

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



**HEALTH AND WELLNESS FAIR**

Aug. 19  
 10 a.m. to 1 p.m.  
 Jimmy Brought  
 Fitness Center

## U.S. Army South reorganizes HHC during activation ceremony

Story and photos by Robert R. Ramon  
 U.S. Army South Public Affairs Office

The Headquarters and Headquarters Company of the Special Troops Battalion, U.S. Army South, reorganized to form three separate companies during an activation ceremony at MacArthur Field Aug. 11. The ceremony officially marked the activation and assumption of command of Headquarters and Service Company, A Company and B Company, Special Troops Battalion.

STB commander, Lt. Col. Scot Storey said the quality of Soldiers assigned to the newly-formed companies will help to ensure continued success.

See U.S. ARMY SOUTH P10



Lt. Col. Scot Storey (center) transfers the unit colors to Capt. Jorge Medina (left) while 1st Sgt. Jeannette Schartner looks on during an activation ceremony at MacArthur Field.

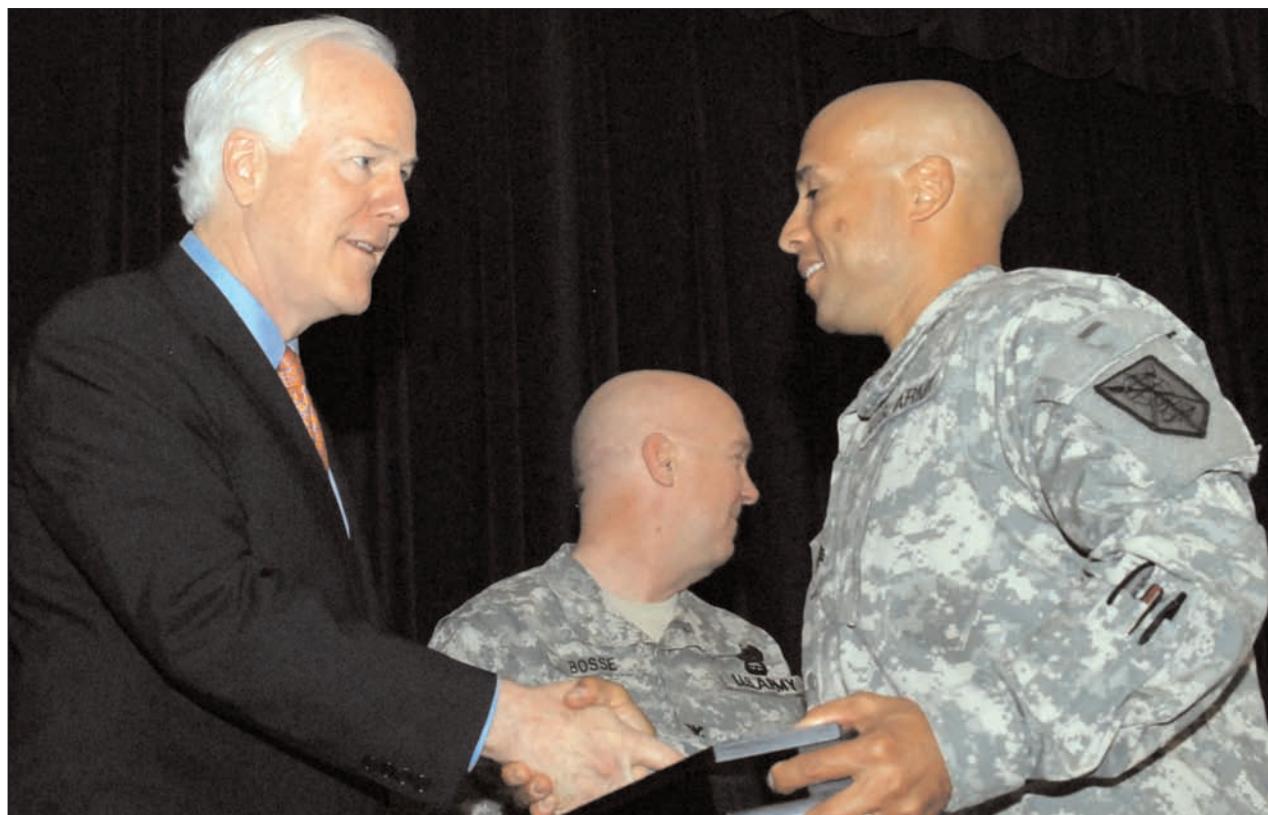


Photo by Robert R. Ramon

U.S. Senator John Cornyn (left) welcomes home Sgt. Adalberto Fontanez during a Welcome Home Warrior-Citizen ceremony at Army Community Service Aug. 8.

## Soldiers honored at Welcome Home Warrior-Citizen ceremony

Story and photos by Robert R. Ramon  
 4th Sustainment Command (Expeditionary)  
 Public Affairs Office

Soldiers of the 208th Regional Support Group Headquarters Company were honored during a Welcome Home Warrior-Citizen ceremony Aug. 8 at Army Community

Service. The 208th recently completed a 13-month deployment in support of the Global War on Terror.

"Their work ensured that America continues to take the fight to the terrorists and extremists," said U.S. Senator John Cornyn. "They gave the Iraqi people the space and time they needed in order

to build their democracy."

Participating in the ceremony were Cornyn; Maj. Gen. Russell J. Czerw, commander, Fort Sam Houston and Army Medical Department Center and School; Employer Support of the Guard and

See WARRIOR CITIZEN P4

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# New access credentialing process will take effect at FSH

Effective Aug. 17 Fort Sam Houston will incorporate a new control program to facilitate gate access. The purpose of the new program is to minimize use of forged or invalid documentation and allow access control point guards to scan credentials to verify the authorization and privileges of people entering Fort Sam Houston.

People with a military I.D. card, active, reserve, retired, Family member, and National Guard, may enter the installation through any ACP.

The program integrates a combination of background checks, identification scanning and registration procedures.

Contractors, vendors, visitors and other personnel not authorized a Common Access Card or identification outlined by Army Regulation 600-8-14, dated Dec. 20, 2002 must obtain a Fort Sam Houston Badge, RAPIDGate Badge, Temporary Pass or Daily Pass as applicable.

Facility Entry Control Badges issued by an organic or tenant organization are not valid for installation access.

Tenant or organic organizations must appoint a primary and alternate authorizing official who would be responsible for approving issue of a Fort Sam Houston Badge, RAPIDGate Badge or Temporary Pass. The primary authorizing official must be appointed by the garrison commander; alternates can be appointed by the primary authorizing official.

The organization's security manager must initiate a Standard Form 85P Questionnaire for Public Trust for all contractors and sub-contractors working within their organization. This form is sent to Office of Personnel Management. For more information about this process call the Directorate of Plans, Training, Mobilization and Security, Personnel Security Office at 221-1906.

Before a non-CAC contractor, vendor or visitor requiring long term access can obtain an access credential they must undergo one of the following background checks by the Directorate of Emergency Services, Pass and Badge Section, Building 367:

- National Agency Check
- Centralized Operation Police Suite
- U.S. Immigration

Customs Enforcement

- National Crime Information Center (NCIC) Interstate Identification Index (III) check, if applicable.

A 90-day temporary pass can be obtained while an applicant is waiting for the completion of vetting process. The temporary pass is issued by DES, Building 367.

Once the non-CAC contractor, vendor or visitor obtains a Fort Sam Houston Badge or RAPIDGate Badge they can enter the installation through any ACP.

Vehicle registration is mandatory at all Army installations; Fort Sam Houston is not exempted. Decals are issue at Building 367 on Stanley Road. During Force Protection Condition Normal through Alpha, privately owned vehicles

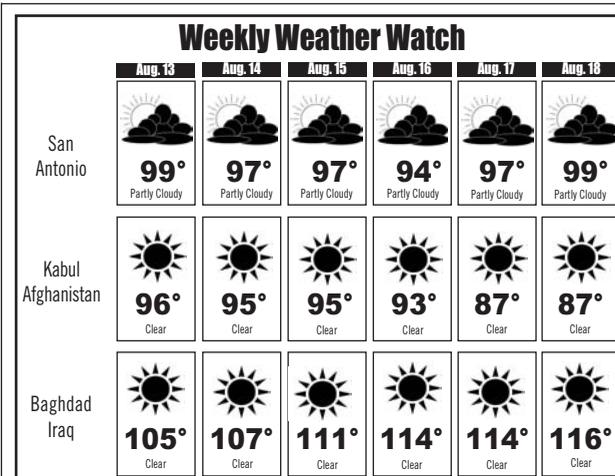
requiring a Class C license may enter the post through any ACP as long as the operator has an authorized access credential. Vehicles requiring a Class A or B license must enter through the commercial ACP.

People visiting the post for a one time event must enter the post through a visitor ACP. Their driver's license or other identification will be scanned at the access control point.

The system will check for fake, lost, stolen, expired identification; or terror or criminal suspects. Once scanned it takes three to five seconds to check credentials against multiple databases.

For more information or to obtain an access credential, call the DES, Pass and Badge Section, at 221-0213 or Building 367 on Stanley Road.

~ Directorate of  
Emergency Services



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

## News Briefs

### 14th Anniversary Regimental Social

Fort Sam Houston and Army Medical Department Center and School Commanding General, Maj. Gen. Russell Czerw and Command Sgt. Maj. Howard Riles will host the 14th Anniversary Regimental Social Aug. 14 at 5 p.m. at the Army Medical Department Museum. All are invited to attend. Tickets are \$5. For more information, call 336-5023.

