

DoD changes child care fee policy

By Department of Defense

Most Army Families will see an increase in their child care fees, while others will see a reduction or no change for the coming school year as a result of a new Department of Defense policy announced July 31.

The policy will adjust fee ranges in child care

programs across the services and will be implemented no later than Sept. 30. Changes will impact Families who have children enrolled in DoD child development centers and school age care programs.

The DoD broadened child care fee ranges from six to nine categories, raised the income cap on each fee range,

and established the top earning range at \$125,000 a year and above for a more equitable policy.

Previously, Families earning more than \$70,000 a year and above all paid the same fee for child care. Under the new policy, Families will see either a small

See CHILD CARE, P16



Photo by L.A. Shively

Alana Ignot, in a wheelchair, twirls plastic balls inside a see-through chamber at one of the five new Boundless Playgrounds on post. DoD announced changes in pricing policy for child care at military child development centers.

Strategic Soldiers prepare to deploy in Low Level Voice Intercept teams

By Gregory Ripps
 470th MI Brigade Public Affairs

Twelve Soldiers of the 470th Military Intelligence Brigade recently completed the first rugged phase of training at Camp Bullis to qualify for membership in a Low Level Voice Intercept team.

Normally operating on difficult terrain in demanding conditions, LLVI teams scan air-

waves, homing in on radio, cell phone or other transmissions to gather information on enemy activity during combat operations.

“The order was simple,” said Sgt. 1st Class Ismael Padilla, lead trainer for the teams. “Prepare two four-Soldier LLVI teams for a one-year deployment – all in about 90 days.”

Lt. Col. James Royle, 717th MI Battalion com-

mander, noted that the unit had to train and certify teams whose members had not previously worked with each other and who were inexperienced or unfamiliar with the tasks required.

Training got under way on Lackland Air Force Base, where the brigade’s 717th MI

See PREPARE, P12

Navy reservist, policeman honored for saving teen’s life

L.A. Shively
 FSH Public Affairs

The University of Texas Health Science Center at San Antonio Police Department awarded its highest honor to Officer Timothy Gutierrez July 23.

Gutierrez was presented the Award for Valor for stopping a suicidal teenager from jumping from the roof of a parking garage at the university’s Medical Arts

& Research Center. He is only the second officer to receive the award.

Gutierrez also serves as a reserve hospital corpsman with the Navy Operational Support Center San Antonio at Fort Sam Houston.

On duty May 20, Gutierrez responded to a call for assistance locating a 13-year-old diagnosed with bipolar disorder.

He began searching the area when he saw

the child wedged into a small space next to a four-foot concrete wall. Beyond the wall was a forty-foot drop.

Another university employee was already attempting to talk with the child when Gutierrez approached.

“He wouldn’t interact with us,” Gutierrez recalled. “The mother gave us a heads-up that he was agitated. It can

See HONORED, P6



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Fort Sam Houston at leading edge with environmental conservation

By Chris Beck
502nd ABW

Embracing renewable energy sources and conservation methods saves money, fosters environmental awareness, reduces the environmental consequences of military operations and grows sustainable energy leadership for the 21st century and beyond.

Joint Base San Antonio with its multitude of military activities is positioned to make a difference in the areas of conservation and sustainability within the greater San Antonio area.

Committed to conservation by reducing dependence on non-renewable energy sources and by continuously employing smart practices, JBSA plans to reduce aging infrastructure (heating, cooling and other energy intensive equipment) 20 percent by 2020, upgrade heating, ventilation and air conditioning systems to more efficient units, install LED lighting in various applications and continue to implement water conservation measures.

All capital and renovation projects will incorporate the principles of energy efficiency and sustainability. JBSA initiatives involve reducing energy use in all buildings by 3 percent per year and reducing water use by 2

percent a year through the end of fiscal 2015. By fiscal 2013, at least 7.5 percent of our electricity will be purchased from renewable sources.

The Air Education and Training Command has also introduced a vigorous energy awareness campaign which includes monthly energy reports, energy incentive award competitions, articles and a bi-monthly energy awareness newsletter.

Brig. Gen. Leonard Patrick, 502nd Air Base Wing commander, has said that consistent

energy policies and initiatives are being established across Joint Base San Antonio and that all service members and civilians should become conscious of water and electricity use and waste. The general emphasized that JBSA is proud to be a leader in America's ongoing quest to use energy more efficiently through better processes and new technologies while, at the same time, decreasing energy consumption and dependence on imported oil.

Environmental programs in place

Programs already in operation at Fort Sam Houston and Camp Bullis managed by the Department of Public Works include:

Recycling programs

Motor vehicle parts recycling includes all lubricants (transmission fluid, oil and antifreeze) oil filters and other items such as batteries, tires and metals. Office paper, cardboard, computer components, construction debris and road materials

are collected and recycled.

Affirmative Procurement Plan

A percentage of items purchased for use on post must consist of recycled materials as per the Conservation and Recovery Act, Section 6002, and Executive Order 13101. Under RCRA, post agencies and government contractors using appropriated feder-

See PROGRAMS, P10

News Briefs

Great Plains Regional Veterinary Command

A change of command ceremony will be held Aug. 5, 3 p.m. at Army Community Service, Building 2797. Col. Erik Topping will relinquish command to Col. Timothy Stevenson.

235th AMEDD Regimental Social

The Army Medical Department Center School's Commanding General, Maj. Gen. David Rubenstein and Command Sergeant Major, Command Sgt. Maj. James Diggs, will host the 235th AMEDD Regimental Social Aug. 5 at 5 p.m. at the AMEDD Museum. Tickets are \$5. All are invited.

BAMC Adolescent Medicine Service Relocates

Adolescent Medicine Service at Brooke Army Medical Center will relocate from their temporary location to the Fort Sam Houston Primary Care Clinic at 3100 Schofield Road. The clinic will be closed from Aug. 5-9 and will re-open for appointments Aug. 10. Acute appointments will be available on Aug. 5, 6, and 9 in the Fort Sam Houston Family Medicine Clinic. Fort Sam Houston Adolescent Medicine Services are available to current TRICARE Prime enrollees as well as new patients 12-23 years old who are not on active duty or dependent spouses. Hours of operation are Monday, Wednesday, and Thursday 7:30 a.m.-4 p.m., Tuesday 7:30 a.m.-6 p.m., and Friday 9 a.m.-4 p.m. Call 916-3160 for information.

Family Medicine Service

Family Medicine Service at Brooke Army Medical

See BRIEFS, P7

Revisiting the past gives IMCOM its future home

By Brian Dwyer
USAEG

The 2005 Base Realignment and Closure requirement to relocate Headquarters, Installation Management Command, from Arlington, Va., to Fort Sam Houston will not only involve a move across the country, but a trip back in time. To accommodate the more than 1,500 military and civilian positions associated with IMCOM and its subordinate components, five historic structures are being renovated to go along with the construction of two new buildings.

The \$150 million in projects will colocate several elements of IMCOM, reducing certain overhead expenses and creating a new level of consolidation and operational efficiency when the facilities are finished in 2011. Besides the relocation of IMCOM headquarters, its subcommands – Family and Morale, Welfare and Recreation Command and Army Environmental Command – will also relocate to Fort Sam Houston.

The arrival of these commands complements earlier realignments mandated by BRAC law that took place on the post in 2006.

At that time, IMCOM's Northwest Region headquarters moved from Rock Island Arsenal, Ill. and merged with IMCOM's Southwest Region headquarters on Fort Sam Houston to form



Photo courtesy USAEC

IMCOM headquarters will be a new 168,000-square-foot building constructed in the center of the four historic buildings pictured. Three of the four historic buildings are also being renovated to provide additional space for IMCOM.

a single West Region headquarters.

The West Region is one of six IMCOM regions around the world and includes everything west of the Mississippi River. The other IMCOM regions in the U.S. are the Northeast and Southeast, while IMCOM Europe, Korea and Pacific are responsible for overseas installations.

Headquarters, IMCOM, oversees all facets of managing Army installations around the world, including maintenance of the roads, grounds and lighting; new construction; barracks and family housing; food management; environmental programs; Soldier and family morale, welfare and recreation programs; logistics; and installation

funding.

