

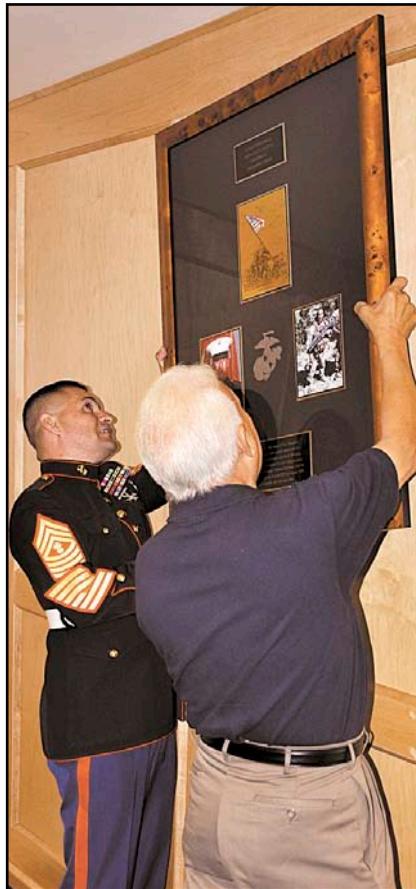


"One Team, Supporting Military Missions and Family Readiness!"

Aug. 19, 9 a.m.
Building 2261, 2405 Gun Shed Road

Senior Marine liaison Master Sgt. Ruben Garza (left) and Felix Farias hang a plaque honoring Lance Cpl. John Felix Farias in the ceremony room of the San Antonio Military Entrance Processing Station on Fort Sam Houston Aug. 11. The ceremony room, where enlistees from all services take their oath of enlistment, was dedicated to the fallen Marine, killed in Afghanistan June 28.

Photo by Steve Elliott



MEPS dedicates ceremony room to fallen local Marine

By Steve Elliott
FSH News Leader

In a room filled to overflowing with his family, friends and fellow Marines and other service members, the life of Lance Cpl. John Felix Farias was memorialized Aug. 11 as the San Antonio Military Entrance Processing Station on Fort Sam Houston named its ceremony room after the fallen Marine from New Braunfels.

With his voice full of emotion, MEPS assistant operations officer Capt. Mathews J. Metyko said he remembers helping Farias become a member of the U.S. Marine Corps not so long ago.

"John died with his boots on, fighting," Metyko said of Farias, who was killed by enemy small-arms fire June 28, while serving in

the Helmand Province of Afghanistan. "He processed through this very station and we can remember him coming through here."

"He lived the USMC core values of honor, courage and commitment," said 1st Lt. Robert Stager, choking up as recalled giving the oath of enlistment to Farias in August 2009.

An infantry rifleman with the 1st Battalion 5th Marine Regiment, Farias died just 18 days before his 21st birthday. A 2009 graduate of Canyon High School, he was a member of the Cougars football team, active in power lifting and also an Eagle Scout.

"Lance Corporal Farias gave his life in direct action against an evil enemy seeking to eliminate American freedom," Metyko added. "He is the face of America's will to

succeed, to free the oppressed and to project power internationally securing freedom for the future."

A plaque with photos of Farias in his Marine dress blues and battle dress uniform was unveiled during the ceremony and then hung in the newly dedicated ceremony room by senior Marine liaison Master Sgt. Ruben Garza and the lance corporal's father, Felix.

"He will be missed by all who knew him, but not forgotten," Garza said. "It is a privilege to honor a fine young man like Farias."

The ceremony room is where enlistees from all services take their oath of enlistment.

"I just want to give my thanks to the U.S. Marine Corps for all their support since John was killed," said Farias' mother, Penny. "All this has been overwhelming and amazing."

METC dedicates building to Air Force medical's first sergeant major

By Lisa Braun
METC Public Affairs

The nation's first Sergeant Major for the U.S. Air Force Medical Service was honored Aug. 12 in a ceremony dedicating the Medical Instructional Facility bearing his name.

Chief Master Sgt. Raymond T. Smith, who passed away Aug. 17, 2010, at age 90, was a "visionary leader who served our nation at a

time of great change," said Chief Master Sgt. Charles R. Cole, who currently holds the position Smith held almost 43 years ago.

Cole described Smith as a "strong, innovative leader who set in place a number of groundbreaking policies that set the foundation of success for decades of medical airmen.

"Visionary, groundbreaking, foundational; descriptors of a leader who dedicated

his career to furthering others' capabilities," said Cole, who unveiled a framed portrait of Smith that will hang in MIF No. 3, now named Smith Hall.

The ceremony was attended by members of Smith's family that included three of his four sons, their wives, three grandchildren and one great-grandchild, as well as friends and neighbors.

See METC, P16



(From left) Brothers Jerry Smith, Bob Smith and Sgt. Maj. Daniel Smith unveil a replica of the plaque commemorating their late father, Chief Master Sergeant Raymond T. Smith. The original plaque hangs on the newly dedicated Smith Hall, a Medical Instructional Facility on the Medical Education and Training Campus

Photo by Dewite Wehrman



Editorial Staff

502nd Air Base Wing Commander
Brig. Gen. Theresa C. Carter

502nd Mission Support Group
 Commander
Col. John P. Lamoureux

Public Affairs Officer
Karla L. Gonzalez

Editor
Steve Elliott

Associate Editor
L. A. Shively

Writer/Editor
Lori Newman

Layout Artist
Joe Funtanilla

News Leader office:
 2330 Stanley Road
 Building 122, Suite C
 Fort Sam Houston
 Texas 78234-5004
 210-221-1031
 DSN 471-1031

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

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 a temporary e-mail address
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 fshnewsleader@gmail.com

News Leader online:
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Army Career and Alumni Program: Supporting Soldier career success

By Lt. Gen. Rick Lynch
 Commander, U.S. Army Installation
 Management Command
 and Assistant Chief of Staff for
 Installation Management



The decision to transition out of uniform is as important as the initial decision to put it on. Soldiers deserve as much support at this critical point in their service as they do with earlier parts of their career.

That is why the Army provides the Army Career and Alumni Program and is working to make ACAP even more effective.

ACAP delivers transition and job assistance services to Soldiers to support them in making informed career decisions. These services include pre-separation counseling, Veteran Affairs benefits briefings, and Department of Labor Transition Assistance Program workshops, which cover career planning, job searches, resume writing and interviewing.

ACAP services are available to separating and retiring active component Soldiers, demobilizing Reserve and National Guard Soldiers, family members, retirees, and civilians affected by BRAC, reduction in force or global realignment.

In April 2010, the Vice Chief of Staff of the Army directed a thorough review of ACAP, which included visits to ACAP centers and thousands of interviews with Soldiers and civilians.

The study found that while Soldiers are allowed to use ACAP services up to two years prior to retirement or one year prior to separation, they do not always have leadership support in doing more than the minimum required by

law, which is attending the pre-separation briefing no later than 90 days prior to separation. However, just meeting the letter of the law is too little, too late.

The more Soldiers are able to use ACAP services, the more successful their transition.

Based on the study

results and the Vice Chief of Staff's guidance, over the next few months ACAP is implementing an enhanced 12-month transition program model focused on helping Soldiers develop an Individual Transition Plan and put it into action.

Under this choice-based, results-oriented model, Soldiers will have the opportunity to spend up to 60-70 hours accessing ACAP resources, including the pre-separation briefing, the two-and-a-half day Transition Assistance Program workshop, the four-hour VA briefing, and individual counseling sessions. The TAP workshop is also being updated, to incorporate development of the Individual Transition Plan.

The 12-month time-

frame is designed to minimize conflict with unit mission requirements and enable Soldiers to take full advantage of ACAP resources.

About four out of 10 eligible Soldiers who start ACAP decide to reenlist or join the National Guard or Reserves, while others need to get a solid start preparing for the next phase of their careers, whether it is going to school, starting a new job or starting a business.

New policy and guidance on the transition program will be issued in the first quarter of FY12.

The key to making ACAP as effective as possible is leader commitment. ACAP is a commander's program. Soldiers will take off the uniform at some point, whether through separa-

tion or retirement, and it is up to leaders to take care of them until the very last day.

Taking care of Soldiers includes supporting their active participation in ACAP, and if a Soldier decides to separate, making sure no stigma is attached to their decision.

It is smart business to support Soldiers' use of ACAP. In FY10 the Army spent more than \$500 million in unemployment compensation for veterans, a number expected to rise even higher in FY11. The Army is looking to reduce that amount by better preparing Soldiers to enter the civilian workforce.

More to the point, it is the right thing to do to support Soldiers' transi-

See ACAP, P10

News Briefs

IMCOM Ribbon Cutting and Open House

A ribbon-cutting ceremony and open house for the new Installation Management Command Community Campus will be held Aug. 19 at 9 a.m. at Building 2261, 2405 Gun Shed Road, near Stanley and Reynolds roads. The event is open to all Fort Sam Houston personnel.

Garden Avenue Closure

Garden Avenue will be closed between Schofield and W.W. White roads from 6 a.m. Aug. 20 until 6 p.m. Aug. 21 while concrete is poured for the Medical Education and Training Campus Troop Bridge.

NCO Barracks Ribbon-Cutting

A ribbon-cutting ceremony will be held Aug. 23 at 8 a.m. at the NCO Barracks, Building 2130 Wilson Way.

Practical Nurse Course Graduation

The graduation ceremony for the Brooke Army Medical Center Practical Nurse Course, 68WM6, Class 10-10, will be held Aug. 29 at 9 a.m. in the Roadrunner Community Center, Building 2797 Stanley Road. All are welcome to attend. Call 295-4163/4050 for information.

BAMC Valet Parking closes Aug. 31

Brooke Army Medical Center will no longer offer valet parking service after Aug. 31. This temporary service was offered during the period of 2005 Base Realignment Closure construction and renovation to lessen stress for patients with appointments. The new 5,000-space parking complex is now open and provides parking space for patients and staff. The first level of the garage has 800 spaces designated for patient parking with access to shuttle service through Sept. 23.

Feds Feed Families Campaign

The Feds Feed Families Campaign runs through Aug. 31. Donate non-perishable food or personal hygiene products, drop-off boxes are available at the FSH Commissary and the 502nd Mission Support Group headquarters, Building 122 on Stanley Road. Call 295-1098 for more information.

Lynch talks fiscal reality with Society of Military Engineers

By Neal A. Snyder
IMCOM Public Affairs

The Army faces a new fiscal reality, said Lt. Gen Rick Lynch, commanding general of the U.S. Army Installation Management Command and Assistant Chief of Staff for Installation Management, to the members of the Society of Military Engineers San Antonio post at the organization's Aug. 9 luncheon and meeting.

Lynch's presentation to more than 200 attendees at the Bright Shawl banquet hall focused on Army support of the Soldier, future Army facilities projects and the soon-to-be-completed Base Realignment and Closure program.

"The fiscal reality has changed for the Army," Lynch said. "The Secretary of Defense has directed Department of Defense savings of at least \$400 billion over five years."

Because of the reductions in the budget, IMCOM must prioritize its programs. Hard decisions are coming, the general said.

Lynch described the Army's process of developing and implementing Army Facilities Investment Strategy, which focuses on sustaining existing facilities and disposing of excess facilities before building new facilities.

The strategy responds to several challenges, Lynch said, "including aging infrastructure, increased requirements for energy efficiency and unpredictable funding."

Lynch touched on AFIS objectives to continue focusing on sustainment to improve the lifespan of Army facilities.

"We are working towards sustainability – operating so that we have all the resources we need to accomplish our mission both today and in the

future," Lynch said.