### Housing resident Self Help program change

The Self Help program for Fort Sam Houston Family Housing residents is changing. Effective Aug. 15, residents can go to their community center for filters and light bulbs during normal business hours. Residents will need to bring in their old filter or light bulb to receive a replacement. Self Help at the Maintenance Shop, Building 3882, on Garden Avenue will change as well. For small hand garden tools and touch-up paint, residents will continue to go to the Maintenance Shop. However, Self Help will only be available Wednesdays, 11 a.m.-1 p.m. If residents have questions or concerns, call Lincoln Military Housing, 270-7638.

### Health and Wellness Fair

The Jimmy Brought Fitness Center will hold a health and wellness fair Aug. 19, 10 a.m.-1 p.m. Services and information provided will include cholesterol screening, diabetes screening, injury prevention, and breast cancer awareness. A registered dietician will be available to provide information and answer questions regarding diet and exercise programs. This event is free and open to the public. Call 221-2020 or 221-1234.

### Women's Equality Day celebration

Veterinary Command will host a Women's Equality Day event Aug. 26, 11:30 a.m.-1 p.m. at Army Community Service, Building 2797. The theme is "Celebrating Women's Right to Vote." Col. Patricia Hastings, director, U.S. Army Emergency Medical Services will be the guest speaker. Call 295-0561 or 221-4240.

# 'Dream team' of researchers to study Army suicide rates

By Grafton Pritchatt  
Army News Service

A ground-breaking study of behavioral health in the Army may soon provide answers on what causes suicide and what programs can best prevent them.

A media roundtable at the Pentagon July 16 provided an update on a five-year, \$50-million study of suicide and behavioral health among military personnel, launched in October 2008, in partnership with the National Institute of Mental Health.

"We are working at all levels currently to do everything we can to reverse this trend, and

we are excited about this partnership – this collaboration – with the National Institute of Mental Health, the Uniformed Services University (of the Health Sciences), and Harvard, Columbia and University of Michigan," said Army Secretary Pete Geren.

While the Army is now implementing many initiatives and programs to reduce suicide, Geren stated that the Army does not know which ones are most effective.

"We hope at the end of this study, we'll be able to make a better connection between 'this worked, this didn't work,'" said Geren.

Dr. Thomas Insel,

director of NIMH, presented what he described as his "dream team" of researchers. The project director is Dr. Robert Ursano, chairman of the Department of Psychiatry at the Uniformed Services University of the Health Sciences in Bethesda, Md.

The research team also includes Dr. Ronald Kessler, professor of health care policy at Harvard Medical School; Dr. Steven Heeringa, director of the Statistical Design Group at the University of Michigan; and Dr. John Mann, vice chair for research at the New York State Psychiatric Institute and scientific director of the Kreitchman PET Center

at Columbia University.

The idea of the study is to eventually understand pre-existing behaviors and factors that make Soldiers vulnerable to suicide, in addition to forming "actionable" results.

Army Vice Chief of Staff Gen. Peter Chiarelli described the Army's efforts to prevent suicide and promote wellness as "Assess, educate, train and intervene early," and provided an update on the Army Campaign Plan for Health Promotion, Risk Reduction and Suicide Prevention published in April.

Although the suicide rate among Soldiers has traditionally been lower than among their civilian

peers, last year the two rates became nearly the same.

There were no confirmed Soldier suicides in June, although 11 deaths are still under investigation. Geren noted that while the number of Army suicides has dropped since March 2009, it was too early to tell what factors, if any, could be credited.

"We're not here to tell you we think we have turned the corner; next month could be another tragic month. We are putting tremendous effort into this and perhaps the intervention that we have taught has helped avoid a

See DREAM TEAM P9

## FSH customers asked to complete Service Assessment survey

Customers who live, work or do business at Fort Sam Houston will have an upcoming opportunity beginning Aug. 24 through Sept. 18 to provide detailed feedback on all of the post's services.

The 2009 annual Customer Service Assessment, which falls under Customer Management Services, is the Installation Management Command's annual Army-wide program for collecting customer feedback and using the data to evaluate and improve the delivery of installation programs and services. The assessment is intended to answer the all important question affecting resource allocation in IMCOM, "What does it matter to Soldiers

and to their Families?"

Most installations participated in 2008 when more than 20,000 individuals completed the survey. The customers – leaders, Soldiers, Family members, retirees, veterans, civilian employees and contractors – provided information about the importance of programs and services, as well as rating how well the installation is providing services for them.

The assessment is accessed from a Web link that will be published within the next few weeks. When individuals take the survey, they will be asked to provide demographic data that will automatically direct them to the appropriate assessment questions. In

that way, Family Members or retirees, for example, will not be asked to rate services like the Central Issue Facility or the Ammunition Supply Point – two services used by Soldiers and their leaders.

Within the survey, customers will be asked to rate service "performance" on a scale of one – very poor to five – excellent, and "importance," also on a scale of one to five. The assessment will ask that all low ratings be explained so importance and performance issues can be clearly identified.

Data provided by commanders, command sergeants major, first sergeants, senior civilians, and senior staff will also be captured. They will

also rate the performance and importance of installation services, but in relation to the accomplishment of their organization missions.

"This is a fantastic opportunity for Soldiers and their Families to directly affect how services are provided at their installation," said Tony Patino, the IMCOM West Region CMS manager.

"All customers will be able to rate how well the services they receive match their expectations. IMCOM can use this feedback to improve services, which should ultimately affect Soldier and Family quality of life."

As soon as the Web link is published, expect to see a strong information push from multiple

fronts.

The more customers in each category who take the 10 to 15 minutes to complete the assessment, the more accurate and substantial the data collected. The data will be returned to the installation in November where it will be used to identify and document best practices and to develop plans for improvement in services where customer say there are issues.

For more information about the upcoming Customer Service Assessment, call the Customer Service Officer at 221-2543, or e-mail samh.cms@conus.army.mil.

~ Customer  
Management Services

# TF 51 arrives at Fort Leavenworth for Vibrant Response 2009

Story and photo by Sgt. Joshua Ford  
U.S. Army North PAO

U.S. Army North's Task Force 51 arrived at Fort Leavenworth, Kan., for the Vibrant Response 2009 exercise kick-off Aug. 10.

The exercise focused on responding to chemical, biological, radiological, nuclear and high-yield explosive incidents and is designed to confirm readiness and abilities of incoming units under the CBRNE Consequence Management Response Force, effective Oct. 1.

The 167th Theater Support Command, an Alabama National Guard unit based out of Fort McClellan, Ala., welcomed Operational Command Post 1 on arrival with a series of informative inprocessing briefings.

After inprocessing, the task force received more than 50 individual augmentees from all military services.

"Before, I didn't have a grasp on all of the acronyms and job titles in a joint environment like this, but the welcome brief from the 167th TSC and the welcome brief from Army North helped out a lot," said Air Force Senior Airman Eric Villafranca, a weather forecaster from the 111th Weather Flight, which is an Air Force Reserve unit based out of Houston.

Service members augmenting the task force, such as Villafranca, turned the OCP into a command and control unit of more than 200 service members and civilians, making the Army North unit a true Joint Task Force.

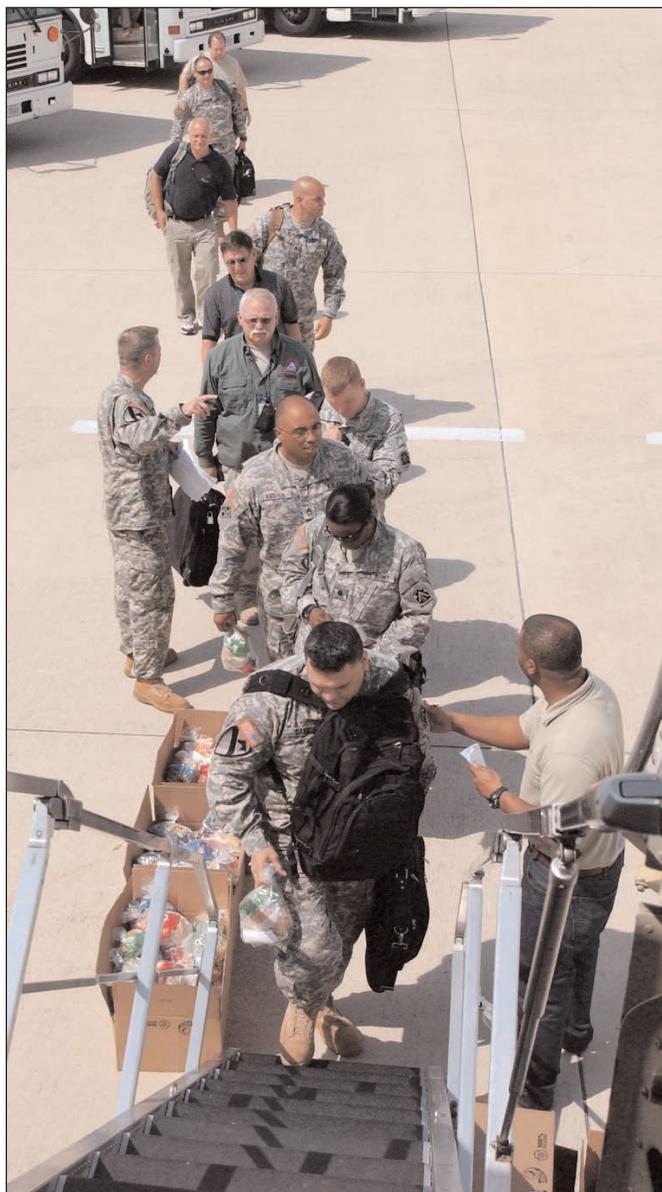
"Working in a joint-force environment can prove to be challenging, especially in a scenario where you are not just working with one or two services but all of them, including several civilian agencies," said Navy Lt. Jason Rinton, force protection planning officer, U.S. Northern Command, based out of Peterson Air Force Base in Colorado Springs, Colo.

Although civilian agencies did not participate, if a real-world catastrophe was to occur, Joint Task Force 51 would work with multiple civilian agencies, to include the Federal Emergency Management Agency.

