



COWBOYS FOR HEROES
FSH EQUESTRIAN
CENTER
March 27,
10 a.m.-5 p.m.
Gunfighters,
Chuckwagon Cooking,
Live Music

Sikh Soldiers allowed to serve, retain their articles of faith

By Steve Elliott
FSH Public affairs

For the first time in 23 years, the U.S. Army is allowing a pair of Sikh Soldiers to keep their hair and beard intact and wear a turban.

More than 60 years ago, President Harry Truman desegregated the U.S. armed forces, declaring "there shall be equality of treatment and opportunity for all persons in the armed forces without regard to race, color, religion or national origin."

But during those same six decades, the Army's policy and how it was implemented changed from time to time.

From 1948 to 1984, men of the Sikh religion were permitted to serve while maintaining their articles of faith (see sidebar for explanation of articles of faith). In 1984, Gen. John A. Wickham Jr., then Chief of Staff of the Army, eliminated the exception for Sikhs and others who wore "conspicuous" items of faith.

Sikhs who were previously serving on active duty were grandfathered in by the Army. Two Sikhs in the medical field, Col. Arjinderpal Singh Sekhon, a doctor, and Col. G.B. Singh, a dentist, continued to serve until their retirements in 2009 and 2007, respectively, according to the Sikh News Network Web site (<http://www.sikhnn.com>).

Capt. (Dr.) Tejdeep Singh Rattan, a dentist, and Capt. (Dr.) Kamaljeet Singh Kalsi, a doctor, were assured by their recruiters at the time of enlistment several years ago that their articles of faith

See SIKHS P14



Photo by Steve Elliott

Capt. (Dr.) Tejdeep Singh Rattan (right) checks in a patient during the triage portion of an exercise during the Basic Officer Leadership Course at Camp Bullis recently. Rattan is the first Sikh allowed to keep his articles of faith while in uniform in 23 years. Rattan, a dentist, heads to Fort Drum in upstate New York after training.



Photo by Roger R. Hernandez
"Spice" collected during investigation.

Spice, K2, derivatives not authorized on post

Recently, there have been concerns addressed by unit commanders regarding the suspected use, possession and purchase of Spice, K2 and Salvia Divinorium by Soldiers at various locations off post.

These concerns are valid, because they impact the safety and welfare of Soldiers.

Spice, K2 and Salvia Divinorium have dangerous effects.

Salvia was addressed a few years ago and is of concern. However, Spice and K2 are currently being marketed heavily throughout the U.S.

Spice, a brand name for a mixture of herbs sold in "smart shops" in Europe, Canada and other parts of the world purportedly as incense, is also sold as an "herbal smoking blend."

Like Spice, K2 is a blend of herbs and spices and marketed as an

See SPICE P7

Editorial Staff

Army Medical Department Center
and School & Fort Sam Houston

Commander
Maj. Gen. Russell Czerw

Garrison Commander
Col. Mary Garr

Public Affairs Officer
Phillip Reidinger

Editor
L. A. Shively

Editor/Writer
Steve Elliott

Staff Writer
Lori Newman

Layout Artist
Joe Funtanilla

News Leader office:

1212 Stanley Road
Building 124, Suite 4
Fort Sam Houston
Texas 78234-5004
210-221-0615/2030
DSN 471-0615/2030
Fax: 210-221-1198

News Leader Advertisements:

Prime Time
Military Newspapers
2203 S. Hackberry
San Antonio, Texas 78210
Phone: 210-534-8848
Fax: 210-534-7134

News Leader e-mail:
news.leader@conus.army.mil

News Leader online:
www.samhouston.army.mil/
PAO

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Building 124, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 2203 S. Hackberry, San Antonio, Texas 78210; 210-534-8848, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army. Stories and photos for publication consideration may be e-mailed to news.leader@conus.army.mil by close of business Friday.

Military gears up for 2010 census

By Jordan Reimer
American Forces Press Service

The Defense Department is working with the U.S. Census Bureau to ensure that all military personnel are accounted for in the 2010 census, a defense official said March 19.

All service members and their Families, whether stationed domestically or overseas, must be counted and attributed to their proper place of residence, said Mary Dixon, director of the Defense Manpower Data Center in Washington, D.C.

"The important thing is making sure that the states and the federal government are allocating funds to those communities where our bases are located, so they can properly support our military members," she said.

The constitution mandates that the government take a census of United States residents every 10 years. All residents, regardless of citizenship or legal status, are required to take part in the census.

Census information primarily is used to reapportion the number of seats allotted to each state in the House of Representatives. The government also draws on the data to distribute about \$400 billion in aid for programs such as Medicaid. States use the records to determine how to allocate funds to cities and neighborhoods for critical projects such as infrastructure, hospitals and schools.

The Defense Department and the Census Bureau established a joint working group in 2004 to coordinate the process of counting military members and their Families. All four military services and the Coast Guard are included. The Defense Manpower Data Center – which collects, archives, and maintains manpower and personnel data – represents the Defense Department in the committee.

All service members

who receive a census form are required to fill it out and mail it back to the Census Bureau. The data of military members stationed overseas – who will not receive any forms – will be processed administratively.

Service members who live in group quarters will be required to fill out a "military census report" that will be distributed and collected by their installation's service representative and submitted on their behalf to the bureau.

Service members who are not U.S. citizens will be counted in the census.

Because some service members maintain more than one place of residence, the concern exists that some people will be counted twice, or not at

all, Dixon acknowledged. But she added that she's confident that the Defense Department, which fine-tunes its process after each census, will accomplish the mission accurately and efficiently.

Thought of the Week

What we know is not much. What we do not know is immense. — Pierre Simon Laplace
(Source: Bits & Pieces)

Weekly Weather Watch

| | March 25 | March 26 | March 27 | March 28 | March 29 | March 30 |
|-------------------|---|---|--|--|--|--|
| San Antonio |  77° Partly Cloudy |  76° Partly Cloudy |  81° Clear |  76° Partly Cloudy |  74° Clear |  77° Partly Cloudy |
| Kabul Afghanistan |  73° Scattered Showers |  69° Scattered Showers |  71° Clear |  71° Chance of Rain |  69° Chance of Rain |  66° Chance of Rain |
| Baghdad Iraq |  78° Scattered Showers |  80° Chance of Rain |  64° Chance of F-storms |  68° Chance of Rain |  73° Clear |  84° Clear |

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

News Briefs

HAP Seminar Changed

Due to scheduling priorities, the Homeowners Assistance Program Seminar changed to March 25, 1:30-3:30 p.m. at Army Community Service, Building 2797. A HAP representative will conduct an informational session focused on expanded HAP benefits for PCS military, warriors in transition, and civilians affected by BRAC, call 295-8519/8539/8569.

Cowboys for Heroes

The fifth annual Cowboys for Heroes will be held March 27, 10 a.m.-5 p.m. at the Fort Sam Houston Equestrian Center. Event includes chuck wagon cooking; live music by Clifton Jansky, Jean Prescott, Blaine Lilly and Molly Hawkins; Mutton Bustin'; Jerry Diaz Horse Show; mechanical bull; gun fights and more. Event is free and open to the public. Call 224-7207.

DPW Emergency Service

The new telephone number for Department of Public Works emergency service orders after duty hours has changed to 336-5071 until further notice.

Women's History Month

The Fort Sam Houston Women's History Month Commemoration will be held March 30, 11:30 a.m.-1 p.m. at Army Community Service, Building 2797. The guest speaker is retired Command Sgt. Maj. Sue Ann Pierce, Women's Army Corps. Call 295-0561.

U.S. Army Garrison Blood Drive

The Fort Sam Houston U.S. Army Garrison Commander has designated April 2 as USAG Blood Drive day. The blood drive will be held from 10 a.m.-2:30 p.m. at the Akeroyd Blood Donor Center, Building 1240 Harney Road. Supervisors are highly encouraged to allow their employees time to donate blood IAW FSH Regulation 690-14. If you are not able to donate April 2, visit <http://www.militaryblood.dod.com> for appointment availability, eligibility requirements, and upcoming blood drive events. Call 295-4655/4989.

Medical Logistics Seminar

The Directorate of Combat and Doctrine Development will host the Medical Logistics Seminar at the FSH ROC Drill Facility, April 19-23, for Medical Logistics and Medical Maintenance personnel. It is designed to use targeted briefings, vignettes and high-level discussion to examine potential gaps within organizational designs, doctrine, business processes, system enablers and IM/IT equipment. Call 221-1827/2947.

Official Army Survey

Fort Sam Houston Family Housing residents will receive a resident assessment survey via e-mail. The information will help guide future improvements to housing facilities and services. Answers provided are strictly confidential and personal data is not tabulated. Call 221-0891.

Theft Prevention

There has been a rise in the reported theft of personal and government property (laptop computers and cell phones) left unsecured and in plain view inside vehicles.

These types of thefts have occurred both on and off post. Most thefts can be prevented.

The Fort Sam Houston Military Police Department routinely conducts security checks to identify unlocked vehicles with valuable property left in plain view.

These checks help identify security vulnerabilities and bring notice to the Fort Sam Houston community that vehicles and property have been left unsecured and that they could become a victim of theft.