Headquartered on Fort Sam Houston, IMCOM handles the day-to-day operations of U.S. Army installations around the

globe. Its mission is to provide Soldiers, civilians and their families with a quality of life commensurate with the quality of their service.

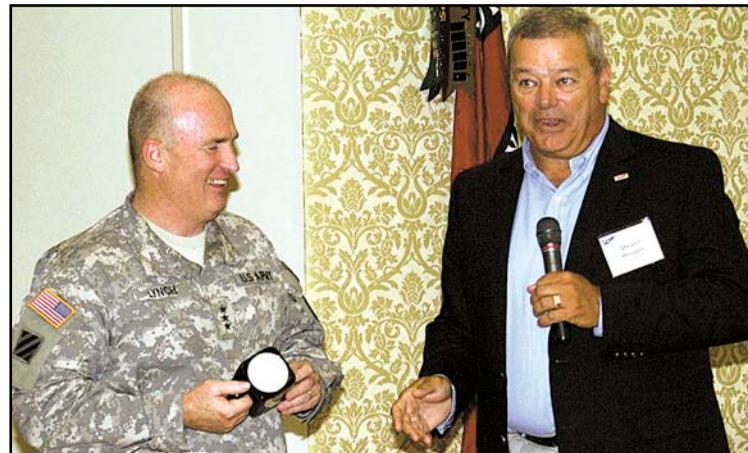


Photo by Nate Allen

Society of Military Engineers San Antonio Post President Steve Houser presents Lt. Gen. Rick Lynch, commanding general of the U.S. Army Installation Management Command and Assistant Chief of Staff for Installation Management, a SAME coffee mug after Lynch's presentation at the August SAME San Antonio Post luncheon at Bright Shawl banquet hall Aug. 9.

Work, exercise, play smart: Avoid heat-related illnesses

By Lori Newman
FSH News Leader

As temperatures continue to soar over 100 degrees, San Antonio's sizzling summer heat is affecting people's ability to work, exercise and play the way they normally do.

"Heat-related illness can be avoided if people conduct outdoor activities during the coolest parts of the day," said Capt. Andrew Patterson, chief of Environmental Health Services at Brooke Army Medical Center. "Wear loose woven, light-colored clothing and stay hydrated."

According to National Weather Service forecast data, the hottest part of the day is generally from 4 to 7 p.m. in Texas.

"People also need to be aware of the symptoms of heat-related illnesses and what to do when they occur," Patterson said.

The Centers for Disease Control and Prevention website

(<http://www.cdc.gov>) describes the symptoms and recommended treatment for the following heat-related illnesses:

- **Heat Cramps** – Symptoms include muscle cramps, pain or spasms in the abdomen, arms or legs. People who experience these symptoms should stop the activity and sit in a cool place. Drink clear juice or a sports beverage or drink water with food. Do not return to strenuous activity for a few hours after the cramps subside. People with heart problems, on a low-sodium diet or having cramps for more than one hour should seek medical attention.

- **Heat Exhaustion** – Symptoms include rapid heartbeat, heavy sweating, extreme weakness or fatigue, dizziness, nausea or vomiting, irritability, fast shallow breathing and slightly elevated body temperature. People who suffer heat exhaustion should rest in a cool area, drink plenty of water and take a cool shower, bath or

sponge bath.

- **Heat Stroke** – Symptoms include high body temperature, confusion, loss of coordination, hot, dry skin or profuse sweating, throbbing headache and seizures or coma. To treatment for this serious heat-related illness move the person to a cool, shaded area; remove their excess clothing and apply cool water to their body. If they are able, have them slowly sip water.

"Cooling is the first priority and can reduce mortality," Patterson said.

An important sign of a life-threatening heat-related illness is mental confusion.

To assess this, ask the person questions such as their name, what month and year it is, where they are and what they were doing before becoming ill. If the person cannot answer, call for an emergency medical evacuation or ambulance immediately.

Staying hydrated is important, however hourly fluid

intake should not exceed one and a half quarts per hour or 12 quarts per day.

Symptoms of over hydration or water intoxication are confusion, weakness and vomiting.

People who have over-hydrated should restrict their fluid intake and eat something salty such as tomato juice, pretzels or a dill pickle, explained Patterson. "But, medical attention is a must!"

Other less severe heat-related problems include dehydration, heat edema (swelling of the extremities), heat rash and sunburn.

Current Fort Sam Houston weather conditions and the Work/Rest and Water Consumption Table are available at <http://samhouston.army.mil/weatherUpdate/FSHWeather-Conditions.doc>.

The U.S. Army Public Health Command website also offers several useful resource materials on heat injury prevention at <http://usaphcapps.amedd.army.mil/hioshoppingcart/>.

News Briefs

from P3

Women's Equality Day

Fort Sam Houston will hold a women's equality day event Aug. 26, 10:30-11:30 a.m. at the Roadrunner Community Center, Building 2797 Stanley Road. Call 221-9543.

9/11 Commemorative Ceremony

A ceremony to commemorate the 10th anniversary of the 9/11 attacks will be held Sept. 11 from 7:30-9 a.m. at Alamo Plaza. The event is free and open to the public.

Spouses' Conference

The "It's Not Easy Being Green" spouses' conference is Sept. 22-23 from 8:30 a.m.-2:15 p.m. at Dodd Field Chapel. Military spouses from all branches of service are welcome to attend. The cost is \$5. The two-day event offers classes, food, prizes and free child care. Call 221-9826/2585.

Active Shooter/MASCAL Exercise

The 502nd Air Base Wing, 502nd Mission Support Group and Brooke Army Medical Center will conduct an Active Shooter/Mass Casualty exercise Sept. 7 from 1-5 p.m. in Behavioral Health facility, Building 2528, to train first responders and ABW/MSG/BAMC staff. The exercise will test FSH incident response and recovery elements and will involve use of the installation mass notification and warning system, Giant Voice. All Giant Voice, computer and telephone communications will be preceded with "Exercise, Exercise, Exercise."

BAMC Outpatient Clinics Moves

Brooke Army Medical Center's outpatient adult hematology/oncology clinic has returned to BAMC from transitional space in Wilford Hall Medical Center, effective Aug. 15. The clinic is located in the BAMC Annex, located east of the hospital's medical mall entrance. For information, call the clinic's front desk at 916-4808.

The outpatient bone marrow transplant clinic, which relocated to BAMC from Wilford Hall in June, is located in D Lot Clinic 12, accessible outside the hospital's women's health clinic entrance. For information, call the clinic's front desk at 916-6636.

The clinics will move into their permanent locations in the BAMC consolidated tower when construction is completed.

JBSA Event brings community resources to special-needs families

By Robert Goetz
502nd Air Base Wing OL-B Public Affairs

One of the world's most unique amusement parks was the setting for an event last week that brought together a special group of military families.

The second annual Joint Base San Antonio Special Needs Resource Fair and Activity Day at Morgan's Wonderland Aug. 5 offered special-needs families from Randolph and Lackland Air Force Bases and Fort Sam Houston an opportunity to learn about military and community programs that meet their needs.

It also gave them a chance to enjoy the rides, games and other features of a 25-acre facility billed as "the world's first ultra-accessible family fun park" and "a place where all ages and abilities can come together and play."

"Morgan's Wonderland is designed for children with special needs," said Ericka O'Bryant, resource fair volunteer and Brooke Army Medi-

cal Center community health nurse. "It allows a family to come here as a unit. This event lets families know what resources are available in the community that can help and assist them."

More than 30 organizations and programs from the San Antonio community and the military sector set up tables in the park's event center to give information to families enrolled in the Exceptional Family Member Program.

The Department of Defense program identifies medical and educational needs of family members in support of active-duty sponsor reassignment.

"I love doing this event because the population is so appreciative," said Leslie Walter, Sunshine Cottage School for Deaf Children outreach coordinator. "I love this environment, too. It's conducive to a resource fair like this."

Other agencies represented included The Arc of San Antonio, Children's Association for Maximum Potential, Blossom Center for Children and the



Photo by Rich McFadden

Heather Schwendiman (left) and her two daughters, Katlin and Kimberly, check in to Morgan's Wonderland with the help of Denise Ulrich, Randolph AFB volunteer, as part of Joint Base San Antonio Special Needs Resource Fair and Activity Day Aug. 5.

Autism Behavioral Association.

Lt. Col. Phuong Tran, Air Force Recruiting Service Information Systems Division chief, whose daughter, Dawn, is a special-needs child, said he was impressed with the facility's staff, especially their patience. He said his family found the resource fair educational.

"There are some resources we weren't even aware of," he said.

The event also featured performances by dancers,

singers and musicians from Lackland and Fort Sam Houston and twirlers from a San Antonio high school.

Col. John Lamoureux, 502nd Mission Support Group commander, told participants the resource fair is about three things – having fun, learning and commitment.

"I would encourage everyone to get out there and learn about all these different programs that are available through the military and

See JBSA, P10

Army announces civilian reductions

The Army announced Aug. 4 it will reduce the size of its civilian-employee workforce by more than 8,700 people by Sept. 30, 2012.

These cuts are based on Department of Defense resource decisions as reflected in the Fiscal Year 2012 president's budget, officials said, adding it requires a reduction of Army civilian employees to comply with decreased funding levels.

The Army has identified more than 30 different commands or agencies affected by these reductions, with nearly

80 percent of the cuts taking place within Installation Management Command, Army Materiel Command, Training and Doctrine Command, and headquarters, Department of the Army.

"We are in a very challenging fiscal environment and understand the impact these cuts will have on our civilians and their families," said Thomas R. Lamont, assistant secretary of the Army for Manpower and Reserve Affairs. "Tough choices have to be made, but we'll make them in a thoughtful and deliberate manner

that best supports the Army's mission."

Affected commands and agencies will have 30 days to develop plans to accomplish their civilian-workforce reductions, identify organizational and personnel actions to be taken, and develop a timeline for each of the actions and expected reductions.

Commanders will be responsible for shaping their workforce within their allocated budget and may use available options to achieve reduction objectives while mitigating adverse impact on the workforce,

officials said.

They added that Voluntary Early Retirement Authority, known as VERA, and Voluntary Separation Incentive Payment, or VSIP, may be used to reduce the number of personnel to meet mission objectives.

For more information on Army civilian workforce reductions, personnel can contact their local Civilian Personnel Advisory Center or visit the Office of Personnel Management website at http://www.opm.gov/Reduction_In_Force/employee_resources/index.asp.

(Source: Army Public Affairs)

AFOSI fighting fraud, fleecing of Air Force funds

By Mike Joseph
Lackland AFB Public Affairs

The Air Force Office of Special Investigations is taking a proactive approach to protect the Air Force's investment and taxpayer dollars.

One direction in AFOSI's endeavor to watch over crucial Air Force dollars is to create a greater awareness about fraudulent acts.

As the Department of Defense comes to grips with a constrained fiscal environment, for now and the foreseeable future, an even higher premium is placed on maximizing every budget dollar and stamping out fraud, AFOSI officials said.

Even though AFOSI recovers millions of dollars every year from fraud, deceptive monetary activ-

ities throughout the DOD claim almost as much, said Special Agent John Crowe, AFOSI 11th Field Investigations Squadron.

"One message the Air Force tries to get across is that everyone is responsible for being a good steward of the taxpayer dollar," Crowe said.

"I know it's one of those big blanket phrases, but the Airman in the dormitory who may witness a fraudulent act, or the contracting officer who may discover a contract discrepancy, don't have the resources for an investigation or the ability to recover money lost from fraud," Crowe said. "That's our role."

To prevent or stop the fleecing of Air Force funds, "AFOSI works closely with other federal law enforcement agen-

cies," he said, "and Air Force funds obtained through fraudulent means and subsequently recovered by AFOSI are returned to the Air Force."

