious activity, they need to report it to the security police as soon as possible."

"Being a military member is a 24-hour job, and it is the duty of all members to be not only physically, but mentally fit to do their job at a moment's notice," the lawyer said.

To report suspicious behavior or for more information, contact the 502nd Security Force Squadron at 221-2222.

# Warrior & Family Support Center director wins community service award from SA Bar Foundation



**File photo**

Judith Markelz, director of Fort Sam Houston's Warrior & Family Support Center, was recognized for her inexhaustible work with the WFSC in helping wounded Soldiers and their Families adjust to life after devastating injuries.

Judith Markelz, director of Fort Sam Houston's Warrior & Family Support Center, was recently chosen for the 2011 Peacemaker Award for Corporate Community Service by the San Antonio Bar Foundation.

At the Peacemaker Awards Mardi Gras brunch at the St. Anthony Hotel March 5, Markelz was one of four award recipients honored by the foundation.

The San Antonio Bar Foundation was formed in July 1984 to promote justice through educational and charitable activities and supports community programs that help the youth, the elderly, the poor and others who face special challenges in the pursuit of justice in society.

The Peacemaker awards, first held in 1995, recognize

the efforts of those individuals in the community who are committed to promoting non-violent means of dispute resolution and have demonstrated outstanding service to the community.

According to the nomination, Markelz was recognized for her "inexhaustible work with the WFSC in helping wounded Soldiers and their Families adjust to life after devastating injuries by addressing both their practical and emotional needs has fostered peace in the hearts of every Soldier and Soldier's Family who has crossed her path."

The awards program noted that "It all started in 2003, when Judith was asked to find a way to provide peace and normalcy to the Families visiting wounded Soldiers at

Brooke Army Medical Center. She started with the basics: food, shelter and clothing.

"In short order, Judith commandeered resources and volunteers that in five year, led to the opening of a new one-of-a-kind facility – the Returning Heroes Home – dedicated specifically to helping wounded warriors reconnect with their families and re-start their lives."

Along with Markelz, the other award recipients were Sister Grace Walle, campus minister for St. Mary's School of Law (Peacemaker Award for Individual Service); David Jayne, co-founder of the Texas Burn Survivor Society (Peacemaker Award for Community Service by a Lawyer) and the Christa McAuliffe Middle School (2011 School Peer Mediation Award).

## Military Historical Trivia

Q. What is the inscription on the plaque under the clock in the tower in the Quadrangle?

- A. Duty, Honor, Country
- B. In Peace, Prepare For War
- C. Remember The Alamo
- D. In God We Trust



A. The answer is "B." "Si vis pacem, para bellum" is a Latin adage translated as, "If you wish for peace, prepare for war" (usually interpreted as meaning peace through strength – a strong society being less likely to be attacked by enemies). The adage is from 4th century Roman author Publius Flavius Vegetius Renatus' "Epitoma Rei Militaris."

## 264TH MED. BN. CELEBRATES DR. SEUSS DAY WITH STUDENTS



Photo by Esther Garcia

Staff Sgt. Diana McCleary reads to students at East Terrell Hills Elementary School celebrating the "Read Across America" Dr. Seuss Day March 2. Eighteen military personnel from the 264th Medical Battalion, along with civilians and Family members, volunteered to read to students at the school under the Fort Sam Houston Adopt-A-School program. Nine schools from the San Antonio community are enrolled in FSHAAS Program and have been assigned to units on post. As their adopted school, the 264th Med. Bn. supports East Terrell Hills Elementary School with their educational programs and activities. "We will be very involved with the school providing mentors, supporting the school's Go Green Day, field activities," said Lt. Col. Timothy Hudson, commander, 264th Med. Bn.

## AIR FORCE JROTC CADETS VISIT POST



Photo by Esther Garcia

Seniors Alyssa Garcia and Brandon Lee from Cypress Falls High School in Houston review the contents of an Individual First Aid Kit (IFAK), which all Soldiers in the military are issued. It stores a variety of lifesaving equipment such as a tourniquet, compressed dressing, medical tape, gauze and gloves. Forty-four Air Force ROTC students from the school visited Fort Sam Houston while on a field trip to San Antonio March 11. After lunch at the Rocco Dining Facility, Senior Master Sgt. Richard Righetti, superintendent of military training at the Medical and Education Training Campus, welcomed the students to the new Air Force dorms for a tour of the facility. Christopher Kwader, Department of Combat Medicine, 232nd Medical Battalion, also gave an overview of the Combat Medic Course. The students had the opportunity to view patient simulators, lifelike mannequins with various mock injuries used for training the students.

## **AER from P6**

they are located and the amount of assistance is only limited by a valid need.

AER assistance is available at more than 1,000 locations around the world, including local offices, any American Red Cross chapter, Air Force Aid Society, Navy-Marine Corps Relief Society or Coast Guard Mutual Assistance Office.

Swan stressed, "Now is the time, more than ever, that we need AER. Folks who are hurting in this difficult financial period are the ones who will benefit from this. Again, it's Soldiers helping Soldiers."

Swan encouraged commanders and key leaders to make 100 percent contact regarding the AER campaign.

"Our goal is that everyone you are respon-

sible for is made aware of and presented with an opportunity to contribute to AER," the general said.

"The goal is to educate people on what AER does for our Soldiers and Families."

"When you joined the Army you became part of the Army Family, and family members take care of one another," said retired Sgt. Maj. Dennis Scott, assistant secretary at the AER national headquarters.

"You do that very well here at Fort Sam Houston on a number of different levels – you have a chain of command that is very supportive of this program and you have a staff that is really dedicated, proficient and professional. Through their hard work and dedication last year, they distributed about a million and half

dollars to your fellow Soldiers, well taking in about \$200,000," Scott said. "That's a return of almost seven to one."

Scott said although the primary purpose for the campaign is to generate donations, it is equally important to create awareness about the resources the program offers.

"AER is open year around for support and donations," said Frank E. Blakely II, manager, Army Support Activity.

Anyone can make a cash donation to AER; Soldiers and retirees can do an allotment of their military pay.

"I have given to AER throughout my entire career," Swan said. "I am personally committed and I hope you are as well."

