

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



MILITARY CITY 5K
 Racers, Guidon Teams,
 28-man Formations welcome
 MacArthur Parade Field
 May 22, 7:30 a.m.
 Event open to the public
 Call 385-8248

CHOW HOUNDS TAKES STREAMER



Photo by L.A. Shively

Guest judge Kris Valencia (left) awards Air Force Tech. Sgt. Natalie Gatewood a streamer for her team's guideon. Gatewood sheds a tear in joy as her team "Chow Hounds" took first place from rival team "Food Fighters" in an "Iron Chef" competition by only two points. The Chow Hounds presented a gourmet meal of prime rib made from Unitized Group Rations or UGRs during the last day of the Joint Field Nutrition Operations Course at Camp Bullis. See story page 14.

Army medic's heroism earns Distinguished Service Cross, Purple Heart

By Jerry Harben
 U.S. Army Medical Command



An Army medic's heroism during a firefight in Afghanistan led to his recognition with the U.S. military's second highest decoration for valor.

Sgt. Joseph L. Lollino received the Distinguished Service Cross and the Purple Heart from Surgeon General of the Army Lt. Gen. Eric Schoomaker during the Army Medical Symposium cosponsored by U.S. Army Medical Command and the Association of the United States Army in San Antonio May 17.

Lollino retrieved and treated five casualties when his convoy was ambushed June 20, 2008 in the Paktika province of Afghanistan. He was serving with 3rd Platoon, Company C, 1st Battalion (Airborne), 503rd Infantry Regiment, on his second

See HEROISM P5

470th MI Brigade Soldiers combine survivability, technical training

By Gregory Rippes
 470th MI Brigade Public Affairs

With the goal of developing and maintaining highly adaptive and highly mobile modular Signal Intelligence survey teams, the 470th Military Intelligence Brigade is combin-

ing aspects of both technical and survival skills in its training. The combination includes not only training with the latest collection and survey equipment but also training to "shoot, move, communicate and medicate" in challenging

environments. "This combination of technical and survivability training is the crux of the brigade's expeditionary mindset," said Sgt. Maj. Robert Suttner, of the brigade S3 (operations and training). "This advanced skills train-

ing concept has already proven successful with force protection detachments and counterintelligence personnel operating in Southern Command." Soldiers of the 470th MI Brigade began training with a basic SIGINT theory course followed by collection training

and demonstrations. Then they began their first phases of training in survivability, personal defense, combat medicine and driving tactics. "The operating environment where SIGINT Soldiers

See 470TH P6



Editorial Staff

502nd Air Base Wing Commander
Brig. Gen. Leonard Patrick

502nd Mission Support Group
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 502nd Air Base Wing 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 502nd Air Base Wing 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. Air Force. Stories and photos for publication consideration may be e-mailed to news.leader@conus.army.mil by close of business Friday.

Fort Sam Houston spring clean up in full swing

By Sgt. 1st Class
Miguel V. Verdinez
FSH HHC

It's that time of the year again when everyone assigned to Fort Sam Houston comes out to participate in area beautification, May 17-21.

Whether it is sweeping, raking or planting trees and flower beds, the Spring Clean-Up can be quite a fun event.

"This is the time of the year when we can get together and actually get our hands dirty," said Shannon Trejo, Human Resources specialist.

"Most of the time we are confined to our desks or cubicles taking care of civilian personnel issues for the installation, so we

enjoy coming out to plant flowers, pruning and mowing the lawn around the building," she said.

Twice a year, once in the spring and once in the fall, all tenant units and organizations conduct a general clean up of the entire installation, including policing the perimeter just outside the fence.

Units remove large debris like furniture, tree limbs or excess brush and take it to dumpsters strategically located in the vicinity of the Defense and Reutilization or DRMO warehouse and motor pool.

So don't be surprised if you wake up to the sweet sounds of the grounds and maintenance people

working in conjunction with the Department of Public Works.

"All Soldiers and civilians working alongside the streets and curbside should wear reflective vests or P.T. belts for safety and have plenty of water available to prevent personnel from dehydrating and becoming heat casualties," said Sgt. Richard Sanford.

Soldiers and civilians doing clean up are instructed not to pick up hazardous waste or ammunition. Instead, they are briefed to mark and report the location and bring it to their first-line supervisor's attention and in turn report it to the Installation Operation Center.



Photo by Sgt. 1st Class Miguel V. Verdinez

Soldiers from Headquarters and Headquarters Company sweep and rake around post as part the the annual spring clean up at Fort Sam Houston.

"It is very important that Soldiers always also wear eye and ear protection when operating mowing equipment such

as weed-eaters and lawn-mowers," said Sgt. Brian Thompson, who also emphasized wearing gloves.

Network Enterprise Center seeks user feedback

The Fort Sam Houston Network Enterprise Center (formerly known as the Directorate of Information Management or DOIM) and the 7th Signal Command (Theater) want feedback on network services.

"Brig. Gen. Jennifer Napper, the 7th Signal Command (Theater) commanding general, and I would like to hear from you," said Hal Marsh, NEC director for FSH.

All Soldiers, Department of Defense civilians and contractors with network access to the Fort Sam Houston intranet and the Army Knowledge Online are highly encouraged to take part in a 10-question survey representing views of C4IM (Command, Control,

Communications, Computers, and Information Management) services provided within the Fort Sam Houston installation according to an announcement Marsh sent via a recent email.

"The survey will be conducted online until June 14 and is completely anonymous," Marsh said.

He directed those interested to follow these steps to start the survey:

1. Type in <https://www.us.army.mil/suite/page/599678> into the computer's Web browser window and the AKO front page will pop onto the screen.
2. Click on "I Accept."
3. Click on "Login" if entering a username and password, or click on

"CAC Login."

4. Once logged in, look for "2010 7th SC (T) Customer Satisfaction Survey" to the right. Scroll down in the browser window until you see "Start Survey" and press the button.

5. After all 10 questions are completed, press "Submit" to store and send responses.

"The immediate survey of all network users will allow customers to provide comments on whether or not they are satisfied or dissatisfied in regards to network services," Marsh said adding that the survey shouldn't take more than five minutes.

"Results will be evaluated by the 7th Signal Command and the 106th Signal Brigade to deter-

mine resource allocation, policy and actions.

"I take customer satisfaction as my top priority and your input will help me to improve the services I provide to you," said.

"Please provide your honest responses so that we can reward the areas

that are working well and correct the areas that need work."

For more information call the NEC Help Desk at 221-4357.

(Source: NEC; Steve Elliott contributed to this story)

Weekly Weather Watch						
	May 20	May 21	May 22	May 23	May 24	May 25
San Antonio	88° Partly Cloudy	90° Partly Cloudy	90° Partly Cloudy	90° Partly Cloudy	88° Partly Cloudy	88° Partly Cloudy
Kabul Afghanistan	82° Clear	89° Clear	84° Chance of Rain	84° Chance of Rain	87° Clear	84° Clear
Baghdad Iraq	96° Scattered Showers	96° Clear	96° Scattered Showers	102° Clear	105° Clear	105° Clear

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

News Briefs

Found property

Have you lost any items on Fort Sam Houston? You can check with the Found Property Custodian at the Fort Sam Houston Police Department. All found property is kept for 45 days and then disposed of, unless owner is identified. Found Property currently has four wallets, nine bicycles, a backpack, gym bag and a suitcase. If you have lost an item or if you have found an item, call 221-2340 or come to the Fort Sam Houston Police Desk, Building 2244.

Construction in Infantry Post housing area

A Base Realignment and Closure construction project has started to support the relocation of the Family Morale, Welfare and Recreation Academy. The new FMWR Academy will be located in the Infantry Post housing area adjacent to the temporary 502 Air Base Wing Headquarters and Building 4011. The project is expected to last about 420 days with construction traffic entering through the Jadwin Gate via Wilson Street. Construction hours are Monday-Friday, 8 a.m.-6 p.m.

All residents and units in the Infantry Post area will need to use New Braunfels Avenue and Hood Street during the project. Call 221-0891.

Shingles vaccine shortage

The Wilford Hall Medical Center Immunizations Clinic is temporarily out of Zostavax vaccine due to a national backorder. The clinic will receive a shipment in July and will publicize when it arrives. Zostavax is a one-time vaccination recommended for adults 60 years and older for the prevention of shingles. Call 292-5730.