During Vibrant Response, Army North played its part as the Army Service Component and Joint Force Land Component Command for USNORTHCOM. Army North is charged with coordinating federal military response in the land domain for domestic operations or disasters, to include CBRNE.

The exercise provided TF 51 an opportunity to deploy the Command Post of the Future command and control system for the first time. The CPOF provides in-depth overview of a unit's operating area and gives commanders a better assessment of capabilities and subordinate units' situations.

"This system should make the task force's overview of the operating area easier," said Staff Sgt. Anthony Volino, operations noncommissioned officer, OCP 1, Army North.



Members of U.S. Army North's Operational Command Post 1 leave for Vibrant Response 2009.

"It is also giving us the opportunity to get away from using Power Point for our briefing and giving us more freedom to obtain maps and unit capabilities. This will help for smoother operations with subordinate units."

Overall, forces to be trained and confirmed for the CCMRF mission include 64 different elements from different services across 14 different states.

"This exercise will bring us to a more in-depth (understanding) on how everyone works together," said Rinton. "Communication is key with civilian agencies in this environment with this type of mission."

## WARRIOR CITIZEN from P1

Reserve representative retired Maj. Gen. Elvin Schofield; U.S. Congressman Charles Gonzalez's representative Susana Benavides; Col. Pete Bosse, 208th RSG commander, and numerous Family members and friends.

The approximately 25 Soldiers given the official welcome home had returned stateside April 28. They deployed together to Iraq in support of the Special Operations Command for Operation Iraqi Freedom. SOCOM requested certain personnel from the 208th headquarters and the 208th Tailored Logistics Element was formed. After conducting numerous clandestine missions with the Special Forces, the 208th returned and was demobilized at Fort Dix, N.J.

According to Czerw the 208th's performance during the deployment was nothing short of impressive.

"I am incredibly impressed by what you have accomplished over this time," Czerw said to the Soldiers. "Your mission is going to be marked in history. It is a continuous demonstration of professionalism and dedication to accomplishing what our nation asks of us," he said.

As a member of the unit, 1st. Sgt. Rene Paredez witnessed first-hand the professionalism and dedication displayed by each Soldier during the deployment.

"They did an outstanding job," said Paredez, the 208th RSG HHC first sergeant. "The consistent positive attitudes and enthusiasm is just what was needed out there. They were experts at getting individual jobs done quickly and with a high quality of work."

Cornyn said the ceremony was an opportunity to recognize the value of the Soldiers' service on behalf of a grateful nation.

"I wanted to come here today to say how much we, as a country, appreciate the service of each and every one of you," said Cornyn. "You served during a critical transition in Iraq when the United States implemented a surge that turned the war around," he said. "We applaud you for your commitment to the greater protection of our country and the future of our children and grandchildren."

President George W. Bush and Congress created the Welcome Home Warrior-Citizen Award Program in 2004 to acknowledge service abroad by Soldiers in the Army Reserve, such as those with the 208th. The award consists of a personalized, encased American flag, a yellow Welcome Home Warrior-Citizen flag, an Army Reserve Soldier lapel set and a specially-designed commemorative coin.

## Respite care offered through EFMP

By Melissa Reyes  
Exceptional Family Member  
Program Manager

The Exceptional Family Member Program offers programs for active duty Soldiers who have Family members with special needs and the Respite Care Program goes a step further offering Families an opportunity to take a break from the rigors of care giving.

The program, in effect since July 2007 under the Army Family Covenant, offers Families a qualified provider who is knowledgeable about Family members' needs through a contract with AlignStaffing.

According to their Web site, AlignStaffing incorporates RAPPOR™, a process that matches the best candidates for the needed positions. The organization also requires criminal and background checks be completed by respite care givers.

Respite care may be used by Families for participation in camps or outside programs that pro-



Photo by Jason L. Austin

Tracy Jarvis, a respite care provider, wipes the mouth of a child during a lunch-time outing to the Patrick Henry Village Burger King in Heidelberg, Germany.

mote the care of the Family member. Families who only have one parent at home also benefit from this program, especially with the many deployments military Families and Soldiers are experiencing.

New guidelines for

respite care went into effect Aug. 1. Respite care eligibility is based on the medical or educational condition of the Family member requiring care. When qualified, Families may be eligible for a mini-

See RESPITE CARE P6

## TRICARE reaches out with expanded behavioral health care services

The stress of military life takes a toll on the well being of some military Families – and TRICARE is there to help. Time and distance will no longer be obstacles for active duty Families seeking behavioral health care with the introduction of two new programs.

The Web-based TRICARE Assistance Program (TRIAP) and telemental health program use evolving telecommunication technologies to bring

counseling assistance and behavioral health care closer to the people who need it most.

Both programs were launched Aug. 1.

TRIAP is a demonstration program available in the U. S. to active duty service members, those eligible for the Transitional Assistance Management Program and members with TRICARE Reserve Select, as well as spouses of any age and other eligible Family

members 18 years or older.

From the security of their homes, beneficiaries with a computer, webcam and the associated software can speak “face-to-face” with a licensed counselor over the Internet at any time, day or night. Eligible beneficiaries can link to their regional contractor’s TRIAP site and get more information about the pro-

See TRICARE P10

## National Night Out on Fort Sam Houston



**Courtesy photo**

U.S. Army Garrison Commander Col. Mary Garr presents a certificate of appreciation to Sheryl McFadden, Gorgas Circle mayor, Aug. 4 during the Post's National Night Out celebration. McFadden was one of several housing residents who hosted parties during the national crime-fighting event.



**Courtesy photo**

(From left) Colin McFadden, Sparky the Fire Dog, Keegan McFadden and Analyn Ayotte pose for a photo Aug. 4 during the annual National Night Out celebration. Sparky the Fire Dog from the Fort Sam Houston Fire Department visited parties held in the housing areas on post.

## Stage 2 Landscape Watering



Watering with an irrigation system or sprinkler is allowed only once a week from 3-8 a.m. and 8-10 p.m. on your designated watering day as determined by your address:

Last Digit of Street Address	Watering Day
0 or 1	Monday
2 or 3	Tuesday
4 or 5	Wednesday
6 or 7	Thursday
8 or 9	Friday

No watering on weekends with a sprinkler, soaker hose or irrigation system. Areas without a street address, such as medians and neighborhood entryways, water on Wednesday.

### **RESPITE CARE from P5**

mum of 12 hours or a maximum of 40 hours a month of respite care for each eligible Family member.

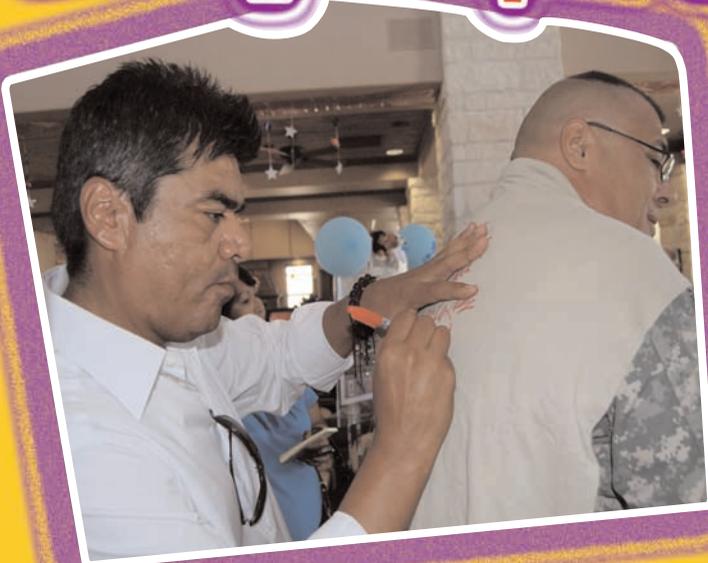
A Family Services Need Matrix will be used

to determine allowable respite care hours as part of the new guidelines. Families will need to complete an Individual Family Respite Care Plan, Family Needs Assessment, DA Form 4700, and/or DA Form

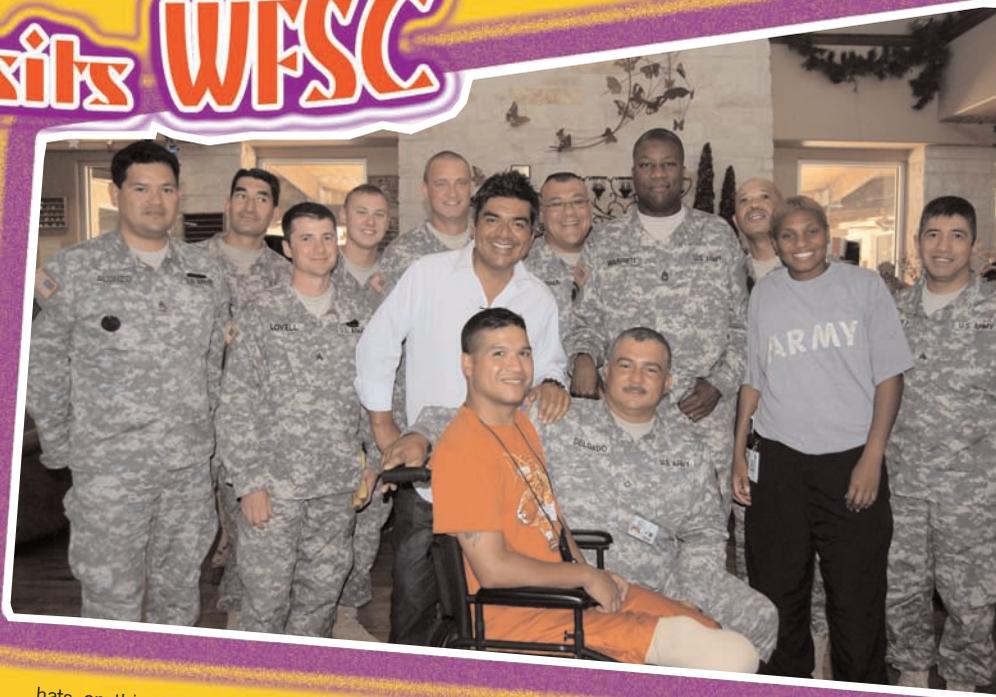
2792-1. There are also additional requirements if a Family would like to use their own provider to care for their children.