Moving forward by looking back

One of the chief advantages of the cross-country move for IMCOM is anticipated cost savings. IMCOM's headquarters is currently in leased space in the Washington, D.C., area, which, historically, has been more expensive to occupy than government-owned buildings.

On Fort Sam Houston, IMCOM will use a campus of facilities centered on a group of three-story, historic structures arranged in the shape of a square. These buildings were built as infantry regimental headquarters and an infantry barracks between 1928 and 1929.

In the middle of these facilities, a new 168,000-

square-foot headquarters building will be constructed. This structure will reflect the Spanish motif of the surrounding buildings, with features such as a red tile roof, but will not replicate their exteriors to avoid any suggestion that it is also a historic building.

Across the street, a new 28,000-square-foot instructional facility for FMWRC personnel will be built. The development of the campus will also include constructing new roads and extending, widening, and replacing certain existing roads to facilitate traffic flow.

Not far from the IMCOM headquarters building, the historic Fort Sam Houston Theater is being renovated and expanded to support the

realignment. The facility opened in 1935 as one of the first dedicated movie theaters built by the Army in the U.S. It will become the new home of the FMWRC's Army Entertainment Division, which is relocating to Fort Sam Houston from Fort Belvoir, Va.

This division stages a touring musical production called the U.S. Army Soldier Show, featuring active duty Soldiers who are selected by audition from throughout the Army. The renovated 14,700-square-foot theater will serve as the rehearsal hall for the cast of the annual production, while a 26,000-square-foot addition will provide theater support facilities, office space, recording studios and equipment storage.

The project will alter the building's original movie-theater configuration to accommodate theatrical productions. The work will extend the existing stage and modify the rear portion of the building to incorporate the 80-foot-tall fly tower necessary to raise and lower stage sets. The balcony seating will be removed to make room for lighting and sound equipment, reducing the theater's seating capacity from 1,100 to 800.

Many elements of the theater's Spanish Colonial Revival style architecture

See IMCOM, P13

Army North Soldiers meet, greet children during Operation Purple

By Staff Sgt. Keith Anderson
ARNORTH Public Affairs

Kids serve, too. That's the message at Operation Purple, a summer camp for children whose parents are deployed or are about to deploy.

At the Blue Streak Stables in Seguin, one of three camps hosting Operation Purple in Texas, U.S. Army North Soldiers from Fort Sam Houston took a day July 29 to talk about the military and to lead 55 young girls in leadership challenges and relay races.

"It was good to show the girls something different and take their minds off of some of the things they're dealing with," said Lt. Col. Mike Harvey, chief, air operations cell, Army North.

Harvey, whose daughter Mattie, 11, was also at the camp, said it is good for the girls to meet others in their situation.

"They all face the same emotional challenges; making bonds with other girls helps them," Harvey said. "The older girls can help the younger girls with some coping mechanisms that they've been taught."

Harvey, along with his fellow volunteers from Army North, spoke with the campers about some issues they face as military Family members.

"How many times have



Girls, ages eight to 15, run with military gear during a relay race at Operation Purple, a camp for children of deployed parents hosted by Blue Streak Stables Horsemanship Camps in Seguin.

you moved?" Harvey asked the room. "It's hard making new friends sometimes, isn't it?"

At the horsemanship camp, July 25-30, children contributed pictures of their parents to the wall of honor, created a tree-ring history of their lives, and learned to care for, brush, groom and saddle horses and rode the horses in an outdoor arena.

For the military day, the girls took a break from the horses and asked questions about the military as they climbed

through an old Army jeep, a Humvee and an Army North Emergency Response Vehicle. They also used their teamwork skills as they completed team-focused obstacle courses and relay races.

Heidi, a sixth-grader whose father is a helicopter pilot in the Army, said the obstacle course was her favorite military-themed activity because it helped to show the importance of teamwork and leadership.

"I liked the leadership skills thing," Heidi said.



Photos by Staff Sgt. Keith Anderson

Children of deployed parents work together in teams to overcome obstacles during a leadership challenge course led by Soldiers from U.S. Army North July 29 at Operation Purple.



Lt. Col. Mike Harvey, chief, air operations cell, Army North, takes a watermelon break with his daughter Mattie and her fellow campers.

"We had to think real hard about getting to the other side without help from the adults."

Reba Martinez, who owns the Blue Streak Stables with her husband, Larry, said she wants children to learn to accomplish goals and gain confidence.

"It's not learning to tie a safety-release knot; it's

learning to try something new – to develop steps to accomplish a goal so then they bring that back with them into their lives," Martinez said.

"When we get these girls on the horses, it means a lot because they've conquered their fear."

Talking with military children about the

Marines, and leading obstacle courses and relays, was a chance to support military Families, said Marine Maj. Mike Tsung, Joint Task Force – North liaison officer, Army North.

"It was a great opportunity to help the kids to have fun today while their parents are deployed overseas," Tsung said.

Army releases report on suicide, high-risk behavior

By C. Todd Lopez
ARNEWS

To curb suicides in the Army, commanders must pay more attention to junior Soldiers and to those who exhibit high-risk behavior, such as drug use or driving under the influence.

During a July 30 press conference, the Army's Suicide Prevention Task Force released its report "Health Promotion, Risk Reduction, Suicide Prevention." The full report is located at www.army.mil/hprrsp.

Vice Chief of Staff of the Army Gen. Peter Chiarelli discussed the report's findings and recommendations, and also said how commanders can use the report to help

keep Soldiers from taking their own lives.

In fiscal year 2009, there were 160 suicides in the Army. Of those, 79 percent were among those who had been deployed only once, or had not deployed at all. Additionally, 60 percent of suicides were among first-term Soldiers.

"The most dangerous year to be a Soldier is your first year," Chiarelli said. "We see more suicides in that first year than in any other year."

The general said leadership should be focusing on sponsorship programs for "young Soldiers coming in the unit, just out of basic, who are trying to make friends, who (are) new to the unit. These are the kinds of lessons you

draw from this data that we believe are going to be absolutely essential to us getting a handle on this."

The report contains more than 250 recommendations to identify and mitigate problems in the Army related to suicide and high-risk Soldier behavior. The report will go forward to a staffing process, and determinations will be made as to which recommendations will be put in place, the general said.

According to the report 36 percent (78,410) of DA Forms 4833 were not completed from fiscal year 2004 to fiscal year 2009.

"Those are the kinds of things we have to get back to doing in the force today," Chiarelli said. Other key findings in the

report include:

- Gaps in the current HP/RR/SP policies, processes and programs necessary to mitigate high-risk behaviors
- An erosion of adherence to existing Army policies and standards
- An increase in indicators of high-risk behavior including illicit drug use, other crimes and suicide attempts
- Lapses in surveillance and detection of high risk behavior
- An increased use of prescription antidepressants, amphetamines and narcotics
- Degraded accountability of disciplinary, administrative and reporting processes
- Continued high rate of suicides, high risk related

deaths and other adverse outcomes.

"These findings demonstrate that many of our programs are unbalanced and lack integration, while reinforcing recommendations that will help us improve the quality of our programs and services," Chiarelli said.

McHugh has directed that leaders at all levels become familiar with the report. It informs leaders throughout the force about the consequences associated with high risk behavior; provides a candid, transparent and balanced review of HP/RR/SP issues; documents the Army's actions to date to improve programs and services; integrates policies, processes and pro-

grams for oversight of the force; and recommends solutions to eliminate gaps and unnecessary redundancies.

Programs must be realigned to improve support to the Soldier, Family and unit. Reporting and data-sharing on high risk behavior among unit commanders, medical and garrison service providers, and law enforcement officials must be synchronized. The report also promotes continued use of the Department of the Army's Health Promotion Council which has aggressively addressed this issue for a year-and-a-half.

Report recommendations represent the next

See REPORT, P17

HONORED, from P1

turn confrontational very quickly so we handle the situation with more sensitivity.”

As they were speaking to him, the teen slowly rose to his toes and looked over the edge.

“Then he started to climb over,” Gutierrez said. “I raced over, grabbed him by the waist and set him on the ground because I didn’t want him to climb up again.”