Wilford Hall CAP Clinic moves

The Wilford Hall Medical Center Child and Adolescent Psychology Clinic at Lackland Air Force Base has moved from the hospital's eighth floor to the D lot trailers at Brooke Army Medical Center. Patients check in at Trailer

See NEWS P4

U.S. Army South hosts Brazilian army delegates

By Alex Delgado
ARSOUTH Public Affairs

Members of the Brazilian army visited U.S. Army South at Fort Sam Houston to participate in military doctrine and training staff talks April 26-30.

At the opening ceremony Maj. Gen. Simeon Trombitas, Army South commander and currently in Haiti, welcomed the Brazilian delegation via teleconference and expressed his gratitude to the Brazilian army for participating in this event. Trombitas also emphasized the importance of the staff talks to the future stability of the region.

"As we work together we can lay down the foundation of cooperation and peace for the Americas," Trombitas said.

"The staff talks will be a great opportunity to enhance the relationship between our armies," said Brazilian army Lt. Gen. Gerson Menandro Garcia de Freitas, head of the Brazilian

delegation.

The week-long visit consisted of briefings and discussions where both groups were able to present ideas and provide input. The aim of the visit was to increase the level of cooperation and friendship between the two armies and apply that knowledge to future joint operations.

The Brazilian delegation and Army South personnel covered various topics including education, training and doctrine, Brazilian national defense strategies, and military operations in urban terrain.

Senior members of the Brazilian delegation also visited the Defense Language institute where they received a briefing that described how the institute supports missions in its theater of operation.

As part of their cultural experience, the delegation visited downtown San Antonio and toured the Alamo and



Brig. Gen. Manuel Ortiz, U.S. Army South deputy commander, speaks with Brazilian army Maj. Gen. Mauro Cesar Lourena Cid after the opening ceremony.

Photo by Alex Delgado

Riverwalk.

"I believe this conference is a historical marker for our two countries," said Menandro during the closing ceremony.

Brig. Gen. Manuel Ortiz, Army South deputy commander,

expressed his gratitude.

"We have had an excellent week of work," said Ortiz.

"And it is through this work that we will develop and strengthen our relationships."

Planning continues for CBRNE response exercise

By Patti Bielling
U.S. Army North PAO

A major field training exercise is one step closer to execution following a final planning conference conducted by U.S. Army North at Camp Atterbury, Ind., May 4-7.

Approximately 180 participants from nearly 30 National Guard, Army reserve and active units attended to help design Exercise Vibrant Response 10.2, which will be held in July at the Indiana National Guard camp and associated training facilities.

The exercise will simulate a federal military response to a major disaster involving Chemical, Biological, Radiological, Nuclear and high-yield Explosives – otherwise known as CBRNE. The event is intended to validate the 10.2

CBRNE Consequence Management Response Force, known as CCMRF.

In addition, the Indiana

National Guard will train elements of its Joint Forces Headquarters and its Civil Support Team.

"This planning conference is the last time that all the exer-

See ARNORTH P7



Photo by Patti Bielling

Approximately 180 participants listen to a briefing during a CBRNE response exercise planning conference conducted by U.S. Army North at Camp Atterbury, Ind., May 4-7.

NEWS from P3

6, BAMC D Lot. Call 916-4342.

USAEC uncasing ceremony

The U.S. Army Environmental Command uncasing ceremony is May 21, 9 a.m. at the main post flagpole.

Pay office closed

The Defense Military Pay Office, Building 2263, 1706 Stanley Road, will close at 11:30 a.m. May 21 for its Organization Day. For emergency payments, commanders should call 221-2025.

Garrison Commanders Combined Quarterly Town Hall Meeting

Post housing residents are invited to a Garrison Commanders Combined Quarterly Town Hall Meeting May 21, 4-8 p.m. at the Main Resident Center, Building 407, Dickman Road. There will be briefings on PCSing, pets, lodging, safety, summer events, and a presentation by SKIES. There will also be arts and crafts, Sparky and McGruff, and moon bouncers for the children. Call 221-0891.

Military City 5K

The Military City 5K is May 22 at 7:30 a.m. at MacArthur Parade Field. Individual racers, guidon teams and 28-man formations are welcome. Register at the Jimmy Brought Fitness Center May 20, Joseph's Bakery May 21 or MacArthur Parade Field the morning of the race. Entry fees are \$30/competitive \$20/non-competitive and \$15/military. Call 385-8248.

Resident centers pools open

Lincoln Military Housing will open the Harris Heights, Watkins Terrace and Main Resident Center pools May 22. Call 270-7638.

Asian Pacific American Heritage Month

Army Medical Department Center & School will host an Asian Pacific American Heritage Month ceremony May 25, 11:30 a.m.-1 p.m. at the Harlequin Dinner Theatre.

Memorial Day ceremony

The Fort Sam Houston National Cemetery Memorial Committee will conduct a Memorial Day service May 31, 9:30 a.m. at the Fort Sam Houston National Cemetery. A musical prelude will begin at 9 a.m. Col. Mary Garr, 502nd Mission Support Group/Garrison commander is the guest speaker.

Houston students visit Fort Sam Houston

By Esther Garcia
FSH Public Affairs

Students from Varnett Elementary, East Campus, Houston, visited Fort Sam Houston May 14 as part of their spring trip to San Antonio.

The rainy weather prevented the students from going to SeaWorld, so they extended their stay visiting the dental clinic at the Army Medical Department Center & School and participating in a scavenger hunt at the post museum.

Sgt. First Class Guillermo Lugo-Beltre, noncommissioned officer for the dental clinic and Staff Sgt. Shannon Mason, assistant NCOIC, welcomed the students and began the tour with a video that described a visit to the dentist and the importance of good dental hygiene.

Following the video, Mason talked about what a Soldier does in the dental field. Mason then invited the students inside the clinic and described the tools a dentist or dental hygienist might use on a patient. The students then had the opportunity to visit the X-ray rooms and view how X-rays are taken and developed in just a few seconds.

Dividing the students into groups, Soldiers attending the Preventive Dentistry Specialist Course came in and demonstrated the proper technique to clean and floss teeth.

When the tour ended, each child received a goodie bag that contained items such as floss, toothbrush and toothpaste as an incentive to practice at home what they learned about preventive dental health measures.

The Preventive Dentistry Specialist Course at AMEDDC&S is 12 weeks long. After

Soldiers have completed the seven and a half week dental assisting course, they can return for this course as an "additional skill."

Soldiers learn basic dental prophylaxis – cleaning and polishing. The class provides treatment for retirees and Family members, as well as some active duty, on a space-available basis.

Each class participates in a public health project, going into the community to speak about preventive dental health care.

Following the dental clinic, the students visited the post museum. John Manguso, museum director, greeted the students and provided a brief history of the post. Each student was given a piece of paper with pictures of items located in the museum and then searched the museum for the items.

(Staff Sgt. Shannon Mason contributed to this story)



Photos by Esther Garcia

Leslie Corrales, a third grader with Varnett Elementary School in Houston, practices cleaning teeth during a visit to the dental clinic at Army Medical Department Center & School.



Sgt. First Class Guillermo Lugo-Beltre, noncommissioned officer, dental clinic, AMEDDC&S, shows students from Varnett Elementary, how X-rays are taken.



John Manguso, director, Fort Sam Houston Museum, welcomes students from Varnett Elementary to the museum. The students were on their spring trip visiting San Antonio and included historic Fort Sam Houston as part of their itinerary.



Staff Sgt. Shannon Mason shows students how X-rays look after they are developed.



Pfc. T.J. Seehausen (left), from Fort Benning, Ga., and Spc. Nicholas Logan, from Germany, attending the Preventive Dentistry Specialist Course, demonstrate the proper way to floss teeth.

HEROISM from P1

deployment to Afghanistan.

“One vehicle was very badly disabled. The RPG blew up a fuel can in back starting a massive fire,” Lollino said.

“There were two mountainsides on both sides of the road, with a small dip on the left side of the road, so that makes it very difficult to maneuver around. It was very rocky with some trees,” he said.

Lollino drove his armored Humvee through enemy machine-gun and small-arms fire to reach the disabled vehicle, returned fire with his weapon, extracted the casualties from the vehicle and began treatment.