To learn more about AER, call 221-1612 or 221-0994 or visit <http://www.aerhq.org>.



# Commission recommends women be allowed in combat arms

By Alexandra Hemmerly-Brown  
Army News Service

A report released to the president and Congress March 8 recommends 20 changes in the way the military facilitates diversity, and suggests gender barriers be lifted on all career fields.

The Military Leadership Diversity Commission, established under the 2009 National Defense Authorization Act, is a group of 31 active-duty and retired officers, enlisted personnel and senior executives from

major corporations.

Research the commission conducted included finding a new universal definition of diversity and how to increase language, regional and diverse cultural knowledge in military leaders.

The commission is also recommending that the Department of Defense eliminate its combat-exclusion policies, which currently bar women from combat-arms specialties and from assignment in units battalion-size or smaller that have a routine mission to engage in direct

combat.

According to the report, the commission would like the military to immediately allow women to be assigned to any unit that requires their military occupation, regardless of the type of unit.

It would also like the DOD to take steps to open up career fields traditionally not available to women, including combat arms.

Several of the changes recommended will need a congressional vote, while others could be implemented at the level of the Secretary of Defense.

Sgt. Amanda Solitario, an Army Reserve Soldier with the 304th Public Affairs Detachment at Joint Base Lewis-McCord, Wash., said she doesn't agree with the idea of



U.S. Army photo

Spc. Crisma Albarran detaches an ammunition case from its mount after a UH-60 Black Hawk helicopter flight over Iraq, March 14, 2010. Albarran, with Task Force 38's B Company, 3rd Battalion, 158th Aviation Regiment, volunteered for the job as door gunner prior to her second deployment to Iraq, and has flown more than 100 hours toward her door gunner certification. During her first Iraqi deployment in 2007, she was a petroleum supply specialist with the 3rd Infantry Division.

women serving on the front lines.

"I don't really feel that women should be serving in combat-arms

positions," she said. "I don't know how the average American feels about this, but I think that even if the woman

is qualified for the position, I think it would be detrimental to put her in an all-male unit."

Solitario, who served in Iraq in 2007, explained that while there on one occasion, she was the only female Soldier traveling with an all-male infantry unit.

Solitario convoyed with the unit, and spent the night in an empty building with them en route to their destination.

She explained that even though the unit was stand-offish toward her at first, they warmed up to her after one day.

However, sleeping in a room full of men with no privacy to change her clothes or use the bathroom was uncomfortable for Solitario.

Solitario's main con-

**See COMBAT, P22**



# 'Eat Right with Color' during National Nutrition Month®

By 1st Lt. Mallory Valverde  
BAMC Nutritional Medicine  
Department

Was your New Year's resolution to lose weight? Like many people, you may be hitting the gym and holding back on fast food in an effort to shed a few pounds.

If you are starting to lose your motivation, hints from the American Dietetic Association for National Nutrition Month® has arrived to help you stay on track.

As interest in nutrition continues to evolve, the American Dietetic Association continues to refocus attention on the basics of a healthful diet in conjunction with increasing the awareness of registered dietitians as food and nutrition

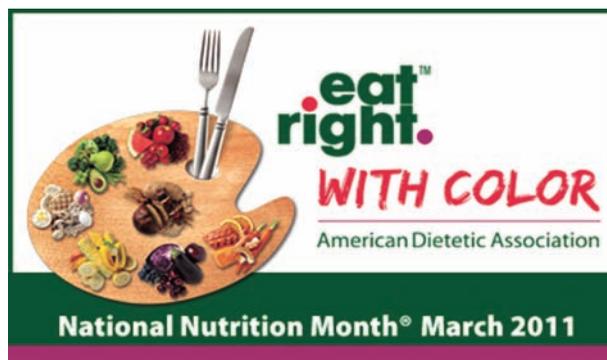
experts.

The American Dietetic Association, the largest organization of food and nutrition professionals in the world is dedicated to improving the nation's health and advancing the profession of dietetics.

Every March, the ADA promotes National Nutrition Month®, a nutrition education campaign emphasizing balancing food choices and physical activity. This campaign dates back to 1973 and was originally celebrated as a weeklong event. As a result of growing public interest in nutrition, it was extended to a month long event in 1980.

This year's theme for National Nutrition Month is "Eat Right with Color."

This theme reminds



people to include a colorful variety of fruits, vegetables, whole grains, lean meats and dairy on our plates.

The recommendations are consistent with the recently released 2010 Dietary Guidelines for Americans which focus on eating patterns that help achieve and maintain a healthy weight, reduce the risk of chronic disease and

promote overall health.

Use color guide to learn how brightening up your plate and benefit your health. Visit the American Dietetic Association's website at <http://www.eatright.org> to obtain more information on this year's theme or the 2010 Dietary Guidelines for Americans.

To view all the activities the Brooke Army

Medical Center Nutritional Medicine Department will be sponsor this month, refer to the Daily Bulletin or call 916-5525.

Although the American Dietetic Association uses March to promote its nutrition campaign, take this opportunity to incorporate a healthful diet every day of the year. Remember, let color be your guide to healthy eating!

**Green** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

*Fruits:* avocado, apples, grapes, honeydew, kiwi and lime

*Vegetables:* artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

**Orange and deep yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

*Fruits:* apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple

*Vegetables:* carrots,

yellow pepper, yellow corn and sweet potatoes

**Purple and blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

*Fruits:* blackberries, blueberries, plums, raisins

*Vegetables:* eggplant, purple cabbage, purple-fleshed potato

**Red** indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

*Fruits:* cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon

*Vegetables:* beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

**White, tan and brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

*Fruits:* banana, brown pear, dates and white peaches

*Vegetables:* cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

# Preparing for repeal of DADT brings training for Soldiers

By Samera Amerson-Zavala  
Army News Service

With pending repeal of the "Don't Ask, Don't Tell" law banning gays and lesbians from military service, the Army is implementing a tiered training program for Soldiers worldwide.

Army Chief of Staff Gen. George W. Casey Jr. and Secretary of the Army John McHugh sent a message Feb. 22, to the force about preparations to repeal the law.