After he was pulled to the ground, the teen calmed down Gutierrez said.

“Officer Gutierrez’ actions were immediate and he did not take into consideration the fact that he could have been seriously injured or killed,” said Capt. Ron Davidson, acting chief of



Courtesy photo

police for the university’s Health Science Center Police Department.

“He could very easily have been taken over the wall with the teen. This incident directly reflects what Officer Gutierrez brings to work on a daily

basis and demonstrates his dedication to both his department and community. He is an exemplary officer.”

Davidson also credits Gutierrez’ quick response to his military training and back-

ground.

Gutierrez agrees his experience as a corpsman helped him with the situation. “Every ounce of what you got goes into getting that person to safety.” He said the public is not aware that

many first responders are prior military.

“Petty Officer Gutierrez’ training as a Navy corpsman makes him a better policeman, while his training as a policeman makes him a better Sailor,” explained Navy Cmdr. Mark Hofmann, commanding officer of the NOSC

“One of the great benefits we enjoy as a reserve force is the deep well of talent in our selected reserve population. These talents, whether cultivated in our people’s civilian or military careers, benefit us all.

“I was proud, though not surprised, to hear of Petty Officer Gutierrez’ valorous conduct. In both his civilian career as a policeman and his Navy career as a hospital corpsman, he has chosen

professions centered on serving others. We are lucky to have Sailors like Petty Officer Gutierrez serving here at NOSC San Antonio and in their civilian communities,” Hofmann said.

Deployed to Iraq in 2006-2007 with the Marines, Gutierrez transferred to the reserves just over three years ago. He said he was glad he could help the boy and enjoys his work as a police officer because each day presents new opportunities to help others.

Gutierrez was caught a little off guard with the award. “That was definitely a first for me. It was an honor.”

He was also selected as the Navy Selected Reserve Junior Sailor of the Quarter for the second quarter of this year.

William Henrich (left), president, University of Texas Health Science Center at San Antonio and Navy Cmdr. Mark Hofmann, commander, Navy Operational Support Center, Fort Sam Houston, (right) stand with Officer Timothy Gutierrez after he received an Award for Valor.

Name change for Defense Logistics Agency elements

The Defense Reutilization and Marketing Service and the local Defense Reutilization and Marketing Office or DRMO took on a new name July 19.

The Fort Sam Houston site, now called DLA Disposition Services, can be accessed at <http://www.drms.dla.mil/>.

At the home page, click on "DLA Disposition Services Locations" from the menu at the left; choose a state, then San Antonio from drop down menus to access address information, hours and points of contact.

DLA Disposition Services will provide the same level of service and support to warfighters and other customers in the disposition of excess property and management of hazardous waste as before without changes in operating hours or services. The same name will be used worldwide to provide unity.

In addition to the local operation,

DLA Disposition Services is part of a global community that operates field sites in 41 states and 16 foreign countries.

Along with overseas operations in Europe, the Pacific and Africa, it has field sites in Afghanistan, Iraq and Kuwait.

In Iraq small teams fan out from the field sites to forward operating bases to work with combat units as they clear their bases as part of the responsible drawdown and reflecting a long term commitment to stewardship.

DLA Director, Navy Vice Adm. Alan Thompson said he sought a clearer identity for all DLA elements to make it easier for customers to interact with the agency and help service members take advantage of DLA's comprehensive missions, products and services.

(Source: DLA Public Affairs)

NEWS, from P3

Center has relocated to the Fort Sam Houston Medical Clinic at 3100 Schofield Road, Building 1179. Fort Sam Houston Family Medicine Service is available to currently enrolled active duty as well as TRICARE Prime and TRICARE PLUS enrollees of all ages. Hours of operation are Monday through Friday, 7 a.m.-4:30 p.m. Call 808-3500.

Sports Physicals

The Wilford Hall Medical Center Pediatric Clinic at Lackland Air Force Base is conducting mass annual sports physicals Friday afternoons through Aug. 27. These physicals are for WHMC Pediatric Prime patients 8-22 years old. Call 916-9900 to book appointments. Bring patient's military I.D., shot record, third-party liability card and any school forms that need to be completed. Bring only the child with the appointment to the clinic and allow plenty of time for parking. Children with special needs

must make individual appointments at another time. Call 292-0786

New Procedure for Acute Active Duty Appointments

Effective Aug. 30 the Kelly Family Medicine Clinic at Port San Antonio will replace the current military "sick call" process with acute appointments. Active duty military members with illnesses requiring an appointment within 24 hours will call the Consult and Appointment Management Office, or CAMO, at 916-9900. In addition to acute appointments, the CAMO can send telephone consults such as profile updates, medication refills, and provider questions. Active duty calling between 6:30 and 8 a.m. have first priority for acute appointments. After 8 a.m., any unfilled acute appointments will be available to all beneficiaries. Individuals who are too sick to wait for an appointment or have an emergency can be seen at the Wilford Hall Medical Center Emergency Department at

Lackland Air Force Base. Call 925-6336.

Veterinary Command

A change of command ceremony will be held Aug. 17, 8 a.m. at the FSH Quadrangle. Col. David Rolfe will relinquish command to Col. Erik Topping.

Women's Equality Day Celebrations

Please join the Equal Opportunity and Equal Employment Opportunity community in "Celebrating Women's Right to Vote," Aug. 26, 11:30 a.m.-1 p.m. at the Harlequin Dinner Theatre, Building 2652, Harney Rd. Guest speaker is Dr. Maria Hernandez Ferrier, president, Texas A&M University-San Antonio. Food sampling will immediately following the commemoration. Call 221-9543.

Brooke Army Medical will also hold an observance celebrating the 90th year of the passage of the 19th Amendment, Aug. 27, 11:30 a.m.-12:30 p.m. at the BAMC Medical Mall.

Soldier Show cast entertains at Laurie Auditorium

Performers belted out a wide variety of tunes and danced for a packed house during the U.S. Army Soldier Show July 27 at Trinity University's Laurie Auditorium in San Antonio. Following the performance, Maj. Gen. Perry Wiggins, the deputy commanding general for U.S. Army North and Fort Sam Houston, who served as the host and guest speaker for the event, presented each of the Army Show performers with a coin for excellence.



ABOVE: Castmembers open their performance with a bang as they swoop across the stage.

LEFT: The cast of the 2010 U.S. Army Soldier Show, along with the members of the U.S. Air Force's "Tops in Blue," wow the crowd.



Photos by Sgt. Maj. Eric Lobsinger

ABOVE: Castmembers of the 2010 U.S. Army Soldier Show smoothly glide across the the stage during the Soldier Show performance. TOP RIGHT: Maj. Gen. Perry Wiggins is presented a Soldier Show plaque by Sgt. 1st Class Earnest Baskin, the show's noncommissioned officer in charge, following the show. RIGHT: Pfc. Drake DeLuca (center), a performer with the Soldier Show, belts out the Army Song with the U.S. Air Force's "Tops in Blue" and the Army Soldier Show cast.

Weekly Weather Watch						
	August 5	August 6	August 7	August 8	August 9	August 10
San Antonio	 97° Partly Cloudy	 97° Partly Cloudy	 97° Partly Cloudy	 97° Partly Cloudy	 95° Partly Cloudy	 97° Partly Cloudy
Kabul Afghanistan	 86° Partly Cloudy	 89° Partly Cloudy	 89° Partly Cloudy	 87° Partly Cloudy	 87° Partly Cloudy	 89° Clear
Baghdad Iraq	 116° Clear	 116° Clear	 116° Clear	 118° Clear	 116° Clear	 116° Clear

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

Thought of the Week

We are summoned to act in wisdom and in conscience, to work with industry, to teach with persuasion, to preach with conviction, to weigh our every deed with care and compassion. — Dwight D. Eisenhower

(Source: Bits & Pieces, May 2009)

PROGRAMS, from P2

al funds are required to buy Environmental Protection Agency-designated recovered/recycled products.

Water conservation/drought management

Reuse water irrigates the golf course, cemetery, landscaping on post and is used in cooling tower make-up water for air conditioning and other industrial purposes. Allotted reuse is at 26,719,782 gallons per year. Drought management restricts water use according to aquifer levels. Normal water use measures include regularly promoting water conservation.