“As the (casualty collection point) started taking fire, I returned fire,” he said. “I used a couple

of magazines until the truck got behind us, then the .50 cal (machine gun) and the Mark 19 (grenade launcher) took over.”

“They shot RPGs at us, and I got down to cover one of the wounded who had very bad shrapnel wounds. I got wounded myself,” he added.

Despite shrapnel in his upper arm, Lollino treated four Soldiers with shrapnel wounds to the neck, legs, arms and shoulder, plus a case of smoke inhalation. He loaded them into another vehicle and continued treatment as they escaped the four-kilometer long ambush.

“We got them out. I just wanted to make sure the guys were safe; they were good friends of mine,” he said. “I had a goal, I didn’t want anybody in my unit to die.



Photo by Ed Dixon

Sgt. Joseph Lollino receives the Distinguished Service Cross from Lt. Gen. Eric Schoomaker, as family and friends observe at the MEDCOM/AUSA Army Medical Symposium in San Antonio.

We came back with casualties but nobody died.

“They’re all doing good now, I get to talk to

them every once in a while,” Lollino said of the casualties. “One, Sgt. Matlock, got the Silver

Star and he’s actually reported again to Afghanistan.”

Currently assigned to

Tripler Army Medical Center in Hawaii as a licensed practical nurse, he works with patients recovering from anesthesia. Lollino, 25, and a native of Hoffman Estates, Ill., was trained at Fort Sam Houston as a 68 Whiskey.

His wife, parents, siblings and several former comrades in the airborne unit attended the award ceremony.

“He’s a great guy, he always has your back. I have never had a more dependable friend,” commented Sgt. Cayleb Lee, who now has left active duty after serving with Lollino from basic training through assignment in Italy.

“I just wanted to do my job, fix the guys and make sure no one died,” Lollino said. “Everybody’s got a Family we all want to get back to.”

470TH from P1

will be working may be much different than that of Iraq or Afghanistan,” Suttner explained.

“Our Soldiers may not only be exposed to the organizations that want to do our country harm but may also face a criminal element on a daily basis.”

Krav Maga Worldwide Regional Training Center in San Antonio put the Soldiers in real-world personal defense situations that are applicable in everyday life as well as “down range,” giving Soldiers choices other than just “going for the gun” in a life-threatening situation.

“Krav Maga training was one of the most unique training experi-



Photo courtesy of Signature Operations

Spc. Aaron Spinhirne (left) and Pfc. Theo VanLieshout, both of the 401st Military Intelligence Company, establish site security while simultaneously providing life-sustaining care to a civilian with simulated injuries. They were among a number of 470th MI Brigade Soldiers to undergo advanced skills training for Signal Intelligence survey team members.

ences I’ve had in my 15-year career,” said Chief Warrant Officer 3 Alester Sumpter.

“I consider myself a physically fit Soldier, but Krav Maga required a different type of fitness level and toughness that can’t be taught in a class-

room environment; it requires heart. Krav Maga training uses your natural reaction to a threatening situation to enable you to defend, fight and survive.”

Survivability training continued with a combat medical phase provided

by Signature Operations in Austin, Texas. This three-day custom medical training event combined combat lifesaver and first responder courses and provided skills to assess and treat gunshot and knife wounds, and blunt force



Photo by Gregory Ripps

Spc. Roberto Rodriguez, of the 401st Military Intelligence Company, practices an IV stick on Sgt. Rafael Del Toro, of the 717th MI Battalion, who is holding the saline solution to be injected into him. These 470th MI Brigade Soldiers demonstrated their combat medicine skills during a no-notice training event.

trauma.

“What makes our approach to training CLS different from the standard template for combat lifesaving is that we are not only training to CLS standards but also training to meet the unit’s Mission Essential Task List,” said John Dunn, the chief instructor.

The first two days of training were divided between classroom

instruction and practical exercises. The third day culminated with a field training exercise in which students put their skills to the test.

Soldiers conducted tracheotomies and performed intra-venous insertions. They even practiced a method to prevent tension pneumothorax (which results when blunt force trauma causes the air-filled lung within the chest to burst open and collapse).

Since training, the Soldiers continue to work with more in-depth technical and additional survivability skills for the SIGINT survey team.

“The 470th MI Brigade remains committed to being able to provide a highly trained and professional special survey capability, able to deploy anywhere within our area of operations, on short notice,” said Suttner.

ARNORTH from P3

cise planners will convene to square away all the details, from training objectives and transportation to billeting and communications,” said Paul Condon, Army North exercise planner.

“Director of logistics, Lt. Col. Felicia Brokaw, and all the staff at Camp Atterbury have been strong supporters of this important training mission. I can’t thank them enough for planning this exercise stride-for-stride with us.”

Army North conducted the first Vibrant Response exercise in November 2009 and units from around the country rescued mock injured from rubble piles, practiced decontamination procedures, cleared transportation routes, evacuated mock wound-

ed and resupplied units.

The July training event promises to be just as dynamic, with more than 3,300 personnel and 1,100 vehicles from multiple services responding to a notional nuclear detonation.

Training venues include Camp Atterbury and Muscatatuck Urban Training Center as well as numerous federal and National Guard sites in southern Indiana.

These sites are ideal for civil support exercises because they include airfields, networks of roads, a hospital, homes, trailers and numerous other buildings, said Mike Rozsypal, Army North exercise planner.

“The Army North intent is to execute the most realistic ‘free play’ civil support exercise possible to facilitate the readiness of the force,”

Rozsypal said. “When a Soldier walks into ‘the box,’ he smells smoke, sees blocked roads and burning vehicles, and hears role-players crying for help – it doesn’t get any better than that.”

The event is part of Army North’s mission to train the nation’s federal military CBRNE response capability. Exercises such as this help to ensure so that the units – regardless of service, component or state – are interoperable, speak the same language and are able to operate as regional CBRNE responders.

Federal military units such as CCMRF may be employed as part of a larger U.S. government response when requested by a state to respond to natural or manmade disasters.

SUPERIOR CIVILIAN SERVICE AWARD**Photo by Ed Dixon**

Col. Brian Foy (left), ARSOUTH deputy commander for operations, presents the Superior Civilian Service Award to Lonnie L. Crook from the ARSOUTH Provost Marshal Office. During the Feb. 26 earthquake in Chile, Crook helped evacuate Army South and other personnel trapped in the partially collapsed Sheraton Hotel.

AMEDDC&S gains new CSM; Riles retires after 31 years

By Lori Newman
FSH Public Affairs

Army Medical Department Center & School gained a new command sergeant major and bid farewell to a trusted leader during a ceremony May 14 at Blesse Auditorium.

Command Sgt. Maj. James Diggs accepted responsibility as top enlisted adviser for AMEDDC&S. Command Sgt. Maj. Howard Riles retired after 31 years of service.

“AMEDD Center & School has blossomed during the two and a half years Command Sgt. Maj. Riles has been its senior noncommissioned officer and a member of its command team,” Maj. Gen. David Rubenstein, commander, AMEDDC&S said.

“The sergeant major has been key in supporting and leading the Center & School commanders and leaders, commissioned and non-commissioned, toward greatly improved training

for all AMEDD Soldiers,” the general said.

“This exemplary Soldier has been the epitome of a follower, a leader, a medic, a decision-maker, and a mentor.”

Rubenstein thanked Riles’ wife Jennifer for her many contributions as well as supporting the Soldiers of the AMEDDC&S, then commended Riles’ successor.

“Command Sgt. Maj. Jim Diggs comes to us with impressive credentials. Those credentials have been born from a career spent leading, coaching and mentoring as well as teaching Soldiers,” Rubenstein said.

“Command Sgt. Maj. Diggs understands Soldiers and he understands soldiering, he also understands our health care system and his critical role in the life of a Soldier. He will carry on the legend of outstanding noncommissioned officers who have led the Center & School from the front, with passion and with a mix of heart and



Photo by Ed Dixon

Maj. Gen. David Rubenstein (center) passes the colors to Command Sgt. Maj. James Diggs charging him with the responsibility of senior enlisted adviser for the Army Medical Department Center & School during a ceremony May 14 at Blesse Auditorium. Command Sgt. Maj. Howard Riles (right) retired after 31 years of service and two and a half years as the CSM of AMEDDC&S.

head.”