For more information, call 221-2962 or 221-0285.

# George Lopez visits WFSC



Comedian George Lopez and star of the comedy show, "The George Lopez Show" on ABC, wasted no time as he entered the Warrior and Family Support Center where hundreds of his fans had been waiting at least two hours to meet him Aug. 7. After meeting program manager, Judith Markelz, Lopez posed for numerous photos with Soldiers and their Families and autographed T-shirts, newspapers,



hats, anything that was available for him to sign. Lopez did not leave the center until everyone had a chance to take a photo with him or get his autograph. Lopez was in San Antonio to perform at the AT&T Center Aug. 8. Lopez made a stop at Fort Sam Houston visiting with burn patients at Brooke Army Medical Center and a tour of the Center for the Intrepid.

**Photos by Esther Garcia**

# Shinseki calls for greater compatibility between VA, DoD automated health systems

By Jerry Harben  
U.S. Army Medical Command

Secretary of the Department of Veterans Affairs Erik K. Shinseki called for greater compatibility between automated systems of the VA and the Department of Defense, pledging to shorten time required for processing disability claims for Soldiers, during a July 22 Army Medical Symposium in San Antonio.

“It’s the same person moving through our systems, let’s focus on that individual and figure out what tools we have to bring to this,” said Shinseki, a former

Army chief of staff. “I am personally committed to reducing the backlog and processing times of disability claims so that veterans don’t have to wait six to 12 months for their checks.”

Shinseki spoke about advances in electronic health records through the VA’s Veterans Health Information Systems Technology Architecture system, and the need to link it to DoD’s Armed Forces Health Longitudinal Technology Application system.

He said VISTA has led to greater access, higher quality, fewer

errors and lower costs, and that making the DoD and VA systems compatible will help solve the backlog of disability cases.

Shinseki said veterans lead the nation in homelessness, depression, substance abuse and suicide, and pledged to take on all the factors that lead to homelessness.

“The word ‘advocacy’ is important. We are describing ourselves as advocates on behalf of veterans, both as our culture and as our overarching philosophy,” he said.

“There are heroes in our midst, some

known, some unknown,” Shinseki said.

“All who are privileged to command should approach their duties with a sense of reverence for those they serve. This is true whether you command a brigade combat team, an Army hospital, or a VA medical center.

Soldiers and veterans deserve nothing less than our unwavering support, our consistent care and our deep devotion. They have earned all that and more through the sacrifice and service they have delivered and continue to deliver.”

## Final Salute



**Courtesy photo U.S. Army North Public Affairs Office**  
Col. James Larsen (left), along with Lt. Col. Terance Allen and Sgt. 1st Class Joe Garcia, render honors to the nation’s flag for the final time while in uniform during U.S. Army North’s Retirement Ceremony July 31 inside the headquarters Quadrangle. Lt. Gen. Thomas Turner, the commanding general of Army North, along with Command Sgt. Maj. George Nieves and their fellow Soldiers, gathered together to honor their retiring teammates.

**DREAM TEAM from P3**

suicide forever or it may have postponed it; we don't know," Geren said.

The Army required that every Soldier complete interactive suicide-prevention training earlier this year, followed by suicide-prevention chain teaching that units had until July 15 to complete.

"Although suicide can impact anyone, we're finding that male Soldiers, in combat-arms occupational specialties, between ages 18 and 27 are more vulnerable," said Brig. Gen. Colleen McGuire, director of the

Army's Suicide Prevention Task Force, in a released statement.

Researchers plan to collect data from about 500,000 Soldiers over time, with approximately half of that number drawn from the ranks of the Army's 80,000 new recruits each year. The researchers will continue to study these Soldiers through the early stages of their careers in hopes of determining which individuals are more predisposed to suicide and other mental health issues.

"Eventually, we want to see what we could

have learned the first week they were in the Army that could predict how they would have responded when they got into a complicated situation," Kessler said.

Researchers will collect blood and saliva samples, hold psychological exams, and conduct interviews with Families and unit leaders. They will also analyze archival data on Soldiers who

have committed suicide, new cases of suicide, and surveys.

One critical aspect of the study is privacy.

"We will maximize the research utility, but protect the identity of the individual Soldier and their Family," Heeringa said.

Updated results of the study will be released roughly every six months, beginning in November.

***News Leader survey online***

The survey is available online at <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.

**U.S. ARMY SOUTH from P1**

“They are the unsung heroes,” said Storey. They are quietly “performing difficult duties that go unpraised and often unnoticed.”

The HSC assumes the Battalion Command and Control mission while A Company will support the operations and intelligence elements of Army South and B Company will support the sustainment elements of Army South.

Commanders include Capt. Jorge Medina, HSC; Capt. James Williams, A Company and Capt. Isahq Khan, B Company. First

Sergeant's are 1st Sgt. Jeannette Schartner, HSC; 1st Sgt. Geoffrey Long, A Company and 1st Sgt. Jon Guba, B Company.

According to Army South leadership, the previous STB task organization limited its ability to provide unity of effort and command in the mission to provide day to day administrative and logistical support to Army South. It also limited flexibility for deployment support in the area of focus.

U.S. Army South Commanding General, Maj. Gen. Keith M. Huber, authorized the establishment of two provisional

staff support companies to correct these short falls and position the unit for future task organization under the Army Service Component Redesign.

“The Soldiers on the field and around you, wearing the Galleon Patch of U.S. Army South, are dedicated to our mission to detect, deter and disrupt transnational threats in order to protect the United States of America and to enhance security within the Western Hemisphere,” said Storey. “We should be in awe because we are seeing history being made.”

**TRICARE from P5**

gram at [www.tricare.mil/TRIAP](http://www.tricare.mil/TRIAP).

“TRIAP will help Soldiers, Sailors, Airmen, Marines and their Family members 24 hours a day, seven days a week,” said Rear Adm. Christine Hunter, deputy director of the TRICARE Management Activity. “It augments TRICARE’s many existing counseling assistance benefits by making sure there are more avenues for service members and their families to get the support they need, when it’s needed.”

Eligible members can logon to TRIAP an unlimited number of times for supportive counseling or advice when dealing with personal problems impacting their work performance, health and

well-being. Services include assessments, short-term counseling and, if the TRIAP counselor determines more specialized care is necessary, a referral to a more comprehensive level of care.

TRICARE’s telemental health services, use medically-supervised, secure audio-visual conferencing to link beneficiaries with offsite providers. Available to all TRICARE beneficiaries in the U. S., telemental health care falls under TRICARE’s telemedicine coverage. TRICARE’s regional contractors have established networks of telemental health originating sites and networks of offsite providers who can evaluate, treat and refer patients as necessary via video. All aspects of behavioral health services

are available, including psychotherapy and medication management.

“While most service members will still get face-to-face care in a military treatment facility or through the TRICARE network,” Hunter said, “the addition of telemental health care and TRIAP will really help us enhance access to a variety of behavioral health care services.”

For more information about TRICARE’s telemental health options, go to the getting care link at <http://tricare.mil/mybenefit/home/MentalHealthAndBehavior>.

Download a TRICARE Guide: “Understanding Behavioral Health” at [www.tricare.mil/tricaremart](http://www.tricare.mil/tricaremart).

~TRICARE news release



# Fort Sam Houston Chaplains celebrate anniversaries

Story and photos by Esther Garcia  
Fort Sam Houston Public Affairs Office

With the Gift Chapel looming in the background, the sun shining and blue skies, you could not ask for a better place to celebrate the 234th U.S. Army Chaplain Corps Anniversary and the Centennial Anniversary of Army Chaplain Assistants.

The ceremony, held Aug. 7 on the front lawn of the Gift Chapel, began with welcome remarks by Sgt. Maj. Moses Toliver, chaplain assistant, U.S. Army South, followed by the invocation delivered by Lt. Col. James Caraway.

Toliver has been a chaplain assistant for 21 years and has seen changes in the chaplaincy over the years.

Toliver said he looks at the chaplaincy from the past, now and the future as being a journey, moving from one stage to another which has brought about change.

“But, the bottom line is, we nurture the living, care for the dying and we honor the dead. That fundamental function has not changed and will not change,” said Toliver.

“I believe that it is a mark and a testament to the professionalism of our core, to the strength and character of our members that we have held fast to that fundamental function, because there have been times, at least throughout my journey, that we have had to fight for resources, a seat at the table, fight to be heard and sometimes even fight to exist, in this great Army. But, we held fast, and I believe that because we held fast. We have ensured our relevance to the Army, to the Families and Soldiers.”

The ceremony included musical

selections by Sgts. 1st Class Timothy and Thomas Harris, who sang, “Keep Your Eye on the Sparrow,” and Spc. Whanja Brown who sang “Breath.”

Spc. Sarri Lajas-Johnson read the history of the U.S. Army Chaplain Corps. Sgt. 1st Class Irether Gaines, chaplain assistant, read the history of the chaplain assistant.

## History of the Chaplain Assistant

The military occupational specialty was established by General Orders No. 253, War Department, Washington D.C., on Dec. 28, 1909, paragraph 1, which read, “One enlisted man will be detained on special duty, by the commanding officer of any organization to which a chaplain is assigned for duty, for the purpose of assisting the chaplain in the performance of his official duties.”