LEED certification

The Leadership in Energy and Environmental Design, or LEED certification program, provides

third-party verification for existing and renovated buildings confirming design, construction and/or renovation using strategies intended to improve energy savings, water efficiency, carbon dioxide emissions reduction, improved indoor environmental quality and stewardship of resources and sensitivity to their impacts.

Electric vehicles

Fort Sam Houston acquired 20 low-speed electric utility vehicles in January - known as Neighborhood Electric Vehicles - used for on-post transportation for official visitors, maintenance personnel, and light equipment. They can be recharged anytime, anywhere, wherever there is a standard 110-volt outlet available. The environmental fleet has a two-seat utili-

ty truck and a four-seat passenger. The vehicles represent significant cost savings at \$460 a year to run an electric vehicle vice \$1,200 for fossil-fuel-burning cars.

Natural resources management

Monitoring and protection takes place for two federally endangered bird species, the golden-cheeked warbler and the black-capped vireo; three federally listed karst invertebrates: cicurina madla, rhadine exilis, and rhadine infernalis; brush management via prescribed burning and reseeding operations ensures training lands remain viable while enhancing and sustaining native plant and animal ecosystems. Edwards Aquifer Recharge management protects approximately 4000 acres from contam-

ination and erosion using data such as rainfall, infiltration rates, and surface water runoff to monitor and manage water quality and quantity. Game and exotic species management programs include recreational hunting and fishing to maintain native species population levels and reduce exotic species.

Sustainable energy

FSH installed a roof-mounted solar Photovoltaic system on Building 1350 and is looking at applying the technology through several different venues including building roof mounted systems, solar shade structures (i.e., carport mounted), and in open spaces. Currently FSH has programmed eight solar PV projects with a total estimated cost of \$21 million.

(Source: DPW)

DUSTOFF pilot charms audience at AMEDD Museum

By Lori Newman
FSH Public Affairs

A crowd gathered at the Army Medical Department Museum July 29 to hear the tales of a Vietnam War DUSTOFF pilot, who also is a Medal of Honor recipient and author.

"I happened to be there when DUSTOFF was established, and I happened to be there again when it reached full fruition," said retired Army Maj. Gen. Patrick Brady during his presentation.

"DUSTOFF" was the call sign given to the first aero medical helicopter evacuation unit in Vietnam, the 57th Medical Detachment.

The call sign epitomized the 57th's medical evacuation missions. Since the countryside was dry and dusty, helicopter pickups often blew dust and dirt over



Photo by Lori Newman

Beverly Greenlee-Davis, Army Medical Department Museum Foundation board president, presents retired Army Maj. Gen. Patrick Brady a model helicopter as a gift after his presentation July 29 at the AMEDD Museum.

the men on the ground, according the DUSTOFF Association website (<http://www.dustoff.org>).

Brady regaled the audience with stories of his missions in Vietnam and the history of aero medical evacuation.

"I get a kick out of [fighter] pilots. You don't really fly a fixed wing,

you sit there and ride," Brady said.

"You really fly a helicopter, [you use] both arms, both legs and a wrist to fly that thing.

You are truly a pilot in a helicopter."

He explained how DUSTOFF pilots would fly in using a tactical approach.

"You always turned your tail into the fire and set down," Brady said.

"Flying DUSTOFF, our job was to pick up the wounded. Oftentimes we picked them up during battle.

"If you have ever been in a situation like that you know that nobody wants to stand up," he said.

"Everybody is shooting and there is a tremendous amount of confusion going on. You just want to shrink – pucker. Pucker is when the cheeks from the lower part of your body

slowly begin to envelop your ears," he explained, as the audience roared with laughter.

Following the presentation, several members of the audience asked Brady questions. One audience member asked Brady to describe the events leading up to him being awarded the Medal of Honor.

To which Brady replied, "You got two days?"

He briefly told the story.

According to a military history website (<http://www.history.army.mil/html/moh/vietnam-a-1.html>) the citation read in part, "For conspicuous gallantry and intrepidity in action at the

risk of his life above and beyond the call of duty, Maj. Brady distinguished himself while serving in the Republic of Vietnam commanding a UH-1H ambulance helicopter, volunteered to rescue wounded men from a site in enemy held territory which was reported to be heavily defended and to be blanketed by fog. ... Throughout that day Maj. Brady utilized three helicopters to evacuate a total of 51 seriously wounded men, many of whom would have perished without prompt medical treatment."

Brady has recently written a book about his experiences in Vietnam entitled, "Dead Men Flying."

PREPARE, from P1

Battalion is stationed, before moving to Camp Bullis. In addition to the two teams, the battalion began training four Soldiers as alternate LLVI team members.

“The plan was to train these Soldiers and get them ready for deployment without physically breaking them down in the process,” Padilla explained.

“Not an easy task with the time table given. However, with the support of the companies’ first sergeants, a plan was proposed to do just that and minimize injuries that would surely come from the strenuous training ahead.”

The conditioning phase began the first day and continued until the end. Soldiers started their day



Photo by Sgt. 1st Class Ismael Padilla

Soldiers of the 470th Military Intelligence Brigade practice a reconnaissance mission at Camp Bullis, testing land navigation, tactical survival and other field skills.

at 5 a.m., pounding out four-mile ruck marches with 45 pounds on their backs.

As time passed, both distance and weight increased. Between

marches they performed guerrilla drills, such as high and low crawls, firemen’s carry, sprints and buddy drags.

“All of the exercises are combat related to pre-

pare the Soldiers for the physical and mental stresses of war,” Padilla noted.

Eventually, to reduce the chances for injury, afternoon conditioning

sessions changed from additional rucking to swimming. Sessions started at 4 p.m. and all Soldiers were instructed to swim a total of 1.2 kilometers.

Soldiers who could not swim used lifejackets. After a couple of weeks, those Soldiers learned to swim and completed all laps without aid.

Soldiers also trained in land navigation. The LLVI teams had to move to given grid coordinates and set up a signals intelligence site. At first teams did this with little weight in their rucksacks, but by day 21 they were moving with 85 pounds – a more realistic approach to conditions overseas.

In addition to land navigation and forced marches, they were constantly being tested on first aid, tactical survival

skills and other field craft.

At the end of the first 30 days Soldiers completed a week-long field training exercise for evaluation, supporting a cavalry regiment in two force reconnaissance missions into the fictional country of Turakistan.

An Opposing Force, simulating enemy combatants, ensured that the LLVI teams were on alert by executing mock attacks in ambush.

“I am excited about this opportunity for Soldiers in our strategic battalion to deploy in this tactical role – which units like ours do not normally perform,” said Royse.

“The field training exercise provided the battalion a measure of where to focus their next training efforts,” Padilla explained. “These Soldiers did very well.”

IMCOM, from P3

will be retained as part of the renovation project. The theater has a white, stucco exterior, arched entryways and a bell tower reminiscent of the 18th century Spanish missions in San Antonio. Among other features that are expected to be retained are original light fixtures, wooden banisters, exterior lamp posts, the heavy wooden front doors, painted wooden ceiling beams, frescoes and wall murals, and the original ticket booth at the entrance.

In addition to preserving Fort Sam Houston's architectural character, the structures being renovated and built to create IMCOM's new home are being developed according to the standards necessary to achieve

Leadership in Energy and Environmental Design Silver certification. With such features as natural lighting, super-efficient heating and cooling systems, waterless urinals and a rainwater capture system to feed drip irrigation to the native Texas landscaping, these facilities reflect IMCOM's vision for sustainable and environmentally friendly installations.

Beyond BRAC

The BRAC projects that are making way for IMCOM's headquarters aren't the only substantial historic renovation projects on Fort Sam Houston. A non-BRAC funded project has allowed IMCOM's West Region headquarters to move across the post into a refurbished building that was built in 1908 to serve as the installation's

hospital.

The building is a three-story wood and masonry structure with a basement and an attic. It has limestone exterior walls, wooden and masonry columns, wraparound wooden verandas on the first and second floors, and a wood-framed roof structure. This facility is a prime example of the huge inventory of historic structures on the installation. Construction of the post began in 1876 and today it has about 800 historic structures, which is more than any other active military installation in the United States.