Riles addressed the audience saying, “Over 30 years ago, I stepped off the bus onto these

hallowed grounds, and my only thought was to become the best combat medic I could be. I cannot say that I always

knew I wanted to be a Soldier, I can say now, that there is nothing else I would have rather been. Without a doubt this has been the highlight of my career.”

“Command Sgt. Maj. Diggs, I promise that you and your Family will enjoy your time here at Fort Sam Houston and in this great city of San Antonio, better known as Military USA,” Riles said.

“I believe that you are the right man for the job at the right time. Best of luck to you as you become part of this great organization, the Army Medical Department Center & School.”

Diggs took the podium next, addressing the audience he said, “I pledge to do my best to give you what you deserve; as a senior enlisted adviser of this critical command. More importantly, I won’t waiver in regards to work ethic, I won’t waiver in regards to loyalty, and I certainly won’t waive in regards to trust and confidence.”

Schoomaker emphasizes values, trust at medical symposium

By Steve Elliott
FSH Public Affairs

“Our Soldiers and Families trust in you, as medical professionals, to be technically, physically, emotionally and spiritually prepared to care for them during some of the most difficult and frightening times of their lives,” said Lt. Gen. (Dr.) Eric B. Schoomaker, Army surgeon general and commander, U.S. Army Medical Command to more than 2,000 military and civilian medical professionals gathered at the Association of the U.S. Army’s Institute of Land Warfare Medical Symposium and Exposition in downtown San Antonio May 17.

“A warrior preparing for battle trusts his or her medic to be there when the cry ‘Medic!’ goes up. A mother in the delivery room trusts that her nurse midwife will have her best interests in mind,” the general continued. “The recovering and redeployed warrior trusts that we – as

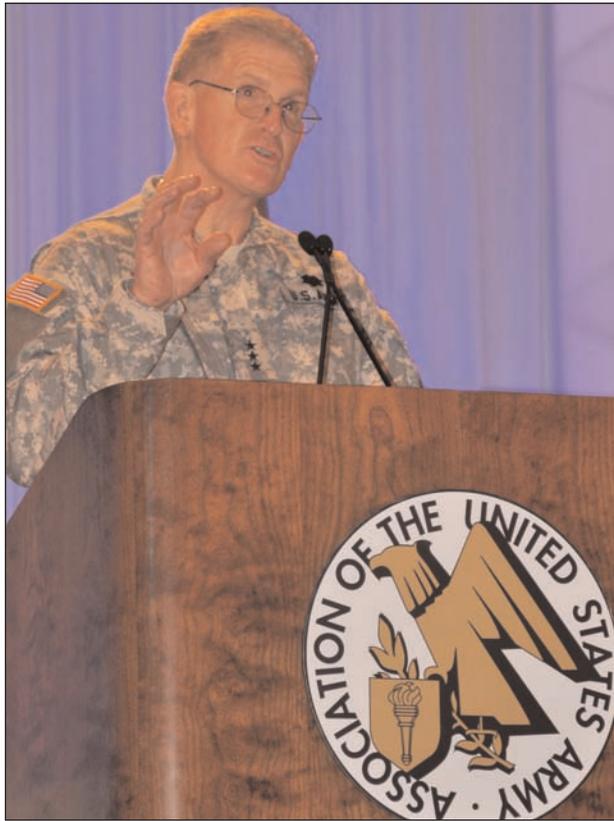


Photo by Steve Elliott

Lt. Gen. (Dr.) Eric B. Schoomaker, Army surgeon general and commander, U.S. Army Medical Command, addresses the audience at the U.S. Army’s Institute of Land Warfare Medical Symposium and Exposition in downtown San Antonio May 17.

experts in healing and rehabilitation and reintegration – will focus on getting him or her back

into the fight or help him onto a productive life as a citizen, husband or wife, sister or brother,

mother or father.

“The taxpayers, our national leaders and the Department of Defense expect that we do all we can to have the healthiest Army Families and the highest quality care at the most value,” said Schoomaker, who has been the Army surgeon general and Army MEDCOM commander since December 2007. “All of this requires that we building value and inspire trust.”

Schoomaker was the keynote speaker at the weeklong symposium held at the Henry B. Gonzalez Convention Center that began May 17 and wraps up May 21. The AUSA is a private, non-profit educational organization that sup-

ports America’s Army – active, National Guard, reserve, civilians, retirees and Family members.

The general also talked at length about how using the balanced scorecard helps communicate the MEDCOM’s strategic direction and gauges progress.

“We take a great deal of pride in that this has been a living, breathing document for almost 10 years, brought into our community by former Army Surgeon General Jim Peake, who is also a former secretary of the Department of Veterans Affairs,” Schoomaker said. “It helps to improve organizational performance and is an ongoing learning process.

“We need to maximize

value and inspire trust to our vision. Trust is key to our success,” he added. “We inspire trust by our track record of having been there and living the warrior ethos of never leaving a fallen comrade. We inspire trust by a consistent demonstration of our willingness and ability to bring value to all we do in promoting the health and well being of the Soldier and Families. And we inspire trust by promoting the highest quality and best value in health care for when bad things happen to good people ... whether it’s by the hands of our enemies, falling off a balance beam, or due to an unfortunate accident or illness.”

ICE

**Have feedback
for a post cus-
tomer service
provider?**

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

Revised online coupon policy strengthens exchange benefit at Fort Sam Houston

With a simple click of the mouse, saving at the Post Exchange is easier than ever before thanks to a decision to accept manufacturers' online coupons.

"Frankly, the economy has spurred increased interest in electronic coupons," said Susan Nonamaker, Fort Sam Houston store manager.

"This, combined with industry projections showing online offers accounting for 8.7 percent of all coupons sent out in 2010, made it necessary to find a way to let shoppers at Fort Sam Houston apply some of the estimated \$12.7 billion in savings said to be



out there to purchases made at the PX."

In order to use an online coupon, the Army & Air Force Exchange Service requires the words "manufacturer coupon," a bar code, expiration date, redemption address, usage policy and stated face value to appear.

In most instances, the PX's new coupon policy even allows for one manufacturer's coupon to be

combined with an AAFES-issued coupon for the same item.

"Unless either offer specifically prohibits a combined discount, coupons available through AAFES' Mobile Marketing service or sale fliers can be combined," said Nonamaker.

For more information call 224-2021.

(Source: AAFES)

SPOUSE'S CLUB SCHOLARSHIP PRESENTATIONS

Judith Markelz, Warrior and Family Support Center program manager, presents Jameson Wong, a Robert G. Cole High School senior, a \$1,000 scholarship on behalf of the Fort Sam Houston Spouse's Club May 18 during a luncheon at the FSH Golf Course. Alex Dieguez, John Marshall High School senior, and Twylla Kirchen also received \$1,000 scholarships. Kirchen will begin a graduate program at Texas Women's University in June.



Photos by Lori Newman

Carryn Sheehan, Fort Sam Houston Spouse's Club president, presents Bob Harry, Army Community Service Family Advocacy Program specialist, a \$500 welfare distribution check to help the Families of FSH. Other welfare distributions were also presented. The Warrior and Family Support Center received \$1,000; the It's Not Easy Being Green conference received \$1,000 and the Cole Service Unit Girl Scouts of Southwest Texas received \$600 from the club.

USAISR team walks relay to change channels on cancer

By Angela Plunkett
USAISR

Members of the U.S. Army Institute of Surgical Research joined more than 600 people in the American Cancer Society's "Relay for Life," at Steele High School in Cibolo, May 7.

The relay began at 7 p.m. and continued until 7 a.m. the next day. Because cancer never sleeps, ACS relays are held overnight for a period of 12 hours. Each team has a member walking the track at all

times during the relay.

The theme for this year's event was "Changing the Channels on Cancer." Each team chose a TV show as a theme. USAISR's team Cancer D-Feet chose the show "Scrubs" and each member dressed the part.

Luminarias were lit in a ceremony to honor and remember loved ones battling cancer or who have passed on due to cancer.

At the request of USAISR's team Cancer D-Feet, a luminaria was lit

in honor of Michael Yates, a USAISR employee recently diagnosed with cancer.