To avoid becoming a victim please remember the three D's (Deter, Detect and Delay).

Sound security practices, such as securing unattended property and locking your vehicle are great deterrents since they eliminate the opportunity for an easy target.

The possibility of detecting a crime increases if a thief can be forced to commit a crime in a public place.

Thieves want to avoid drawing attention to themselves by making noise, such as breaking glass or smashing doors. Locking doors and windows are the surest way to deter

a thief.

Thieves do not like to be seen, so they avoid well-lit areas where they can be easily detected.

Delaying a thief for a few minutes is generally considered sufficient to prevent a break-in.

Thieves want to avoid being caught, so the longer it takes to force a door or window, the greater risk and the higher the likelihood of being caught.

It is nearly impossible to prevent a crime from happening by making a vehicle, property or house impregnable, but it is relatively easy and inexpensive to delay the thief by locking property to make forced entry difficult.

By keeping in mind the three D's, it will be more likely to deny thieves the opportunity to make you a victim of crime.

You do not have to be one of the two million victims of crime that occurs annually.

Remember crime prevention begins with you.

For more information or to schedule a crime prevention brief for your unit or organization, please contact the Provost Marshal's Office Crime Prevention Section at 221-0990.

(Source: Provost Marshal's Office)

Delaying a thief for a few minutes is generally considered sufficient to prevent a break-in.



Photo by L.A. Shively

TRICARE meets health care bill's standards, Gates says

The TRICARE military health plan meets the standards set by the health care reform bill the House of Representatives passed March 21, Defense Secretary Robert M. Gates said.

Calling their health and well-being his highest priority, Gates reassured service members and their families that the legislation won't have a negative effect on TRICARE, which "already meets the bill's quality and minimum benefit standards."

"This was clarified by a vote in the U.S. House of Representatives [March 20], and is expected to be re-affirmed by the Senate," Gates said in the statement.

"The president and I are committed to seeing that our troops, retirees and their families will continue to receive the best quality health care," the secretary said.

(Source: American Forces Press Service)



First 14th MI Battalion Soldiers redeploy from Iraq

By Gregory Ripps

470th MI Brigade Public Affairs

Forty-one Soldiers of the 14th Military Intelligence Battalion returned to Fort Sam Houston March 16 after eight months in Iraq.

The Soldiers were redeploying from their mission at the Joint Interrogation and Debriefing Center at Camp Cropper in support of Operation Iraqi Freedom.

Although the weather was cold and dismal outside the Army Community Service building this late-winter morning, hearts warmed and eyes brightened when the Soldiers entered and took their places in formation inside.

Formalities were brief. Lt. Col. Theresa Walsh, 470th MI Brigade deputy commander, welcomed the troops home and reminded them and their Families to let patience and moderation be their watchwords.

Then the dismissal order was given, and Soldiers and their Families rushed to embrace each other.

"It just hit me as I was walking in that I was really home," said Spc. Timothy Darrow, for whom this had been his first deployment. "Now we have a lot to do."

Darrow explained that he and his fiancée, Caitlin, were planning to marry in April.

"I am glad he got to use the training he got," she said, explaining that they would have married already if not for the deployment. "But it's all part of God's plan. I feel A-plus right now."

For Sgt. Micah Peters, his Family reunion was also his first opportunity to meet his six-month-old son, Gabriel.

"The hardest part about this deployment was not getting to meet him and to

leave this guy," he said, also referring to his older son, Micah, 2. Peters previously deployed with the 201st MI Battalion, another subordinate unit of the 470th MI Brigade.

When asked how she felt after her husband's return, Peters' wife, Shannon, said, "Relieved, very relieved."

After the returning Soldiers complete "warrior reintegration," they will have a

chance for leave. These Soldiers comprise roughly one-third of the 14th MI Battalion, the remainder of which expects to redeploy stateside in two increments over the next several months.

Capt. Chad Wetherill, the battalion's rear detachment commander, noted that this phased redeployment was in line with the "responsible drawdown" of U.S. forces in Iraq.

He said that as the 14th MI Battalion's presence becomes smaller, the Joint Interrogation and Debriefing Center will transition to a Joint Interrogation and Debriefing Detachment.

"By the time their replacements arrive, the 14th MI Battalion will be prepared to hand over a new, streamlined organization," said Wetherill.

"Meanwhile, operations continue for the battalion in Iraq. Interrogators continue to work with detainees, the document and media exploitation section continues to evaluate evidence collected, and the fusions sections continue to integrate information."

The battalion is a subordinate unit of the 470th MI Brigade, which provides operational intelligence support to U.S. military commands in various locations around the world.



Photos by Gregory Ripps

Staff Sgt. Jared Anderson of the 14th Military Intelligence Battalion embraces the love of his life after he and 40 other Soldiers of the battalion were released after redeployment from Iraq. A brief ceremony welcomed the Soldiers in the Army Community Service building at Fort Sam Houston March 16.



Sgt. Peter Longoria of the 14th Military Intelligence Battalion greets his Family after returning to Fort Sam Houston from Iraq March 16. His battalion deployed in support of Operation Iraqi Freedom in July 2009.



Capt. Chad Wetherill (left), 14th Military Intelligence Battalion rear detachment commander, takes charge of the 41 Soldiers of the battalion who returned home from Iraq March 16. A brief ceremony welcomed the

Soldiers before they were reunited with Family and friends inside the Army Community Service building at Fort Sam Houston.

SOLDIERS, WESTPHAL VISIT DISPLACED HAITIANS



Maj. Gen. Simeon Trombitas, deputy commanding general, JTF-Haiti, takes a minute to talk with a group of children March 21. Trombitas took the morning to walk through several internally-displaced personnel camps and see how the conditions were for people living there. He also spoke with local nationals and got feedback on their livelihood.



Photos by Pvt. Samantha D. Hall

Maj. Gen. Simeon Trombitas, deputy commanding general, JTF-Haiti, and Army Soldiers, walk through an internally displaced personnel camp March 21. Trombitas took some time to say hello to the children and other Haitians living in the camp.



Col. Pedro A. Segura (left), Colombian Support Battalion for Humanitarian Assistance, and Maj. Gen. Simeon Trombitas (center), deputy commanding general, Joint Task Force Haiti, talk with Under Secretary of Defense Dr. Joseph Westphal, during his visit to LSA Dragon on March 18. Westphal spoke with several other service members about their jobs while on deployment.

Soldiers honored at Welcome Home Warrior-Citizen Ceremony

By Capt. Ruth Castro
4th ESC Public Affairs

Soldiers of the 328th Human Resource Company and 363rd Quartermaster Battalion were honored during a Welcome Home Warrior-Citizen ceremony March 20.

They recently completed a year-long tour to Afghanistan in support of the Global War on Terrorism.

During the ceremony, guest speakers empha-

sized the importance of integrating back into the civilian world.

Soldiers need to know when to ask for help if they need it and Family members need to observe their Soldiers for any changes in behavior.

“Your service is too valuable; you and your Families are too valuable for us to let you languish in this integration,” said Brig. Gen. Les Carroll, commanding general of the 4th Expeditionary Sustainment Command.

“Families we depend on you to say my Soldier is hurt and needs help. It was very difficult to return home and transition back to civilian life,” said Master Sgt. Alfredo Molina of the 328th Human Resource Company.

His wife, Belkis Molina, stated that she ultimately is not a medical professional but she can at least notice if there is a difference in him and

ensure that he seeks help.

First Lt. Herrera Pastrana Sr., 328th HRC stated, “The first few months after returning from overseas were the hardest, but as time goes on it gets a bit easier. I am very happy to be home.”

Appreciation was also conveyed to Family members of the 328th and 363rd Soldiers.

Col. Tracy A. Thompson, commander

of the 300th Sustainment Brigade, spoke of the sacrifices the Families made while their Soldiers were away for a year.

Thompson also told the Soldiers that by serving, they contribute to those who have fought on the front lines for the nation’s freedoms. “It is a legacy that you now give your Family that will last beyond your lifetime,” said Thompson.

President George W.

Bush and Congress created the Welcome Home Warrior-Citizen Award Program in 2004 to acknowledge service abroad by Soldiers in the Army Reserve, such as those with the 211th.

The award consists of a personalized, encased American flag, a yellow Welcome Home Warrior-Citizen flag, an Army Reserve Soldier lapel set and a specially designed commemorative coin.



First Lt. Herrera Pastrana enjoys holding infant Antonelly White as Soldiers from the 328th Human Resources Company and the 363rd Quartermaster Battalion are honored at Fort Sam Houston after their return home from Afghanistan.



Photos courtesy Express-News
Brig. Gen. Les Carroll, commander of the 4th Expeditionary Sustainment Command, speaks to the Soldiers of the 328th HRC and the 363rd QM Bn.



Medals and framed flags are awarded as Soldiers from the 328th Human Resources Company and the 363rd Quartermaster Battalion are honored at Fort Sam Houston after their return home from Afghanistan.