"We are confident that you are up to the task, and that we can implement this change in policy by relying on the leadership, professionalism, discipline and respect for each other that have characterized our service for the past 235 years and remain at the core of the United States Army," Casey and McHugh said in the message.

Training for the Force is broken into three tiers. Tier one targets special staff and key individuals like chaplains, lawyers, and inspectors general. Tier two focuses

on commanders and supervisors. Tier three will train the rest of the force and is scheduled to begin this month.

"It is important to emphasize that the current policies remain in effect" for now, McHugh and Casey pointed out in the message.

They said the DADT law will stay in place until 60 days after the president, secretary of Defense and the chairman of the Joint Chiefs of Staff certify that the repeal can be implemented "consistent with the standards of military readiness and effectiveness, unit cohesion, and military recruiting and retention."

They added that the repeal date will be widely publicized once it is decided.

Attached to the message was a list of the "Top 10 things Soldiers need to know" about the repeal of DADT:

**1. Accessions & Separations Policies:** Upon repeal, the Army will no longer separate Soldiers solely on the basis of ho-

mosexual acts, a statement that a Soldier is gay, lesbian or bisexual, or marriage to a person of the same sex. Statements about sexual orientation or lawful acts of gay and lesbian conduct will not be a bar to military service or admission to any accession program. Sexual orientation will continue to be a personal and private matter.

**2. Standards of Conduct Apply Equally to Everyone:** All Soldiers will be held to the same standard of conduct. All members are responsible for upholding and maintaining high standards of the U.S. Military at all times and in all places.

**3. Personal Privacy:** Commanders may not establish practices that physically segregate Soldiers according to sexual orientation. Commanders do have the discretion to alter billeting assignments to accommodate privacy concerns of individuals on a case-by-case basis where it is in

the interest of maintaining morale, good order and discipline, and is consistent with performance of the mission.

**4. Moral and Religious Concerns:** There will be no changes regarding any Soldier's free exercise of religious beliefs, nor are there any changes to policies concerning the Chaplain Corps and its duties. The Chaplain Corps' First Amendment freedoms and its duty to care for all will not change. Soldiers will continue to respect and serve with others who may hold different views and beliefs.

**5. Benefits:** There will be no changes to eligibility standards for military benefits and services. The Defense of Marriage Act prohibits the Federal Government from recognizing any same-sex marriage, so same sex partners do not qualify as dependents for many military benefits and services. A same-sex partner should be treated the same as

an unrelated third party (e.g. girlfriend, boyfriend). All Soldiers will continue to have various benefits for which they may designate any beneficiary regardless of relationship.

**6. Equal Opportunity:** Sexual orientation will not be placed alongside race, color, religion, sex and national origin as a class under the Military Equal Opportunity Program and therefore will not be dealt with through the MEO complaint process. All Soldiers, regardless of sexual orientation are entitled to an environment free from personal, social, or institutional barriers that prevent Soldiers from rising to the highest level of responsibility possible. Harassment or abuse of any kind, including that based on sexual orientation, is unacceptable and will be dealt with through command or inspector general channels.

**7. Duty Assignments:** There are no changes

to assignment policy. All Soldiers will continue to be eligible for worldwide assignment without consideration of sexual orientation. Soldiers assigned to duty, or otherwise serving, in countries in which gay and lesbian conduct is prohibited will abide by the guidance provided to them by their local commanders.

**8. Medical Policy:** There are no changes to existing medical policies.

**9. Release and Service Commitments:** There will be no new policy to allow for release from service commitments for Soldiers opposed to repeal of DADT or to serving with gay or lesbian Soldiers.

**10. Collection and Retention of Sexual Orientation Data:** Sexual orientation is a personal and private matter. Commanders will not request, collect, or maintain information about the sexual orientation of Soldiers.

# SRMC picks Soldier, NCO of Year

By Master Sgt. Kent Sullivan  
Southern Regional Medical Command

Sixteen warriors – the best from throughout the region – came ready to compete for the title of Southern Regional Medical Command Noncommissioned Officer and Soldier of the Year for fiscal year 2011.

The competition was held from Jan. 31 to Feb. 4 and was hosted by Brooke Army Medical Center. The “hands-on” portion of the event was held at Camp Bullis.

The Soldiers were challenged mentally and physically with a battery of tests, including the Army Physical Fitness Test, Army warrior tasks, weapons qualification on the M16 assault rifle and M9 semi-automatic pistol, map reading and land navigation skills, written test, essay, combatives, oral board and mystery event.

“Soldiers competing at this year’s NCO/Soldier competition have set standards that will serve as challenges for other Soldiers in SRMC to achieve,” said SRMC commanding general Brig. Gen. Joseph Carvalho Jr.

“These fine Soldiers are among the best SRMC has to offer, and it gives me great pride to have these NCOs and Soldiers as members of this command.”

The first day of competition kicked off at 0430 in the early morning cold with the warriors competing in the APFT event.

Later that morning, the warriors found themselves moving tactically through scenario-driven battle lanes on the Urban Assault Course, testing their critical warrior skills.

The final challenge of the day included a 50-question written test and essay.

The second day started with the Soldiers firing both the M9 pistol and M16A2 rifle on another blustery day, with the temperature at 30 degrees and wind gusts up to 25 mph.

As weather conditions became worse, the land navigation event was cancelled. Instead, a written test was given to assess the warriors’ land navigation knowledge.

On the third day the Soldiers found themselves at the Camp Bullis Army Reserve Center competing head-to-head in a double-elimination combatives event.

The 16 competitors then reported to the oral board on the fourth and final day of competition. Senior level board members evaluated the competitors on appearance, bearing and knowledge in key military areas.

The Soldiers were then given the mystery event that tested their knowledge of the new Army Service Uniform. They had to inspect a male and a female Soldier to demonstrate their knowledge of the new uniform.

The winners were announced during the luncheon and awards ceremony following the competition.

Sgt. Ariel C. Foster from Brooke

Army Medical Center won the title of SRMC NCO of the Year. Spc. Kelly Collins from Winn Army Community Hospital, Fort Stewart, Ga., won SRMC Soldier of the Year.

“This competition was tough and realistic and all competitors were well prepared,” Carvalho said.