"Cancer is an insidious disease that affects millions. Despite that, progress is being made," said Cancer D-Feet team member Laura Van Gilder.

The American Cancer Society's Relay for Life gives people in communities across the globe a chance to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease.

All Cancer D-Feet team members have loved ones battling cancer or have lost a loved one to this disease.

"This is a significant event that gives people a chance to make a difference in the battle against cancer," said Rick Anzaldua. "It was a great experience."

Relay organizers selected Cancer D-Feet as the team with the best relay baton, a four-foot tall wooden syringe that each member carried during their laps around the track.



Courtesy photo

During an April 27 ceremony at BAMC, retired Maj. Michael Yates was awarded the Order of Military Medical Merit, the William F. McManus Clinical Leadership Award and a Certificate of Appreciation. Yates, who for the past eleven years has worked at the USAISR, was recently diagnosed with cancer and is concluding his career with the Army that spanned service as an enlisted Soldier, an officer and a government contractor. Cancer D-Feet team members requested a luminaria be lit in honor of Yates during an ACS Relay for Life event.

Thought of the Week

In the end, we will conserve only what we love. We love only what we understand. We will understand only what we are taught. — Baba Dioum

(Source: Bits & Pieces, March 2009)

News Leader survey online

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

Iron chiefs wield their weapons: Gourmet meals at the front lines? You bet your field kitchen!

By L.A. Shively
FSH Public Affairs

A booming voice calls the final nine minutes of competition and the frenetic pace in the steam-drenched field kitchen raises a notch to frantic. Above the roar of the jet-fueled burner and clanking pans and utensils, last minute instructions push the team of 15 "Chow Hounds" setting up their gourmet meal for judging.

The meal must include an appetizer, entree and dessert created from Unitized Group Rations or UGRs. Although the name sounds appetite-killing, gone are the ersatz field rats of the past. Soldiers are not only trained and ready for the fight, but modern dieticians are ensuring they are fed food with meaning: meals with the right nutrients that are also delectable.

The challenge is to present the UGR in a more appetizing manner explains Capt. Maria Yates, chief of the Army Medical Department Center and School, Department of Medical Sciences Nutrition Education and Training Branch.

UGRs are the Army's midway point between vacuum-packed meals-ready-to-eat or MREs for Soldiers in the field, and its dining facility entrees, and include fresh food ingredients.

Prepared in the new version of the field kitchen, the containerized kitchen or CK, UGRs can become gourmet banquets in the right hands and in almost any environment.

That is where innovative instruction and experience are invaluable Yates said, explaining that the Chow Hounds are competing against rival team "Food Fighters" during the last day of the Joint Field Nutrition Operations Course, in an "Iron Chef" meal preparation competition, May 18.

The JFNO is a nine-day exercise where dieticians and food-service members from the Army, Navy and Air Force work and live together in a field environment in order to get hands-on training on medical field feeding and readiness at Camp Bullis, with a military panache.

During nine days, the two teams competed against each other in land navigation, marching, traversing an obstacle course while carrying a litter with a patient, treating casualties and operating with a bombed-out kitchen. Teams earned points for each exercise that garnered awards – secret ingredients – they could use for the final cooking competition.

Secret ingredients included spices such as Cheyenne pepper, chili powder, raisins and brown sugar that teams had to include in their dishes.

Food is one of the most important elements keeping Soldiers' morale up when they are downrange Yates said, adding that food should be attractive when presented to Soldiers.

"The eyes eat first," Yates said, adding that all of the other senses follow before that first bite of a meal is tasted and an attractive meal is especially crucial for patients' recovery.

"That is our main goal – making the meal more creative. For instance," Yates asked, "how do you do a tube feeding and maintain the calories if you don't have the resources?" or "What if we were dropped off in Afghanistan for a couple of days without anything?"

"That is what we're trying to teach the students here," she explained.

The group's training also included alert, deploy and peacekeeping scenarios, plus war and humanitarian situations emphasizing the Army Medical Field Feeding System with hands-on food preparation for patients using operational rations and medical supplements.

In the tent, judges were oohing and aahing as each team presented their culinary feats. The Chow Hounds prepared a prime rib entrée over a potato pancake with a raisin reduction sauce; citrus-glazed carrots; baby croquette with pico de gallo, potato, pork, and cheese and topped with a corn chowder sauce. They finished their meal with what they called a cheese cake soup over a banana fosters for flair.

The Food Fighters opened their meal with



Guest judge Kris Valencia, an executive chef with the Microsoft Corp. in Seattle, gives the thumbs up for both teams' meals.



Navy Lt. Tamara Koch (left) feels the heat of the final moments of the competition, while Navy 1st Lt. Christina Bologna gives final direction for presentation of her team's meal. Koch and Bologna were part of team Food Fighters.

a virgin margarita and a prime rib quesadilla topped with shredded cheese. Their main entrée was a pork tomatillo with pico de gallo and green peppers on a bed of crisp lettuce garnished with quartered tomato; rounded out with cheese mashed potatoes, peas and carrots, and a salad with ranch dressing. Dessert was arroz corn leche with a raisin topping.

Each meal was prepared in under an hour. Teams had the same rations but prepared two different menus.

"With creativity you can see what can be done with just a standard UGR," said Kris Valencia, a guest chef from the Microsoft Corporation in Seattle and a judge for the competition. Valencia had spent time in the Army as a 68M, a Nutrition Care Specialist. "They did great."

"I'm really impressed" said Maj. Reva Rogers, also judging, adding the raisin reduction sauce on the prime rib was a favorite.

"I was overwhelmed by the creativity,"

said Lt. Col. Guy Desmond, another of five judges. "This is something you'd expect at the River Walk," he said referring to the quesadillas.

"You're hungry, it's late – besides filling the stomach, [good food] helps the morale of troops," said Col. Michael Pasquarella, adding that though he is not a trained dietician, he is a life-long eater and felt that he was highly qualified to judge the meals.

"This is the best food preparation that I've had and it's really hard for me to decide," Pasquarella said adding that each of these meals could be served to Soldiers on the front lines.

Rogers remembered her deployment to Bosnia in 1995 when she could only eat MREs. "The day we got fresh bread, everyone walked around with a loaf under their arm, because it was the most fantastic thing to have fresh food."



Air Force Tech. Sgt. Natalie Gatewood (left) and Army 1st Lt. Deana Lawrence discuss the final touches on their meal. Gatewood, Lawrence and Heileson were part of team Chow Hounds who won the competition.



Army Staff Sgt. Douglas Kay prepares pulled pork for his team's gourmet meal.



Army Staff Sgt. Kristine Marshall melts brown sugar for the meal's dessert.

Photos by L.A. Shively



Judges from center, Army Col Michael Pasquarella, Lt. Col. Guy Desmond and Maj. Reva Rogers toast their first bite of the competition meals with a non-alcoholic margarita. Guest judge Kris Valencia is far left.

News Leader survey online

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

Parking spaces a premium on FSH

By Ray Acuna
FSH Chief of Police

Parking is at a premium currently as a result of the abundance of construction and renovation projects on Fort Sam Houston, so it has become necessary to scrutinize all reserved spaces requests.

FSH Regulation 190-8 (Motor Vehicle Traffic Supervision) prescribes policies and procedures for vehicular traffic control on FSH and Appendix C specifically provides the general policy for parking at FSH, Brooke Army Medical Center, and Camp Bullis.

According to Appendix C, each military general or field grade commander, his/her command sergeant major/sergeant

major and his/her second in command are authorized to have one reserved parking space at the headquarters.

Each company grade commander, his/her first sergeant and his/her second in command are authorized to have one reserved parking space in the company area.

In a building that has no residing military commander, the civilian director is authorized one reserved parking space. If there is more than one director located in the same building, then the most senior individual is authorized the reserved parking space.



In accordance with the post regulation, the following procedures will be adhered to when requesting additional reserved parking spaces:

- Submit an FSH Form 4283, "Work Request."
- Along with the form, submit justification in memorandum format to the Provost Marshal's Office.
- The PMO will coordinate with the Directorate of Public Works prior to forwarding the request to the garrison commander for approval.
- Upon approval, the work request will be forwarded to the DPW for implementation.

Finally, as much parking as possible will be designated as open parking – first-come, first-served.