The historic structures involved in BRAC and associated projects require extensive rehabilitation to become suitable for their new tenants. In most cases, existing interior partitions, electrical

wiring, plumbing, climate control systems, and interior and exterior lighting fixtures need to be replaced. Stairways, ceilings, wooden floors, structural roof members, interior and exterior doors, and windows are also being repaired, refinished or replaced.

Ultimately, the goal is to preserve distinctive architectural features and maintain the historic nature of the buildings. Other renovation efforts will help meet anti-terrorism and force protection requirements, such as installing blast-proof windows that are designed to look like the originals.

Transition time

As IMCOM awaits completion of its new home, the process of shifting operations to San Antonio has already begun. An

advance team of more than 500 employees has stood up Headquarters, IMCOM, Forward in a building several miles outside of Fort Sam Houston that formerly housed a department store.

Making this temporary relocation possible required installation of furniture and a telecommunications system. This arrangement will make the final transfer from Virginia to Fort Sam Houston much easier when the IMCOM campus is complete.

IMCOM's changes are coming against a backdrop of transition across all of Fort Sam Houston. The 2005 BRAC law that dictated IMCOM's realignment is also bringing several medical and research missions to the post, necessitating construction of many new facilities.

The most prominent projects include the expansion and renovation of Brooke Army Medical Center and the creation of a campus to consolidate the enlisted medical training programs of all service branches.

The BRAC and BRAC-related construction on the installation amounts to about \$2.3 billion dollars. At the peak of construction, about 65 percent of the post was fenced for either renovation or construction projects.

Many of the facilities are being completed and turned over for use in 2010, setting the stage for a final push toward the completion of all BRAC construction on Fort Sam Houston by September 2011.

(Published in Public Works Digest, July-August Issue)



TARGETING TERRORISM

Antiterrorism awareness vital to Army, Fort Sam Houston

By Steve Elliott
FSH Public Affairs

Events taking place both home and abroad have shown there's no safe haven when it comes to terrorism.

Whether it happens within American borders like the 9/11 attacks or the Oklahoma City bombing or on foreign soil like the USS Cole suicide bombing in Yemen or the Khobar Towers bombing in Saudi Arabia, terrorists have methods behind their madness.

Terrorists use threats to create fear among the public. They try to convince citizens that their government is powerless to prevent terrorism. They want immediate and widespread publicity for their causes.

With 24-hour news cycles, numerous around-the-clock news

networks and the vast reach of the Internet, terrorists have no shortage of ways to get their causes in front of the world's populace.

Terrorism has been described variously as both a tactic and strategy; a crime and a holy duty; a justified reaction to oppression and an inexcusable abomination, according to the International Terrorism and Security Research website (<http://www.terrorism-research.com/>).

Terrorism has been around for centuries and can trace its roots back to the 6th Century B.C., when the Assyrians of Southwest Asia employed biological terror by poisoning enemy wells, according to the U.S. Search and Rescue Task Force website (<http://www.ussartf.org/terrorism>).

Acts of terrorism can include

threats of terrorism; assassinations; kidnappings; hijackings; bomb scares and bombings; computer-based cyber attacks; and the use of chemical, biological, nuclear and radiological weapons.

Whether it's a "home-grown" terrorist acting alone, a multinational group with thousands of members or state-sponsored terrorism, local officials say it's still up to the individual to know what's going on around them.

"The biggest threats come from a failure to maintain situational awareness and being reluctant to report anything or anyone that is suspicious," said Sam Meta, Installation Antiterrorism Officer with the Directorate of Plans, Training, Mobilization & Security at Fort Sam Houston. "If it doesn't look right, sound right or smell right, then report it."

"In today's military, with continuous movements and multiple deployments, it's important we know who and what is going on around us," added Capt. Kenneth M. Owens, Plans and Mobilization Officer for the Fort Sam Houston Army Garrison. "We all need to be good neighbors."

To promote antiterrorism aware-

ness, the U.S. Army initiated the iWATCH program Aug. 1 across all commands to leverage every member of the Army community to help identify and prevent potential terrorists acts, according to an ALARACT message that went out several months ago.

iWATCH is a nationwide modern version of Neighborhood Watch designed to encourage and enable members of the community to help protect their communities by identifying and reporting suspicious behavior that is known to be associated with terrorist activities, the message stated.

"August is Antiterrorism Awareness Month for the U.S. Army and the United States Army Garrison at Fort Sam Houston," Owens said. "The iWATCH program in a synergized effort to enhance the current level of antiterrorism awareness for Soldiers, civilians and Family members. We want to get every member of the Army community to help identify, prevent, and take an active role in reporting suspicious behavior and criminal activities."

While current mandatory training such as the Antiterrorism Awareness Training (Level-I) helps indoctrinate new Soldiers and civilian hires, the recently established requirement to add active shooter training to AT Level 1 training, for both the on-line and face-to-face

versions, is a significant improvement, said Brad Barrett, ATO for the Army Support Activity here.

"It's very relevant in terms of the Nov. 5, 2009 incident at Fort Hood," Barrett said. "This will provide valuable and potentially life-saving tips to Soldiers, their Families and civilians."

While it's a Department of Defense requirement that all military, civilian and contracted personnel complete AT Level 1 training on an annual basis, Meta said people should never let their guard down.

"It's natural human behavior to become more complacent about any threat the further away in time we are from the last real incident," Meta said. "The threat never goes away. We need to do everything we can to protect and prepare ourselves for future terrorist attacks."

"The introduction of iWATCH is designed to heighten the public awareness to indicators of terrorist activity and encourage reporting suspicious behavior or activity. I will be going around to tenant organizations that provide a service to the post populace, but may not understand what antiterrorism is or what force protection conditions are."

With the creation of Joint Base San Antonio, that has Air Force and Army installations in San Antonio coming under the 502nd Air Base Wing, Meta said the consolidation is a good thing in aiding antiterrorism

awareness.

"Both services have robust antiterrorism programs and since the inception of JBASA, we are collaborating on what is the best in all our programs and trying to make it uniform," he said. "We are becoming more effective, efficient and we share a lot of information to make our military and local community safe and secure."

As for what new tricks are terrorists using to gain information, Barrett said, "They don't really need any tricks. Most of the information terrorists need to plan and execute an attack is readily available on the Internet, social networking sites, or other open sources."

According to Internet World Stats (<http://www.internetworldstats.com/stats.htm>), there are more than 1.8 billion Internet users (26.6 percent of the world's population), making it the prime means of communication and marketing in the world. It also highlights the fact that terrorism can come in many forms, both online and in the real world.

The Internet's unprecedented global reach and scope, combined with the difficulty in monitoring and tracing communications, make it the prime tool for extremists and terrorists, according to a 2009 study done by the Simon Wiesenthal Center (<http://www.wiesenthal.com>).

Social networking and other websites can be used for worldwide

education and communication. Unfortunately, like with all useful things, if used for the wrong reasons, Facebook can become a dangerous power, according to a Tech.Blorge article titled "Facebook and Terrorism: a love hate relationship," authored by Danny Mendez (<http://tech.blorge.com/Structure:%20/2008/02/15/facebook-and-terrorism-a-love-hate-relationship-2/>)

The Wiesenthal study ("Facebook, YouTube+: How Social Media Outlets Impact Digital Terrorism and Hate") reports that sites such as Facebook and YouTube have both seen a huge proliferation of extremist use with the greatest increase coming from overseas, particularly Europe and the Middle East.

People who suspect a criminal or terrorist act is in progress or being planned can contact the Fort Sam Houston Law Enforcement Police Desk at 221-2222.

If they wish to remain anonymous, they can call 221-CLUE (2583), or e-mail the Fort Sam Houston Law Enforcement at: FtSamHoustonPolice@conus.army.mil.

More information about the iWATCH program is available at the Army AT Enterprise Page on Army Knowledge Online at <https://www.us.army.mil/suite/page/605757>.

Definitions of terrorism

The Department of Defense defines terrorism as "the calculated use of unlawful violence or threat of unlawful violence to inculcate fear; intended to coerce or to intimidate governments or societies in the pursuit of goals that are generally political, religious, or ideological." Within this definition, there are three key elements – violence, fear, and intimidation – and each element produces terror in its victims.