“These NCOs and Soldiers should be proud of their accomplishments in this very demanding competition. I challenge them to maintain this level of excellence and high standards of professional and personal conduct.”

“The general and I are very proud of our NCOs and Soldiers and the com-

mand teams throughout SRMC should be proud of the accomplishments of these Soldiers,” said SRMC Command Sgt. Maj. Donna M. Simmons.

“Their performance, military bearing, conduct, and motivation to succeed have distinguished them from among their peers,” the sergeant major added.

“This is a commendable achievement for all competitors, and we are extremely proud of their accomplishments.”

Foster and Collins will compete in the U.S. Army Medical Command competition at Fort Bragg, N.C. from June 2 to 9.



Spc. Kelly Collins from Winn Army Community Hospital, Fort Stewart, Ga., won SRMC Soldier of the Year.



Sgt. Ariel C. Foster from Brooke Army Medical Center won the title of SRMC NCO of the Year.

Photos by Dwayne Snader

# BEST WARRIOR

## 4th ESC names top Soldier, NCO of the Year

By Master Sgt. Robert R. Ramon  
4th Expeditionary Sustainment Command  
Public Affairs Office

The 4th Expeditionary Sustainment Command picked the cream of the crop of its enlisted ranks March 4, naming its Soldier of the Year and NCO of the Year after a week-long Best Warrior Competition at Camp Bullis.

Spc. John Diaz, from the 647th Regional Support Group in El Paso, was named 2011 Soldier of the Year while Sgt. Ananda Trulley, from the 164th Quartermaster Group in Broken Arrow, Okla., was named 2011 NCO of the Year.

"It's been a tremendous experience," Trulley said. "I've never been a part of something like this."

The competition allowed each competitor to showcase his basic Soldiers skills while competing against other top Soldiers within the 4th ESC.

They're all "the cream of the crop," said 4th ESC Command Sgt. Maj. Travis Williams. "They're the leaders of tomorrow."

The competition included events such as a war-



Photos by Master Sgt. Robert R. Ramon

In the early morning darkness, Soldiers prepare to make their way through the land navigation course during the 4th Expeditionary Sustainment Command 2011 Best Warrior Competition March 1.

rior tasks and battle drills assessment, board appearance, written essay, Army Physical Fitness Test and a 12-mile road march.

"It was fast and furious," said Sgt. 1st Class Elias Gonzalez, NCO in charge of the competition. "It takes a lot of resilience and each Soldier must be very well rounded."

The winners will represent the 4th ESC at the 79th Sustainment Support Command Best Warrior Competition. The ultimate goal is to compete against the best of the best



Staff Sgt. Matthew Lawson (left), assigned to the 300th Sustainment Brigade in Grand Prairie, Texas, evaluates Spc. Shawn Miller and Sgt. Ananda Trulley, both from the 164th Quartermaster Group in Broken Arrow, Okla., as they compete in Modern Army Combatives during the 4th Expeditionary Sustainment Command 2011 Best Warrior Competition March 4.



Sgt. Ananda Trulley, assigned to the 164th Quartermaster Group in Broken Arrow, Okla., plots points on a map during the 4th Expeditionary Sustainment Command 2011 Best Warrior Competition Feb. 28.



Trulley reassembles an M-249 Squad Automatic Weapon, an M-4 carbine and an M-9 pistol during the 4th Expeditionary Sustainment Command 2011 Best Warrior Competition March 4.

within the Army later this year.

"This is the beginning of the competition that goes all the way to the Department of the Army," said Brig. Gen. Les Carroll, 4th ESC commander. "We haven't got time to accept mediocrity."

"It's not only physical but it's very mentally challenging as well," said Master Sgt. Jose Caraballo, a BWC evaluator from the 4th ESC logistics office. "It takes a well-prepared Soldier just to come here and compete."

Carroll reminded the participants that the BWC is about more than the spirit of competitiveness.

"Whether you're going to the next level or not, the real thing is you can take it back and you can teach what you've learned from your experience here," Carroll said to the competitors.

"This is serious; it's not just competition. Go after excellence because it could someday save your buddy's life."

## COMBAT from P16

cern of having women in combat-arms units, is that she thinks women would simply slow the men down.

She said she thought that women would hold them back in training, and in a combat situation, men might be more worried about protecting the female Soldiers than their mission.

“There are separate standards, so how can you ask to put a female in an all-male unit?” Solitario said, pointing out the differences in scoring for the Army Physical Fitness Test as an example.

Solitario also said she was worried that more female Soldiers being killed in combat could have a detrimental effect on the country.

“If you put women in combat-arms positions, there are simply going

to be a lot more female fatalities,” she said.

Conversely, Staff Sgt. Genevieve Chase, a military intelligence Soldier and founder of American Women Veterans, has a very different point of view.

“We serve in normal society as equals now,” Chase said, explaining that she thinks women should be allowed to join combat-arms units – if they can keep up.

Chase said she doesn’t think standards should be altered to cater to women, noting that she knows some female Soldiers who are just as physically fit as their male counterparts, so they should have an equal shot at any career path they choose.

“The infantry is not for every female Soldier, just like it’s not for every male,” Chase explained. “There are a lot of men in the Army, and not

all of them want to be infantry.”

As a military intelligence specialist, Chase, who speaks fluent Pashtu, said she’s often been in circumstances where she is the only woman in a group of male Soldiers, and she’s fine with that.

She said her experiences with otherwise all-male units have been good ones, and she would like to see all jobs opened up to women – if they can make the cut.

Chase also said she would like to see more acknowledgment for female service members killed in combat, which is part of the reason she started American Women Veterans. She said that American society largely ignores the fact that more than 140 female service members have been killed in Iraq and Afghanistan, and that women are already unofficially serving in

combat-arms positions in jobs like military police.

Overall, she said she supports what the Military Leadership Diversity Commission is trying to accomplish, but said the hardest thing to change will be the culture of the military.

“The commission envisions expanding opportunities while maintaining the military’s high standards,” said retired Air Force Gen. Lester Lyles, chairman of the commission in an Military Leadership Diversity Commission press release.