"Two of the best teammates we have are the Air Force Audit Agency and the Defense Contract Audit Agency," said Special Agent Alex Clifford. "They'll also look at all the processes. Even if there's nothing criminal going on, these audit agencies may find some processes that need correcting."

AFOSI defines fraud as a misrepresentation by words or conduct of a material or fact through false and/or misleading allegations or deceptive concealment. Common fraud schemes include



Courtesy illustration

product substitution, bribery or kickbacks, cost mischarging and conflict of interest.

"OSI, contracting officers, and quality assurance officials can't be there all the time," Crowe said. "It's possible others may see or hear things about potential wrong doings. We'd rather have people call anonymously with any kind of information than not to call at all."

Crowe and Clifford, who lead the Joint Base San Antonio AFOSI Fraud Office, said the

Air Force wants to be proactive when it comes to fraud.

While both special agents stress that there are currently no indications of local fraudulent improprieties, promoting fraud awareness amongst JBSA personnel may help deter activities that otherwise can occur.

"The contracting offices and quality assurance personnel in JBSA have told us there is no indication of fraud," Clifford said. "However, it's important for all personnel to report questionable activity."

"This is one of my catch phrases: 'Fraud doesn't report itself.' We do need help. We're not asking anyone to be a cop or an investigator and try to determine if what they witnessed was a crime. That's for us to figure out," Clifford said.

The special agents also pointed out not all

fraudulent acts are tied directly to criminal motives or intent.

Being on the lookout for fraud is much like supporting a neighborhood crime watch program, Clifford pointed out.

"If something doesn't seem right, it's better to make an anonymous call than none at all," he added.

"Callers don't have to feel bad if it turns out to be nothing," he said. "It's our responsibility to investigate, and there are no negative consequences for the person who reported the incident."

Suspected fraud can be reported to the AFOSI JBSA Fraud Office at 348-6426. Other reporting avenues are available through the Inspector General's Office, the Whistleblower Act (<http://www.osc.gov>) and Qui Tam provisions (<http://www.justice.gov>).

IMCOM Central realigns West, some Northeast territories

By Neal Snyder
IMCOM Public Affairs

The Central region of the U.S. Army Installation Management Command marked its first day of operation Aug. 11 with a small ceremony at its headquarters on Army Boulevard.

Stretching from the Pacific shore to Ohio, IMCOM Central resulted from the latest round of regional consolidations. The rest of the continental United States, from Mississippi to Maine, belongs to the new IMCOM Atlantic region.

"It is an honor to lead the transition of IMCOM, West Region to IMCOM, Central Region," said J. Randall Robinson, Central region director.

"We are excited about this and welcome the opportunity to work with

additional Army installations. We will continue the tradition of providing our Soldiers, families and civilians quality services, facilities and infrastructure," Robinson added. "We look forward to the future."

"Today marks another occasion on which IMCOM is responding to the current and future needs of our Soldiers and families, the Army and the nation," explained Lt. Gen. Rick Lynch, IMCOM commander, in a Facebook post on the Atlantic standup. "I could not be more proud of the vital work IMCOM's workforce does every day in taking care of our Soldiers and families."

Central covers the former West region with some territory from the former Northeast region.

Atlantic combines the rest of the Northeast with the former Southeast region.

The West region itself resulted from the 2010 combination of the Northwest and Southwest regions. In two years, IMCOM reduced the number of regions from seven to four.

In addition to the realignment, IMCOM moved 12 installations around the country under direct headquarters control.

Headquartered on Fort Sam Houston, IMCOM handles the day-to-day operations of U.S. Army installations around the globe. Its mission is to provide Soldiers, civilians and their families with a quality of life commensurate with the quality of their service.



Photo by Lance Riddle

Col. Darcy Brewer, U.S. Army Installation Management Command Central Region deputy director, and Command Sgt. Maj. Donald Felt, IMCOM Central command sergeant major, unveil the sign for the new region during a stand-up ceremony Aug. 11.

Colombian army general visits ARSOUTH in preparation for PANAMAX

By Sgt Tamika Exom
U.S. Army South Public Affairs

Brig. Gen. Gabriel H. Pinilla Franco, commander of the Colombian army's Decisive Action Joint Force, visited U.S. Army South July 24 through 26 in preparation for the upcoming Fuerzas Aliadas PANAMAX 2011 training exercise.

Scheduled to take place at Fort Sam Houston through Aug. 26, Franco's forces will lead the land component portion for the first time.

Fuerzas Aliadas PANAMAX 2011, commonly

known as PANAMAX, is an annual U.S. Southern Command-sponsored exercise led by U.S. Army South that focuses on ensuring the defense of the Panama Canal. Forces from multiple nations will take part in simulated training scenarios directed from here, while other multinational forces will simultaneously conduct operations near the canal.

"Our military has a lot of experience," Pinilla said. "We are also conducting task force operations frequently, so for us, this is not an unknown environment."

The main goal of PANAMAX, which will include more than 50 Colombian officers, is to exercise a variety of responses to any request from the governments of Panama and Colombia, as well as to protect and guarantee safe passage of traffic through the Panama Canal.

"We have the benefit of training with the opportunity to share experiences, to show our skills, but at the same time, the opportunity to learn from other armies [and] colleagues, to make this effort together," said



Colombian Brig. Gen. Gabriel H. Pinilla Franco (left) visits with foreign liaison officers at U.S. Army South July 25. Pinilla received briefings on various operations and training exercises for PANAMAX 2011.

Photo by Sgt. Tamika Exom

Pinilla.

Fuerzas Aliadas PANAMAX 2011 is designed to execute stability operations and provide interoperability training for the participating multinational staff by building partner nation capabilities to plan and conduct major operations.

Fuerzas Aliadas means allied forces and in addition to the United States and Colombia, participants from Argentina, Belize, Brazil, Canada, Chile, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama,

Paraguay and Peru will take part in the exercise.

"We are very proud to be here participating in this exercise to share our world experiences while at the same time learning from other countries and agencies," said Pinilla.

No changes to military retirement any time soon, officials say

By Jim Garamone

American Forces Press Service

The military retirement system isn't going to change any time soon, Defense Department officials said.

"There's no immediate plan to affect retirement," Navy Adm. Mike Mullen told service members at Kandahar Airfield, Afghanistan, July 31.

The chairman of the Joint Chiefs of Staff said any changes to military retirement should be studied carefully and should be "grandfathered" so the military doesn't break faith with those in the service.

Pentagon officials are reviewing all areas of the defense budget, and the goal of the review is to

"inform the decisions and strategies that we have to make," Defense Secretary Leon E. Panetta said Aug. 4.

"So that's going to be key to what decisions we make and what areas we look to for savings," the secretary added.



In support of the department's efficiency initiatives, a small group of Defense Business Board members was tasked to develop alternative plans to the current military

retirement system.

The group briefed its findings and draft recommendations to the full board during their July 21 quarterly meeting.

The full board approved the recommendations, and the group will issue a final report by the end

"There's no immediate plan to affect retirement."

*Adm. Mike Mullen,
Chairman, Joint Chiefs of Staff*

of this month.

The Defense Business Board provides DOD's senior leaders independent advice and recommendations "on effective strategies for the

implementation of best business practices on matters of interest to the Department of Defense," according to Pentagon officials.

Meanwhile, a Pentagon spokeswoman said, officials are reviewing the board's recommendations.

"Any recommendation to change the military retirement system must be approached with thoughtful analysis, to include considerations of impacts to recruiting and retention," Eileen Lainez said.

"While the military retirement system, as with all other compensation, is a fair subject of review for effectiveness and efficiency, no changes to the current retirement system have been approved, and no changes will be made without careful consideration for both the current force and the future force."

ACAP from P2

tion planning.

Transition is stressful under the best of circumstances, and right now Soldiers are facing a tough job market. We have to equip our Soldiers to take the skills and values they learned in the Army and translate them into success

in the next phase of their career.

When Soldiers take off the uniform, we want them to know they made the right choice for themselves, their careers, and their families when they put it on in the first place. It's the least we can do for their service and sacrifices.

JBSA from P4

through our local community," he said.

Lamoureux noted the commitment of Gordon Hartman, the philanthropist who pursued a dream to build a theme park geared to his daughter, Morgan, and other children with special needs; the military "and what it has for all those with special needs in the EFMP program;" and the local community.

"So the commitment is evident all through today," he said. "I can tell just by the looks of this place, we're doing pretty well. I'm told that we have approximately double the number of folks that we had last year. You can see the commitment is out there and the people willing to take advantage of this program are there as well."

For more information about the EFMP, call 221-0285.

ARNORTH employee carries more than mission

By Sgt. 1st Class Manuel Torres-Cortes
ARNORTH Public Affairs

Lifting close to 530 pounds is an unthinkable task for many people.

But for Ennis White, a native of Buffalo, N.Y., who serves as a telecommunications officer with Army North, that is exactly what he did with his bare hands and brute strength during the USA Powerlifting Master Nationals Competition held earlier this year in Atlanta, earning him a bronze medal during the competition.

Not bad for a lifter at the ripe age of 47, but he says that feat doesn't compare to the magnitude of the importance of his duties with Army North.

As a spectrum manager in his section, he is responsible for all the wireless communications for Army North's Defense Coordinating Elements, which are located in each of the 10 Federal Emergency Management Agency regions throughout the

United States, the Contingency Command Post, Joint Task Force North, and the various organizations that fall under the command.

"White regularly anticipates the spectrum (wireless frequencies) requirements for this command and meets them ahead of when they are needed. Despite being a 'one-man-show,' he is able to juggle the spectrum needs of the

command," said Lt. Col. Travis Robinette, chief of operations, G6.

Working in that position requires a lot of dedication, as does his weight-lifting hobby. However, White said he is able to dedicate his attention to his passions, his work and his hobby.

"Powerlifting is my hobby," White said. "I never let it affect my job performance. The lines are never crossed, but I've been lucky in that; my supervisors and this organization have

See ARNORTH, P16

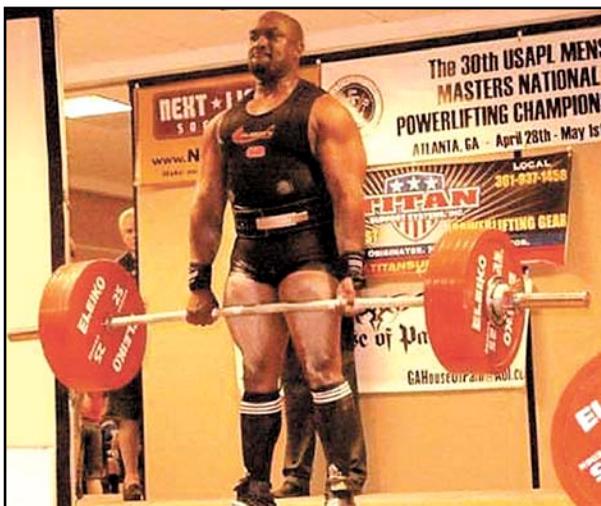


Photo by Sgt. 1st Class Manuel Torres-Cortes

Ennis White, telecommunications officer, Army North, lifts more than 600 pounds during the USA Powerlifting Master Nationals Competition held earlier this year in Atlanta. White earned a bronze medal in the overall completion.

USAMITC trains 2nd FSSG in Theater Army Medical Management Information System

By Kenneth Blair Hogue
USAMITC Public Affairs

The U.S. Army Medical Information Technology Center recently conducted Theater Army Medical Management Information System training for Sailors and Marines of the Marine 2nd Force Service Support Group Medical Logistics Group.