FISHER HOUSE II RE-OPENS

Cutting the ribbon to re-open Fisher House II March 23 were Brooke Army Medical Center Commander Brig. Gen. Joseph Carvalho Jr., Volunteer Coordinator Grace Blancett, Fisher House Manager Inge Godfrey, and Fisher House Program Manager Daniel Hersrud. Originally constructed in 1995, the facility has undergone more than \$400,000 in upgrades and renovation. It is one of four Fisher Houses near BAMC.



Photo by Dewey Mitchell

SPICE from P1

herbal smoking blend.

Both may be sprayed with synthetic cannabinoids, notably JWH-018, chemically similar to tetrahydrocannabinol or THC, the active ingredient in marijuana; or HU-210 which mimics the effects of marijuana.

Although JWH-018 is not a federally controlled substance in the U.S., the Drug Enforcement Administration labeled it a "drug and chemical of concern" in 2009.

HU-210 is listed by the DEA as a Schedule I controlled substance. No prescriptions may be written for controlled substances. Purchasing, selling or possessing them is illegal.

First synthesized in 1988 by a group at the Hebrew University, HU-210 is 100 to 800 times

more potent than natural THC and has an extended duration of action.

Today, is usually produced in China and Korea, brought into the U.S., rolled into a cigarette and smoked in a manner similar to marijuana.

Effects are reportedly analogous to marijuana but include additional dangers to users such as panic attacks, heart palpitations, hallucinations, delusions, vomiting, increased agitation, dilated pupils, and other symptoms.

It may cause negative effects not noted in marijuana users, such as increased agitation, elevated blood pressure and heart rates and vomiting among other things.

The U.S. Army has banned the use of K2, Spice, Salvia and any derivatives.

Article 112a, Uniform Code of Military Justice, specifically prohibits the unlawful use of the following substances: opium, heroin, cocaine, amphetamine, lysergic acid diethylamide also known as LSD, methamphetamine, phencyclidine, barbituric acid and any compound or derivative of any such substance listed in Schedules I through V of Section 202 of the Controlled Substances Act (21 USC 812).

Individuals found in possession of K2, Spice or a derivative and through laboratory

You are hereby ordered not to possess, inhale, smoke, chew, consume or otherwise introduce or cause to be introduced into your body or another person's body, distribute, or introduce onto a military installation the following substances: Salvia Divinorum, Spice, K2, or any derivative thereof regardless of form.

– Maj. Gen. Russell J. Czerw, commander FSH and AMEDDC&S

analysis is determined to contain the ingredient HU-210, will be in violation of Article 112a.

Additionally, Army

Regulation 600-85 prohibits Soldiers from using hemp or products containing hemp oil.

It also prohibits using the following substances for the purpose of inducing excitement, intoxication, or stupefaction of the central nervous system: controlled substance analogues (designer drugs); chemicals, propellants or inhalants (huffing); dietary supplements that are banned by the U.S. Food and Drug Administration; prescription or over the counter drugs and medications when used in a manner contrary to their intended medical purpose or in excess of the prescribed dosage, and naturally occurring substances (to include by not limited to Salvia Divinorum, Jimson Weed and so forth).

Violations of AR 600-85 paragraph 4-2p may

subject offenders to punishment under the UCMJ and/or administrative action.

Maj. Gen. I Russell J. Czerw, commander, Fort Sam Houston and U.S. Army Medical Department Center & School published his policy on the abuse of substances March 10

Czerw specifically orders Soldiers, civilian employees, contractors, dependents and guests on post to not possess, inhale, smoke, chew, consume etc., salvia divinorum, Spice, K2, or any variation or derivative thereof, regardless of form.

(Source: Provost Marshal's Office)

April is Military Child and Child Abuse Prevention Awareness Month

By Bob Harry
FAP Specialist

The Fort Sam Houston Family Advocacy Program has planned a variety of activities in recognition of April as Child Abuse Prevention and Awareness Month.

On April 1, FAP will host an Opening Ceremony at Army Community Service Building 2797, Stanley Road.

This event will include the reading of the Installation Proclamation, a puppet presentation of "Kids On the Block," a performance by the Fort Sam Houston Elementary School Children's Choir and the announcement of the winners of the Cole Middle School and High

School Art Contest.

On April 10, FAP and Child, Youth, & School Services will team up with a Family Fun Day and Baseball Opening Day Ceremony from 10 a.m. to 2 p.m. at Youth Services, Building 1630.

This activity will include the large bouncies, face painting, a Wii station, games, refreshments, various demonstrations and information booths.

Lunchtime Movies will present interesting movies and discussions April 9 and 28.

"Antoine Fisher" will be the movie presentation April 9 and "Mommie Dearest" will be presented April 28. The times for the movies will be 11 a.m. to 1:30 p.m. and lunch will be



Photo by Cheryl Harrison

Large crowds of people attend the Family Fun Day events held throughout the year. Family Advocacy and Child, Youth & School Services will team up for a Family Fun and Baseball Opening Day Ceremony April 10 from 10 a.m. to 2 p.m. at Youth Services, Building 1630.

provided.

The Women Encouraging Women seminars will focus on "Understanding Children and Anger" April 13 and "The Special Needs

Child" April 27.

FAP will also host seminars April 15 at ACS Building 2797 for "Scream Free Parenting" from 9 to 10:30 a.m. and "Scream Free Marriages"

from 11 a.m. to 12:30 p.m. The free seminars will be presented by the Scream Free Institute.

These programs are principle-based rather than technique-based,

enabling the participants to gain insight into themselves and their behaviors as opposed to focusing on trying to change

See **MILITARY CHILD P9**



Photo by Cheryl Harrison

Melissa Reyes (front), Exceptional Family Member Program manager demonstrates how to make a diaper cake to Family Advocacy Educators, Chandra Peterson and Ashley Duran at last year's Operation Baby Shower. With the help of many Army Community Service staff, about 25 "cakes" are planned for this year's Operation Baby Shower April 30 from 2 to 6 p.m.

MILITARY CHILD from P8

the behavior of others.

Relationships and behaviors of others change as a result of the inner changes affecting personal reactions.

A new and fun activity to call attention to this special month is the "Strike Out Child Abuse" Bowling Party to be held April 24 from noon to 2 p.m. at the Fort Sam Houston Bowling Center.

This event will be in cooperation with the CYSS EDGE Program. The Bowling Party is open to all EDGE Program participants. Two games and a shoe rental will be provided. For more information on the EDGE program, call 771-2148.

FAP will host the Second Annual Operation Baby Shower April 30 from 2 to 6 p.m. at ACS Building 2797. All parents who have had a

baby in the past year and expectant Families are invited to attend this fun and informative event which will include door prizes, games and refreshments. Registration for this event is highly recommended. Call 221-0326 to sign up or register at <http://operationbabyshower2010.wufoo.com/forms/operation-babyshower-2010/>.

The need to protect children from the harmful effects of child abuse and increase public awareness has been an ongoing concern initially set forth through the passage of the Child Abuse Prevention and Treatment Act of 1974.

The most recent change was in 2003 with the passage of the Keeping Children and Families Safe Act.

The week of June 6 through 12, 1982 was designated as the first National Child Abuse Prevention

Week.

Congress made an even stronger commitment to this campaign when they designated April 1983 as the first National Child Abuse Prevention Month.

In 1989 the Blue Ribbon Campaign began in Virginia by a grandmother who tied a blue ribbon on her car to commemorate her grandchild who had died as a result of child abuse. Since that time, blue ribbons have been used to draw awareness to this program.

In 2004 various federal and private organizations began to see the need to enhance public awareness and prevention measures through the promotion of strengthening and supporting Families through developing parenting skills and enhancing community support.

Family Advocacy continues to provide a wide variety of programs to help

Soldiers and their Families.

Parenting programs range from Nurturing Parenting – Early Childhood, School Age, and Teen. These programs offer lessons for both parents and children and have child care availability. Deployed Parenting, Single Parenting, Active Parenting for Step-Families, and Scream Free Parenting are all subject areas that are also offered.

Additionally, FAP offers a variety of classes related to pregnancy, bringing baby home, and early childhood concerns. To assist those who cannot attend classes, the New Parent Support Program also has a home visitation element.

For more information about the April Child Abuse Awareness and Prevention Month activities or to sign up for the many classes available, call 221-0349 or 221-2418.

AMEDDC&S recognized as Army leader in distributed Learning

The U.S. Army Medical Department Center & School was awarded the Army distributed Learning Champion Award for 2009 during a ceremony at the 9th annual Army distributed Learning Conference at Newport News, Va. March 15.

Distributed Learning or dL is a set of technology-supported methodologies that include interactive multimedia instruction using online lessons, games, simulations and learning scenarios.

Lessons and instructional materials may also be used via iPod, video tele-training, or television broadcast.

The Army Training Support Center awarded AMEDDC&S for distinguished leadership and

outstanding achievements in the advancement of dL.

Gen. Martin E. Dempsey, commander, U.S. Army Training and Doctrine Command, presented the award. Dr. Dwayne Rogers, director, Center for distributed Learning, accepted on behalf of AMEDDC&S.

“Winning this award is truly a team effort among the military, Army civilians and contractors and teaching departments in the AMEDDC&S,” said Rogers.