“This could be done by removing barriers that are unrelated to doing the job, such as barriers related to the individual’s demographic membership, rather than their ability.”

To view a copy of the Military Leadership Diversity Commission’s final report, visit <http://mldc.whs.mil>.

## Liscum road closure starts March 21

The 502nd Civil Engineer Squadron has announced that starting March 21, Liscum Road will be closed between Wilson Street and Rd S-6.

This section of Liscum is being replaced to support the new Joint Base Headquarters facility

currently under construction on the southwest corner of Wilson and Liscum.

“The road project is scheduled to be complete May 8,” said Irwin Stuart, 502nd CES. “Please use extra caution as you drive through these areas.”

# Court martial may consider death penalty for Hasan

By Jim Garamone  
American Forces Press Service

An Army official has recommended that Maj. Nidal M. Hasan be tried before a general court martial authorized to consider capital punishment, Fort Hood, Texas, officials said March 4.

Hasan is charged with 13 counts of premeditated murder and 32 counts of attempted premeditated murder in the Nov. 5, 2009 attack on troops readying to

deploy to Afghanistan.

The commander of the post's 21st Air Cavalry Brigade, Col. Morgan Lamb, has recommended the charges pending against Hasan be sent to a general court martial authorized to consider capital punishment.

The colonel's recommendation is non-binding. The convening authority – in this case, 3rd Corps commander Army Lt. Gen. Robert W. Cone – will make the final decision in the

Hasan case.

Officials at the post released the information after Hasan's defense counsel publicly released the recommendation. Army lawyers are re-

viewing the charges and the Article 32 investigation in order to provide legal advice on the case to Cone.

Fort Hood officials said in a news release

that under the Uniform Code of Military Justice, a general court-martial convening authority has several options upon receipt of charges from a subordinate com-

mander, including but not limited to dismissing the charges, referring them to court martial or sending them to a different convening authority for possible action.

## 'READ ACROSS AMERICA DAY' WITH DR. SEUSS



Photo by Cheryl Harrison

Joint Base San Antonio School liaison officers branched out across San Antonio March 2 to celebrate the birth date of Theodor Seuss Geisel, the creator of the world-renowned Dr. Seuss Books with "Read across America Day." The event was designed to inspire children to read more often. Shown here is second-year pre-kindergarten teacher, Lindsay Kramme, as helps her students choose one of the many well known Dr. Seuss books as the Fort Sam Houston Elementary School kindergartners participated in the fun event. Students and teachers dressed in costume to celebrate the birthday of the iconic author.

# Long Island University hoopster in 'Big Dance' has local tie to 502nd ABW

By Steve Elliott  
Fort Sam Houston Public Affairs

When the “Big Dance” of men’s college hoops – the 2011 NCAA Division I Men’s Basketball Championship Tournament – gets underway this week, one mother at the 502nd Air Base Wing will be more interested in how a certain 6-foot, 7-inch forward is doing, rather than worrying about filling out any brackets.

Julian Boyd, a power forward wearing No. 42 for the Long Island University Blackbirds, is the son of Melodi Thames, executive assistant to the 502nd ABW commander, Brig. Gen. Leonard Patrick

LIU-Brooklyn, located in Brooklyn, N.Y., is seeded at No. 15 and



will face off against the No. 2 seed University of North Carolina Tar Heels (26-7) at 7:15 p.m. March 18 at the Time Warner Cable Arena in Charlotte, N.C., and will be televised on the CBS network.

Long Island (27-5) won the Northeast Conference’s automatic bid to the tournament by defeating Robert Morris on March 9 in the conference championship.

The Blackbirds have a nation-leading 13-game win streak and won a nation-best 13 road games during the season.



Julian Boyd

Long Island advances to the NCAA Tournament for the fourth time overall and first time

since 1997.

A redshirt sophomore for the Blackbirds, Boyd attended William H. Taft High School in San Antonio. But Boyd, the Northeast Conference Rookie of the Year for the 2008-2009 season, and a first-team All-Conference player this season, was lucky to be playing basketball at all.

Diagnosed with noncompaction cardiomyopathy after he collapsed while playing a pickup game in San Antonio, doctors told Boyd while the condition – which meant his blood was not circulating properly in his

heart – was treatable, but there was a strong probability he wouldn’t be able to play basketball again.

Boyd, who majors in sports management, sat out the 2009-2010 season and saw numerous doctors and underwent dozens of tests before being cleared to play again.

“It was a very difficult time when he was medically redshirted. He lost what he loved doing so much, which is basketball,” Thames said.

“He got through it with the love and support of family, friends and an incredible coach.

“I am very excited that after almost a year of constant medical appointments, tests, etc., from the top doctors at Mount Sinai Hospital in

New York, that he was cleared to play,” she said.

“I am still very guarded and nervous, and do worry about him as any mother would. I’m very excited for him, and just so happy he has the opportunity to be a part of something so big.”

As for her son’s team going up against the six-time NCAA national champion Tar Heels, Thames said “I understand what a great team they are up against, but Julian and his entire team are beyond ecstatic to be a part of this. They are going to give it all they got!”

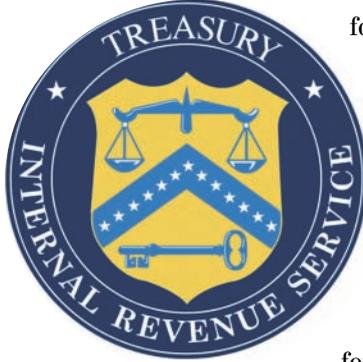
The winner of the LIU-UNC game will advance to face the winner of No. 7 seed Washington and No. 10 seed Georgia March 20.

# IRS has more than \$104.8 million for more than 91,000 Texans who did not file a 2007 income tax return

Refunds totaling more than \$104.8 million may be waiting for 91,700 Texans who did not file a federal income tax return for 2007, the Internal Revenue Service announced recently.

However, to collect the money, a return for 2007 must be filed with the IRS no later than Monday, April 18, 2011. The IRS estimates that half of these potential 2007 refunds are \$692 or more.

“Some people may not have filed because they had too little income to require filing a tax return even though they had taxes withheld from



their wages or made quarterly estimated payments,” said Lea Crusberg, an IRS spokeswoman.