The FBI uses this definition: "Terrorism is the unlawful use of force and violence against persons or property to intimidate or coerce a government, the civilian population, or any segment thereof, in furtherance of political or social objectives."

The U.S. Department of State defines "terrorism" to be "premeditated politically-motivated violence perpetrated against non-combatant targets by sub-national groups or clandestine agents, usually intended to influence an audience."

What to look for and report

iWATCH aims to heighten public sensitivity to indicators of possible terrorist activity while encouraging people to report suspicious behav-

ior to military or civilian law-enforcement agencies. Some examples of indicators to report include:

- People drawing or measuring buildings;
- Someone photographing entrances to military installations, buildings or security forces;
- Strangers asking questions about security procedures;
- Briefcase, suitcase, backpack or package left behind;
- Vehicles left in no-parking zones in front of important buildings;
- Intruders in secure areas;
- Persons wearing clothes that are too big and too hot for the weather;
- Chemical smells or fumes that seem out of the ordinary for the specific location;
- People asking questions about sensitive information such as building blueprints, security plans or VIP travel schedules; and
- People purchasing supplies or equipment that can be used to make bombs or weapons, or purchasing uniforms without having proper credentials.

(Source: U.S. Army Antiterrorism Portal on AKO)

CHILD CARE, from P1

decrease or increase in their fees depending on their total family income. Families earning \$85,000 and below will experience relatively minimal changes. Each military service will provide fee guidelines specific to their installations.

“This is the first time in six years that the Defense Department has adjusted fee ranges,” said Robert L. Gordon III, deputy under secretary of defense, military community and family policy. “The action follows an in-depth study that determined that fee ranges were no longer in sync with the total family income for the majority of program users. As a result of this adjustment, we broadened and added income ranges to achieve greater equity within our military community.”

The fee policy represents a balanced solution to the issue of adjusting fees to pay caregiver salaries while limiting the financial impact on the family. Competitive salaries help to recruit and retain quality staff. Retaining high quality staff contributes to continuity of care.

“Ensuring the health, safety and well-being of the military children entrusted to our care is a number one priority,” said

“We are committed to high quality care for our military children; which includes attracting talented childcare staff whose compensation is competitive with the civilian sector”

*~ Robert L. Gordon III,
deputy under secretary of defense,
military community and family policy*

Gordon. “We are committed to high quality care for our military children; which includes attracting talented child care staff whose compensation is competitive with the civilian sector.”

Ninety-eight percent of DoD’s child development centers are nationally accredited compared to eight to 10 percent of community childcare centers. National accreditation means a commitment of providing high quality services, including a developmentally appropriate curriculum, a healthy and safe environment, sufficient number of adults per children in group sizes appropriate for children’s ages; and strong communication between staff and families.

“Child care is a readiness issue,” Gordon said. “We will continue striving to provide quality care to support our

working parents.”

Commanders may authorize additional fee reductions for Families with temporary, documented financial hardships. Army Family Covenant fee reductions are in effect, while military parents are deployed.

The Army’s 2010-2011 Fee Policy covers all Child, Youth and School Services Programs, including: Full Day; Part Day; Part Time; School Age and Hourly Care; Family Child Care Homes; Skies Unlimited Instructional Programs and Youth Sports.

Families will receive information about their specific fee changes beginning mid-August, through personal contacts at their CYSS location. Additional information will be provided through town hall meetings, social media, radio and television commercials and print materials. The Army will



Photo by L.A. Shively

Nikki Bales, a pre-kindergarten teacher with the Child Development Center, and one of the children in program, enjoy getting wet. DoD recently announced changes to the pricing policy for child care at military child development centers.

launch a website in late August to provide additional information on its School Year 2010-2011 Child Care Fee Policy.

For specific information

about the installation fees, parents are encouraged to contact their local child development center and school-age care program.

REPORT, from P5

phase of the campaign which has already implemented more than 200 separate initiatives over the last 15 months. For example, the Army tightened enlistment standards; established a Community Health Promotion Council at each installation; improved access and coordination between primary (medical) care and behavioral health providers; worked to stabilize unit leadership after redeployment; expanded behavioral health screening; institut-

ed a confidential alcohol treatment program; aggressively recruited new behavioral health counselors; and created 72 new positions for chaplains, among other things.

“Continued focus on mentoring and training our leaders and service providers is key to fixing these problems. Part of leadership is creating an environment where it’s okay to ask for help – and where it’s our duty to extend a helping hand,” Chiarelli said. “This, too, is in keeping with the Army Warrior Ethos to never

leave a fallen comrade.”

Report findings indicate that there are no universal solutions to address the complexities of personal, social and behavioral health issues that lead to suicide.

“We’ve often said that the Army is a reflection of society, but we have soldiers today who are experiencing a lifetime of stress during their first six years of service. Army leaders at all levels remain dedicated to promoting resiliency, coping skills and help-seeking behavior across our force,” Chiarelli said.

Cowboys Kick-Off



Courtesy photo

Members of the Army Medical Department Center and School Joint Service Color Guard meet Rowdy, the official mascot of the NFL's Dallas Cowboys at the Alamodome during the Dallas Cowboy's Training Camp Kick-Off held July 23. The color guard presented the colors on stage joining local Tejano star Jay Perez, who sang the National Anthem, and bands such as Bowling for Soup and the Duelo.

ARNORTH welcomes new deputy to CG

U.S. Army North welcomed its new deputy to the commanding general during a ceremony in the historic Quadrangle July 30. Guy Sands-Pingot, who is a brigadier general in the Army Reserve, was appointed as a member of the Senior Executive Service — the uppermost ranks of federal civil service. He will support Lt. Gen. Guy Swan III, commanding general, Army North and Fort Sam Houston, and will serve as the command's senior civilian employee. Swan (left) presents a certificate to Guy Sands-Pingot after swearing him in as a member of the Senior Executive Service as U.S. Army North as his wife, Valentina, and daughter, Maria watch.



Photo by Staff Sgt. Keith Anderson

Fisher House Donation

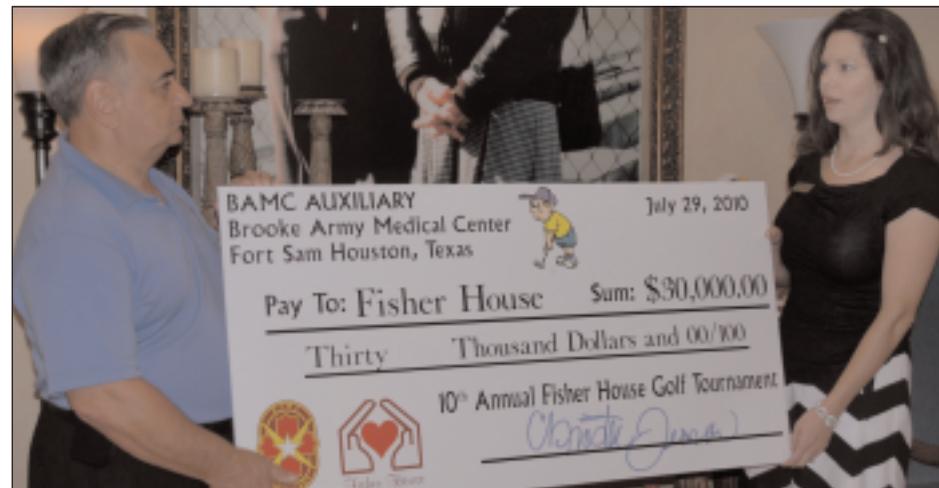


Photo by Maria Gallegos

Russell Fritz, Fisher House assistant manager, receives a check from Christen Jensen, Brooke Army Medical Center Auxiliary president, July 29 at BAMC Fisher House No. 3. Proceeds were from the 10th Annual Fisher House Charity Golf Tournament at the Dominion Country Club in April.



Announcements

AMC School Supply Drive

Alamo City Chapter, American Society of Military Comptrollers, will sponsor a "Back to School Drive" through Aug. 30. To donate school supplies, call 536-2402 at Brooks-City Base; 221-1309 at Fort Sam Houston; 671-4191 at Lackland AFB; or 652-4408 at Randolph AFB.