“It’s great to recognize all the hard work and effort that goes into providing world-class distributed Learning to all our Soldiers, regardless of where they are.”

The award recognizes the TRADOC school or

agency that has consistently championed distributed Learning, challenged existing practices, and developed new and innovative approaches to improve and expand the delivery of education and training to Soldiers in both the field and the schoolhouse.

The achievements that contributed to this honor include not only the dL products and solutions, but also the substantial in-house capabilities that enabled remarkable cost savings and impressive responsiveness to customer education and training needs benefiting Soldiers, teaching departments, and overall medical readiness.

Through the Center for distributed Learning, AMEDDC&S’s one-stop

shop for dL development, delivery, and support, teaching departments can nominate courses for TRADOC funding or request internally developed products and services to meet their unique education and training needs.

AMEDDC&S CdL develops interactive multimedia instructional courses to deliver education and training opportunities to geographically separated students.

They also offer video capture of events such as subject matter lectures and symposiums and full-video production capabilities for training, documentaries, or internal marketing.

AMEDDC&S CdL’s capabilities also expand to mobile learning appli-



Photo by Douglas Meyer

Maj. Gen. Russell J. Czerw, commander FSH and AMEDDC&S, congratulates Schuyler Lukes, chief, Multimedia Development Branch, and Dr. Claude Bowman, Associate Dean, Academy of Health Sciences, for the Army distributed Learning (dL) Champion Award for 2009.

cations designed for use on MP3 players like the iPod to provide students additional study and practice opportunities.

For more information

on dL development visit <https://www.us.army.mil/suite/page/260886> or email cdL@amedd.army.mil.

(Source: AMEDDC&S)

COOKIES! COOKIES! COOKIES!

Photos by Esther Garcia



Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center & School, Judith Markelz, program manager, Warrior and Family Support Center, and volunteers wait as the driver for Chuck's Transport from New Braunfels, Texas, prepares to open the door of the truck containing 40,000 boxes of Girl Scout cookies for Operation Interdependence, Inc. assisted Central Texas Girl Scout Council with delivery of the cookies to the WFSC for distribution to military members and their Families.



Maj. Gen. Russell Czerw, commander, FSH and AMEDDC&S, presents Nina Gayheart, National Director Operation Interdependence, Inc., with a commander's coin for her support of the military. Czerw related to Gayheart to pass on his message to the Girl Scouts for their selfless service, one of the Army values, which places the welfare of others before your own. OI is a nationwide, non-profit organization that provides a means for civilians to reach deployed troops of all military branches serving in Iraq, Afghanistan, and other locations in the world. Judith Markelz is in the center.



Maj. Gen. Russell Czerw, commander, FSH and AMEDDC&S, helps unload the 40,000 boxes of Girl Scout cookies delivered to the WFSC March 22.

Fiesta & Fireworks at Fort Sam

PRE-FIESTA FUN LEADS CHARGE TO POST EVENTS

Photos by Esther Garcia



Sgt. 1st Class Hector Santiago-Perez, Fort Sam Houston military ambassador, enjoys a dance with newly-crowned Pinatas in the Barrios Queen, Delia Guajardo at the poster unveiling ceremony March 19.

The 2010 Military Ambassadors representing the Army, Marine Corps, Navy, Air Force and Coast Guard pose with Miss Fiesta San Antonio and her court following their introduction to the public at a ceremony hosted by the Military Civilian Club at Club Giraud March 23.



The Texas Cavaliers present tickets for the river parade April 19 to Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and U.S. Army Medical Department Center & School and Judith Markelz, program manager, Warrior and Family Support Center March 22.



Courtesy photo

The U.S. Naval Academy Band, Electric Brigade, is one of several bands performing at Fort Sam Houston's Fiesta and Fireworks Extravaganza.

Fort Sam Houston Fiesta and Fireworks Extravaganza April 18, 1-9 p.m. at MacArthur Parade Field will feature a Country Fair with food booths, military equipment exhibits and live entertainment. The public is invited to enter FSH gates from IH 35 at Walters Street, Harry Wurzbach Road or Wilson/Cunningham Road off Broadway.

Super size knowledge to minimize portion sizes

By 1st Lt. Jeffery Heileson
BAMC Dietetic Intern

America's portion sizes have dramatically increased over the past 20 years.

Super size, king size, and biggie sizes have become the staple of the American diet.

Burgers 20 years ago already contained a substantial amount of energy needs or about 330 calories, but today's hamburgers pack a whopping 590 calories.

Just one hamburger is more than a quarter of the average persons daily calorie needs (2,000 calories).

According to the Centers for Disease Control and Prevention, obesity rates have erupted in the U.S. over the past 20 years. Only one state – Colorado – has an obesity rate less than 20 percent.

Obesity harms the body later in life. One fact remains: as waistlines increase, so do portion sizes.

This upward trend has been coined "portion distortion."

It is difficult to control weight by eating large portions because no matter types of food are consumed; more food on the plate equals more calories.

Scientists have recently demonstrated that large portion sizes may lead to excess energy intakes of 14 percent, which would be about 280 more calories per day.

It all comes down to understanding what a serving size is and how it relates to a portion size.

A serving size is the recommended portion of food to be eaten. A portion size is the amount served on the plate.

For example, one serving of cooked rice is one-half cup, but the amount on the plate may be one cup. That would be considered two servings.

This does not mean eating only one serving at a meal, but following guidelines will help curb caloric intake and weight increase. See chart at right for recommended daily serving sizes for each food group.

TIPS TO CONTROLLING PORTION SIZES

At Home

1. Eat breakfast.

- This can reduce hunger throughout the day leading to a lower chance of overeating at a later meal.

- Curbing hunger with breakfast lessens chances for a quick fix, such as with candy bars or other high-calorie sweets.

- Increases physical stamina throughout the day.

2. Pay attention to the nutrition label.

- Be aware of what is considered "a serving." This may be different than the amount typically eaten.

- Check out the amount of calories and fat per serving for the product.

3. Use lunch-sized plates, small bowls, or utensils for meals.

- Reducing the size of plates or bowls can reduce portion sizes by 30 percent.

- Using smaller utensils may reduce portion sizes by 14.5 percent.

4. Purchase portion-controlled foods.

5. Take single servings from bags.

- Instead of grabbing the whole bag of chips or popcorn, take out a serving size.

- Simply put each serving size of a big bag into small plastic bags.

- Do not eat in front of the television.

Away From Home

1. Eat a small salad or piece of fruit before going out to dinner.

2. Order half portions or split dinner.

- Fast food and chain restaurants serve portions two to eight times bigger than U.S.

Department of Agriculture standards.

3. Order an appetizer as a meal.

4. Split dessert.

5. Avoid "super-sizing."

6. Preplan meals.

- On Sunday, make meals for the rest of the week that are easy to take to work.

- Pre-planning and pre-packaging foods and meals can reduce calorie intake by 15 percent per day.

7. Carry small snacks.

- Carrot sticks.

- Apple slices with peanut butter.

- Low-fat cottage cheese with fruit.

- Small handful of nuts.

8. Watch portions of field snacks.

- Calories can add up quickly in easy-to-carry snacks such as pumpkin or sunflower seeds and dried fruit.

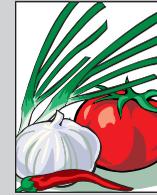
- A small handful of pumpkin seeds contains

GUIDELINES FOR PORTION SIZES



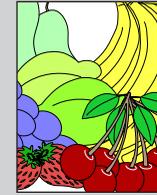
Grains

6 ounce-equivalents or 6-11 servings



Vegetables

2 1/2 cups or 3-5 servings



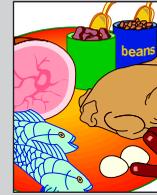
Fruit

2 cups or 2-4 servings



Dairy

3 cups or 2-3 servings



Meat & Beans

5 1/2 ounces or 2-3 servings

Resources

Portion Distortion Quiz

<http://hp2010.nhlbihin.net/portion>

Serving size card

<http://hp2010.nhlbihin.net/portion/servingcard7.pdf>

Eating right

<http://www.eatright.org>

about 200 calories, which means a whole pack can contain 800 to 1000 additional calories.

Eating the right foods

in the right portion sizes are the means to maintaining a healthy weight.

The "bigger-is-better" food motto has only led

to bigger waistlines.

Avoiding portion distortion can be a great way for all of us to combat the obesity epidemic.



SIKHS from P1

wouldn't pose a problem. But after completing four years of studies, both men were told to remove their turbans and cut their hair and beards for active duty.

It took action by several Sikh organizations and a letter to Defense Secretary Robert Gates, signed by 43 members of the House of Representatives and six U.S. senators, to change the Army's mind. A pair of special exceptions to Army Regulation 600-20 was allowed so Rattan and Kalsi could wear their dastaars (turbans) and keep their unshorn hair and beards as part of their uniform, and also retain their other articles of faith.

"Based on a review of these standards and the specific facts of your case, I am granting your appeal to wear a beard, uncut hair and turban in keeping with the tenets of your faith," wrote Maj. Gen. Gina Farrisee,

acting deputy chief of staff for Army personnel, in a Dec. 1 letter to Rattan. "Your beard, uncut hair and turban will be neat and well maintained at all times."