That meant that the assistant generally cared for the chaplain’s official property, acted as his clerk, helped with the educational, religious, and entertainment programs. In 1866, the Army decided that a Soldier found competent to teach command school subjects should be detained to do so under the auspices of a local chaplain who often served as the schoolmaster. In 1909, the military authorized one enlisted person to be assigned to the chaplain to assist him in the performance of his official duties.

After almost one hundred years of vague existence, there was a job for the chaplain assistants. Training began at Fort Dix and Fort Ord with a four-week course. In August 1965, during a major revision of AR 611-201, chaplain assistants were designat-



Chaplain (Col.) Donald Wilson, chief, Department of Ministry at Brooke Army Medical Center, Capt. John Park, resident chaplain at BAMC, Maj. Ibraheem Raheem, and Capt. Winston Jones, residency students at BAMC, look at the exhibits on display during the 234th anniversary of the U.S. Army Chaplain Corps and the Centennial celebration of Chaplain Assistants Aug. 7.

ed 71M, given a job description and specific skill requirements. Since 1986, the chaplain assistant has joined with the chaplain forming the highly successfully professional Ministry Team providing ministry to Soldiers and their Families worldwide. In October 2001, the chaplain assistant MOS designation changed from 71M to 56M.

## History of the Chaplain Corps

The heritage of the United States Army Chaplaincy reaches far back into the dim recesses of history. In times of turmoil, trouble, and terror, mankind always looks to religion and religious figures for comfort. The Council of Ratisbon (742 AD) first officially authorized the use of chaplains for armies, but prohibited “the servants of God” from bearing arms or fighting.

From 1689 to 1763, colonists took part in four great wars against the French: King William’s War, Queen Anne’s War, King George’s War and the

French and Indian War. In each of these conflicts, chaplains accompanied their men on the campaigns and in battle. During this conflict a young George Washington realized the necessity that every military unit has access to a chaplain.

Chaplains were to be found in every campaign and on every battlefield. During World I and II, Chaplains administered to the wounded, cared for the dead and assisted in graveside registration.

The chaplaincy continues to expand and grow. Unit Ministry Teams are trained to deal with issues such as crisis intervention, suicide prevention, Family abuse, grief counseling and marriage enrichment.

“Chaplains and chaplain assistants have served the Army for over 230 years. The history of the branch is a history of a great challenge, yet it is also a history of great opportunity.” said Gaines.



Spc. Hannah Wooldridge and Sgt. Christian Bouck, chaplain assistants, Headquarters and Headquarters Company, U.S. Army Garrison, give Spc. Polina Schulz, HHC, USAG, the first slice of the cake celebrating the 234th Anniversary of the U.S. Army Chaplain Corps and the 100th Centennial Anniversary of Army Chaplain Assistants.



Chaplains and Chaplain Assistants assigned to various units on post gathered on the front lawn of the main post chapel to celebrate the anniversary of the Chaplain Corps and the 100th anniversary of Chaplain Assistants.

# Sports

## Aerobathon

The Jimmy Brought Fitness Center will hold an Aerobathon Aug. 15, 9 a.m.-12p.m. in the fitness center aerobic room. Entry fee is \$10. To register, call 221-1234.

## Scuba Diving Lessons

The Jimmy Brought Fitness Center, in conjunction with Duggan Diving, offers scuba diving lessons. Each session is two weeks long and includes classroom, pool and open water instruction. Students will be Professional Association of Diving Instructors or National Association of Underwater Instructors certified. All equipment is provided during the session, cost is \$250. Call 221-1234.

## Swim Lessons

The Fort Sam Houston Aquatic Center and the American Red Cross will hold swim lessons for children 16 years and under. All sessions have two classes, 9-9:45 a.m. and 11-11:45 a.m. All sessions have a parent and child class at 11:15-11:45 a.m. for children 4-years-old and under. Registration fees are \$40 for ages 16 and under and \$35 for Parent Child classes. Patrons can register at the Aquatic Center between 11 a.m.-7 p.m. Call 221-1234 or 221-4887.

## Club Championship

The Fort Sam Houston Golf Club will hold its annual Club Championship Sept. 26-27, 8 a.m. shot-gun start on both days. This exciting 36-hole stroke play event is open to all Fort Sam Houston Golf Club members, active duty military and their Families, DoD employees and contractors assigned to Fort Sam Houston. Interested golfers should register in their respective flights at the Golf Course Pro Shop, from 7 a.m. to 7 p.m. daily. The registration deadline is Sept. 20. Registration fee is \$35 for members and \$60 for non-members. To register, call 222-9386.

## Post soccer tryouts

Tryouts for the Fort Sam Houston post soccer team will be held Aug. 17-21 beginning at 6 p.m. at Leadership Field. Call 221-3003.

## Post men's basketball team

Tryouts for the Fort Sam Houston post men's basketball team will be held Aug. 24-28 beginning at 6:30 p.m. at the Jimmy Brought Fitness Center. Call 221-3003.

## Post women's basketball team

Tryouts for the Fort Sam Houston post women's basketball team will be held Aug. 24-28 beginning at 6:30 p.m. at the Jimmy Brought Fitness Center. Call 221-3003.

# Novice Soldier boxer wins first fight

Story and photo by Esther Garcia  
FSH Public Affairs Office

Pfc. Brian Taylor always likes a challenge and the prospect of learning new skills. Motivated by challenge, respect and appreciation for boxers, he decided to join the Fort Sam Houston Boxing Team.

Taylor, assigned to B Company, 264th Medical Battalion, won his first boxing tournament on July 26 at Woodlawn Gym during the Texas Amateur Athletic Federation Games of Texas, hosted by San Antonio Sports and San Antonio Parks and Recreation. More than 7,500 athletes participated in 15 sport events held at various locations in San Antonio from July 23 to July 26. Taylor boxed in the sub-novice 152 pound welterweight category.

"I have never been in a boxing ring before, this is my first competition. I saw it (boxing) as a way to improve my health, so I got involved in the sport, from there it grabbed a

hold of me," said Taylor, a California National Guardsman.

His coach, former boxer Bruce Leno, known as the Black Stallion during his boxing days, said Taylor's exacting jabs, bone crunching hooks and upper cuts

sealed Taylor's victory.

"This is why I also joined the military, to learn new skills and the challenges that come with it," said Taylor.

Not only does Taylor excel in boxing, but he maintains a 92 grade point average in his studies as a Medical Laboratory Technician, a one year program.

"It is a very demanding program, but I appreciate it," said Taylor.

Leno said his boxers must maintain a B average to stay on the team. His team, comprised of males and females, compete all over Texas.

Taylor thanked his cadre and instructors for being very supportive and helpful when they found out he was competing in the tournament

Taylor plans to return to California once he completes the Medical Laboratory Technician program and says he definitely plans to continue boxing.



## 2009–2010 school year dates of interest

### Fort Sam Houston Elementary School

Registration for new students is scheduled, Monday through Friday, 8-11 a.m. and 1-3 p.m. with the exception of Aug. 18 when all offices will be closed for District Convocation.

Meet Your Teacher is scheduled for Aug. 21 from 2-3 p.m. This is an opportunity for all students to find their classrooms and meet their teachers for the new school year.

Parent Orientation Day will be held on Sept. 3 during the grade level conference periods to give parents the opportunity to visit with all their children's teachers.

Early Release Days will occur at the elementary campus to allow for parent conferences and staff development. Students will be dismissed at 11 a.m. on the following days:

Oct. 1 and 2

Dec. 4

Jan. 8

Feb. 26

May 14

School Hours are from 7:45 a.m. to 3 p.m., Monday through Friday. Students in kindergarten through fifth grade may arrive as early as 7:15 a.m. Students in pre-kindergarten may arrive at 7:25 a.m. No students may arrive prior to 7:15 a.m. as no adults are on duty to supervise students.

### Robert G. Cole Middle School

Registration for New Students will be conducted with a counselor on an appointment basis. Appointments can be made by calling Jane Morin 368-8734. Appointments are scheduled for 30 minutes.

### Middle School Registration Dates

Aug. 13 – Eighth grade

Aug. 14 – All levels

### High School Registration Dates

Aug. 13 – 11th grade

Aug. 14 – 12th grade

New Kids Camp will be held on Aug. 20 from 9:30 a.m.-12:30 p.m. at the middle school building. This day camp is open to all newly registered middle school students, grades sixth to eighth.

Middle School Open House will be held on Aug. 21 at 6:30 p.m. in the Cole gym. This orientation is open to all Middle School students and their parents.

### Robert G. Cole High School

New Kids Camp for high school students will be held on Aug. 20 from 9:30 a.m.-12:30 p.m. in the Cole Gym. This day camp is open to all high school students new to Robert G. Cole High School.

Open House will be held on Sept. 2 at 6:30 p.m. in the Cole Gym.