Putting Green Dedication

Photos by
Esther Garcia

1

Professional golfers Jason Gore, Frank Lickliter, John Daly, and Ted Purdy join Warrior and Family Support Center staff and wounded warriors to dedicate the new five-hole putting green donated by Valero Texas Open May 11.

Daly makes hole in one

1

2

John Daly, PGA golfer, autographs Valero Texas Open hats for fans attending the putting green dedication at the Warrior and Family Support Center.

2

3

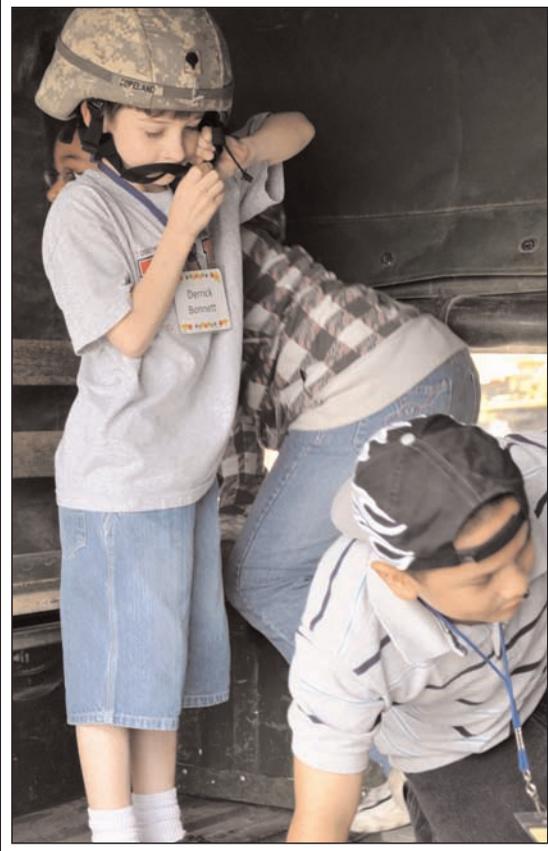
3

Soldiers undergoing treatment and rehabilitation at Brooke Army Medical Center welcome Valero Texas Open professional golfers at the Warrior and Family Support Center prior to a barbecue hosted by Birdies for the Brave and served by Rudy's BBQ.

COW DAY

Second-grader Derrick Bonnett works on getting a Kevlar helmet to fit properly while his classmates inspect the bed of a Humvee during Careers On Wheels Day at the Region 20 Education Service Center May 12. Kids climbed inside and got a close look at a Humvee, tried on Kevlar helmets and asked questions about Army Soldiers' jobs. COW Day highlighted jobs and careers that do not take place in traditional office settings and included representatives from the San Antonio Police and Fire Departments, the San Antonio Water System and many more. Approximately 2,000 children took part in the annual all-day event.

Photo by Steve Elliott



AKERS TAKES OVER DELTA COMPANY, 187TH MEDICAL BATTALION

In a ceremony at the Lincoln Military Housing Main Resident Center ballroom May 14, Capt. Jonathon D. Akers took command of Company D, 187th Medical Battalion from Capt. Jennifer L. Rodriguez. Akers arrives from Fort Campbell, Ky., to command the "Warriors," while Rodriguez will remain with the battalion to oversee the Baylor University graduate program. "I recognize this position is not a preordained right of rank, but a responsibility and a privilege to serve those dedicated to the service of our nation," Akers said. "To the Soldiers of Delta Company, you are amongst the finest warriors in the world and there's no group of warriors I'd rather fight with."

Photo by Steve Elliott



Parents and students needed for Education of the Military Child Study

By Jayne Hatton
FSHISD

The Fort Sam Houston Independent School District has been selected to participate in an educational research study, "Education of the Military Child - 21st Century," initiated by the Chief of Staff of the Army.

The study will explore the challenges and effects of transition on military children and the impact of multiple deployments on the educational experiences of military children.

Seventeen school districts across the nation will participate in the study funded by the U.S. Army Family Morale, Welfare and Recreation Command being conducted by the Military Child Education Coalition.

"This is the second

study being conducted to improve school support services for military Families," Dr. Gail Siller, FSHISD superintendent said.

"Results of the first study, 'Secondary Education Transition Study' were used to develop our local Fort Sam Houston Military Child Education Coalition Action Plan in support of our students. The study also informed decisions that led to the Army's High School Senior Stabilization policy."

Participation in the study is voluntary and consists of parent and student interviews.

Student interviews will occur during the school day for identified students in fifth to 12th grade. A one-time interview, taking approximately 30 minutes will be

conducted by two field researchers. Parents have the opportunity to review any interview question prior to the student interview. Parent interviews cover the kindergarten through 12th grade span and will be arranged at the convenience of the parent and field researchers.

The results of the study will be used to make recommendations to both FMWRC and state and local school officials about potential ways to help military children attain educational success.

Parents who would like to participate in the study should call Jayne Hatton, associate superintendent at 368-8703. Questions about the research can be directed to Emily Parry at 254-953-1923.

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES MAY 24-29

Fort Sam Houston Elementary

May 24
Third grade Math Olympics in cafeteria, 9:15 a.m.

May 25
Fourth grade Math Olympic in cafeteria, 9:15 a.m.

May 26
Library summer Reading Program presented by Ms. Durham Base and Mr. Keith Campbell
Kindergarten and first grade, 12-12:45 p.m.
Second and third grade, 12:45-1:30 p.m.
Fourth and fifth grade, 1:30-2:15 p.m.
Fifth grade Math Olympic in cafeteria, 9 a.m.

May 27
Orientation for fifth grade students at Cole Middle School mall, 9:30-10:30 a.m.
Eighth grade JA Finance Park, all day

May 28
Special Ed Field trip to McDonalds and HEB, 9 a.m.-noon
Exemplary field trip to San Antonio Art Museum, 9:30 a.m.-2:30 p.m.

Robert G. Cole Middle/High School
May 24
Student of the Month Breakfast in middle school conference room, 8:30 a.m.

May 25
Hoop Dreams League games for girls who will be in grades sixth-ninth next year, 6, 7 and 8 p.m.

May 26
Sixth grade field trip to the IMAX Theatre, 8:30 a.m.-1:30 p.m.

May 27
Hoop Dreams League games for girls who will be in grades sixth-ninth next year, 6, 7 and 8 p.m.

May 28
Senior Awards Ceremony in Cole gym, 9 a.m.

May 29
Hoop Dreams League Tournament, 8 a.m.-9 p.m.



Announcements

Summer Activities/Camps for Kids

School will be out soon, avoid the stressors of who will be watching the kids when you're at work. From toddlers to teens, there will be no summer blues with the Child, Youth & School Services child care summer camps and field trips. Call Parent Central at 221-4871 to register your children, limited seats available.

May 20 Mandatory Initial First Termer Financial Readiness

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

Summer Hire Job Fair

Family Employment Readiness Program and Work Force Solutions Alamo will hold a summer job fair 2:30-5:30 p.m. at Army Community Service for military spouses and dependents. Call 221-0427/0516.

May 21 Story Time at the Library

USO and United Through Reading® will host a story time 10 a.m. for children up to 6 years old at the Keith A. Campbell Library. There will also be prizes and refreshments. Call 227-9373.

Care Team Training

The training is 1:30-3 p.m. at Army Community Service, Building 2797. This training is recommended for casualty assistance officers, casualty notification officers and battalion care team volunteers. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Texas Hold'Em

The tournament begins at 6 p.m. at the Sam Houston Club. There is a

\$20 entry fee, which includes a meal and unlimited soft drinks. Prizes will be awarded to the top eight finalists. To register, call 226-1663.

May 22 Automotive Safety and Dependability Inspection

The Fort Sam Houston Auto Craft Center, Building 2410, Funston Road will conduct free automotive safety and dependability inspections, 9 a.m.-1 p.m. Auto experts will inspect tires, fluids, filters and other vehicle components that can affect safety. This is a basic visual inspection, not a comprehensive evaluation. The goal is to help find and report mechanical issues to car owners. Call 221-3962.