This training took place at the Medical Communications for Combat Casualty Care L-3 Training Center located at Fort Detrick, Md.

Other essential training took place on systems that entailed the Defense Medical Logistics Standard Support, DMLSS Customer Assistance Module and the Theater Enterprise Wide Logistics System. The

2nd FSSG will be deploying to Afghanistan in the near future to replace a unit currently there.

"This training came about because this unit is going to replace the unit in Afghanistan that was previously trained in these areas," said Noel Sepulveda, a member of the USAMITC Sustainment Division, the command's medical logistics analyst for TAMMIS and the training instructor of the USAMITC Medical Logistics systems.

"Knowing they were going to use TAMMIS, this unit followed in the same path as the previous unit to ensure not only the security of this training, but the clear understanding of these essential business processes and practices using these important

network programs and systems," he added.

The 2nd FSSG and other units need TAMMIS training because MEDLOG Battalions use this system to order supplies while they are in Theater. TAMMIS also helps to keep track of materiel on hand, and is an easy way to account for inventory.

The mission of USAMITC and MC4 was to familiarize 2nd FSSG with current systems supporting Theater operations.

"Everybody knows that TAMMIS is being used in the MEDLOG companies," Sepulveda said. "If you're going to a MEDLOG company, you'll see TAMMIS," he said.

When asked about the steps that took place when the 2nd FSSG sought out TAMMIS training, Sepulveda stated, as with requests transmitted from any command, that the 2nd FSSG were referred to the Army's Medical Command for support.

"They know that the USAMITC staff are a reliable customer support office for TAMMIS," he said.

Sepulveda concluded by saying that units requiring TAMMIS training and support of any kind should contact the MEDCOM Medical Logistics Infomatics Division, or the USAMITC TAMMIS Customer Support Office for support, assistance and training.

Weekly Weather Watch

	Aug 18	Aug 19	Aug 20	Aug 21	Aug 22	Aug 23
San Antonio Texas	 102° Sunny	 103° Partly Cloudy	 101° Sunny	 98° Mostly Sunny	 101° Mostly Sunny	 102° Sunny
Kabul Afghanistan	 91° Sunny	 91° Sunny	 91° Sunny	 94° Sunny	 95° Sunny	 94° Sunny
Baghdad Iraq	 111° Sunny	 111° Sunny	 111° Sunny	 113° Sunny	 115° Sunny	 115° Sunny

(Source: The Weather Channel at www.weather.com)

Edwards Aquifer Level

in feet above sea level
as of Aug. 17

CURRENT LEVEL * = 641.4'

*determines JBSA water conservation stage

Normal - above 660'

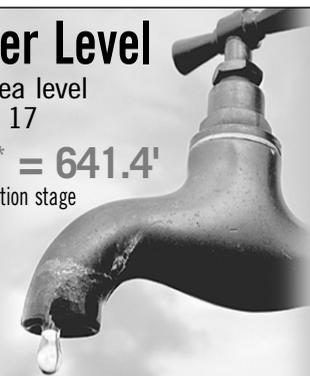
Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'



ANTI-TERRORISM AWARENESS MONTH: Avoid becoming a target, take protective measures

By Brad Barrett
FSH Army Support Activity

In June 3, 2011, a video featuring a senior Al-Qaeda media propagandist was released that encouraged individual jihad against private U.S. citizens. In a posting to forums on the Website that released the video, one contributor highlighted assassinations as an act of individual jihad with the greatest potential impact.

Given this information, along with the thwarted "Lone Wolf" terrorist attack at Fort Hood earlier this summer, it is important for individuals to mitigate potential risks that result from these types of threats.

There are several protective measures all of us can adopt to reduce potential threats and potentially hazardous situations at home, in the workplace and while traveling. Below is a list of a few of these protective measures.

These actions are a combination of protective measures outlined in the Department of Defense's Antiterrorism Personal Protection Manual and the Department of Homeland Security's Office of Infrastructure Protection's Active Shooter Manual.

Information concerning suspicious or criminal activity should be reported immediately to local law enforcement officials such as the Fort Sam Houston Security Forces Squadron at 221-2222 or the local FBI Joint Terrorism Task Force at 225-6741.

When available, each report submitted should include the date, time, location, type of activity, number of people and type of equipment used for the activity, the name of the submitting company or organization, and a designated point of contact.

General Security:

- Be unpredictable. Vary daily routines.
- Keep a low profile; avoid publicity.
- Pay attention to surroundings and report suspicious activity to local law enforcement.
- Secure personal and identity related documents and information.
- Do not post your schedule on publicly accessible Websites (to include Facebook, Twitter, etc.).

Residential Security While Traveling:

- Stop deliveries of newspapers and mail, or forward to a trusted neighbor's home.
- Do not indicate absence or itinerary on voicemail, email, Website or with a written note on a door.
- Do not hide keys outside the house.
- Advise a trusted friend or family member of destination and arrival/departure times.

Residential Security:

- Know who you are letting in your house. Ensure contractors have been requested.
- Restrict the possession of house keys; change locks if keys are lost/stolen.
- Use solid core doors with deadbolts and peepholes.
- Lock all entrances at night, including the garage.
- Keep the house locked, even if you are at home.
- Do not open mail from unknown sources.
- Destroy all envelopes or other items that show your name or other personal information.
- Avoid frequent exposure on balconies and near windows.
- Keep mailbox locked, and do not place family name on mailbox.
- Install security/fire alarm system and associated security service.
- Ensure fire alarms and extinguishers are operational.
- Participate in a neighborhood watch program.
- Use motion- and light-activated exterior lighting.
- Install emergency lighting.

Vehicle/Transportation Safety:

- Keep car in good repair; at least half a tank of gas; tires inflated properly with good tread.
- Use a locking gas cap.
- Do not have personalized plates or decals with affiliations on vehicles.
- Park in well-lit areas; park in reputable garages/lots with on-premise attendants; try not to leave the car on the street overnight.
- Check for suspicious persons prior to and when approaching vehicle and exiting vehicle.
- Examine exterior and interior of vehicle prior to using; if you find something suspicious, do NOT touch it – contact local law enforcement.
- Always lock your car as soon as you get in and after you exit; have your keys in your hand prior to approaching vehicle.
- Install a car alarm.
- Always wear your seatbelt but lock vehicle doors prior to fastening.
- Commute with other passengers when possible.
- Avoid late night travel, isolated roads, or dark alleys when possible.
- Vary routes and plan alternate routes; pay special attention to suspicious activity when in close proximity to your residence and your office.
- If appropriate, advise your office when you depart for work; ask them to contact local law enforcement if you do not arrive when expected and cannot be reached.
- Do not allow your vehicle to be boxed in; if you suspect an ambush, make all efforts to NOT stop – keep going if possible; know the location of emergency services (police, fire, hospitals, etc.) along your route.
- If attacked (or suspect an imminent attack), drive to the nearest safe haven (police, military base, etc.).
- Know how to react if you are being followed:
 - Check during turns for confirmation of surveillance.
 - Do not stop or take other actions that could lead to confrontation.
 - Go to the nearest police station or military base.
 - Get the best possible description of the car and its occupants.
 - Report the incident to police.
- Recognize events and distractions that can signal the start of an attack. When one of these events occurs, mentally prepare a course of action in case an attack develops. These events may include, but are not limited to:
 - Cyclist falling in front of your car.
 - Flagman or workman stopping your car.
 - Unusual or false police or government checkpoint.
 - Disabled vehicle and/or accident victims on the road.
 - Unusual detours.
- Know what to do if under attack in a vehicle:
 - Try to draw attention to your car by sounding the horn.
 - If possible, do not stop; keep driving.
 - Go to closest safe haven and report incident to police.
- Consider taking a defensive driving course.
- Vary the mode of taxi and delivery service companies you use; ensure that the driver's face and license photo are the same before getting into the vehicle.
- Vary commercial transportation routes and use busy bus/subway stops; avoid poorly lit or isolated stops.
- Do not allow anyone you do not know well to call a cab for you – call yourself.

Office Security:

- Restrict access to authorized personnel only; assign ID badges with photographs; ensure accountability for lock and key control.
- Have security personnel greet all employees and visitors and examine their personal belongings.
- Install a security/fire alarm system and associated security service; install Closed Circuit TV to record operation area and exterior entrances.
- Ensure adequate lighting for operations area, exterior, and CCTV.
- Screen all incoming mail offsite if possible; contact local law enforcement if a package is determined to be suspicious.
- Ensure accountability for lock and key control.
- Develop an emergency plan for response to a known or a suspected hazard.
- Restrict drivers and deliveries to a specific area.
- Establish a communication channel to report security deficiencies.

In the Event of an Active Shooter Incident/Attack

- Evacuate at the first signs of trouble whether or not others are evacuating; leave personal belongings behind; call 911 when safe.
- If evacuation is not an option, hide; lock/barricade door of hiding place; silence cell phone; call 911.
- Only as a last resort, attempt to incapacitate an active shooter.
- If an attack occurs in a public place, call loudly for help and take other steps to bring attention to yourself.
- If an active shooter is in your vicinity:
 - Quickly determine the most reasonable way to protect your own life. Remember that customers and clients are likely to follow the lead of employees and managers during an active shooter situation.
 - As a last resort, attempt to take the active shooter down.
- When calling 911:
 - Be aware of your surroundings; make sure you are in the safest possible location prior to calling (out of harm's way).
 - Be calm and articulate; talk slowly.
 - State your name, location, and the nature of the emergency; provide the who, what, where, when, why, and how of your situation.
 - Advise if you are injured; provide details.

More information about the Army's AT Awareness Month can be found at <https://www.us.army.mil/suite/page/605757> or by contacting the Fort Sam Houston Army Support Activity's anti-terrorism officer at 295-0534.

FORT SAM HOUSTON News Leader

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AUGUST 18, 2011
VOL. 53, NO. 33



**IMCOM
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CUTTING
AND OPEN
HOUSE**



IMCOM
SOLDIERS • FAMILIES • CIVILIANS

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

Aug. 19, 9 a.m.
Building 2261, 2405 Gun Shed Road

Senior Marine liaison Master Sgt. Ruben Garza (left) and Felix Farias hang a plaque honoring Lance Cpl. John Felix Farias in the ceremony room of the San Antonio Military Entrance Processing Station on Fort Sam Houston Aug. 11. The ceremony room, where enlistees from all services take their oath of enlistment, was dedicated to the fallen Marine, killed in Afghanistan June 28.

**Photo by
Steve Elliott**



MEPS dedicates ceremony room to fallen local Marine

By Steve Elliott
FSH News Leader

In a room filled to overflowing with his family, friends and fellow Marines and other service members, the life of Lance Cpl. John Felix Farias was memorialized Aug. 11 as the San Antonio Military Entrance Processing Station on Fort Sam Houston named its ceremony room after the fallen Marine from New Braunfels.

With his voice full of emotion, MEPS assistant operations officer Capt. Mathews J. Metyko said he remembers helping Farias become a member of the U.S. Marine Corps not so long ago.

"John died with his boots on, fighting," Metyko said of Farias, who was killed by enemy small-arms fire June 28, while serving in

the Helmand Province of Afghanistan. "He processed through this very station and we can remember him coming through here."

"He lived the USMC core values of honor, courage and commitment," said 1st Lt. Robert Stager, choking up as recalled giving the oath of enlistment to Farias in August 2009.

An infantry rifleman with the 1st Battalion 5th Marine Regiment, Farias died just 18 days before his 21st birthday. A 2009 graduate of Canyon High School, he was a member of the Cougars football team, active in power lifting and also an Eagle Scout.