## SCHOOL DISTRICT CALENDAR

<b>August</b>	17-21	Teacher and staff dev./prep days	19	Begin third nine weeks
	24	First day of school		
<b>September</b>	7	Labor Day holiday		
<b>October</b>	12	Student holiday/staff development		
	23	End of first nine weeks (43 days)		
	26	Begin second nine weeks		
<b>November</b>	11	Veterans Day holiday		
	23-24	Student holiday/staff development		
	25-27	Thanksgiving holiday		
<b>December</b>	21-31	Winter break		
<b>January</b>	1	Winter break		
	15	End of second nine weeks (44 days)/first semester ends (87 days)		
	18	Martin Luther King holiday		
			<b>February</b>	
			15	President's Day/student holiday/staff development
			<b>March</b>	
			15-19	Spring break
			26	End third nine weeks (43 days)
			29	Begin fourth nine weeks
			<b>April</b>	
			2	Good Friday holiday
			23	Battle of Flowers holiday (bad weather make-up day)
			<b>May</b>	
			31	Memorial Day holiday (bad weather make-up day)
			<b>June</b>	
			4	Last day of school/end of fourth nine weeks (47 days)/second semester ends (90 days)
			5	Teacher prep day

## Rocco Dining Facility Menu

Building 2745, Schofield Road

### Friday – Aug. 14

#### Lunch – 11 a.m. to 1 p.m.

Grilled steaks, barbecued chicken, French fried shrimp, baked lemon fish, fried catfish, steamed wild rice, baked macaroni and cheese, baked potatoes, seasoned collard greens, baked parmesan tomato halves, steamed broccoli

#### Dinner – 5 to 7 p.m.

Grilled salmon patties, meat loaf, chicken cordon bleu, country fried steaks, cheese ravioli, baked potato wedges, steamed rice, steamed green peas, steamed cauliflower, French fried okra

### Saturday – Aug. 15

#### Lunch – noon to 1:30 p.m.

Spaghetti with meat sauce, spaghetti with marinara sauce, herbed baked chicken, salmon croquettes, parsley buttered potatoes, steamed rice, buttered succotash, steamed carrots, steamed Brussels sprouts

#### Dinner – 5 to 6:30 p.m.

Country fried steaks, chicken pot pie with biscuits, grilled pork chops, cheese ravioli, mashed potatoes, candied sweet potatoes, steamed rice,

fried cabbage, steamed corn, steamed asparagus

### Sunday – Aug. 16

#### Lunch – noon to 1:30 p.m.

Jambalaya, charbroiled meatballs with brown gravy, vegetable lasagna, baked Cornish hens, mashed potatoes, red beans and rice, baked potatoes, steamed yellow squash, steamed spinach, steamed green peas

#### Dinner – 5 to 6:30 p.m.

Barbecued spareribs, Salisbury steaks, lemon baked fish, broccoli, cheese, rice casserole, oven glo potatoes, steamed rice, seasoned turnip greens, steamed wax beans, seasoned pinto beans

### Monday – Aug. 17

#### Lunch – 11 a.m. to 1 p.m.

Baked sweet Italian sausage, chicken cacciatore, fried catfish, cranberry glazed chicken breast, spaghetti with meatballs, cheese manicotti, cottage fried potatoes, steamed wild rice, spaghetti noodles, tomato and okra gumbo, steamed wax beans, French fried eggplant

#### Dinner – 5 to 7 p.m.

Chili macaroni, fried chicken, baked

chicken, Swiss steaks with brown gravy, salmon croquettes, lyonnaised potatoes, macaroni and cheese, baked potatoes, cauliflower polonaise, steamed peas and carrots, French-style green beans

### Tuesday – Aug. 18

#### Lunch – 11 a.m. to 1 p.m.

Chicken fajitas, roast turkey, grilled ham steaks with pineapple sauce, beef stew with biscuits, cheese enchiladas, Spanish rice, steamed rice, scalloped sweet potatoes with apples, mashed potatoes, refried beans with cheese, buttered carrots, steamed asparagus, Mexican corn

#### Dinner – 5 to 7 p.m.

Beef enchiladas, cheese tortellini, spicy baked fish, pepper steak, Caribbean chicken breast, steamed rice, oven browned potatoes, hot spiced beets, steamed spinach, Spanish-style lima beans

### Wednesday – Aug. 19

#### Lunch – 11 a.m. to 1 p.m.

Ginger pot roast, chicken tetrazzini, lemon baked fish, breaded pork fritters, parsley buttered potatoes, macaroni and cheese, steamed rice, fried

cabbage, steamed green beans, steamed yellow squash

#### Dinner – 5 to 7 p.m.

Breaded veal steaks with mushroom gravy, barbecued beef cubes, grilled ham steaks, cheese manicotti, buttered egg noodles, mashed potatoes, baked potatoes, steamed Brussels sprouts, Harvard beets, steamed green peas and onions

### Thursday – Aug. 20

#### Lunch – 11 a.m. to 1 p.m.

Schezwan chicken, grilled tuna patties, roast beef, stir-fry chicken, cheese ravioli, fried rice, steamed rice, mashed potatoes, baked potatoes, corn on the cob, Chinese fried cabbage, steamed green peas

#### Dinner – 5 to 7 p.m.

Oriental steaks, stuffed pork chops, vegetable lasagna, tuna and noodles casserole, grilled pork chops, steamed rice, mashed potatoes, steamed zucchini squash, steamed carrots, Chinese mixed vegetables

*Menus are subject to change without notice*



## Announcements

### Baseball, softball hitting lessons

Child, Youth and School Services in conjunction with SKIES Unlimited will hold softball and baseball hitting lessons for children ages 5-18, March to November, Wednesdays, 6-6:45 p.m. at the School Age Service Gym, Building 1705. To register, call 221-4871.

### Guitar lessons

Child, Youth and School Services in conjunction with SKIES are providing both acoustic and electric guitar lessons Tuesdays 12-4 p.m., Wednesdays 1-5 p.m., Thursdays 12-3 p.m. or Fridays 12-5 p.m. at the Middle School and Teen Center, Building 2515. To register, call 221-4871.

### Performing Arts Program

Child, Youth and School Services in conjunction with SKIES Unlimited will offer a Performing Arts Program, Wednesdays, 6-7 p.m. beginning in September, for children 6-18 years old. All classes will take place at the Middle School Teen Center, Building 2515. Cost is \$52 per month. To register, call 221-4871.

### Tennis lessons

Child, Youth and School Services in conjunction with SKIES Unlimited will offer tennis lessons beginning in September. Beginner lessons are Tuesdays and Thursdays, 4:30-6 p.m. for ages 9-18 for \$80 per month. In addition, Beginner lessons are Wednesdays 4:30-5:30 p.m. for ages 6-8 for \$40 per month. Intermediate lessons for ages 9-18 will be held Tuesdays and Thursdays from 6:30-8 p.m. for \$80 per month. All lessons take place at the tennis courts located at the intersection of Scott and Hardy Streets. To register, call 221-4871.

### Baby Talk

New Parent Support Program will offer "Baby Talk" Tuesdays, 2-3:30 p.m. at Dodd Field Chapel. This is an informative discuss group for parents with children birth to 12 months. Light snacks and drinks

provided. Call 221-0349 or 221-0655.

### English as a second language class

English as a second language will be offered Mondays and Wednesdays, 5-8 p.m. at the Army Community Service, Building 2797. The class is free and designed especially for foreign-born spouses to improve reading comprehension, vocabulary and pronunciation. To register, call 221-1681 or 221-9698.

### Forever Plaid

The Harlequin Dinner Theatre presents "Forever Plaid" through Aug. 29, Thursday through Saturday evenings. Doors open at 6:15 p.m., show begins at 8 p.m. Call 222-9694. The box office is open Tues.-Fri. 12-5 p.m. and Sat. 1-5 p.m.

### Center Stage Academy's "Musicgate"

It is the year 2045. The children of the future know music only through digital downloads. They long to learn about the days of radio, records, live instruments and live concerts. And then they discover... the "Musicgate." Tickets are \$10 for adults and \$8 for children; Military with I.D. are \$8 for adults and \$6 for

children. Performances are 2:30 p.m. Saturdays and 6:30 p.m. Sundays, Aug. 15, 16, 22 and 23 at the Harlequin Dinner Theatre, Building 2652, Harney Road. Call 222-9694.

### New hours for the Library

The Keith A. Campbell Memorial Library will extend its operating hours beginning Sept. 1, Tues.-Fri. 9 a.m.-8 p.m.; Sat.-Sun. 11 a.m.-8 p.m.; closed Mon. and holidays. Call 221-4702.

### Bowling Center closure

The Fort Sam Houston Bowling Center will be closed Aug. 17-20 for maintenance. The Bowling Center will re-open on Aug. 21 at 5 p.m. We apologize for any inconvenience. Call 221-4740.

### Issues needed for AFAP 2009 Conference

People are invited to submit issues for inclusion in the 2009 Fort Sam Houston Army Family Action Plan conference to be held Oct. 21-23. Issues can involve housing, childcare, recreational activities, post security or any other areas of concern important to quality of life. E-mail samh.afap@conus.army.mil, or call 221-0275.

## AUG. 13

### Commanders training

The Family Advocacy Program, Sexual Assault Prevention and Response Program and Exceptional Family Member Program Commander and Senior Leader training for new commanders, first sergeants, and senior leaders, 8-10 a.m. at Army Community Service, Building 2797, Stanley Road. This training is mandatory and needs to be completed within 45 days upon assumption of the positions. To register, call 221-0349 or 221-2418.

### Quarterly Spouses' Orientation

Quarterly Spouses' Orienta-

tion, 10 a.m.-12 p.m. at Army Community Service, Building 2797. This event is designed to introduce Army spouses to available resources, support services, employment opportunities, as well as the opportunity to sign up for classes or training offered to the Soldier and entire Family. Call 221-2705 or 221-0516.

### Infant massage

Infant massage class, Aug 13, 20, 27, Sept. 7 and 14, 10-11:30 a.m. at Army Community Service, Building 2797. To register, call 221-0349.

See MWR P16

Inorganic Contaminants								
Year or Range	Contaminant	Average Level	Minimum Level	Maximum Level	MCL	MCLG	Unit of Measure	Source of Contaminant
2008	Barium	0.052	0.052	0.052	2	2	ppm	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits.
2008	Fluoride	.4	.1	1.57	4	4	ppm	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories.
2008	Nitrate	2	2	2	10	10	ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits.

Organic Contaminants TESTING WAIVED, NOT REPORTED, OR NONE DETECTED

Maximum Residual Disinfectant Level								
Year	Disinfectant	Average Level	Minimum Level	Maximum Level	MRDL	MRDLG	Unit of Measure	Source of Disinfectant
2008	Chlorine Residual, Free	1.27	0.74	1.75	4	4	ppm	Disinfectant used to control microbes.