The Army does allow personnel to request waivers for practices that may conflict with current Army regulations and policies and are considered on a case-by-case basis. Considerations include the impact on the health, safety and welfare of all Soldiers; and impact on order and discipline of the force. The Army decided in these two cases that the Sikh articles of faith would not affect "unit readiness, individual readiness, unit cohesion, morale, discipline, safety and/or health," according to Farrisee's letter.

Rattan completed the nine-week Basic Officer Leadership Course at Camp Bullis March 19 and graduated with his class at Fort Sam Houston March 22. He'll report to Fort Drum in upstate New York April 12 for an

assignment as a dentist. Kalsi, who attended Rattan's graduation begins the BOLC course in July, after completing an emergency medicine fellowship.

But the story behind Rattan's journey through the military Health Professions Scholarship Program and into the Army's corps of officers sheds light on a little-known change in Truman's promise that has virtually prevented an entire generation of Sikhs from serving in the United States armed forces.

Practicing Sikhs have served in the armed forces since World War I, and the ruling in 1984 which effectively disallowed Sikhs to join was due to alleged health and safety hazard of their turban and uncut hair.

Aided by the Sikh Coalition (<http://www.sikhcoalition.org>), Kalsi and Rattan appealed the Army policy because of religious convictions. They were joined by the Sikh Council on Research and Education, Sikh American Legal Defense and Education Fund and United Sikhs. Thousands of Sikhs and

other sympathetic supporters signed petitions on their behalf.

To put their faith into perspective, there are 25 million Sikhs worldwide, making it the fifth largest religion after Christianity, Islam, Buddhism and Hinduism, and has been in existence for more than 500 years.

"History portrays Sikhs as warrior-saints and I believe that is what Sikhs are. That's what our life is all about," said Rattan, who proclaimed, "I am a Sikh warrior!" after he exited the gas chamber during nuclear, biological and chemical phase of his training. "It is what the Holy Book (the Sri Guru Granth Sahib) teaches us.

"There is a line in the Sri Guru Granth Sahib that translates to 'Good for all,' which means that all men are my brothers. If something happens to them, I must go and protect them," Rattan explained.

"That's what a lot of the Sikhs did after the events of Sept. 11, 2001. They left their jobs – many were doctors and dentists – and went to Ground Zero and they helped. But people looked down upon them because they thought they looked like Muslims. That's something which I am here to remedy, and to educate and to serve."

Organizations like the Sikh Coalition, which has offices in New York and San Francisco, were founded in response to bias and prejudice against Sikhs in the aftermath of 9/11.

Many Sikhs have been misidentified as Muslim extremists because their dress is similar to those who follow Osama bin Laden, according to the United Sikhs Web site (<http://www.unitedsikhs.org>).



Photos by Steve Elliott

(Far left) Capt. (Dr.) Tejdeep Singh Rattan proclaims "I am a Sikh warrior" to the delight of his classmates after exiting the gas chamber during nuclear, biological and chemical training at Camp Bullis March 17.

(Top left) Rattan checks in a patient into the triage tent during the Basic Officer Leadership Course. Rattan was able to wear his Kevlar helmet over his turban during training.

(Above) Rattan consults with classmate Capt. John Solberg during the triage portion of the exercise. Rattan created his Army Camouflage Uniform turban with rank insignia to conform with the uniform exception he was granted.

(Left) Rattan checks the seal on his gas mask before entering the gas chamber during NBC training.

THE FIVE ARTICLES OF FAITH (KNOWN AS THE "5 KS") ARE:

Kesh – uncut hair, which Sikhs believe is a gift from God, therefore it remains uncut;

Kanga – a wooden comb used for keeping hair in place under the turban;

Kara – an iron bracelet that serves as a reminder for Sikhs to follow the morals of their faith;

Kachera – a specific style of cotton underwear to remind Sikhs of the Guru's message regarding the control of the Five Evils;

Kirpan – a strapped curved sword that symbolizes the safety of all and the carrier's personal duty and responsibility as a Sikh in the message of peace.



KANGA



KARA



KIRPAN

Many Sikhs have been harassed, assaulted, or even killed, said Harsimran Kaur, the Sikh Coalition's legal director. Sikhism bears no resemblance to fanatical Islamic sects, and Sikhs believe in the equality of all human beings, regardless of gender, religion, race, or social status, she said. Many Muslims have also been victimized in North America and Sikhs strongly denounce any violence or discrimination towards others of different faiths, she added.

"We absolutely applaud the Army's decision to grant the exceptions. We look forward to the day all Sikhs can serve their country without any exceptions for their articles of faith," Kaur said. "There have been instances of private and government law enforcement agencies justifying the refusal to hire Sikh applicants because the military didn't accept them.

"The exceptions are a step in the right direction. It's an indication that they are open to Sikhs to serve," she added. "The impact of this decision is huge. We hope we can turn things around and show that we're not second-class citizens."

Sikhs wear the articles of faith to unify and bind them to the beliefs of the religion and to remind them of their commitment to the Gurus at all times, according to the Sikh Coalition Web site.

"Sikhs have served in the Army in World War I and II, in Korea and Vietnam with incredible distinction," Kaur said. "The articles of faith have never been an issue before. The principles of our religion are democracy and freedom, just like those of the United States."

Observant Sikhs have a long history of serving in armed forces throughout the

world, according to the Sikh News Network Web site. During World War I, Bhagat Singh Thind was the only Sikh Soldier in the U.S. Army to serve in combat duty. More than 80,000 Sikh soldiers died fighting for the Allied Forces during the World Wars. Today, Sikhs serve in the militaries of India, England, Canada, Austria and the United Nations, among others.

"In the recent history of the U.S. Army, there were two Sikh gentlemen – Cols. Sekhon and Singh – who were allowed to serve with their articles of faith, and just retired as full colonels last year," Rattan said. "These gentlemen were able to achieve some of the highest ranks in the U.S. Army. If they were able to do it for all this long time, I felt I should be able to as well."

While Rattan was in training, even instructors and classmates who were skeptical at first were won over by his drive and will to do his best.

"As a commander, I knew someone was coming to me with an exception. I was curious how it would fit with the standards of the regulation," said Capt. John Lopez, commander, Company A, 187th Medical Battalion. "From Day 1, Capt. Rattan has been an ideal individual. He has spent hundreds of dollars in finding or creating headgear that conforms with his exception.

"He has done everything in his power to keep within the regulation (AR 160-1), and I sometimes have a hard time getting other Soldiers to follow it," Lopez said. "Rattan is going leaps and bounds beyond what others have had to do to keep within the regulation. There have

See SIKHS P16

“During my several conversations with Capt. Tejdeep Singh Rattan I have found him to be professional, enthusiastic and dedicated to his profession – as an Army Dental Corps officer and a Soldier. I have no doubt of his passion for taking care of Soldiers and commend him for his desire to serve his country.”

Maj. Gen. (Dr.) Russell Czerw, commanding general of Fort Sam Houston and the Army Medical Department Center & School and also Chief of the Army Dental Corps.



Photo by Steve Elliott

Capt. Tejdeep Singh Rattan (in ACUs) talks with friends, family and associates after the Basic Officer Leadership Course graduation at the Jimmy Brought Fitness Center on Fort Sam Houston March 22.

SIKHS from P15

been other people here who have had to be counseled or threatened with being removed from the course to get them to comply.

“Officers should be the standard bearers for the regulation and the Army,” Lopez added.

“Sometimes you get

those in the medical field that think they are privileged and think they are above the regulation. But then you get officers like Rattan who try their hardest and go above and beyond. I wish some other Soldiers had the personal pride and willingness to go the extra mile as he does, so those young Soldiers have

someone to look up to, rather than have someone they talk about behind their back.”

“When I first got to Camp Bullis, I was quite anxious, but I was looking forward to this experience,” Rattan added. “This is actually very important for the Sikh community. The reason I am here is to serve, as

well as educate. When my little kids grow up, if they want to serve in the Army, they can and they will have the safety to serve. Maybe my elders won’t be assaulted when they walk down the street.

“I was not born in the United States, but it is my home and I am an American,” said Rattan,

who was born in Amritsar, the home of the Sikh’s sacred Golden Temple in the Punjab state of India.

“Our country was built by people like me, from different parts of the world, from different races and religions. I hope my desire to serve in the U.S. Army shows my commitment to my country. I am willing to lay down my life for America. I ask only that my country respect my faith, an integral part of who I am. My turban and beard are not an option, they are an intrinsic part of me.

“I already have a responsibility to my faith and I have taken on this additional responsibility of being an Army officer,” the 31-year-old captain added. “I get up at 3 a.m. every morning – while others are sleeping until 5 a.m. – to try and groom myself so the standards of the military are being met.

During the BOLC course, the captain was easily able to wear his Kevlar helmet over a custom-made Army Camouflage Uniform turban with rank insignia he had created and paid for himself.

Rattan also worked

with an Army tailor to create a flash, or insignia patch, which is worn on Soldiers’ berets, and could be attached to his usual black turban with Velcro.