“In cases where a return was not filed, the law provides most taxpayers with a three-year window of opportunity

for claiming a refund.”

For 2007 returns, the window closes on April 18, 2011. The law requires that the return be properly addressed, mailed and post-marked by that date. There is no penalty for filing a late return qualifying for a refund.

The IRS reminds taxpayers seeking a 2007 refund that their checks will be held if they have not filed tax returns for 2008 and 2009.

In addition, the refund will be applied to any amounts still owed to the IRS, and may be

used to offset unpaid child support or past due federal debts such as student loans. By failing to file a return, people stand to lose more than a refund of taxes withheld or paid during 2007.

Many low-and-moderate income workers may not have claimed the Earned Income Tax Credit (EITC). The EITC helps individuals and families whose incomes are below certain thresholds, which in 2007 were \$39,783 for those with two or more children, \$35,241 for people with one child, and \$14,590 for those

with no children. For more information, visit the EITC home page at <http://www.irs.gov>.

Current and prior year tax forms and instructions are available on the Forms and Publications page of IRS. gov or by calling toll-free 800-TAX-FORM (800-829-3676).

Taxpayers who are missing Forms W-2, 1098, 1099 or 5498

for 2007, 2008 or 2009 should request copies from their employer, bank or other payer.

If these efforts are unsuccessful, taxpayers can get a free transcript showing information from these year-end documents by ordering on-line, calling 1-800-908-9946 or by filing Form 4506-T, Request for Transcript of Tax Return, with the IRS.

## 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.

#### American Red Cross Life Guard Certification Class

The class will be held 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 instruc-

tion, 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/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.

#### 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.

#### 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.

#### 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 22 – Word Level 3  
March 23 – Access Level 2  
March 24 – Excel Level 1  
March 29 – Visio

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

#### Jimmy Brought Fitness Center Repairs

Repairs to the air conditioning system at the Jimmy Brought Fitness Center are underway. During

each phase of repairs, equipment or activities may be relocated for continued use; however, some activities may be suspended until the repairs are complete. Call 221-1234.

#### Know More. Save More. Text FORTSAM to 839863.

To receive limited text messages for community events, restaurant specials, discount tickets to secret sales events and more text FORTSAM to 839863. Subscription is free, and interests can be updated at any time by visiting <http://www.foresamhoustonmobile.com>. Standard text messaging rates apply.

#### Fort Sam Houston Boxing Team Needs Members

The Jimmy Brought Fitness Center is looking for patrons to build a competitive boxing team for Fort Sam Houston and Brooke Army Medical Center. No experience is necessary; however a competitive attitude is needed. Males and females are encouraged to participate. Call 314-6345 for more information.

#### Exceptional Family Member Program

A support group meets Wednesdays, 6-7:30 p.m. at School Age Services, Building 1705, Dodd Boulevard. Child care and dinner provided. Registration is required. Call 221-2604.

#### H.U.G.S. playgroup

The playgroup for parents and children birth to 5 years old meets Tuesdays, 9-11 a.m. at the Middle School Teen Center, Funston Road, Building 2515. Registration is not required. Call 221-0349/2418.

#### Baby Talk

The group meets Tuesdays 1-2:30 p.m. at Dodd Field Chapel. Call 221-0349/0655.

#### Canyon Lake Annual Pass

An annual pass to the Joint Base San Antonio Recreation Park at Canyon Lake is \$50. This pass gets you into both the east and west sides of the park. Otherwise, the daily entry fee for the park is \$5 per visit, per vehicle. Annual passes include a vehicle and boat/trailer pass and are valid for one year from date of issue. Annual

pass holders are not charged the boat launch fee. Call 1-800-280-3466.

#### Language Classes

English as a Second Language classes are held Monday and Wednesday 5-7:30 p.m. and Spanish classes are held Tuesday and Thursday 5-7:30 p.m. at the Roadrunner Community Center, Building 2797, for military I.D. cardholders. To register, call 221-1372/2705.

### Calendar of Events

#### March 17

##### CARE Team Training

The training is 1:30 to 3 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

#### March 18

##### Balancing Marriage and Baby

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

#### March 19

##### EFMP Family Movie Day

Exceptional Family Member Program will offer Family Movie Day at the Alamo Quarry Theater, 255 East Basse Road for the movie "Rango." Seating is limited and reserved for EFMP Families. Register online at <http://armypride.wufoo.com/forms/efmp-family/movie-day/>. Only registered Families will be admitted. Meet at the theater at 10:45-11:15 a.m. for an 11:30 a.m. movie time. Call 221-2962/0600.

#### 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 21

##### Credit Report, Where Do You Stand?

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

#### Intramural Sports Sign-Up Deadline

Softball and Soccer letters of intent are due March 21 and

**MWR from P26**

Spring Flag Football is due April 4 to the Sports Office located in the Brigade Gym, Building 1281 Garden Road. Males and females possessing a DOD I.D. card, at least 18 years old and not participating in an academic athletic association may participate in intramural sports. Call 221-3003.

**March 22**  
**General Resume Writing**

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

**Consumer Awareness**

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

**March 23**  
**Deployed Parenting**

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

**Mandatory Initial First Termer Financial Readiness**

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

**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 or \$20 after. Call 221-1234.

**3D Archery Shoot**

The shoot is March 26-27 from 8 a.m.-1 p.m. at Camp Bullis. The cost is \$15/competitive or \$10/non-competitive. Call 295-7577.

**April 2**  
**Family Fun Day**

The Month of the Military Child Family Fun Day and the opening day for T-Ball, Softball and Baseball is 8 a.m.-noon at the Youth Sports Complex Field adjacent to Building 1630. Col. Mary Garr, 502nd Mission Support Group commander will provide opening marks at 8 a.m. There will be a child safety seat demonstration, games, crafts, food, entertainment and pictures with the Easter Bunny! The photos will be ready for Easter. Call 221-4871.

**Cowboys For Heroes**

Fort Sam Houston will host Cowboys for Heroes 11 a.m.-5 p.m. at the Equestrian Center. There will be free authentic cowboy food, a Buffalo Soldier demonstration, activities, horse rides and concert. Call 221-3185.