"Lance Corporal Farias gave his life in direct action against an evil enemy seeking to eliminate American freedom," Metyko added. "He is the face of America's will to

succeed, to free the oppressed and to project power internationally securing freedom for the future."

A plaque with photos of Farias in his Marine dress blues and battle dress uniform was unveiled during the ceremony and then hung in the newly dedicated ceremony room by senior Marine liaison Master Sgt. Ruben Garza and the lance corporal's father, Felix.

"He will be missed by all who knew him, but not forgotten," Garza said. "It is a privilege to honor a fine young man like Farias."

The ceremony room is where enlistees from all services take their oath of enlistment.

"I just want to give my thanks to the U.S. Marine Corps for all their support since John was killed," said Farias' mother, Penny. "All this has been overwhelming and amazing."

METC dedicates building to Air Force medical's first sergeant major

By Lisa Braun
METC Public Affairs

The nation's first Sergeant Major for the U.S. Air Force Medical Service was honored Aug. 12 in a ceremony dedicating the Medical Instructional Facility bearing his name.

Chief Master Sgt. Raymond T. Smith, who passed away Aug. 17, 2010, at age 90, was a "visionary leader who served our nation at a

time of great change," said Chief Master Sgt. Charles R. Cole, who currently holds the position Smith held almost 43 years ago.

Cole described Smith as a "strong, innovative leader who set in place a number of groundbreaking policies that set the foundation of success for decades of medical airmen.

"Visionary, groundbreaking, foundational; descriptors of a leader who dedicated

his career to furthering others' capabilities," said Cole, who unveiled a framed portrait of Smith that will hang in MIF No. 3, now named Smith Hall.

The ceremony was attended by members of Smith's family that included three of his four sons, their wives, three grandchildren and one great-grandchild, as well as friends and neighbors.

See METC, P16



(From left) Brothers Jerry Smith, Bob Smith and Sgt. Maj. Daniel Smith unveil a replica of the plaque commemorating their late father, Chief Master Sergeant Raymond T. Smith. The original plaque hangs on the newly dedicated Smith Hall, a Medical Instructional Facility on the Medical Education and Training Campus

Photo by Dewite Wehrman

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Editorial Staff

502nd Air Base Wing Commander
Brig. Gen. Theresa C. Carter

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 Commander
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Public Affairs Officer
Karla L. Gonzalez

Editor
Steve Elliott

Associate Editor
L. A. Shively

Writer/Editor
Lori Newman

Layout Artist
Joe Funtanilla

News Leader office:
 2330 Stanley Road
 Building 122, Suite C
 Fort Sam Houston
 Texas 78234-5004
 210-221-1031
 DSN 471-1031

News Leader Advertisements:
 Prime Time
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 2203 S. Hackberry
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Army Career and Alumni Program: Supporting Soldier career success

By Lt. Gen. Rick Lynch
 Commander, U.S. Army Installation
 Management Command
 and Assistant Chief of Staff for
 Installation Management

The decision to transition out of uniform is as important as the initial decision to put it on. Soldiers deserve as much support at this critical point in their service as they do with earlier parts of their career.

That is why the Army provides the Army Career and Alumni Program and is working to make ACAP even more effective.

ACAP delivers transition and job assistance services to Soldiers to support them in making informed career decisions. These services include pre-separation counseling, Veteran Affairs benefits briefings, and Department of Labor Transition Assistance Program workshops, which cover career planning, job searches, resume writing and interviewing.

ACAP services are available to separating and retiring active component Soldiers, demobilizing Reserve and National Guard Soldiers, family members, retirees, and civilians affected by BRAC, reduction in force or global realignment.

In April 2010, the Vice Chief of Staff of the Army directed a thorough review of ACAP, which included visits to ACAP centers and thousands of interviews with Soldiers and civilians.

The study found that while Soldiers are allowed to use ACAP services up to two years prior to retirement or one year prior to separation, they do not always have leadership support in doing more than the minimum required by



law, which is attending the pre-separation briefing no later than 90 days prior to separation. However, just meeting the letter of the law is too little, too late.

The more Soldiers are able to use ACAP services, the more successful their transition.

Based on the study

results and the Vice Chief of Staff's guidance, over the next few months ACAP is implementing an enhanced 12-month transition program model focused on helping Soldiers develop an Individual Transition Plan and put it into action.

Under this choice-based, results-oriented model, Soldiers will have the opportunity to spend up to 60-70 hours accessing ACAP resources, including the pre-separation briefing, the two-and-a-half day Transition Assistance Program workshop, the four-hour VA briefing, and individual counseling sessions. The TAP workshop is also being updated, to incorporate development of the Individual Transition Plan.

The 12-month time-

frame is designed to minimize conflict with unit mission requirements and enable Soldiers to take full advantage of ACAP resources.

About four out of 10 eligible Soldiers who start ACAP decide to reenlist or join the National Guard or Reserves, while others need to get a solid start preparing for the next phase of their careers, whether it is going to school, starting a new job or starting a business.

New policy and guidance on the transition program will be issued in the first quarter of FY12.

The key to making ACAP as effective as possible is leader commitment. ACAP is a commander's program. Soldiers will take off the uniform at some point, whether through separa-

tion or retirement, and it is up to leaders to take care of them until the very last day.

Taking care of Soldiers includes supporting their active participation in ACAP, and if a Soldier decides to separate, making sure no stigma is attached to their decision.

It is smart business to support Soldiers' use of ACAP. In FY10 the Army spent more than \$500 million in unemployment compensation for veterans, a number expected to rise even higher in FY11. The Army is looking to reduce that amount by better preparing Soldiers to enter the civilian workforce.

More to the point, it is the right thing to do to support Soldiers' transi-

See ACAP, P10

News Briefs

IMCOM Ribbon Cutting and Open House

A ribbon-cutting ceremony and open house for the new Installation Management Command Community Campus will be held Aug. 19 at 9 a.m. at Building 2261, 2405 Gun Shed Road, near Stanley and Reynolds roads. The event is open to all Fort Sam Houston personnel.

Garden Avenue Closure

Garden Avenue will be closed between Schofield and W.W. White roads from 6 a.m. Aug. 20 until 6 p.m. Aug. 21 while concrete is poured for the Medical Education and Training Campus Troop Bridge.

NCO Barracks Ribbon-Cutting

A ribbon-cutting ceremony will be held Aug. 23 at 8 a.m. at the NCO Barracks, Building 2130 Wilson Way.

Practical Nurse Course Graduation

The graduation ceremony for the Brooke Army Medical Center Practical Nurse Course, 68WM6, Class 10-10, will be held Aug. 29 at 9 a.m. in the Roadrunner Community Center, Building 2797 Stanley Road. All are welcome to attend. Call 295-4163/4050 for information.

BAMC Valet Parking closes Aug. 31

Brooke Army Medical Center will no longer offer valet parking service after Aug. 31. This temporary service was offered during the period of 2005 Base Realignment Closure construction and renovation to lessen stress for patients with appointments. The new 5,000-space parking complex is now open and provides parking space for patients and staff. The first level of the garage has 800 spaces designated for patient parking with access to shuttle service through Sept. 23.

Feds Feed Families Campaign

The Feds Feed Families Campaign runs through Aug. 31. Donate non-perishable food or personal hygiene products, drop-off boxes are available at the FSH Commissary and the 502nd Mission Support Group headquarters, Building 122 on Stanley Road. Call 295-1098 for more information.

Lynch talks fiscal reality with Society of Military Engineers

By Neal A. Snyder
IMCOM Public Affairs

The Army faces a new fiscal reality, said Lt. Gen Rick Lynch, commanding general of the U.S. Army Installation Management Command and Assistant Chief of Staff for Installation Management, to the members of the Society of Military Engineers San Antonio post at the organization's Aug. 9 luncheon and meeting.

Lynch's presentation to more than 200 attendees at the Bright Shawl banquet hall focused on Army support of the Soldier, future Army facilities projects and the soon-to-be-completed Base Realignment and Closure program.

"The fiscal reality has changed for the Army," Lynch said. "The Secretary of Defense has directed Department of Defense savings of at least \$400 billion over five years."

Because of the reductions in the budget, IMCOM must prioritize its programs. Hard decisions are coming, the general said.

Lynch described the Army's process of developing and implementing Army Facilities Investment Strategy, which focuses on sustaining existing facilities and disposing of excess facilities before building new facilities.

The strategy responds to several challenges, Lynch said, "including aging infrastructure, increased requirements for energy efficiency and unpredictable funding."

Lynch touched on AFIS objectives to continue focusing on sustainment to improve the lifespan of Army facilities.

"We are working towards sustainability – operating so that we have all the resources we need to accomplish our mission both today and in the

future," Lynch said.

Headquartered on Fort Sam Houston, IMCOM handles the day-to-day operations of U.S. Army installations around the

globe. Its mission is to provide Soldiers, civilians and their families with a quality of life commensurate with the quality of their service.

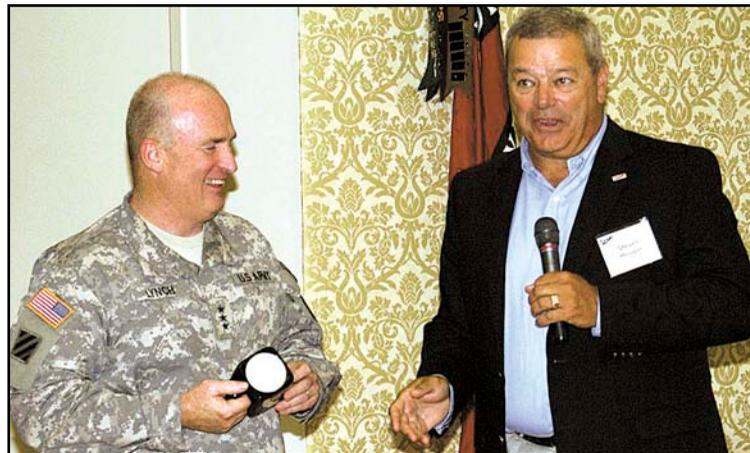


Photo by Nate Allen

Society of Military Engineers San Antonio Post President Steve Houser presents Lt. Gen. Rick Lynch, commanding general of the U.S. Army Installation Management Command and Assistant Chief of Staff for Installation Management, a SAME coffee mug after Lynch's presentation at the August SAME San Antonio Post luncheon at Bright Shawl banquet hall Aug. 9.

Work, exercise, play smart: Avoid heat-related illnesses

By Lori Newman
FSH News Leader

As temperatures continue to soar over 100 degrees, San Antonio's sizzling summer heat is affecting people's ability to work, exercise and play the way they normally do.

"Heat-related illness can be avoided if people conduct outdoor activities during the coolest parts of the day," said Capt. Andrew Patterson, chief of Environmental Health Services at Brooke Army Medical Center. "Wear loose woven, light-colored clothing and stay hydrated."

According to National Weather Service forecast data, the hottest part of the day is generally from 4 to 7 p.m. in Texas.

"People also need to be aware of the symptoms of heat-related illnesses and what to do when they occur," Patterson said.

The Centers for Disease Control and Prevention website

(<http://www.cdc.gov>) describes the symptoms and recommended treatment for the following heat-related illnesses:

- **Heat Cramps** – Symptoms include muscle cramps, pain or spasms in the abdomen, arms or legs. People who experience these symptoms should stop the activity and sit in a cool place. Drink clear juice or a sports beverage or drink water with food. Do not return to strenuous activity for a few hours after the cramps subside. People with heart problems, on a low-sodium diet or having cramps for more than one hour should seek medical attention.