“I was told there were two challenges to allow Sikhs in the military. The first was that we could not put the Kevlar helmet on our heads, which I do every day,” the captain said. “The second thing was fitting the gas mask properly.

My uncle, who was in the Indian Army, said he had no problem with that while was engaged in jungle warfare. He said he put some Vaseline in his beard, which kept the ticks away, and it sealed every single time.”

Rattan said there are many Sikhs who strongly desire a chance to serve in the military.

“I recently went to the San Antonio temple, which is called a gurdwara, and the kids gathered around me because I was in my uniform,” he said. “They were curious to know, ‘How did you do it? Why did you do it?’

“Those kids wanted to do the same thing I did. They were curious, they wanted to see pictures,

See SIKHS P17

SIKHS from P16

they wanted to see me dressed in my Army uniform, they wanted to see everything,” Rattan said.

“That was a big motivation for me to come back and do the second week of training. These are not emotions talking, this is my goal. I would like to see a Sikh general someday in the U.S. armed forces.’

“As soon as we have more and more Sikhs join the military, the citizens of this country will see us serving, they’ll see us doing everything a Soldier does, and see our loyalty for this country,” the captain said. “I think it’ll improve over time as people get educated, ask questions. Information about Sikhs needs to trickle down to everyone, and by Sikhs being in the military and in other areas, we can do this.”

Ending discrimination in the U.S. Army sends a message to all other employers, both private and public, that discrimination against Sikhs who maintain their articles of faith is not acceptable, said the Sikh Coalition.

Though Sikhs have

approached several police and sheriff’s departments for jobs, they are often told that if Sikhs cannot serve as U.S. Soldiers, they cannot serve as police officers either, the coalition said.

Most importantly, over the long term, the coalition added, equal participation of Sikhs in all of society’s institutions, including the Army, will go a long way towards reducing the prejudice Sikhs often face in schools and on the streets.

“I’ve made a lot of friends here and this is home for me – home away from one home, which I definitely look forward to someday returning to,” Rattan said. “I want to go to the Golden Temple since I was born near there, but the United States is my home.

“I am overjoyed to serve my country and work with my fellow Soldiers, and to have completed basic training,” Rattan added.

“Most importantly, in preparation for my work as a Soldier, I was able to successfully complete all aspects of my initial



Col. Dawn Smith, chief of staff of the U.S. Army Medical Department Center & School, congratulates Rattan after his BOLC graduation.

training. I had an overwhelmingly positive experience. I am very thankful to the post command, Army leadership and my fellow Soldiers. I look forward to continuing to serve my country.”

“During my several conversations with Capt. Tejdeep Singh Rattan I have found him to be

professional, enthusiastic and dedicated to his profession – as an Army Dental Corps officer and a Soldier,” said Maj. Gen. (Dr.) Russell Czerw, commanding general of Fort Sam Houston and the Army Medical Department Center & School and also Chief of the Army Dental Corps.



Photos by Steve Elliott

Rattan joins his graduating class in singing “The Army Goes Rolling Along” during the BOLC graduation March. 22.

“I have no doubt of his passion for taking care of Soldiers and commend him for his desire to serve his country.”

“I have the utmost confidence that Rattan, or someone like him, is going to go on to do great things, no matter where they go,” Lopez said.

“The only struggle is

that when some people get their first look, they are going to stereotype him. That is the good thing about having Rattan out there, to show that this is a proud individual, he knows what he is doing and he’s doing a phenomenal job. I’d go to battle with him.”

Teens provide fun, physical activities for preschoolers during spring break

By Lori Newman
FSH Public Affairs

During spring break, preschoolers swarmed the Middle School and Teen Center racing around the gym, coloring in the craft room and hung out waiting for a treat from the kitchen.

Teens from the Torch Club, Sports Club, the Smart Girls and Passport to Manhood clubs planned and implemented activities for the Child Development Center preschoolers March 16 and 18 as a way to accumulate community service hours.

“The CDC children use the facility weekly,” Vince Allen, youth director, Child, Youth & School Services explained, the teen leadership clubs try to come up with planned activities for the 3 to 5 year olds quarterly.

Last quarter the teens planned a story time and cookie making session for the kids. This time the teens planned physical activity events. The preschoolers were divided into three groups with



Sydney Trent, 4, colors with Rebecca Mayo, 15, at the Middle School and Teen Center. This was one of the activities the teens planned for the Child Development Center kids as a way the earn community service hours.

the teens supervising the activities.

“The teens run all the activities, we [teachers] hang back and let them do their thing,” said Jill Marcott, Start Smart coordinator.

“I like having treats over here,” said 4-year-old Sydney Trent, as she

colored her picture with 15-year-old, Rebecca Mayo.

“I love it [when the little kids] come over here [to the Middle School and Teen Center]. I like seeing them having a good time and seeing them smile,” said Mayo.

“I like to color,” said



Davano Ohaver, 16, lines the CDC kids up in the gym to play as part of the activities the teens planned for the children to participate in over spring break.

Cerina Jones, 5.

“Me too,” said Isabella Owen, 4.

“We all worked together to come up with the games,” said Davano Ohaver, 16, “[The kids] just really want to have fun, they don’t want to be structured; they just want to run around.”

“I have fun with the kids; I like to try to remember their names. It’s fun,” said Ohaver.

“This program is awesome. The teachers love it – the kids love it, it’s great,” said Marcott. “This facility is beautiful.”



Photos by Lori Newman

Joe Kauffman, Fort Sam Houston Youth of the Year, serves the preschoolers slushies at the Middle School and Teen Center.

“Our teens benefit because they get the opportunity to mentor to the younger kids,” said Allen. “It’s a win-win for everyone.”

COLE HONORS STUDENTS OF THE MONTH



Courtesy photo

Each month Robert G. Cole Middle and High School recognizes one student from each grade level for his or her outstanding attitude, citizenship, and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The recipients for February are (front row, from left) Anthony Marquez, seventh grade; Joel Castro Lozano, eighth grade; Sharon Martie, 11th grade; Ruby Gibson, ninth grade; Jake Dubreuil, 10th grade; Kyri Jackson, sixth grade; and Michael Chambers, 12th grade.

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES - MARCH 29-APRIL 2

Fort Sam Houston Elementary School
March 29
Fourth nine weeks begin

March 30
FSHISD School Board Meeting in the Professional Development Center, 11 a.m.
Student Council meeting, 3 to 4:30 p.m.

April 1
PTO meeting in Room 51, 8 a.m.
Report cards sent home

April 2
Holiday - Good Friday

Robert G. Cole Middle and High School
March 29
Fourth nine weeks begin
Boys JV fourth annual Mustangs JV Spring Invitational at Mission Del Largo Golf Course, tee off 8 a.m. (Students will depart from Cole at 6:30 a.m.)
Student of the month breakfast in middle school conference room, 8:30 a.m.
UIL One Act Play in Moseley gym, 7 p.m.

March 30
FSHISD School Board Meeting in the Professional Development Center, 11 a.m.
Middle school clinic and concert at La Vernia
Dress rehearsals UIL one act play at

Randolph High School, 5:30 to 6:30 p.m.
March 31
District one act play contest at Randolph High School
Middle School Family Math Night in middle school mall, 5 to 6:30 p.m.

April 1
Girls and boys JV/V Track meet at Medina Valley High School, half day
Baseball at Blanco, 6 p.m.
UIL one act play in Moseley gym, 7 p.m.

April 2
Holiday - Good Friday

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday - March 26

Lunch - 11 a.m. to 1 p.m.
Barbecued kielbasa sausages, meat loaf, chicken and dumplings, grilled liver and onions, blackened catfish, macaroni and cheese, sweet potatoes, mashed potatoes, collard greens, French-fried okra, Creole squash

Dinner - 5 to 7 p.m.

Fried catfish, grilled pork chops, barbecued beef brisket, barbecued chicken, broccoli quiche, baked potatoes, fried rice, rissole potatoes, fried cabbage, corn, green peas

Saturday - March 27

Lunch - noon to 1:30 p.m.

Beef stir-fry, chili con carne with beans, cheese enchiladas, breaded veal steaks, fried catfish, steamed rice, mashed potatoes, beets, glazed carrots

Dinner - 5 to 6:30 p.m.

Roast pork loin, Bombay chicken, chili macaroni, rigatoni with marinara sauce, parsley-buttered potatoes, rice pilaf, mashed potatoes, spinach, creamed-style corn, lima beans

Sunday - Mar 28

Lunch - noon to 1:30 p.m.

Chipper perch, beef stew with biscuits, hopping John rice, barbecued spareribs, O'Brien potatoes, steamed rice, green beans, cauliflower, carrots

Dinner - 5 to 6:30 p.m.

Roast beef, grilled turkey patties, mushroom quiche, chicken cordon bleu, breaded pork fritters, mashed potatoes, lyonnaise rice, baked potatoes, asparagus, wax beans, pinto beans

Monday - March 29

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

Stuffed bell peppers, grilled liver and onions, chicken and dumplings, beef lasagna, honey-glazed Cornish hens, macaroni and cheese, baked sweet potatoes, Franconia potatoes, French-style green beans, fresh yellow squash, French-fried eggplant

Dinner - 5 to 6:30 p.m.