**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.

**FSHISD WEEKLY CAMPUS ACTIVITIES**  
**MARCH 21-26****Fort Sam Houston Elementary School****March 24**

Parent to Parent: Test Prep, 9 to 10 a.m.

**March 25**

Spirit Day

End of third nine weeks

**Robert G. Cole Middle/High School****March 21**

Boys golf at Woodlake Golf Club, 8:30 a.m.

UIL One Act Play technical dress rehearsal

Baseball at Holy Cross, 3 p.m.

**March 22**

Cole JV tennis vs. Stockdale at Starke Park in Seguin, 8 a.m.

UIL One Act Play technical dress rehearsal, 4:15 to 6:30 p.m.

Baseball at Marion, Junior Varsity-4:30 p.m. and Varsity-7 p.m.

**March 23**

Senior graduation announcements delivery during lunch

UIL One Act Play performance at Moseley Gym, 7 p.m.

**March 24**

Cole girls golf at Woodlake Golf Club, 8:30 a.m.

**March 25**

UIL One Act Play zone, TBA

Baseball at Nixon-Smiley, Junior Varsity-4:30 p.m. and Varsity-7 p.m.

End of third nine weeks

**March 26**

Boys and girls JV/V track meet at Jourdanton High School

UIL One Act Play competition at Randolph Gym, TBA



## Announcements

### Texas Longhorns Baseball

The University of Texas Athletics Department will host a Military/First Responders Appreciation Day for Texas Longhorns vs. Kansas State baseball games at UFCU Disch-Falk Field. Tickets are \$6 for games March 18 at 6 p.m., March 19 at 2 p.m. and March 20 and 1 p.m. To purchase tickets, call 512-232-3865 by noon March 18.

### Summer Employment Opportunities

Visit the USA Jobs website for summer employment opportunities at all the military installations around San Antonio. Positions are

available for clerical, lifeguards, recreation aides, computer clerks and general laborers. To search jobs, visit <http://jobsearch.usajobs.gov/A9DeptAirForce.aspx>.

### Association for Global Logistics and Transportation

The San Antonio Chapter's Association for Global Logistics and Transportation, National Defense Transportation Association brings members together from military, government, and commercial sectors to share experience and expertise from all realms of logistics. Meetings are held the first Thursday of each month at Grady's BBQ, 6510 San Pedro Ave. All are welcome. Call 652-3305 or 830-422-1547.

### 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.

### Cloverleaf Communicators Club

The Cloverleaf Communicators Club is open to military, family members and civilians who are interested in developing or enhancing their leadership and communications skills. Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 for information or visit <http://powertalkinternational.com/>.

### Spouses' Club Scholarships

Spouses' Club of the Fort Sam Houston area is now accepting applications for 2011 Scholarships and Welfare distributions. Applica-

tions 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.

### Lost Property

If you have lost any property on Fort Sam Houston, call 221-2340. To claim items, you must have a form of photo identification and be able to identify the property.

### Foster a Military Working Dog Puppy

The Department of Defense Military Working Dog Breeding Program is looking for families to foster puppies from 12-weeks to 6 months old. Call 671-3686.

### Civilian Medical Jobs

The Civilian Corps of the U.S. Army Medical Command is seeking to fill a variety of health care positions in over 70 locations within the Army Medical Department. Visit <http://www.CivilianMedicalJobs.com> to view and apply for current openings.

## Calendar of Events

### 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. Call 228-9955 or visit <http://moaa-ac@sbcglobal.net>.

### March 18-19 Babysitting Boot Camp

The class is 9 a.m. to 6 p.m. at the American Red Cross, Building 2650, for children 11-15 years old. Cost is \$60. To register, call 582-1931 or visit <http://www.saredcross.org>.

### 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.

### March 19-20 Wimberley Spring Walk

The New Braunfels Marsch-und Wandergruppe volksmarch club will host a 5k and 10k walk starting at the Wimberley Community Center, 14068 Ranch Road 12 in Wimberley. Walks start between 8 a.m.-noon, finish by 3 p.m. Call 830-226-7035 or visit <http://www.muw.walktexas.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 & Chlucchi'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 26 Camp Verde Walk

The Kerrville Trailblazers volksmarch club will host a 5k and 10k walk starting at the County Park (across from the Camp Verde General Store), 288 Camp Verde Rd. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 830-890-5364 or visit <http://www.walktx.org/KerrvilleTrailblazers/>.

### Plant Problem and Answer Clinic

Bring pictures or samples of any of your gardening problems to Locke Hill Feed and Lawn, 4927 Golden Quail from 11 a.m.-1 p.m. and David Rodriguez, horticulture and master gardener coordinator, will answer your questions. Admission is free.

### 470th MI Brigade Golf Tournament

Members of the 470th Military Intelligence Brigade will host a golf tournament at the Palmer Course at La Cantera on May 6. Check-in time is 11 a.m. with tee off at 1 p.m. The \$75 cash registration covers green fees, fully stocked golf course and Army Emergency Relief fund donation. Registration deadline is April 1. Call 246-3010 or 295-6458 for 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 18**

**Lunch – 11 a.m. to 1 p.m.**

Creole macaroni, chipper perch, meat loaf, vegetarian burritos, brown rice, O'Brien potatoes, Japanese vegetable stir fry, carrots

**Dinner – 5 to 7 p.m.**

Chicken pot pie, barbecued beef cubes, lemon baked fish, cheese tortellini with marinara sauce, steamed rice, mashed potatoes

### **Saturday – March 19**

**Lunch – noon to 1:30 p.m.**

Baked chicken breasts, pork chops with pineapples, hamburger yakisoba, cheese manicotti, baked redskin potatoes, wild rice, calico cabbage, herbed broccoli

**Dinner – 5 to 6:30 p.m.**

Blackened fish, chicken fajitas, stuffed green peppers, vegetarian nuggets, steamed rice, quash and carrot medley, pinto beans