Disinfection Byproducts							
Year	Contaminant	Average Level	Minimum Level	Maximum Level	MCL	Unit of Measure	Source of Contaminant
2007	Total Trihalomethanes	3.1	0	6.1	80	ppb	Byproduct of drinking water disinfection.

Unregulated Initial Distribution System Evaluation for Disinfection Byproducts WAIVED OR NOT YET SAMPLED

Unregulated Contaminants NOT REPORTED OR NONE DETECTED

Lead and Copper							
Year	Contaminant	The 90th Percentile	Number of Sites Exceeding Action Level	Action Level	Unit of Measure	Source of Contaminant	
2007	Lead	27.1	8	15	ppb	Corrosion of household plumbing systems; erosion of natural deposits.	
2007	Copper	0.366	0	1.3	ppm	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives.	

Recommended Additional Health Information for Lead							
Year or Range	Contaminant	Average Level	Minimum Level	Maximum Level	Secondary Limit	Unit of Measure	Source of Constituent
2008	Bicarbonate	200	200	200	NA	ppm	Corrosion of carbonate rocks such as limestone.
2008	Calcium	66	66	66	NA	ppm	Abundant naturally occurring element.
2008	Chloride	17	17	17	300	ppm	Abundant naturally occurring element; used in water purification; byproduct of oil field activity.
2008	Copper	0.03	0.03	0.03	1	ppm	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives.
2008	Hardness as Ca/Mg	229	229	229	NA	ppm	Naturally occurring calcium and magnesium.
2008	Magnesium	15.5	15.5	15.5	NA	ppm	Abundant naturally occurring element.
2008	Nickel	0.002	0.002	0.002	NA	ppm	Erosion of natural deposits.
2008	pH	7.7	7.7	7.7	>=7.0	units	Measure of corrosivity of water.
2008	Sodium	10	10	10	NA	ppm	Erosion of natural deposits; byproduct of oil field activity.
2008	Sulfate	15	15	15	300	ppm	Naturally occurring; common industrial byproduct; byproduct of oil field activity.
2008	Total Alkalinity as CaCO3	200	200	200	NA	ppm	Naturally occurring soluble mineral salts.
2008	Total Dissolved Solids	267	267	267	1000	ppm	Total dissolved mineral constituents in water.
2008	Zinc	0.064	0.064	0.064	5	ppm	Moderately abundant naturally occurring element used in the metal industry.

All water systems are required by EPA to report the language below starting with the 2009 CCR to be delivered to you by July of 2010. We are providing this information now as a courtesy.

"If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. This water supply is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>."

Turbidity NOT REQUIRED

Total Coliform REPORTED MONTHLY TESTS FOUND NO COLIFORM BACTERIA.

Fecal Coliform REPORTED MONTHLY TESTS FOUND NO FECAL COLIFORM BACTERIA.

Secondary and Other Constituents Not Regulated

(No associated adverse health effects)

Year or Range	Constituent	Average Level	Minimum Level	Maximum Level	Secondary Limit	Unit of Measure	Source of Constituent
2008	Bicarbonate	200	200	200	NA	ppm	Corrosion of carbonate rocks such as limestone.
2008	Calcium	66	66	66	NA	ppm	Abundant naturally occurring element.
2008	Chloride	17	17	17	300	ppm	Abundant naturally occurring element; used in water purification; byproduct of oil field activity.
2008	Copper	0.03	0.03	0.03	1	ppm	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives.
2008	Hardness as Ca/Mg	229	229	229	NA	ppm	Naturally occurring calcium and magnesium.
2008	Magnesium	15.5	15.5	15.5	NA	ppm	Abundant naturally occurring element.
2008	Nickel	0.002	0.002	0.002	NA	ppm	Erosion of natural deposits.
2008	pH	7.7	7.7	7.7	>=7.0	units	Measure of corrosivity of water.
2008	Sodium	10	10	10	NA	ppm	Erosion of natural deposits; byproduct of oil field activity.
2008	Sulfate	15	15	15	300	ppm	Naturally occurring; common industrial byproduct; byproduct of oil field activity.
2008	Total Alkalinity as CaCO3	200	200	200	NA	ppm	Naturally occurring soluble mineral salts.
2008	Total Dissolved Solids	267	267	267	1000	ppm	Total dissolved mineral constituents in water.
2008	Zinc	0.064	0.064	0.064	5	ppm	Moderately abundant naturally occurring element used in the metal industry.

# 2008 Annual Drinking Water Quality Report

(Consumer Confidence Report)

FORT SAM HOUSTON

Phone Number: 210-221-0207

### Special Notice for the ELDERLY, INFANTS, CANCER PATIENTS, people with HIV/AIDS or other immune problems:

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. The EPA/Centers for Disease Control and Prevention (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791).

### Public Participation Opportunities

Date: M-F

Time: 8AM-5PM

Location: FSH BLDG. 4196 STE.13

Phone Number: 210-221-0207

To learn about future public meetings (concerning your drinking water), or to request to schedule one, please call us.

### Our Drinking Water Meets or Exceeds All Federal (EPA) Drinking Water Requirements

This report is a summary of the quality of the water we provide our customers. The analysis was made by using the data from the most recent U.S. Environmental Protection Agency (EPA) required tests and is presented in the attached pages. We hope this information helps you become more knowledgeable about what's in your drinking water.

**WATER SOURCES:** The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals, and in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water before treatment include: microbes, inorganic contaminants, pesticides, herbicides, radioactive contaminants, and organic chemical contaminants.

### En Español

Este informe incluye información importante sobre el agua potable. Si tiene preguntas o comentarios sobre este informe en español, favor de llamar al tel. (210) 221-0207 - para hablar con una persona bilingüe en español.

### Where do we get our drinking water?

Our drinking water is obtained from GROUND water sources. It comes from the following Lake/River/Reservoir/Aquifer: EDWARDS SOUTH BFZ. A Source Water Susceptibility Assessment for your drinking water source(s) is currently being updated by the Texas Commission on Environmental Quality and will be provided to us this year. The report will describe the susceptibility and types of constituents that may come into contact with your drinking water source based on human activities and natural conditions. The information contained in the assessment will allow us to focus our source water protection strategies. For more information on source water assessments and protection efforts at our system, please contact us.

### ALL drinking water may contain contaminants.

When drinking water meets federal standards there may not be any health based benefits to purchasing bottled water or point of use devices. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (1-800-426-4791).

### Secondary Constituents

Many constituents (such as calcium, sodium, or iron) which are often found in drinking water, can cause taste, color, and odor problems. The taste and odor constituents are called secondary constituents and are regulated by the State of Texas, not the EPA. These constituents are not causes for health concern. Therefore, secondaries are not required to be reported in this document but they may greatly affect the appearance and taste of your water.

### About The Following Pages

The pages that follow list all of the federally regulated or monitored contaminants which have been found in your drinking water. The U.S. EPA requires water systems to test for up to 97 contaminants.

### DEFINITIONS

#### Maximum Contaminant Level (MCL)

The highest permissible level of a contaminant in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

#### Maximum Contaminant Level Goal (MCLG)

The level of a contaminant in drinking water below which there is no known or expected health risk. MCLGs allow for a margin of safety.

#### Maximum Residual Disinfectant Level (MRDL)

The highest level of disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

#### Maximum Residual Disinfectant Level Goal (MRDLG)

The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination.

#### Treatment Technique (TT)

A required process intended to reduce the level of a contaminant in drinking water.

#### Action Level (AL)

The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

### ABBREVIATIONS

NTU - Nephelometric Turbidity Units

MFL - million fibers per liter (a measure of asbestos)

pC/L - picocuries per liter (a measure of radioactivity)

ppm - parts per million, or milligrams per liter (mg/L)

ppb - parts per billion, or micrograms per liter (µg/L)

ppt - parts per trillion, or nanograms per liter

ppq - parts per quadrillion, or picograms per liter

**ACS Outdoor Movie Night**  
**Aug. 14 - "Over the Hedge"**  
**8:20 p.m. at the post flagpole**

**Aug. 15 - "Race to Witch Mountain"**  
**8:20 p.m. at the field between Youth Services and Dodd Field Chapel**

Bring the Family out for these Family friendly films and don't forget the lawn chairs! Free popcorn, snow cones and cotton candy will be available. For more information, call 221-2418. In the event of inclement weather the movie will be shown in the ACS auditorium at 7 p.m.

### **MWR from P15**

#### **Immigration Naturalization Services**

Immigration and Naturalization Services representatives will be available, 12-2 p.m. at Army Community Service, Building 2797. Call 221-2418.

#### **Five Love Languages**

Five Love Languages series Aug. 13, 20 and 27 from 5:30 to 7 p.m. at Army Community Service, Building 2797. To register, call 221-0349.

## **Calendar of Events**

### **AUG. 14** **Excel Level 2**

Microsoft Office 2007 Excel Level 2, 8 a.m.-12 p.m. at Army Community Service Building 2797, in the computer lab. Basic computer skills, Excel Level 1 and registration are required. To register, call 221-2518 or 221-2705.

### **FRSA Forum**

Family Readiness Support Assistant Forum, 11:30 a.m.-1 p.m. at Army Community Service, Building

2797. This training provides FRSA's the opportunity to network and share lessons learned in an open forum. To register, call 221-2705 or e-mail smah.acs.mob.deploy@conus.army.mil.

### **GM Military Discount Promotion**

The new Chevy Camaro will be on display at the Outdoor Movie Nights Aug. 14, at the post flagpole and Aug. 15 at Dodd Field. Free food and games will begin at 8 p.m. In addition, the Camaro will be on display at the Army and Air Force Exchange Aug. 15, 10 a.m.-2 p.m. Patrons will also have the chance to register for a vacation package to Orlando, Fla. Call 221-0012.