Diabetes Research Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients," even if you have not been a candidate for weight loss surgery before.

Military medical beneficiaries age 18-65 who have Type 2 diabetes are eligible. Active duty members are not able to participate, dependents or retirees only. Call 292-5915 for more information.

Lose Something?

All found property is kept for 45 days and disposed of unless owner is identified. Call 221-2340 or visit Fort Sam Houston Police Desk, Building 2244.

Calendar of Events

Aug. 8 Sanctuary Walk

The BTC Oddsports volksmarch club will host a 5k and 10k walk starting at the Cooks Slough Bird Sanctuary, CR 106, Uvalde, Texas. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 204-9301.

Aug. 10 SEP/GT Improvement

The FSH Education Center is accepting enrollments for the

Basic Skills Education Program/General Technical Improvement class, Aug. 10-27. Active duty, reserve and members of other services may attend. Class prepares Soldiers for the ASCT. Seating limited, contact a counselor at the Education Center, Building 2248, 2408 N. New Braunfels Ave. or call 221-1738.

Aug. 11 iQ Academy Texas Open House

iQ Academy Texas invites families to learn more about the virtual school's open enrollment process and the opportunities available through online education 5-6 p.m. at the Hyatt Place, 1610 East Sonterra Blvd. The tuition-free school is currently enrolling. Call 888-644-4789 or visit <http://www.iQAcademy.TX.com>.

Aug. 14 Community Clean-Up

The American Society of Military Comptrollers will sponsor a community cleanup project 9

a.m.-noon at the Sunshine Plaza Apartments, 455 E. Sunshine Drive. The project involves light cleaning for senior residents. To volunteer, call 536-3549.

Aug. 16 Warrant Officer Association meeting

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

Aug. 20 MOAA Dinner

The Military Officers Association of America will host a dinner at the Kendrick Club, Randolph Air Force Base. Social hour begins at 6 p.m. Menu choice is London Broil or chicken marsala. Cost is \$22. Reserve by Aug. 17. Call 228-9955.

REMINDER CALENDAR

- Aug. 5** Great Plains Regional Veterinary Command Change of Command, 3 p.m., Army Community Service
- Aug. 6** EFMP Special Needs Resource Fair and Activity Day, 10 a.m.-1 p.m., Morgan's Wonderland
- Aug. 6** Warrior Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Club
- Aug. 7** Post-wide Flea Market, 7 a.m.-1 p.m., Command Pavillon
- Aug. 7** Back-2-School Celebration, 10 a.m.-4 p.m., Sam Houston Club
- Aug. 10** EFMP Field Trip to Splashtown, leaves ACS at 9 a.m.
- Aug. 13** Texas Hold 'Em, 6 p.m., Sam Houston Club
- Aug. 13** "Star Trek," 8:30 p.m., post flagpole
- Aug. 14** "The Twilight Saga, New Moon," 8:30 p.m., Dodd Field
- Aug. 15** Heart of Texas Triathlon No. 6, 7 a.m., Jimmy Brought Fitness Center



FSH SPORTS UPDATES

<http://www.fortsamhoustonmwr.com/vcm/page.asp?pid=239>

Developing life skills through the arts: Missoula Children's Theatre

By Valentine Pumphrey
Family and MWR Marketing

Parents, is your child Broadway bound, or are you just looking for a way for your child to interact more with their peers – aside from Facebook or text messaging?

Then Family and MWR has the perfect opportunity for your aspiring actor or actress: Missoula Children's Theatre.

This free, week-long

performing arts residency will be held August 9 through 14 at the Middle School Teen Center (Bldg. 2515, Funston Road). The program is offered by Child, Youth & School Services SKIES and open to registered youth 8 to 18 years old.

The program uses performing arts to help them develop critical life skills, including discipline, confidence, self-esteem, leadership and team building.

Such character skills are especially important for military children – as they often face unique situations such as prolonged parent deployments and frequent moves that can wreak havoc on a child's emotional well being.

“For many children, there's nothing like hearing that applause that tells them, ‘Great job; we're so proud of you – if you did all of this in just one week, then you can do any-



Photo by Michael Patterson

thing,” said Jonna Michelson, tour marketing director, Missoula Children's Theatre.

“The Missoula Children's Theatre is so

grateful to have the opportunity to serve our military families in such a positive way.”

Missoula Children's Theatre staff will visit 121

After a week of intense training with the Missoula Children's Theatre, children star in a production of “King Arthur's Quest” complete with props and costumes.

Army, Air Force, Navy and NATO installations around the world this year. Auditions for the camp on

See THEATRE, P22

THEATRE, from P21

Fort Sam Houston will be held Monday, Aug. 9 at 10 a.m. at the MST Center, followed by a busy week of workshops.

The children's hard work and new skills will be showcased on stage Aug. 14 with full-costume performances of "King Arthur's Quest" at 2 and 5 p.m. at the MST Center.

All costumes and equipment are included as part of the residency. Performances are open to the public

"This is an excellent opportunity for children to enhance their theatrical

skills, perform in front of an audience and witness the actual stage being developed," said Lee Karvellis, SKIES Instructional Program Manager. "And let's not forget – opportunities to participate in the performing arts are rare, and more, importantly, children get to explore new interests and have fun."

To register with CYS Services, contact Parent Central at (210) 221-4871. For more information on Missoula Children's Theatre, call (210) 471-9548 or visit <http://www.fortsamhoustonmwr.com>.

**Announcements****Sam Houston Club Bingo Program Changes**

Due to club renovations, there have been some changes to the Sam Houston Club bingo program, Aug. 6, the Friday night bingo program will move to the Army Community Service auditorium, Building 2797 on Stanley Road. Doors open at 5 p.m. (6:50 p.m.-Early Bird Start). The next Big Bucks Bingo is Aug. 14 at 11 a.m. (12:50 p.m.-Early Bird Start). The next Big Bucks Bingo will be held Oct. 2. Regular Saturday bingo will resume Aug. 21 at 11 a.m. (12:50 p.m.-Early Bird Start). The bingo program is open to all military, other government employees (active or retired), their family members and sponsored guests. Call 224-2721.

Calendar of Events**Aug. 5
EFMP, "Be an Effective Advocate for your Child!"**

The Exceptional Family Member Program class is 1:30-3:30 p.m. at ACS, Building 2797. Guest speaker is Robin Leslie Philbrick, M.Ed., president of Inspiring Miracles: Parents and Children Together (IMPACT). To register, call 221-0600/0285/2418.

Aug. 6

Important Program Closures
Due to the Morgan's Wonderland event the Brooke Army Medical Center and ACS Exceptional Family Member Program will be closed. Call 221-0285.

Getting Ready for Childbirth

The class is 1-4 p.m. at ACS, Building 2797. Call 221-0349.

**Aug. 7
Quarterly Flea Market**

The post-wide flea market is 7 a.m.-1 p.m. at Command Pavilion located on Stanley and Harry Wurzbach roads. Sellers must register no later than Aug. 5 with the Outdoor Equipment Center. Call 221-

5224 for more information.

Back-2-School Celebration

The event is 10 a.m.-4 p.m. at the Sam Houston Club. There will be free food and beverages, a DJ, karaoke, arts and crafts vendors, moon bouncers, face painting and more. Call 224-2721.

**Aug. 9
Using Credit Wisely**

The class is 2-4 p.m. at ACS, Building 2797. Call 221-1612.

Doctor Dad

The class is 5:30-7 p.m. at ACS, Building 2797. Call 221-0349.

**Aug. 10
Microsoft Word Level 2**

The class is 8 a.m.-noon at ACS Building 2797 in the computer lab. Call 221-2518.

EFMP field trip to Splashtown

Meet at 9 a.m. at ACS, Building 2797. Entrance is free for Exceptional Family Member Program member and three additional Family members. Families must be enrolled in EFMP to participate. Lunch is not provided. Registration required. Call 221-2418/0285.

Post Deployment Planning

The training is 9-10:30 a.m. at ACS, Building 2797. This training is designed to increase the spouse's ability to face reintegration with resilience and strength. To register, call 221-1829/2705.