Doggie Dip

Dogs of all ages, sizes and shapes are invited to jump in and cool off before the pool opens for humans, 10 a.m.-noon at the Aquatic Center, Building 3300, Williams Road. Doggie-approved treats and prizes will be given away and free nail clipping services will be available. Bring a picture of your

pup for a chance to win a prize. All dogs must have proof of distemper combo, leptospirosis and rabies vaccinations to be permitted in the pool. Call 221-1234.

Movie Night

Free movie night "Up," at dusk at the main post flagpole. Popcorn, snocones, and cotton candy will be provided. In the event of inclement weather, the movies will be shown at ACS, Building 2797. Call 221-2705/2418.

May 24 Unit Trauma Training

The training is 9 a.m.-2 p.m. at Army Community Service, Building 2797. The intent of this training is to assist unit leadership, Family Readiness Group leaders, care teams, casualty assistance officers, casualty notification officers and community agencies in knowing how to help Soldiers, Families and the unit when different trauma events occur. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Consumer Awareness

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

May 25 Family Readiness Group Leadership Academy

The training is May 25-26, 8 a.m.-4 p.m. at Army Community Service, Building 2797. This training is 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 2

The class is 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.

Newcomers' Extravaganza

The mandatory Newcomers' Extravaganza is 9:30-11 a.m. at the Sam Houston Club, for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston. The extravaganza is an opportunity to learn about Fort Sam Houston and the San Antonio area and meet representatives from many different organizations, programs and businesses. Call 221-2705/2418.

Mandatory First PCS Move

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

New B.E.A.M.S. class

Family Advocacy Program Building Effective Anger Management Skills (B.E.A.M.S.) class is 11 a.m.-12:30 p.m. at Red Cross Building 2650. This six-part series helps to identify strategies to more effectively handle anger,

resentment and frustration in your personal and professional life. To register, call 221-0349/2055.

Women Encouraging Women

The seminar is noon-1 p.m. at Army Community Service, Building 2797. Topic is "How to Manage a Summer Moment and Live with Menopause," with Amy Gillespie, nurse practitioner at Brooke Army Medical Center department of OB/GYN as guest speaker. Bring a lunch and a friend and enjoy the camaraderie. To register, call 221-2705/0600.

May 26 Microsoft PowerPoint Level 1

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

Negotiating Conflict

The class is 11 a.m. to 1 p.m. at Army Community Service, Building 2797. To register, call 221-0349/9425.

Mandatory Initial First Termer Financial Readiness

The class begins at noon at the Education Center, Building 2248. Class space is limited. Call 221-1612.

New Parent Support

See MWR P21



May 20 Sexual Assault Awareness Seminar

A drug-facilitated sexual assault awareness seminar will be held noon-2 p.m. at the Gateway Club, Lackland Air Force Base. Lunch will be served 11-noon. Guest speaker is Col. Timothy Lyons, PhD, chief, Forensic Toxicology Armed Forces Medical Examiner. Call 292-7176.

May 21 King William District Walk

The Randolph Roadrunners volksmarch club will host a 5k and 10k walk starting at the Beethoven Mannerchor Halle und Garten, 422

MWR from P20

Program Orientation

The group meets the last Wednesday of the month from 2-3:30 p.m. at Army Community Service, Building 2797. To register, call 221-0349/0860.

May 27 Trails and Tales Tour

Pereida St. Walks start between 4-6 p.m., finish by 9 p.m. Call 658-8324 or visit <http://www.randolphroadrunners.info>.

May 22 Goodstock

Boerne High School Interact Club will host Goodstock, a live music festival featuring local bands, alumni and student bands as well as solo artists. Tickets are \$5/adults and \$3/students/children, available at the door. Bring chairs and blankets for the family to sit and enjoy the concerts.

May 24 Health Fair

An Environmental/Occupational Health Fair by the 6A-F5/ Army Public Health Nurses will be held 9 a.m.-1 p.m. at Willis Hall, Army

The tour is 9 a.m.-12:30 p.m., leaving from Army Community Service, Building 2797. The tour offers the newcomer an opportunity to become familiar with the installation and visit sites on this historic post. Lunch is optional at the Rocco Dining Facility for \$4.25. Bring your civilian or military I.D. card. Transportation is provided. To register, call, 221-9698/2418.

Medical Department Center & School. Information on sexually transmitted diseases, smoking cessation, fad diets, body fat measurements, suicide prevention, infection control and more. Call 221-6245.

May 28-30 Spring Jubilee

The American Legion, Post 593, Converse will hold their 3rd Annual Spring Jubilee May 28-30 at the Converse City Park across from Judson High School. A kick-off parade will be held May 29, 10 a.m. in downtown Converse. Over the three days, there will be a children's carnival, live bands, demonstrations, vendors, a car show, chili and bean cookoffs, motorcycle run and show, horseshoe tournament, dunking booth, and more. Free admission and parking. Call 658-1111 or visit <http://www.Post593.org>.

May 30 Memorial Memories Concert

The Institute of Texan Cultures proudly presents a big band salute to veterans and those currently serving in the United States Armed Forces from 2:30-5 pm., doors open at noon at UTSA HemisFair Park Campus, 801 E. Durango Blvd. The concert features the sounds of the

Sentimental Journey Orchestra under the direction of Ted Conerly, accompanied by the voices of the Memphis Belles trio and soloist Jessie Boatright. Admission is free. Call 458-2300 or visit <http://www.TexanCultures.com>.

June 10 Concert Under the Stars

The San Antonio Botanical Gardens will host a concert by jazz and cabaret singer Ken Slavin. Gates open at 6 p.m., concert begins at 7 p.m. Admission is \$5. The Botanical Garden is located at 555 Funston Rd. Call 829-5100 or visit <http://www.sabot.org>.

June 11-13 Texas Folklife Festival

The 2010 Texas Folklife Festival is June 11 to 13 at the Institute of Texan Cultures UTSA HemisFair Park Campus, 801 E. Durango Blvd. The Texas Folklife Festival is a three-day celebration of Texas' rich cultural diversity, with 10 stages featuring music and dance, more than 150 unique menu items and 65 unique arts and crafts vendors. Admission is adult \$10 advance/\$15 gate, children 6-11 years old \$5 advance/\$6 gate, 5 and under are free. Call 458-2300 or visit <http://www.TexasFolklifeFestival.org>.



Brigade Intramural Softball League Standings Final as of May 4

	W	L
C Co., 232	4	1
D Co., 232	4	1
C Co., 187	3	2
B Co., 264	3	2
B Co., 187	1	4
C Co., 264	0	5

Intramural Spring Softball Standings As of May 13

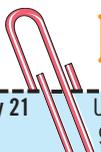
TEAM	W	L
1st ARSOUTH	3	0
2nd 470th MI	3	1
3rd INCOM	2	1
4th ARNORTH	2	1
5th BAMC Pharmacy	2	2
6th SA Recruiting Bn.	1	1
7th 4th RECON.	1	1
8th ISR	0	3
9th Silver Sluggers	0	4

Intramural golf standings As of May 10 Hogan Division

	W	L	T
1st MEDCOM AHSMOC	13	5	2
2nd MEDCOM #4	13	7	0
3rd BAMC #2	12	7	1
4th AMEDDC&S A	11	9	0
5th SRMC	8	8	4
6th ARSOUTH #1	8	9	3
7th ARNORTH #2	9	11	0
8th 106th Sig. Bde.	8	11	0
9th Garrison	6	10	0
10th HCAA	4	16	0

Daley Division

1st MEDCOM #3	11	5	0
2nd BAMC #1	13	7	0
3rd ARNORTH #1	13	7	0
4th MEDCOM #1	9	7	0
5th 502nd ABW	8	7	1
6th DCDD	10	9	1
7th ARSOUTH #2	6	9	1
8th MEDCOM #2	5	11	0
9th HHC, Garrison	3	16	1
10th By Week	0	20	0



REMINDER CALENDAR

- May 21** U.S. Army Environmental Command Uncasing Ceremony, 9 a.m., main post flagpole
- May 21** Garrison Quarterly Combined Town Hall Meeting, 4-8 p.m., Main Resident Center, 407 Dickman
- May 21** Movie Night "Old Dogs," at dusk, main post flagpole
- May 22** Movie Night "Up," at dusk, Dodd Field
- May 25** Fort Sam Houston Newcomers Extravaganza, 9:30-11 a.m., Sam Houston Club
- May 25** Asian Pacific American Heritage Month Celebration, 11:30 a.m.-1 p.m., Harlequin Dinner Theatre
- May 27** Consolidated Monthly Retirement Ceremony, 7:45 a.m., main post flagpole
- May 27** Mayor's Meeting, 10:30-11:30 a.m., Main Resident Center, 407 Dickman
- May 28** Fort Sam Houston Aquatic Center Opens
- May 29** 5K Fun Run/Walk, 9 a.m., Jimmy Brought Fitness Center
- May 31** Memorial Day Ceremony, 9:30 a.m., FSH National Cemetery, musical prelude 9 a.m.
- 

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – May 21

Lunch – 11 a.m. to 1 p.m.