### **AUG. 15**

#### **Hearts Apart Support Group**

Hearts Apart Support Group, 1-3 p.m. at Army Community Service, Building 2797. Registration is required. To register, call 221-2418 or 221-2705.

### **AUG. 17**

#### **PowerPoint Level 1**

Microsoft Office 2007 PowerPoint Level 1, 8 a.m.-12 p.m. at Army

Community Service Building 2797, in the computer lab. Basic computer skills and registration are required. Call 221-2518 or 221-2705.

### **Pre-deployment Planning**

Pre-deployment Planning training, 9 a.m.-3 p.m. at Army Community Service, Building 2797. To register, call 221-2705 or e-mail smah.acs.mob.deploy@conus.army.mil.

### **Identity Theft**

Identity Theft class, 2 to 4 p.m. at Army Community Service, Building 2797. Class space is limited. To register, call 221-1612.

### **AUG. 18**

#### **Family Readiness Support Assistant Training**

Family Readiness Support Assistant Training, Aug. 18-19, 8 a.m.-3:30 p.m. at Army Community Service, Building 2797. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

### **Consumer awareness**

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

### **"Women Encouraging Women" look at body image**

Women Encouraging Women lunchtime seminar, 12-1 p.m. at Army Community Service, Building 2797, in the Child and Youth Services conference room. To register, call 221-0349 or 221-0600.

### **AUG. 19**

#### **PowerPoint Level 2**

Microsoft Office 2007 will be offer PowerPoint Level 2, 8 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Early registration is recommended as well as completion of PowerPoint Level 1. Call 221-2518 or 221-2705.

### **Mandatory Initial 1st Termer Financial Readiness**

Mandatory Initial 1st Termer Financial Readiness class, 12 p.m. at the Learning Center. To register, call 221-1612.

### **Margarita & Manicure**

The Sam Houston Club will host a Margarita & Manicure event, 4 p.m.-7 p.m. Reservations are preferred. Schedule no later than Aug. 19 by 5 p.m. for best appointment times,

purchase your tickets in advance. Walk-ins are welcome subject to availability. Tickets are \$12 (includes manicure service plus one complimentary drink). For reservations, call 224-2721 or 226-1663.

### **Getting Ready for Childbirth**

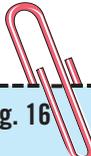
Getting Ready for Childbirth evening class, 5:30-8:30 p.m. at Army Community Service, Building 2797. This class will provide women and their partners with research-based information that will prepare them for the childbirth experience. To register, call 221-0349 or 221-2418.

### **AUG. 20**

#### **FMWR facility closures**

The following Family and Morale, Welfare and Recreation facilities will be closed for the Garrison Organization Day: Keith L. Campbell Library, Outdoor Recreation Center, RV Park, Jimmy Brought Fitness Center and pool, Auto Craft Shop, Aquatic Center, Equestrian Center, Camp Bullis Outdoor Recreation Area, Hacienda Recreation Center, Brigade Gym and Camp Bullis Fitness Annex.





## REMINDER CALENDAR

- Aug. 16** Triathlon #6, Fort Sam Houston Aquatic Center, 6:30 a.m.
- Aug. 19** Health and Wellness Fair, Jimmy Brought Fitness Center, 10 a.m.-1 p.m.
- Aug. 24** First day of school, FSHISD
- Aug. 25** Newcomer's Extravaganza, Army Community Service
- Aug. 27** Consolidated Retirement Ceremony
- Aug. 29** 5K Fun Run/Walk, Jimmy Brought Fitness Center, 9 a.m.
- Aug. 29** Triathlon Championship, Fort Sam Houston Aquatic Center, 6:30 a.m.



### Thought of the Week

More people should learn to tell their dollars where to go instead of asking them where they went. — Roger W. Babson  
(Source: Bits & Pieces, August 2009)



# Community

## Announcements

### Fort Sam Houston Night at the Missions

The San Antonio Missions Baseball will host a Fort Sam Houston Night every Saturday home game during the season. Tickets are \$6 and include a reserved seat in the Fort Sam Houston section. Call 226-1663.

### Texas Military Family Access Project

Military members who have deployed to Afghanistan and Iraq are eligible for financial assistance, food, transportation, counseling and legal assistance. Call 2-1-1 Texas wide or 352-7045 in San Antonio.

### Freedom Alliance Scholarship Fund extended

The Freedom Alliance Scholarship Fund application deadline has been extended to Aug. 14. Children of military personnel who

have been killed or permanently disabled (100 percent VA disability rating) are eligible. They must also be a high school senior, high school graduate, or registered as a full-time undergraduate student and under the age of 26. To apply, visit [www.fascholarship.com](http://www.fascholarship.com) and complete the application. For more information, call 1-800-475-6620.

### Sergeant Audie Murphy Club

Hosts a study group for the boards Tues. and Thurs., noon to 1 p.m., Building 1151. Call 221-5417 or 849-1643.

### Cloverleaf Communicators Club

Meets the first and third Thurs., 11:45 a.m.-1 p.m. at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members interested in developing and enhancing leadership and communications skills. Call 221-8785,

221-6517 or 916-3406.

### School supply drive

Alamo City Chapter, American Society of Military Comptrollers, will sponsor a "Back to School" drive through Aug. 30 for the Dare to Love Foundation, Child Protective Services. To make a donation of school supplies, contact 536-2067 at Brooks-City Base; 221-1309 at Fort Sam Houston; 292-7364 at Lackland AFB; or 652-4408 at Randolph AFB.

### TRIAD deployed Family support group

Family Service Association will hold a deployed Family support group Mondays, Aug. 24-Sept. 28, 6-7 p.m. at the Airman and Family Readiness Center, Lackland AFB. The support group is an opportunity for Families to connect with others who are experiencing a deployment. It also provides children's activities and parenting tools to help military Families cope with deployment. Call 381-3933.

### AUG. 17

#### Warrant Officer Association

The Lone Star Silver Chapter of

the U.S. Army Warrant Officer Association will meet Aug. 17 at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. (near Loop 410). All active duty, retired, Reserve, National Guard warrant officers and family are invited. For more information, call 295-6596 or 666-9818.

### AUG. 25

#### Spouse's Club

The Spouse's Club of the Fort Sam Houston Area will host a welcome open house Aug. 25, 10 a.m. - 1 p.m. at the Fort Sam Houston Resident Center, 407 Dickman Rd. All spouses of all military grades, civilians and retirees are invited for food, fun and meeting new friends. Visit [www.scfsh.com](http://www.scfsh.com).

### AUG. 27

#### MOAA luncheon

The Military Officers Association of America will host a luncheon Aug. 27, 11 a.m. social, 11:45 a.m. lunch at the Fort Sam Houston Golf Course. The guest speaker is Gen. Eugene Habiger, topic "Another terrorist attack against U.S.- Not a matter of If But when." Cost is \$11. Call 228-9955 or e-mail [moaa-ac@sbcglobe.net](mailto:moaa-ac@sbcglobe.net) by Aug. 25 for reservations.

## For Sale Fort Freebies

**For Sale:** Michael Jackson's "Thriller" album, excellent condition, two Michael Jackson 45rpm records, excellent condition, \$300. Call 725-5131.

**For Sale:** 1998 Dodge Neon, 110K miles, runs good, looks good, \$1,200. Call 452-5616.

**For Sale:** Antique round solid oak table with insert and pads, four oak chairs with cane seats and cushions, \$500; antique Oriental dark wood cabinet with two drawers and two shelves, \$75; antique solid oak roll top desk with multiple compartments, matching oak swivel chair with black leather seat, \$600; large burgundy leather overstuffed recliner, \$100; two solid brass matching artillery shell lamps with shades and "C" engraved on front, \$100. All items in excellent condition. Call 822-1785.

**For Sale:** Nintendo Game Cube games, also play on Wii, \$10 each; Mad Catz racing wheel and foot pedal for Gamecube, Xbox, PS2, \$25; 36-inch ceiling fan with light kit, white, \$25; Pentair II pool cleaner for fiberglass or above ground pool, \$150. Call 697-9261 or 363-4056.

**For Sale:** Coffee Table, smoked glass top, magazine and book storage underneath, 23 inches by 50 inches, good condition, \$60; Epson R280 photo printer, new, still in box, \$50. Call 662-8887

**For Sale:** Indoor and outdoor plant available, most with planters, at 6 Staff Post Rd. Call 507-7430.

**For Sale:** Wood-grain entertainment center, 6 feet high by 5 feet wide by 17 inches deep, \$150; pillowback sofa and love seat, earth tones, \$225; baby crib, needs refinishing,



### 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

8:30 a.m. - Sundays

8:30 a.m. - Sundays

**Web site:** [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)

\$25; small microwave, \$25; Replogle Hasting tabletop globe, \$30. Call 371-7833.

**For Sale:** Roll-top desk, 57 inches by 24 inches by 47 inches, \$75; two

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

#### Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

#### Protestant Services:

10 a.m. - Worship Service - Sundays

#### Episcopal/Lutheran Rite services:

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

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

#### Christ for the Intrepid services:

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

6 p.m. - Contemporary worship - Sundays

### AMEDD Regimental Chapel, Building 1398, 221-4362

#### 32nd Medical Brigade Student services

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

**Contemporary Protestant Service:**

9:30 a.m. and 11:01 a.m. - Sundays

**Muslim Jumma:** 1:30 p.m. - Fridays

### Installation Chaplain Office, Building 2530, 221-5007

#### Church of Jesus Christ of Latter Day

**Saints:**

8:30 a.m. - Sundays

8:30 a.m. - Sundays

8:30 a.m. - Sundays

Bose 601 speakers, \$100; Raleigh Wyoming 12-speed woman's bike, \$125; Mitsubishi 14-inch colored television, cable accessible, \$75. Call 272-0282.