Debt Liquidation

The class is 2-4 p.m. at ACS, Building 2797. Call 221-1612.

**Aug. 11
Microsoft Access Level 2**

The class is 8 a.m.-noon at ACS Building 2797 in the computer lab. Call 221-2518.

FAP Commander/Senior Leader Training

This mandatory Family Advocacy Program training is 8-10 a.m. at ACS, Building 2797. This training is in accordance with AR 608-18 and is required for commanders and first sergeants within 45 days following assumption of command, also ful-

August Movie Night Schedule

Aug. 13 – Flag Pole, "Star Trek"
Aug. 14 – Dodd Field, "The Twilight Saga, New Moon"
Aug. 27 – Flag Pole, Disney's "Alice in Wonderland"
Aug. 28 – Dodd Field, "Astro Boy"

fills the annual commander refresher training. This training provides a FAP overview and insight about the command role in reporting domestic violence. Call 221-0349/2418.

Overseas Orientation

The class is 10 a.m.-5 p.m. at ACS, Building 2797. Call 221-2418/2705

Care Team Training

The training is 10-11:30 a.m. at ACS, Building 2797. This training is recommended for casualty assistance officers, casualty notification officers and battalion care team volunteers. To register, call 221-1829/2705.

Mandatory Initial First Term Financial Readiness

The training begins at noon at the Education Center, Building 2248. To register, call 221-1612.

Sexual Assault Annual Training

The training is 2-3 p.m. at ACS, Building 2797. This class is designed for those who may have missed their annual sexual assault training at their unit. Call 221-0349/1505.

**Aug. 12
EFMP, "Epilepsy and Seizures"**

The class is 1:30- 3:30 p.m. at ACS, Building 2797. Guest speaker will be Eloy De La Cruz, Epilepsy Foundation Education coordinator. To register, call 221-0600/0285/2418.

**Aug. 13
Texas Hold 'Em**

Tournament begins at 6 p.m. at the Sam Houston Club. Entry fee is \$20 and includes a boxed dinner and unlimited soft drinks. A cash bar is also on site. To register, call 226-1663.



FORT FREEBIES FOR SALE

For Sale: 2000 Pathfinder 1806V Bay Boat, 90 HP Yamaha motor, center console, low hours, extras, \$10,500; rustic five-piece entertainment center; 89 inches long by 78 inches high by 18 inches deep, \$425. Call 830-438-2860 or 488-3175, serious inquiries only.

For Sale: 2000 Harley-Davidson Heritage Softail, under 7K miles, Vance & Hines pipes, H/D Thunderstar mags and more, all service performed at dealership, very clean, garage kept, \$11,500. Call 830-237-8122.

For Sale: CKC German Boxers, flashy brindle. Call 633-0239.

For Sale: Bedroom set includes double poster bed, five drawer dresser, vanity with mirror, end table with two drawers and new mattress set, dark wood, \$750; desk, black top, nine drawers, 64 inches by 31 inches, excellent condition, \$50; sewing

machine, like new, \$50; baby changer, excellent condition, \$30; Wilson all-leather jacket, men's XL, \$75. Call 684-8966 or 323-2601.

For Sale: Table with two benches and two chairs, \$140; rustic corner TV stand, \$100; entertainment center, \$80; pot holder, new, \$60; PS2/games, \$50; Canon printer, \$30; Panasonic multi-system television, \$70; RCA 14-inch television, \$35; Yamaha 200 watt subwoofer, \$120; Yamaha 200 speakers, \$120. Call 717-713-4218.

For Sale: 36-inch television, \$275; memory foam sofa, \$175; big leather chair, \$275; Shark Vac, new, \$95; oak framed mirror, 2 feet by 3 feet, \$45. Call 633-3859.

For Sale: 150 gallon butane/propane tank, \$425 obo; antique iron wheels, two for \$100 obo; Washburn bass guitar and amplifier, \$495; women's clothes and shoes, good prices. Call 219-4327.

Free to Good Home: Male pit bull, 5 years old, very loving and playful and male pit bull mix, 9 months old. Call 219-4654 if interested.

Wanted: Heavy-duty stationary exercise bike, reasonable price, will pick up. Call 655-7417.

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – Aug. 6

Lunch – 11 a.m. to 1 p.m.

Spicy barbecued spareribs, smothered chicken with onions and gravy, baked chicken, southern fried catfish, steamed rice, red beans and rice, parley-buttered red potatoes, macaroni and cheese, collard greens, corn on the cob, mixed vegetables

Dinner – 5 to 7 p.m.

Roasted pork loin, beef lasagna, chicken pot pie, barbecued roast pork loin, broccoli quiche, wild rice pilaf, sweet potatoes, black-eyed peas, green beans, okra and tomato gumbo

Saturday – Aug. 7

Lunch – noon to 1:30 p.m.

Chicken stir fry, veal parmesan, lemon-herb baked fish, vegetable quiche, steamed rice, spaghetti noodles, baked potatoes, lima beans, zucchini squash, wax beans

Dinner – 5 to 6:30 p.m.

Chili macaroni, fried chicken, barbecued ham steaks, cheese manicotti, baked potatoes, mashed potatoes, lyonnaised rice, Brussels

sprouts, corn, vegetable stir-fry

Sunday – Aug. 8

Lunch – noon to 1:30 p.m.

Rice frittata, baked stuffed fish, turkey pot pie with biscuits, roast beef, parsley-buttered potatoes, rice pilaf, cauliflower, stewed tomatoes, green peas

Dinner – 5 to 6:30 p.m.

Baked tuna and noodles, meatballs with brown gravy, potato frittata, roast turkey, mashed potatoes, steamed rice, carrots with almonds, Harvard beets, green beans with corn

Monday – Aug. 9

Lunch – 11 a.m. to 1 p.m.

Chicken souvlaki, rosemary pork chops, grilled herb pork chops, Greek pastitsio (ground beef), vegetarian chili macaroni, brown rice with fresh asparagus, pan-fried Greek potatoes, baked potatoes, broccoli, Greek vegetable medley, corn

Dinner – 5 to 6:30 p.m.

Beef lasagna, spaghetti, vegetable quiche, fried chicken, baked chick-

en, meat loaf, oven glo potatoes, steamed brown and wild rice, macaroni and cheese, French-fried okra, mixed vegetables, cabbage

Tuesday – Aug. 10

Lunch – 11 a.m. to 1 p.m.

Savory turkey divan, herb roasted turkey, Italian-style pot roast, beef lasagna, vegetable lasagna, parmesan baked fish, four cheese pasta Florentine, red potatoes, parsley-buttered garlic red potatoes, French-fried okra, Italian zucchini sauté, carrots

Dinner – 5 to 7 p.m.

Chicken enchiladas, cheese enchiladas, stuffed pork chops, Salisbury steaks, scalloped potatoes, lyon-naised rice, parsley egg noodles, refried beans with cheese, yellow squash, Brussels sprouts, cauliflower au gratin

Wednesday – Aug. 11

Lunch – 11 a.m. to 1 p.m.

Beef stroganoff, apple-glazed corned beef, braised spareribs, grilled chicken breasts, cheese ravioli, German potato cakes, gar-

lic-buttered potatoes, parsley egg noodles, mixed vegetables, asparagus, creamed corn

Dinner – 5 to 7 p.m.
Baked knockwurst, Swiss steak with brown gravy, lemon-herb baked fish, Caribbean chicken breast, cheese manicotti, brown rice, mashed potatoes, Franconia potatoes, sauerkraut, lima beans, okra and tomato gumbo

Thursday – Aug. 12

Lunch – 11 a.m. to 1 p.m.

Tempura fried fish, Creole macaroni, sweet and sour pork, beef stir fry, vegetable quiche, steamed rice, fried rice, spicy roasted potatoes, zucchini squash, Chinese fried cabbage, black-eyed peas, cabbage

Dinner – 5 to 7 p.m.
Baked Cornish hens, broccoli quiche, spaghetti with meat sauce, Cantonese spareribs, chipper perch, parsley spaghetti, steamed rice, mashed potatoes, creamed corn, green beans, vegetable stir fry

Menus are subject to change without notice