- **Heat Exhaustion** – Symptoms include rapid heartbeat, heavy sweating, extreme weakness or fatigue, dizziness, nausea or vomiting, irritability, fast shallow breathing and slightly elevated body temperature. People who suffer heat exhaustion should rest in a cool area, drink plenty of water and take a cool shower, bath or

sponge bath.

- **Heat Stroke** – Symptoms include high body temperature, confusion, loss of coordination, hot, dry skin or profuse sweating, throbbing headache and seizures or coma. To treatment for this serious heat-related illness move the person to a cool, shaded area; remove their excess clothing and apply cool water to their body. If they are able, have them slowly sip water.

"Cooling is the first priority and can reduce mortality," Patterson said.

An important sign of a life-threatening heat-related illness is mental confusion.

To assess this, ask the person questions such as their name, what month and year it is, where they are and what they were doing before becoming ill. If the person cannot answer, call for an emergency medical evacuation or ambulance immediately.

Staying hydrated is important, however hourly fluid

intake should not exceed one and a half quarts per hour or 12 quarts per day.

Symptoms of over hydration or water intoxication are confusion, weakness and vomiting.

People who have overhydrated should restrict their fluid intake and eat something salty such as tomato juice, pretzels or a dill pickle, explained Patterson. "But, medical attention is a must!"

Other less severe heat-related problems include dehydration, heat edema (swelling of the extremities), heat rash and sunburn.

Current Fort Sam Houston weather conditions and the Work/Rest and Water Consumption Table are available at <http://samhouston.army.mil/weatherUpdate/FSHWeather-Conditions.doc>.

The U.S. Army Public Health Command website also offers several useful resource materials on heat injury prevention at <http://usaphcapps.amedd.army.mil/hioshoppingcart/>.

News Briefs

from P3

Women's Equality Day

Fort Sam Houston will hold a women's equality day event Aug. 26, 10:30-11:30 a.m. at the Roadrunner Community Center, Building 2797 Stanley Road. Call 221-9543.

9/11 Commemorative Ceremony

A ceremony to commemorate the 10th anniversary of the 9/11 attacks will be held Sept. 11 from 7:30-9 a.m. at Alamo Plaza. The event is free and open to the public.

Spouses' Conference

The "It's Not Easy Being Green" spouses' conference is Sept. 22-23 from 8:30 a.m.-2:15 p.m. at Dodd Field Chapel. Military spouses from all branches of service are welcome to attend. The cost is \$5. The two-day event offers classes, food, prizes and free child care. Call 221-9826/2585.

Active Shooter/MASCAL Exercise

The 502nd Air Base Wing, 502nd Mission Support Group and Brooke Army Medical Center will conduct an Active Shooter/Mass Casualty exercise Sept. 7 from 1-5 p.m. in Behavioral Health facility, Building 2528, to train first responders and ABW/MSG/BAMC staff. The exercise will test FSH incident response and recovery elements and will involve use of the installation mass notification and warning system, Giant Voice. All Giant Voice, computer and telephone communications will be preceded with "Exercise, Exercise, Exercise."

BAMC Outpatient Clinics Moves

Brooke Army Medical Center's outpatient adult hematology/oncology clinic has returned to BAMC from transitional space in Wilford Hall Medical Center, effective Aug. 15. The clinic is located in the BAMC Annex, located east of the hospital's medical mall entrance. For information, call the clinic's front desk at 916-4808.

The outpatient bone marrow transplant clinic, which relocated to BAMC from Wilford Hall in June, is located in D Lot Clinic 12, accessible outside the hospital's women's health clinic entrance. For information, call the clinic's front desk at 916-6636.

The clinics will move into their permanent locations in the BAMC consolidated tower when construction is completed.

JBSA Event brings community resources to special-needs families

By Robert Goetz
502nd Air Base Wing OL-B Public Affairs

One of the world's most unique amusement parks was the setting for an event last week that brought together a special group of military families.

The second annual Joint Base San Antonio Special Needs Resource Fair and Activity Day at Morgan's Wonderland Aug. 5 offered special-needs families from Randolph and Lackland Air Force Bases and Fort Sam Houston an opportunity to learn about military and community programs that meet their needs.

It also gave them a chance to enjoy the rides, games and other features of a 25-acre facility billed as "the world's first ultra-accessible family fun park" and "a place where all ages and abilities can come together and play."

"Morgan's Wonderland is designed for children with special needs," said Ericka O'Bryant, resource fair volunteer and Brooke Army Medi-

cal Center community health nurse. "It allows a family to come here as a unit. This event lets families know what resources are available in the community that can help and assist them."

More than 30 organizations and programs from the San Antonio community and the military sector set up tables in the park's event center to give information to families enrolled in the Exceptional Family Member Program.

The Department of Defense program identifies medical and educational needs of family members in support of active-duty sponsor reassignment.

"I love doing this event because the population is so appreciative," said Leslie Walter, Sunshine Cottage School for Deaf Children outreach coordinator. "I love this environment, too. It's conducive to a resource fair like this."

Other agencies represented included The Arc of San Antonio, Children's Association for Maximum Potential, Blossom Center for Children and the



Photo by Rich McFadden

Heather Schwendiman (left) and her two daughters, Katlin and Kimberly, check in to Morgan's Wonderland with the help of Denise Ulrich, Randolph AFB volunteer, as part of Joint Base San Antonio Special Needs Resource Fair and Activity Day Aug. 5.

Autism Behavioral Association.

Lt. Col. Phuong Tran, Air Force Recruiting Service Information Systems Division chief, whose daughter, Dawn, is a special-needs child, said he was impressed with the facility's staff, especially their patience. He said his family found the resource fair educational.

"There are some resources we weren't even aware of," he said.

The event also featured performances by dancers,

singers and musicians from Lackland and Fort Sam Houston and twirlers from a San Antonio high school.

Col. John Lamoureux, 502nd Mission Support Group commander, told participants the resource fair is about three things – having fun, learning and commitment.

"I would encourage everyone to get out there and learn about all these different programs that are available through the military and

See JBSA, P10

Army announces civilian reductions

The Army announced Aug. 4 it will reduce the size of its civilian-employee workforce by more than 8,700 people by Sept. 30, 2012.

These cuts are based on Department of Defense resource decisions as reflected in the Fiscal Year 2012 president's budget, officials said, adding it requires a reduction of Army civilian employees to comply with decreased funding levels.

The Army has identified more than 30 different commands or agencies affected by these reductions, with nearly

80 percent of the cuts taking place within Installation Management Command, Army Materiel Command, Training and Doctrine Command, and headquarters, Department of the Army.

"We are in a very challenging fiscal environment and understand the impact these cuts will have on our civilians and their families," said Thomas R. Lamont, assistant secretary of the Army for Manpower and Reserve Affairs. "Tough choices have to be made, but we'll make them in a thoughtful and deliberate manner

that best supports the Army's mission."

Affected commands and agencies will have 30 days to develop plans to accomplish their civilian-workforce reductions, identify organizational and personnel actions to be taken, and develop a timeline for each of the actions and expected reductions.

Commanders will be responsible for shaping their workforce within their allocated budget and may use available options to achieve reduction objectives while mitigating adverse impact on the workforce,

officials said.

They added that Voluntary Early Retirement Authority, known as VERA, and Voluntary Separation Incentive Payment, or VSIP, may be used to reduce the number of personnel to meet mission objectives.

For more information on Army civilian workforce reductions, personnel can contact their local Civilian Personnel Advisory Center or visit the Office of Personnel Management website at http://www.opm.gov/Reduction_In_Force/employee_resources/index.asp.

(Source: Army Public Affairs)

AFOSI fighting fraud, fleecing of Air Force funds

By Mike Joseph
Lackland AFB Public Affairs

The Air Force Office of Special Investigations is taking a proactive approach to protect the Air Force's investment and taxpayer dollars.

One direction in AFOSI's endeavor to watch over crucial Air Force dollars is to create a greater awareness about fraudulent acts.

As the Department of Defense comes to grips with a constrained fiscal environment, for now and the foreseeable future, an even higher premium is placed on maximizing every budget dollar and stamping out fraud, AFOSI officials said.

Even though AFOSI recovers millions of dollars every year from fraud, deceptive monetary activ-

ities throughout the DOD claim almost as much, said Special Agent John Crowe, AFOSI 11th Field Investigations Squadron.

"One message the Air Force tries to get across is that everyone is responsible for being a good steward of the taxpayer dollar," Crowe said.

"I know it's one of those big blanket phrases, but the Airman in the dormitory who may witness a fraudulent act, or the contracting officer who may discover a contract discrepancy, don't have the resources for an investigation or the ability to recover money lost from fraud," Crowe said. "That's our role."

To prevent or stop the fleecing of Air Force funds, "AFOSI works closely with other federal law enforcement agen-

cies," he said, "and Air Force funds obtained through fraudulent means and subsequently recovered by AFOSI are returned to the Air Force."

"Two of the best teammates we have are the Air Force Audit Agency and the Defense Contract Audit Agency," said Special Agent Alex Clifford. "They'll also look at all the processes. Even if there's nothing criminal going on, these audit agencies may find some processes that need correcting."

AFOSI defines fraud as a misrepresentation by words or conduct of a material or fact through false and/or misleading allegations or deceptive concealment. Common fraud schemes include



Courtesy illustration

product substitution, bribery or kickbacks, cost mischarging and conflict of interest.

"OSI, contracting officers, and quality assurance officials can't be there all the time," Crowe said. "It's possible others may see or hear things about potential wrong doings. We'd rather have people call anonymously with any kind of information than not to call at all."

Crowe and Clifford, who lead the Joint Base San Antonio AFOSI Fraud Office, said the

Air Force wants to be proactive when it comes to fraud.

While both special agents stress that there are currently no indications of local fraudulent improprieties, promoting fraud awareness amongst JBSA personnel may help deter activities that otherwise can occur.

"The contracting offices and quality assurance personnel in JBSA have told us there is no indication of fraud," Clifford said. "However, it's important for all personnel to report questionable activity."

"This is one of my catch phrases: 'Fraud doesn't report itself.' We do need help. We're not asking anyone to be a cop or an investigator and try to determine if what they witnessed was a crime. That's for us to figure out," Clifford said.

The special agents also pointed out not all

fraudulent acts are tied directly to criminal motives or intent.

Being on the lookout for fraud is much like supporting a neighborhood crime watch program, Clifford pointed out.

"If something doesn't seem right, it's better to make an anonymous call than none at all," he added.

"Callers don't have to feel bad if it turns out to be nothing," he said. "It's our responsibility to investigate, and there are no negative consequences for the person who reported the incident."

Suspected fraud can be reported to the AFOSI JBSA Fraud Office at 348-6426. Other reporting avenues are available through the Inspector General's Office, the Whistleblower Act (<http://www.osc.gov>) and Qui Tam provisions (<http://www.justice.gov>).

IMCOM Central realigns West, some Northeast territories

By Neal Snyder
IMCOM Public Affairs

The Central region of the U.S. Army Installation Management Command marked its first day of operation Aug. 11 with a small ceremony at its headquarters on Army Boulevard.

Stretching from the Pacific shore to Ohio, IMCOM Central resulted from the latest round of regional consolidations. The rest of the continental United States, from Mississippi to Maine, belongs to the new IMCOM Atlantic region.

"It is an honor to lead the transition of IMCOM, West Region to IMCOM, Central Region," said J. Randall Robinson, Central region director.

"We are excited about this and welcome the opportunity to work with

additional Army installations. We will continue the tradition of providing our Soldiers, families and civilians quality services, facilities and infrastructure," Robinson added. "We look forward to the future."