Chicken tetrizzini, shrimp stir fry, blackened catfish, spaghetti with marinara sauce, breaded chicken patties, cottage fried potatoes, steamed rice, red beans and rice, zucchini squash, spinach, stewed tomatoes

Tuesday - March 30

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

Carne quisada tacos, cheese enchiladas, sweet and sour chicken, meat loaf, lemon-pepper baked fish, breaded pork fritters, pinto beans, Spanish rice, steamed rice, mashed potatoes, Mexican corn, Brussels sprouts, beet in orange-lemon sauce

Dinner - 5 to 7 p.m.

Chicken fajitas, roast turkey, country-fried steaks, spicy baked fish, broccoli rice and cheese casserole, mashed potatoes, steamed rice, Mexican rice, asparagus, wax beans, refried beans with cheese

Wednesday - March 31

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

Beef stroganoff, stuffed pork chops, fried chicken, veal parmesan, grilled tuna patties, red beans and rice, parsley-but-

tered egg noodles, new potatoes, cabbage, broccoli combo, stewed tomatoes with croutons

Dinner - 5 to 7 p.m.

Grilled polish sausages, Salisbury steaks, chicken stir-fry, beef stuffed bell peppers, macaroni and cheese, steamed rice, parsley-buttered potatoes, cauliflower polonaise, peas and carrots, corn on the cob

Thursday - April 1

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

Sweet and sour pork, apple-glazed corned beef, grilled turkey patties, barbecued chicken, Aztec beans and rice, steamed rice, parsley-buttered potatoes, cheese manicotti, Brussels sprouts and carrots, corn O'Brien, asparagus

Dinner - 5 to 7 p.m.

Beef and broccoli, chili macaroni, roast fresh ham, breaded chicken patties, cheese ravioli, steamed rice, Spanish rice, mashed potatoes, baked potatoes, green bean combo, turnip greens, LA-style smothered squash

Menus are subject to change without notice



Announcements

Refuel Your Love for Reading

Join book lovers across Fort Sam Houston and San Antonio for The Big Read, a national program designed to encourage reading and refuel Americans' love for classic literature. As a participating library, the Keith A. Campbell Library will feature "Bless me, Ultima" by Rudolfo Anaya. Visit the library April 3, 11 a.m.-8 p.m. to kick off the month-long celebration. Once you've read the book, check out one of the library's discussion sessions every Thursday: April 8 at 10 a.m., April 15 at 6 p.m., April 22 at 10 a.m. and April 29 at 6 p.m. Call 221-4702.

Child Youth & School Services Central Registration

The hours are Monday-Friday, 8 a.m.-5 p.m., after 4:30 p.m. by appointment only. Central Registration is closes at 1 p.m. the first and third Friday each month. The building is located at 2797 Stanley Road, Ste. 95. Call 221-

4871/1723 or fax 295-4820.

Calendar of Events

March 25 Microsoft Publisher

The class will be held 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Some computer basics and registration required. Call 221-2518.

Federal Resume Writing

The class will be held 8:30 a.m.-noon at Army Community Service, Building 2797. Class size is limited, registration is required. Call 221-9216/2418.

Mandatory Initial First Term Financial Readiness

The class will be held 10 a.m.-noon at Army Community Service, Building 2797 in the computer lab. To register, call 221-1612.

Financial Security for Your Exceptional Family Member

The class will be held 1:30-3:30 p.m. at Army Community Service, Building 2797. To register, call 221-0285/2418.

Sibling Rivalry

The class will be held 4-5:30 p.m. at Army Community Service, Building 2797. This class focuses on creating positive feelings between siblings, dealing with conflicts and encouraging kindness in the home. To register, call 221-0349/2148.

March 26 Battlemind (Pre) Training for Families

The training will be held 2:30-4:30 p.m. at Army Community Service, Building 2797. As part of the Battlemind Training System this training helps Soldiers and Families prepare for deployment. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Deployed Spouses' Appreciation

The event will be held 6-10 p.m. at Army Community Service, Building 2797. This event is designed to show appreciation for the sacrifice spouses make to support their Soldier and to give them an evening of relaxation, fun, food and fellowship. Pizza, beverages, a movie, scrapbooking and a time to create a romantic letter for your Soldier is on the agenda. Child care is provided through the Child and Youth Services program, but children need to be registered. Call 221-2418/2584. For childcare information, call 221-4871.

March 27 Wounded Warrior 5K Fun Run/Walk

Celebrate Fort Sam Houston's wounded warriors at the Jimmy Brought Fitness Center's 5K Fun Run/Walk, 9 a.m. Registration is free and T-shirts are \$10. Call 221-1234 or stop by the Jimmy Brought Fitness Center to register.

Easter Egg Hunt

Child, Youth and School Services will host at Easter egg hunt 11 a.m.-1 p.m. at Dodd Field. Age groups and times are: 2 and under - 11:30 a.m. Field 1; 3-4 year olds - 11:40 a.m. Field 2; 5-6 year olds - 11:50 a.m. Field 3; Special needs - noon, Field 1; 7-8 year olds - 12:10 p.m. Field 4; and 9-11 year olds - 12:20 p.m. Field 2. This is a free event; there will be Schools of Knowledge, Inspiration, Exploration & Skills class demonstrations, games, crafts, prizes and more. Call 221-3502.

March 29 Army Family Team Building Instructor Training

The training will be held March 29-31, 8:30 a.m.-2 p.m. at Army Community Service, Building 2797. People must have completed AFTB Levels 1, 2, and 3. To register, call 221-2611/2418.

Budget Development

The class will be held 2-4 p.m. at Army Community Service, Building 2797. To register, call 221-1612.

March 30 Family Readiness Group Leadership Academy

Leadership academy will be held March 30-31, 8 a.m.-4 p.m. at Army Community Service, Building 2797. This training is provided for FRG key positions on roles and responsibilities and the communication network through the chain of command. To

register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Microsoft Access Level 1

The class will be held 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Basic computer skills and registration required. Call 221-2518.

Newcomers' Extravaganza

The extravaganza will be held 9:30-11 a.m. at the Sam Houston Club. This event is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival at Fort Sam Houston. Learn about Fort Sam Houston and the San Antonio area as well as meet representatives from many different organizations, programs and businesses. Soldiers, spouses and Families and civilians who are new to the area are welcome. Call 221-2705/2418.

Mandatory First PCS Move

The class will be held 2-4 p.m. at Army Community Service, Building 2797. The class helps Soldiers navigate their first move. To register, call 221-1612.

March 31 Microsoft Access Level 2

The class will be held 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Basic computer skills, completion of Access Level 1 and registration

required. Call 221-2518.

Mandatory Initial First Term Financial Readiness

The class will be held at noon at the Education Center, Building 2248. Class space is limited. To register, call 221-1612.

New Parent Support Program Orientation

The class will be held 2-3:30 p.m. the last Wednesday of each month at Army Community Service, Building 2797. To register, call 221-0349/0860.

April 4 Easter Brunch at the Sam Houston Club

The brunch will be held 10 a.m.-1:30 p.m. at the Sam Houston Club. More than 20 different entrees, sides and dessert options, will be available. Price per person is \$18.95 for members, \$21.95 for non-members; \$8.95 for children 6 to 11 years old and children 5 and under are free. Call 224-2721 or 226-1663.

April 10 Famaganza

Randolph Air Force Base will celebrate the Year of the Air Force Family and Month of the Military Child with a Famaganza, 11 a.m.-3 p.m. There will be free family activities including inflatables, games, FitFactor challenges, information booths, face painting and lunch. Open to all DoD I.D. cardholders. Call 652-3298.



Announcements

AAFES to Award Slam Dunk of a Trip

The Army & Air Force Exchange Service and Coca-Cola are teaming up to offer exchange shoppers a shot at a trip for two to their favorite college town, deluxe hotel accommodations for two nights, airfare and transportation as well as \$500 in spending cash as part of the "Coke NCAA Sweepstakes." One winner per store will receive an indoor basketball goal as part of the military-exclusive giveaway. The "Coke NCAA Sweepstakes" ends April 1. BXs and PXs will have entry forms. No purchase necessary to enter. Need not be present to win.

Free Summer Camp for Military Kids

The National Military Family Association's Operation Purple camps offer a free week of fun for military children with parents who have been, are currently, or will be deployed. Blue Streak Stables in Seguin, Texas will hold a camp for girls July 25-30. For registration information or additional dates visit <http://www.MilitaryFamily.org>.

Red Cross Babysitting Classes

Two day courses will be held April

10 and 17 and May 1 and 8, 9 a.m.-4 p.m. at the Red Cross, Building 2650 at the corner of Patch and Harney roads. Cost is \$20, special price for FSH only. To register, call 582-1931.

Award for Excellence Scholarship

The Balanced Scorecard Institute 2010 Award for Excellence Scholarship will be presented to one local non-profit organization and one government agency based in the Triangle in honor of the 2009 Award for Excellence recipients – the National Marrow Donor Program and the Army Medical Department Center & School. Scholarship recipients can attend the Balanced Scorecard Institute's five-day practitioner professional certification program. The scholarship will cover tuition costs for a chosen course. A 500 words or less essay about how improved strategic planning and performance measurement and management could help them better serve their clients must be e-mailed to br@balancedscorecard.org by April 23. Winners will be announced in June. Call 919-460-8180.