### **Sunday – March 20**

**Lunch – noon to 1:30 p.m.**

Roast beef, turkey enchiladas, baked stuffed fish, pasta primavera,

southwestern rice, mashed potatoes

**Dinner – 5 to 6:30 p.m.**

Grilled steak, breaded shrimp, grilled hamburgers, grilled cheeseburgers, Cajun grilled chicken sandwiches, vegetable pizza, grilled cheese sandwiches, baked potato bar, sauteed onions and mushrooms, mixed vegetables, broccoli

### **Monday – March 21**

**Lunch – 11 a.m. to 1 p.m.**

Chinese five spice chicken, meat loaf, spicy Italian pork chops, spinach tortellini with marinara sauce, spicy brown rice pilaf, mashed potatoes, peas and carrots

**Dinner – 5 to 6:30 p.m.**

Chicken tetrazzini, Caribbean flounder, grilled ham steaks, eggplant parmesan, Kansas medley rice, mashed potatoes, asparagus, squash and carrot medley

### **Tuesday – March 22**

**Lunch – 11 a.m. to 1 p.m.**

Roast turkey, beef stew, lemon pepper fish, broccoli-cheese and rice, baked sweet potatoes, cornbread dressing, steamed rice

**Dinner – 5 to 7 p.m.**

Herb baked chicken, barbecued pork chops, spicy baked fish, red beans

and rice, rosemary roasted potato wedges, rice pilaf, corn O'Brien

### **Wednesday – March 23**

**Lunch – 11 a.m. to 1 p.m.**

Baked chicken and rice, fish parmesan, beef lasagna, oven browned potatoes, caviar medley rice blend, lima beans, vegetable stir fry

**Dinner – 5 to 7 p.m.**

Grilled hamburger steaks, chicken cacciatore, lemon baked fish, sweet potatoes, black beans, corn, steamed rice, mashed potatoes, stewed tomatoes, green beans

### **Thursday – March 24**

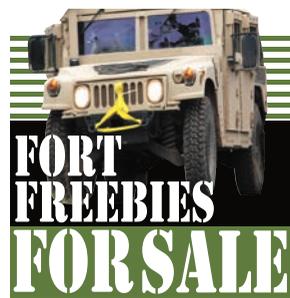
**Lunch – 11 a.m. to 1 p.m.**

Oven baked chicken, Cajun baked catfish, barbecued spareribs, hopping john rice, candied sweet potatoes, steamed rice, mustard greens, corn on the cob

**Dinner – 5 to 7 p.m.**

Braised pork chops, chicken and Italian vegetable pasta, grilled chicken breasts with onions and mushrooms, cheese enchiladas with sauce, southwestern rice, O'Brien potatoes, black-eyed peas

*Menus are subject to change  
without notice*



**For Sale:** Complete oak dining room set with china cabinet, table and six chairs, \$750; queen-size sleeper sofa, teal green, vinyl leather look, \$350; small kitchen table and four backless stools, \$90; three blonde wigs, one long and two short, paid \$300, asking \$150. All in good condition. Call 789-8951.

**For Sale:** New Lexmark Prospect

Pro205 wireless all-in-one printer, copier, scanner and fax with automatic duplex printing, \$100. Call 233-6058.

**For Sale:** Therapeutic king-size water bed complete with heater, wood-frame with six-drawer pedestal, headboard, recently reupholstered bed rails and lumbar support mattress with safety liner, mattress and safety liner purchased new in February, \$499. Call 659-6741.

**For Sale:** 2008 Itasca Navion 24.5 foot motor home, 9,400 miles, sleeps six, 14 mpg. Call 437-0042 or e-mail mdmwhorter@att.net.

**For Sale:** Set of four 16-inch SSC car rims, excellent condition, like new, \$200. Call 269-1475.

**For Sale:** KidCo hardware mounted safety gate, new in box, \$49 obo; inflatable bounce house, only used

three times, \$199 obo; Electrolux carpet shampooer with extra set of brushes and cleaning solution, \$99. Call 957-3855.

**For Sale:** Entertainment armoire, 76 inches tall by 45 inches wide, hold up to 40-inch TV, cherry finish, \$300 obo; HP Photosmart 2610 all-in-one printer, scanner, copier and fax with manual and set-up CD, works fine, needs ink, \$50 obo. Call 688-2445.

**For Sale:** Large entertainment center, 89 inches long by 78 inches high by 18 inches deep, \$375; three glass top tables--end, coffee and sofa table with simulated stone bases and two lamps, \$35. Call 488-3175.

**For Sale:** Blue/green Leapster 2, like new, with Cars, Wall E and Backyardigans games, case and battery charger, \$90. Call or text

716-307-7747.

**For Sale:** German Shepherd puppies, AKC registered, three pure white, three black and tan, 6 weeks old March 17, first shots and de-wormed, both parents on site, \$400. Call 830-988-2228 or 830-279-1483.

**For Sale:** New Oakley sun glasses with hard case, \$47; 52-inch, three-speed, five-lights, ceiling fan, \$20; wooden flower box, 24 inches long by 8 inches wide by 6 inches deep, \$8; computer desk, \$17; Sunbeam gas barbecue grill, glass/metal cover, \$15. Call 313-0061.

**Looking for:** 2 foot tall green tabletop artificial Christmas tree in good shape. Call 425-6074.

**Yard Sale:** March 19 at 8 a.m., 363 Wagon Crossing in Universal City, off of Kitty Hawk.

## REMINDER CALENDAR

- 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
- March 29** Newcomer's Extravaganza, 9:30-11 a.m., Sam Houston Club
- March 31** Consolidated Monthly Retirement Ceremony, 9 a.m., FSH Quadrangle
- April 2** Family Fun Day, 8 a.m.-noon, Youth Sports Complex adjacent to Building 1630
- April 2** Cowboys for Heroes, 11 a.m.-5 p.m., FSH Equestrian Center
- April 10** Fiesta & Fireworks, 1-9 p.m., MacArthur Parade Field



### Religious Education Classes

The adult class is studying "Worshipping God" from selected Gospels, Epistles, and the book of Revelation. The youth class will research and discuss various issues related to Christian living. The children's group will work their way through hands-on Bible study about missions, Easter, and the first Christians. Classes are Sundays from 9:15-10:15 a.m. at Dodd Field Chapel. For more 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 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

**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

**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

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