"Today marks another occasion on which IMCOM is responding to the current and future needs of our Soldiers and families, the Army and the nation," explained Lt. Gen. Rick Lynch, IMCOM commander, in a Facebook post on the Atlantic standup. "I could not be more proud of the vital work IMCOM's workforce does every day in taking care of our Soldiers and families."

Central covers the former West region with some territory from the former Northeast region.

Atlantic combines the rest of the Northeast with the former Southeast region.

The West region itself resulted from the 2010 combination of the Northwest and Southwest regions. In two years, IMCOM reduced the number of regions from seven to four.

In addition to the realignment, IMCOM moved 12 installations around the country under direct headquarters control.

Headquartered on Fort Sam Houston, IMCOM handles the day-to-day operations of U.S. Army installations around the globe. Its mission is to provide Soldiers, civilians and their families with a quality of life commensurate with the quality of their service.



Photo by Lance Riddle

Col. Darcy Brewer, U.S. Army Installation Management Command Central Region deputy director, and Command Sgt. Maj. Donald Felt, IMCOM Central command sergeant major, unveil the sign for the new region during a stand-up ceremony Aug. 11.

Colombian army general visits ARSOUTH in preparation for PANAMAX

By Sgt Tamika Exom
U.S. Army South Public Affairs

Brig. Gen. Gabriel H. Pinilla Franco, commander of the Colombian army's Decisive Action Joint Force, visited U.S. Army South July 24 through 26 in preparation for the upcoming Fuerzas Aliadas PANAMAX 2011 training exercise.

Scheduled to take place at Fort Sam Houston through Aug. 26, Franco's forces will lead the land component portion for the first time.

Fuerzas Aliadas PANAMAX 2011, commonly

known as PANAMAX, is an annual U.S. Southern Command-sponsored exercise led by U.S. Army South that focuses on ensuring the defense of the Panama Canal. Forces from multiple nations will take part in simulated training scenarios directed from here, while other multinational forces will simultaneously conduct operations near the canal.

"Our military has a lot of experience," Pinilla said. "We are also conducting task force operations frequently, so for us, this is not an unknown environment."

The main goal of PANAMAX, which will include more than 50 Colombian officers, is to exercise a variety of responses to any request from the governments of Panama and Colombia, as well as to protect and guarantee safe passage of traffic through the Panama Canal.

"We have the benefit of training with the opportunity to share experiences, to show our skills, but at the same time, the opportunity to learn from other armies [and] colleagues, to make this effort together," said



Colombian Brig. Gen. Gabriel H. Pinilla Franco (left) visits with foreign liaison officers at U.S. Army South July 25. Pinilla received briefings on various operations and training exercises for PANAMAX 2011.

Photo by Sgt. Tamika Exom

Pinilla.

Fuerzas Aliadas PANAMAX 2011 is designed to execute stability operations and provide interoperability training for the participating multinational staff by building partner nation capabilities to plan and conduct major operations.

Fuerzas Aliadas means allied forces and in addition to the United States and Colombia, participants from Argentina, Belize, Brazil, Canada, Chile, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama,

Paraguay and Peru will take part in the exercise.

"We are very proud to be here participating in this exercise to share our world experiences while at the same time learning from other countries and agencies," said Pinilla.

No changes to military retirement any time soon, officials say

By Jim Garamone

American Forces Press Service

The military retirement system isn't going to change any time soon, Defense Department officials said.

"There's no immediate plan to affect retirement," Navy Adm. Mike Mullen told service members at Kandahar Airfield, Afghanistan, July 31.

The chairman of the Joint Chiefs of Staff said any changes to military retirement should be studied carefully and should be "grandfathered" so the military doesn't break faith with those in the service.

Pentagon officials are reviewing all areas of the defense budget, and the goal of the review is to

"inform the decisions and strategies that we have to make," Defense Secretary Leon E. Panetta said Aug. 4.

"So that's going to be key to what decisions we make and what areas we look to for savings," the secretary added.



In support of the department's efficiency initiatives, a small group of Defense Business Board members was tasked to develop alternative plans to the current military

retirement system.

The group briefed its findings and draft recommendations to the full board during their July 21 quarterly meeting.

The full board approved the recommendations, and the group will issue a final report by the end

"There's no immediate plan to affect retirement."

*Adm. Mike Mullen,
Chairman, Joint Chiefs of Staff*

of this month.

The Defense Business Board provides DOD's senior leaders independent advice and recommendations "on effective strategies for the

implementation of best business practices on matters of interest to the Department of Defense," according to Pentagon officials.

Meanwhile, a Pentagon spokeswoman said, officials are reviewing the board's recommendations.

"Any recommendation to change the military retirement system must be approached with thoughtful analysis, to include considerations of impacts to recruiting and retention," Eileen Lainez said.

"While the military retirement system, as with all other compensation, is a fair subject of review for effectiveness and efficiency, no changes to the current retirement system have been approved, and no changes will be made without careful consideration for both the current force and the future force."

ACAP from P2

tion planning.

Transition is stressful under the best of circumstances, and right now Soldiers are facing a tough job market. We have to equip our Soldiers to take the skills and values they learned in the Army and translate them into success

in the next phase of their career.

When Soldiers take off the uniform, we want them to know they made the right choice for themselves, their careers, and their families when they put it on in the first place. It's the least we can do for their service and sacrifices.

JBSA from P4

through our local community," he said.

Lamoureux noted the commitment of Gordon Hartman, the philanthropist who pursued a dream to build a theme park geared to his daughter, Morgan, and other children with special needs; the military "and what it has for all those with special needs in the EFMP program;" and the local community.

"So the commitment is evident all through today," he said. "I can tell just by the looks of this place, we're doing pretty well. I'm told that we have approximately double the number of folks that we had last year. You can see the commitment is out there and the people willing to take advantage of this program are there as well."

For more information about the EFMP, call 221-0285.

ARNORTH employee carries more than mission

By Sgt. 1st Class Manuel Torres-Cortes
ARNORTH Public Affairs

Lifting close to 530 pounds is an unthinkable task for many people.

But for Ennis White, a native of Buffalo, N.Y., who serves as a telecommunications officer with Army North, that is exactly what he did with his bare hands and brute strength during the USA Powerlifting Master Nationals Competition held earlier this year in Atlanta, earning him a bronze medal during the competition.

Not bad for a lifter at the ripe age of 47, but he says that feat doesn't compare to the magnitude of the importance of his duties with Army North.

As a spectrum manager in his section, he is responsible for all the wireless communications for Army North's Defense Coordinating Elements, which are located in each of the 10 Federal Emergency Management Agency regions throughout the

United States, the Contingency Command Post, Joint Task Force North, and the various organizations that fall under the command.

"White regularly anticipates the spectrum (wireless frequencies) requirements for this command and meets them ahead of when they are needed. Despite being a 'one-man-show,' he is able to juggle the spectrum needs of the

command," said Lt. Col. Travis Robinette, chief of operations, G6.

Working in that position requires a lot of dedication, as does his weight-lifting hobby. However, White said he is able to dedicate his attention to his passions, his work and his hobby.

"Powerlifting is my hobby," White said. "I never let it affect my job performance. The lines are never crossed, but I've been lucky in that; my supervisors and this organization have

See ARNORTH, P16

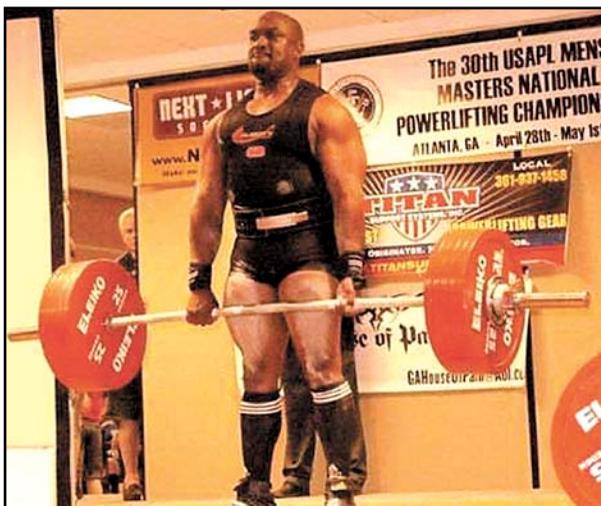


Photo by Sgt. 1st Class Manuel Torres-Cortes

Ennis White, telecommunications officer, Army North, lifts more than 600 pounds during the USA Powerlifting Master Nationals Competition held earlier this year in Atlanta. White earned a bronze medal in the overall completion.

USAMITC trains 2nd FSSG in Theater Army Medical Management Information System

By Kenneth Blair Hogue
USAMITC Public Affairs

The U.S. Army Medical Information Technology Center recently conducted Theater Army Medical Management Information System training for Sailors and Marines of the Marine 2nd Force Service Support Group Medical Logistics Group.

This training took place at the Medical Communications for Combat Casualty Care L-3 Training Center located at Fort Detrick, Md.

Other essential training took place on systems that entailed the Defense Medical Logistics Standard Support, DMLSS Customer Assistance Module and the Theater Enterprise Wide Logistics System. The

2nd FSSG will be deploying to Afghanistan in the near future to replace a unit currently there.

"This training came about because this unit is going to replace the unit in Afghanistan that was previously trained in these areas," said Noel Sepulveda, a member of the USAMITC Sustainment Division, the command's medical logistics analyst for TAMMIS and the training instructor of the USAMITC Medical Logistics systems.

"Knowing they were going to use TAMMIS, this unit followed in the same path as the previous unit to ensure not only the security of this training, but the clear understanding of these essential business processes and practices using these important

network programs and systems," he added.

The 2nd FSSG and other units need TAMMIS training because MEDLOG Battalions use this system to order supplies while they are in Theater. TAMMIS also helps to keep track of materiel on hand, and is an easy way to account for inventory.

The mission of USAMITC and MC4 was to familiarize 2nd FSSG with current systems supporting Theater operations.

"Everybody knows that TAMMIS is being used in the MEDLOG companies," Sepulveda said. "If you're going to a MEDLOG company, you'll see TAMMIS," he said.

When asked about the steps that took place when the 2nd FSSG sought out TAMMIS training, Sepulveda stated, as with requests transmitted from any command, that the 2nd FSSG were referred to the Army's Medical Command for support.

"They know that the USAMITC staff are a reliable customer support office for TAMMIS," he said.

Sepulveda concluded by saying that units requiring TAMMIS training and support of any kind should contact the MEDCOM Medical Logistics Infomatics Division, or the USAMITC TAMMIS Customer Support Office for support, assistance and training.

Weekly Weather Watch

	Aug 18	Aug 19	Aug 20	Aug 21	Aug 22	Aug 23
San Antonio Texas	 102° Sunny	 103° Partly Cloudy	 101° Sunny	 98° Mostly Sunny	 101° Mostly Sunny	 102° Sunny
Kabul Afghanistan	 91° Sunny	 91° Sunny	 91° Sunny	 94° Sunny	 95° Sunny	 94° Sunny
Baghdad Iraq	 111° Sunny	 111° Sunny	 111° Sunny	 113° Sunny	 115° Sunny	 115° Sunny

(Source: The Weather Channel at www.weather.com)

Edwards Aquifer Level

in feet above sea level
as of Aug. 17

CURRENT LEVEL * = 641.4'

*determines JBSA water conservation stage

Normal - above 660'

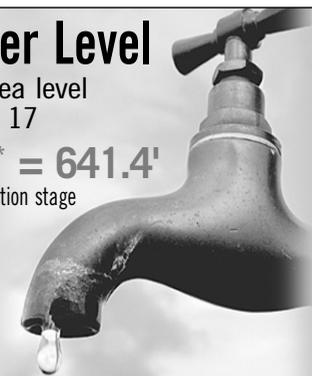
Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'



ANTI-TERRORISM AWARENESS MONTH: Avoid becoming a target, take protective measures

By Brad Barrett
FSH Army Support Activity



On June 3, 2011, a video featuring a senior Al-Qaeda media propagandist was released that encouraged individual jihad against private U.S. citizens. In a posting to forums on the Website that released the video, one contributor highlighted assassinations as an act of individual jihad with the greatest potential impact.