Freedom Alliance Scholarship Fund

Applicants must be the son or daughter of a U.S. Soldier, Sailor, Airman, Marine or guardsman who has been killed or permanently disabled (100 percent VA disability rating) in an operational mission or training accident, or who is currently classified as a Prisoner of War (POW)

or Missing in Action (MIA). They must also be a high school senior or registered as a full time undergraduate student and under the age of 26. To apply, call 800-475-6620 or visit <http://www.fascholarship.com/>. Application deadline is July 31.

Susan G. Komen Race for the Cure

To register or support the Fort Sam Houston team participating in the 2010 Susan G. Komen Race for the Cure in San Antonio, May 1 visit <http://www.komensanantonio.org/>.

Calendar of Events

MARCH 27 Camp Verde Walk

The Kerrville Trailblazers volksmarch club will host a 10k and 5k walk March 27 starting at the small county park located near Camp Verde General Store, 288 Camp Verde Rd., Camp Verde, Texas. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 830-496-0010 or visit <http://www.walktx.org/KerrvilleTrailblazers>.

MARCH 31 AUSA Luncheon

The Alamo Chapter of the Association of the United States Army will host its quarterly luncheon March 31, 11:30 a.m. at the Sam Houston Club. The guest speaker is Lt. Gen. Ricky Lynch, commander, Installation Management Command. The luncheon is open to everyone and provides great professional development and

networking opportunities. Tickets are \$13 and can be purchased online at <http://www.alamochapterausa.org>. Call 494-6266.

APRIL 3 Easter Festival, Craft Fair

An Easter Festival and Craft Fair will be held April 3, 9 a.m.-2 p.m. at Rolling Oaks Christian Church, 7150 Stahl Rd. The event includes an Easter egg hunt, games, large bounce house, craft fair, barbeque, and live music. Everyone is welcome. Call 654-1744 or visit <http://www.rollingoaksc.org/>.

APRIL 7-8 PPPT Exercise Leaders Course

The Department of Preventive Medicine will host a Pregnancy and Postpartum Physical Training Exercise Leaders Course April 7-8, 8 a.m.-5 p.m. at Dodd Field Chapel. Seats are limited, to register, call 295-2500.

APRIL 10 Fleet Admiral's Texas Barbecue

A barbecue will be held April 10 in the Courtyard of the National Museum of the Pacific War in Fredericksburg, Texas. Call 830-997-8600 or visit <http://PacificWarMuseum.org>.

MAY 16 For The Soldier Golf Tournament

Association of the United States

REMINDER CALENDAR

- March 25** Mayor's Meeting, 10:30-11:30 a.m., Main Resident Center, 407 Dickman
- March 25** Consolidated Monthly Retirement Ceremony, 7:45 a.m., Army Community Service
- March 25** U.S. Army Medical Information Technology Center Ribbon-Cutting, 2:30 p.m., Building 2272 Stanley Road
- March 27** Cowboys for Heroes, 10 a.m.-5 p.m., FSH Equestrian Center
- March 27** Easter Egg Hunt, 11 a.m.-1 p.m., Dodd Field
- March 27** Wounded Warrior 5K Run/Walk, 9 a.m., Jimmy Brought Fitness Center
- March 30** FSH Newcomer's Extravaganza, 9:30-11 a.m., Sam Houston Club
- March 30** FSH Women's History Month Celebration, 11:30 a.m.-1 p.m., Army Community Service, Building 2797
- March 31** AUSA Alamo Chapter Luncheon, 11 a.m., Sam Houston Club, Lt. Gen. Rick Lynch, guest speaker
- March 31** Garrison Quarterly Awards Ceremony, 2 p.m., Army Community Service, Building 2797
- April 2** Fort Sam Houston Garrison Blood Drive, 10 a.m. 2 p.m., Akeroyd Blood Donor Center, Building 1240
- April 2** Warriors Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Course
- April 2** Outdoor Movie Night, "G-Force" at sunset, Youth Service Community Park



Army, Alamo Chapter will sponsor a "For the Soldier" Golf Tournament May 16 at 1 p.m. at the Fort Sam Houston Golf Course. Interested players can sign up as a team or individ-

ually at <http://www.alamochapterausa.org> or pick up a registration form at the Fort Sam Houston Golf Course Pro Shop. Call 383-2728.



For Sale: Seven piece king-size bedroom set, \$500; three piece oak entertainment center; \$530; 27-inch JVC l'Art flat screen television, \$60; inversion table, \$75; Five piece metal and glass patio set, \$110; three piece oak coffee and end table Set, \$260; china cabinet, \$375. Call 240-1810.

For Sale: 1992 Ford Econoline custom magnum conversion van, black and silver, 233K+ miles; oil and filter changed regularly, new alternator, A/C just serviced, good tires including spare, rear A/C, TV/VCR, cloth seats, four captain seats, electric sofa bed, roof rack, TV antenna, clothes rack, front and rear AM-FM stereo radio, heavy duty trailer hitch, price reduced, as-is \$1399 cash, firm; wood television

stand, places for TV, VCR, DVD and surround sound, glass doors, two storage drawers and cabinet with doors, dark cherry finish, \$99; with analog TV, \$159; 19-inch Dell computer monitor, \$79. Call 659-6741.

For Sale: 65-inch Aspect HDTV big screen television, great condition; \$650; two adult bikes, need work, \$10 for both; oak tall dresser/television stand, three drawers with large opening at top for television or display; \$75; Graco travel stroller, infant seat not included, brown patterned, all new fabrics, clean and well maintained, \$100. Call 971-219-7341, on post.

For Sale: Three piece living room set, sofa, loveseat and coffee table, tan color, \$90; book shelf/entertainment center, 4 feet by 8 feet, \$85; metal bed frame, \$20; secretarial desk, two piece wood desk, \$50; computer desk and chair, \$50. Call 241-1291.

To place a Freebie ad, e-mail news.leader@conus.army.mil or fax 221-1198.



Intramural Volleyball Standings As of March 17

| TEAM | W | L |
|-----------------------------|---|---|
| 1st Islanders #2 | 7 | 0 |
| 2nd Islanders #3 | 2 | 3 |
| 3rd Islanders #1 | 2 | 4 |
| 4th 14th MI | 2 | 2 |
| 4 5th Co. B, 264th Med. Bn. | 2 | 4 |

Intramural Bowling Standings Finals as of March 16

| TEAM | W | L |
|-----------------|----|---|
| 1st 470th MI #2 | 28 | 8 |

| | | |
|------------------------------------|------|------|
| 2nd Copasetic | 23.5 | 12.5 |
| 3rd Do Right Crew (BAMC #1) | 23 | 13 |
| 4th 470th MI #1 | 21 | 15 |
| 5th The Barack Obowlers (G, 232nd) | 16.5 | 9.5 |
| 6th X Factor | 16 | 20 |
| 7th Pin Heads | 12 | 24 |
| 8th BAMC # | 22 | 34 |

Intramural Spring Flag Football

All individuals possessing a DoD card who are at least 18 years old and not participating in an academic athletic association may participate in intramural sports. Individuals must submit a letter of intent by April 2. For more information, call 221-3003.

News Leader survey online

Visit <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.

Holy Week & Passover Activities

| | |
|----------------------------------|--|
| March 28 | Palm Sunday - Normal Worship Service Schedule Protestant Choir Cantata, 11 a.m., Main Post Chapel |
| March 29 | Jewish Seder, call Lay Leader at 379-8666. |
| March 30-31 and April 5-6 | Jewish Passover |
| April 1 | Holy (Maundy) Thursday (Catholic) Mass of the Lord's Supper, 5:30 p.m., Main Post Chapel 7 p.m., AMEDD Chapel (Protestant) Living Last Supper, 7 p.m., Main Post Chapel |
| April 1 | Jewish Sabbath Passover, 8 p.m., Main Post Chapel; Kosher food following |
| April 2 | Good Friday (Catholic) Passion, noon, Main Post Chapel Mass, 7 p.m., AMEDD Chapel |
| April 3 | (Catholic) Easter Vigil, 7 p.m., Main Post Chapel |
| April 4 | EASTER Sunrise Service, 6:30 a.m., Evans Theater Regularly Scheduled Worship Service Schedule |
| April 6 | Jewish YESKOR Memorial Service (Eighth Day of Passover) (call 379-8666 for information) |

Religious Briefs

Collective Protestant Good Friday Service

A Collective Protestant Good Friday service will be held April 2, 7 p.m. at Dodd Field Chapel. A fellowship meal will follow the service. Call 221-5010 or 288-2398.



Have feedback for a post customer service provider?

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



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Collective Protestant

11 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

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

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays

12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays

9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided

6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoan Protestant Service:

8:30 a.m. - Sundays

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

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

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

Protestant Services:

10 a.m. - Worship Service - Sundays

Episcopal/Lutheran Rite services:

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

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

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

6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays

Contemporary Protestant Service:

9:30 a.m. 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