Barbecued spareribs, baked kielbasa sausage, beef stuffed cabbage rolls, country fried steaks, fried catfish, steamed rice, mashed potatoes, macaroni and cheese

Dinner – 5 to 7 p.m.

Fried chicken wings, turkey loaf, beef and broccoli, potato frittata, barbecued beef brisket, au gratin potatoes, steamed rice, asparagus, mixed vegetables, French-fried okra

Saturday – May 22

Lunch – noon to 1:30 p.m.

Beef porcupines, chipper perch, chicken enchiladas, cheese enchiladas, mashed potatoes, lyonnaised rice, steamed rice

Dinner – 5 to 6:30 p.m.

Fried chicken, chicken fajita pitas, stuffed bell peppers, cheese manicotti, cottage fried potatoes, baked potatoes, wild rice, club spinach, cauliflower, yellow squash

Sunday – May 23

Lunch – noon to 1:30 p.m.

Italian-style veal steaks, roast turkey, beef yakisoba, cheese ravioli, spaghetti noodles, cornbread dressing, parsley-buttered new potatoes, **Dinner – 5 to 6:30 p.m.**

Chicken pot pie, meat loaf, broccoli quiche, grilled ham steaks, mashed potatoes, steamed rice, baked sweet potatoes, asparagus, corn on the cob, fried cabbage

Monday – May 24

Lunch – 11 a.m. to 1 p.m.

Spaghetti with meat sauce, blackened catfish, chicken and sausage gumbo, spicy Italian pork chops, macaroni and cheese, steamed rice, parsley tri-colored pasta, French-**Dinner – 5 to 6:30 p.m.**

Country fried steaks, chili macaroni, vegetable lasagna, honey-glazed Cornish hens, beef stuffed peppers, mashed potatoes, lyonnaised rice, baked potatoes, mixed vegetables,

lima beans, LA-style smothered squash

Tuesday – May 25

Lunch – 11 a.m. to 1 p.m.

Roast beef, beef enchiladas, chicken taquitos, baked Monterey chicken, grilled tuna patties, cheese enchiladas, steamed rice, parsley-buttered new potatoes, refried beans and cheese, Spanish rice, lemon-herbed broccoli, Mexican corn

Dinner – 5 to 7 p.m.

Chicken fajitas, cheese enchiladas, beef and broccoli, Salisbury steaks, fried catfish, mashed potatoes, Mexican rice, brown rice

Wednesday – May 26

Lunch – 11 a.m. to 1 p.m.

Apple-glazed corned beef, savory baked chicken, smothered chicken with gravy, barbecued pork spareribs, cheese ravioli, simmered pigs feets, parsley-buttered new potatoes, macaroni and cheese, wild rice, carrots, fried cabbage

Dinner – 5 to 7 p.m.

Barbecued beef cubes, jaeger-schnitzel, grilled polish sausage, chile macaroni, broccoli quiche, buttered egg noodles, baked potatoes, mashed potatoes, black-eyed peas,

Thursday – May 27

Lunch – 11 a.m. to 1 p.m.

Teriyaki chicken, breaded pork chops, blackened catfish, beef and broccoli, cheese tortellini, grilled liver and onions, fried noodles, cottage fried potatoes, brown rice, Japanese vegetable stir fry, club spinach, Brussels sprouts

Dinner – 5 to 7 p.m.

Honey-ginger chicken breast, Salisbury steaks, tempura fried fish, baked egg noodles and cheese, Szechwan chicken, fried rice, steamed rice, mashed potatoes, cauliflower, peas and onions, stewed tomatoes

Menus are subject to change without notice



Religious Briefs

High Seas Expedition for Children

Come join us for Vacation Bible School! It's a High Seas Expedition for children where they are "Exploring the Mighty Love of God." This year's Vacation Bible School sets sail for the imaginary high seas at Dodd Field Chapel. Each day will be filled with Bible learning experiences for kids to see, touch, and even taste. We will have Clipper Ship Crafts, Bible Story Voyages, Singing, Ship-Rec Games, and a whole lot of fun. The High Seas Expedition Vacation Bible School is for children in preschool through (those who have completed) fifth grade. Register online at <http://www.samhouston.army.mil/chaplain/vbs>. We set sail every day, from June 13 through 17, 5:30 to 8:30 p.m. For more information e-mail robb.wood@us.army.mil or call 221-3749.

W O R S H I P SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Collective Protestant

11 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660

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

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

Catholic Services:

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

12:30 p.m. - Mass - Sundays

Protestant Services:

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

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

6:30 to 7:30 p.m. - Protestant Women of 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

11:30 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



For Sale: Track lights, five lights, black, \$18; four sliding bathroom glass doors, \$15 each; ladies golf clubs with bag, \$85. Call 593-1512.

For Sale: Set of Ping G2 3-SW irons, new grips, \$145 obo; Ping G2 driver with cover, \$85 obo; 2000 Harley Davidson Fatboy, excellent condition, new tires and brakes, lots of extras, \$9,500 obo. Call 373-8469.

For Sale: 1994 Cougar XR-7; \$1,299; television entrainment stand, dark cherry finish, \$69; analog TV: \$49; both for \$100; 1992 Ford Econoline E-150 custom conversion van; loaded, electronic rust prevention; new alternator; TV/VCR, as-is, \$1,299; three gym-style full length metal lockers linked together; \$49. Call 659-6741, cash only.

For Sale: Student desk, \$10; paper shredder, \$5; stationary exercise bike, \$15; electric lamp, \$10. Call 653-5302.

For Sale: Kenmore 80-Series washer, white, \$100 obo; Sharp 27-inch color television, \$50 obo; 12-inch girl's bike, \$20. Call 666-2455 or 830-330-0444.

For Sale: New carpet and pad,

light tan, 13 feet 2 inches by 11 feet 4 inches with 28 inch corner cut off, \$50. Removed from one room in new house. Call 254-9262

For Sale: Tahoe cargo security shade, like new, \$65; 4 foot wide truck bed extender, \$225; Stetson brown felt hat, size 7, \$75; male chiweenie, 2 years old, shots, \$75 obo; female Pekingese, 2 years old, shots, registration papers, \$350. Call 221-2690.

For Sale: Front grill for regular-size truck, like new, \$475; two antique iron wheels, \$100; metal toolbox for truck, \$100; red fire hydrant with pump system, \$200. Call 633-3859.

For Sale: 2000 Jeep Grand Cherokee, four door, runs great, mint condition, \$6,000 obo; 80 gallon air compressor, new, \$850; power wheel chair, six wheels, six color panels, \$2,500 obo; 1996 Ford F150 truck, regular fuel or propane, \$2,500. Call 440-5062.

For Sale: Fan, \$25; computer desk and chair \$45; ladies bike, \$45; book shelf, 4 feet by 8 feet, \$15; Oriental carpet, 5 feet by 7.2 feet. Call 241-1291.

For Sale: Various decorations for all occasions, reasonable prices; GE Potscrubber dishwasher, white, \$150 obo; maternity pants and tops, size 20-22, new with tags, \$20; boy's shoes, sizes 10-11; boy's clothes, size 3-4; women's clothes, size 18 and up, reasonable prices. Call 412-2151.

For Sale: French Provincial dresser with bookcase, \$95; solid oak coffee table, \$100; Little Tikes 2-Step wagon, \$40; Cardioglider exerciser, \$175; custom-made pet house, large, \$150 obo. Call 633-2247

For Sale: Pipe roofing, \$1 each piece; solid antique table, \$75. Call 550-7371.

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

News Leader survey online

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