Given this information, along with the thwarted “Lone Wolf” terrorist attack at Fort Hood earlier this summer, it is important for individuals to mitigate potential risks that result from these types of threats.

There are several protective measures all of us can adopt to reduce potential threats and potentially hazardous situations at home, in the workplace and while traveling. Below is a list of a few of these protective measures.

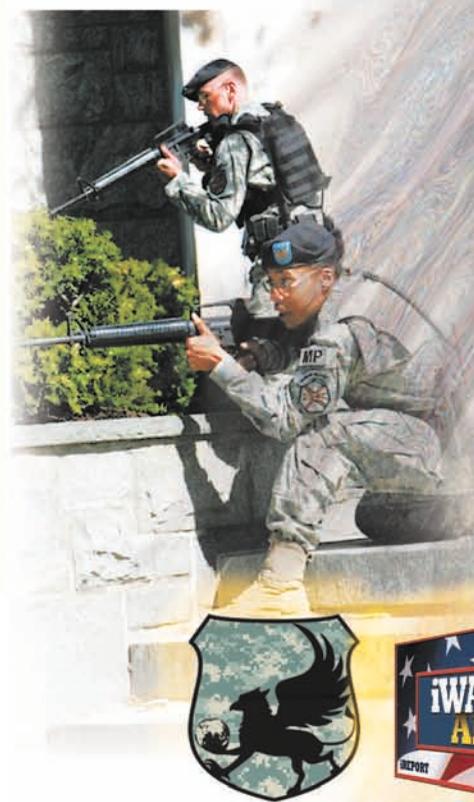
These actions are a combination of protective measures outlined in the Department of Defense’s Antiterrorism Personal Protection Manual and the Department of Homeland Security’s Office of Infrastructure Protection’s Active Shooter Manual.

Information concerning suspicious or criminal activity should be reported immediately to local law enforcement officials such as the Fort Sam Houston Security Forces Squadron at 221-2222 or the local FBI Joint Terrorism Task Force at 225-6741.

When available, each report submitted should include the date, time, location, type of activity, number of people and type of equipment used for the activity, the name of the submitting company or organization, and a designated point of contact.

General Security:

- Be unpredictable. Vary daily routines.
- Keep a low profile; avoid publicity.
- Pay attention to surroundings and report suspicious activity to local law enforcement.
- Secure personal and identity related documents and information.
- Do not post your schedule on publicly accessible Websites (to include Facebook, Twitter, etc.).



Residential Security While Traveling:

- Stop deliveries of newspapers and mail, or forward to a trusted neighbor’s home.
- Do not indicate absence or itinerary on voicemail, email, Website or with a written note on a door.
- Do not hide keys outside the house.
- Advise a trusted friend or family member of destination and arrival/departure times.

Residential Security:

- Know who you are letting in your home. Ensure contractors have been vetted.
- Restrict the possession of household items. Change locks if keys are lost/stolen.
- Use solid core doors with deadbolts.
- Lock all entrances at night, including back doors.
- Keep the house locked, even if you are home.
- Do not open mail from unknown sources.
- Destroy all envelopes or other items containing names or other personal information.
- Avoid frequent exposure on balconies or patios.
- Keep mailbox locked, and do not leave mail on mailbox.
- Install security/fire alarm system or hire a professional security service.
- Ensure fire alarms and extinguishers are working.
- Participate in a neighborhood watch program.
- Use motion- and light-activated outdoor lighting.
- Install emergency lighting.

Vehicle/Transportation Safety:

- Keep car in good repair; at least half a tank of gas; tires inflated properly with good tread.
- Use a locking gas cap.
- Do not have personalized plates or decals with affiliations on vehicles.
- Park in well-lit areas; park in reputable garages/lots with on-premise attendants; try not to leave the car on the street overnight.
- Check for suspicious persons prior to and when approaching vehicle and exiting vehicle.
- Examine exterior and interior of vehicle prior to using; if you find something suspicious, do NOT touch it – contact local law enforcement.
- Always lock your car as soon as you get in and after you exit; have your keys in your hand prior to approaching vehicle.
- Install a car alarm.
- Always wear your seatbelt but lock vehicle doors prior to fastening.
- Commute with other passengers when possible.
- Avoid late night travel, isolated roads, or dark alleys when possible.
- Vary routes and plan alternate routes; pay special attention to suspicious activity when in close proximity to your residence and your office.
- If appropriate, advise your office when you depart for work; ask them to contact local law enforcement if you do not arrive when expected and cannot be reached.
- Do not allow your vehicle to be boxed in; if you suspect an ambush, make all efforts to NOT stop – keep going if possible; know the location of emergency services (police, fire, hospitals, etc.) along your route.
- If attacked (or suspect an imminent attack), drive to the nearest safe haven (police, military base, etc.).
- Know how to react if you are being followed:
 - Check during turns for confirmation of surveillance.
 - Do not stop or take other actions that could lead to confrontation.
 - Go to the nearest police station or military base.
 - Get the best possible description of the car and its occupants.
 - Report the incident to police.
- Recognize events and distractions that can signal the start of an attack. When one of these events occurs, mentally prepare a course of action in case an attack develops. These events may include, but are not limited to:
 - Cyclist falling in front of your car.
 - Flagman or workman stopping your car.
 - Unusual or false police or government checkpoint.
 - Disabled vehicle and/or accident victims on the road.
 - Unusual detours.
- Know what to do if under attack in a vehicle:
 - Try to draw attention to your car by sounding the horn.
 - If possible, do not stop; keep driving.
 - Go to closest safe haven and report incident to police.
- Consider taking a defensive driving course.
- Vary the mode of taxi and delivery service companies you use; ensure that the driver's face and license photo are the same before getting into the vehicle.
- Vary commercial transportation routes and use busy bus/subway stops; avoid poorly lit or isolated stops.
- Do not allow anyone you do not know well to call a cab for you – call yourself.

Office Security:

- Restrict access to authorized personnel only; assign ID badges with photographs; ensure accountability for lock and key control.
- Have security personnel greet all employees and visitors and examine their personal belongings.
- Install a security/fire alarm system and associated security service; install Closed Circuit TV to record operation area and exterior entrances.
- Ensure adequate lighting for operations area, exterior, and CCTV.
- Screen all incoming mail offsite if possible; contact local law enforcement if a package is determined to be suspicious.
- Ensure accountability for lock and key control.
- Develop an emergency plan for response to a known or a suspected hazard.
- Restrict drivers and deliveries to a specific area.
- Establish a communication channel to report security deficiencies.

In the Event of an Active Shooter Incident/Attack

- Evacuate at the first signs of trouble whether or not others are evacuating; leave personal belongings behind; call 911 when safe.
- If evacuation is not an option, hide; lock/barricade door of hiding place; silence cell phone; call 911.
- Only as a last resort, attempt to incapacitate an active shooter.
- If an attack occurs in a public place, call loudly for help and take other steps to bring attention to yourself.
- If an active shooter is in your vicinity:
 - Quickly determine the most reasonable way to protect your own life. Remember that customers and clients are likely to follow the lead of employees and managers during an active shooter situation.
 - As a last resort, attempt to take the active shooter down.
- When calling 911:
 - Be aware of your surroundings; make sure you are in the safest possible location prior to calling (out of harm's way).
 - Be calm and articulate; talk slowly.
 - State your name, location, and the nature of the emergency; provide the who, what, where, when, why, and how of your situation.
 - Advise if you are injured; provide details.

More information about the Army's AT Awareness Month can be found at <https://www.us.army.mil/suite/page/605757> or by contacting the Fort Sam Houston Army Support Activity's anti-terrorism officer at 295-0534.



Photo by Dewite Wehrman

(From left) Sgt. Maj. Daniel Smith, Bob Smith and Jerry Smith attend a ceremony honoring their late father, Chief Master Sergeant Raymond T. Smith. Medical Instructional Facility 3 on the Medical Education and Training Campus was dedicated to Smith and renamed Smith Hall.

METC from P1

Army Sgt. Maj. Daniel Smith spoke admirably of his father.

“Pop was a thoughtful, courteous and loving husband; and as a father he was an extraordinary role model who demonstrated duty, honesty, loyalty, respect and honor every single day,” Smith said. “Having this wonderful, modern facility carry on his name and legacy is an amazing honor.”

Smith, along with his brothers Jerry and Bob, unveiled a replica of the plaque that is mounted beside the main double door entrance to Smith Hall commemorating their father’s service and achievements.

The plaque reads in part: “Chief Master Sgt. Smith’s outstanding leadership and vital contributions to the 27,000+ enlisted personnel of the

Air Force Medical Service were instrumental in his appointment. Chief Smith was critical in improving critical training programs, permitting certifications and licensure.”

Smith began his career in the Army before branching off with the Air Force when it became a separate service, becoming one of its original members.

He was appointed to the position of Sergeant Major for the Air Force Medical Service, currently known as Chief of the Medical Enlisted Force, on Sept. 23, 1968 in recognition of his dedication to improving training conditions, recruiting, and retention for the enlisted medical force.

He also sought to establish certification and licensing standards for the Air Force medical training programs. Smith’s efforts resulted in

the expansion of training facilities and an increase in student quotas, and also built the foundation for the medical accreditation courses and programs that exist today.

Smith Hall is one of five new MIF buildings that make up part of the Medical Education and Training Campus, a sprawling, state-of-the-art enlisted medical training center that is the largest consolidation of military training in the history of the Department of Defense.

METC was created following the 2005 Base Realignment and Closure Commission’s decision to co-locate all enlisted medical training at Fort Sam Houston. METC produces the world’s finest Medics, Corpsmen, and Techs, supporting our Nation’s ability to engage globally.

ARNORTH from P11

always been supportive of my accomplishments.”

White has a career-best dead-lift of 683 pounds. He’s squatted 650 pounds and bench pressed 546 pounds during his 16-year lifting career. Altogether, it adds up to close to a ton. He’s done all this while serving 24 years in the Air Force, with numerous deployments throughout the world, including Afghanistan and Iraq.

He said working at Army North has allowed him to continue serving his country in a civilian capacity and working hard to promote strength, health and determination in his off-duty hobbies.

“White is not only an asset to our Army North’s G6 (communication) mission, but he supports and promotes Army North’s civilian physical fitness program and goals by competing at the powerlifting championships,” Robinette said.

BAMC YOUTH VOLUNTEERS RECOGNIZED



Photo by Kara Carrier

A group of Brooke Army Medical Center youth volunteers were recognized and honored on Aug. 9 and presented with a certificate of appreciation from Col. Noel Cardenas, deputy commander for administration on behalf of Maj. Gen. M. Ted Wong, BAMC and SRMC commanding general. The program brought 61 teens with 42 participating supervisors throughout the medical center. The teens provided administrative support to their respective departments from June through August. For more information about the youth program, contact Volunteer Services at 808-4982.

More than 1,300 enjoy Back to School Bash

By Deyanira Romo Rossell
502nd FSS Marketing

Sporting their new backpacks, students of all ages enjoyed a Back to School Bash at the Keith A. Campbell Memorial Library parking lot Aug. 13, complete with free school supplies for the 2011 school year.

Support units on Fort Sam Houston, along with local banks and businesses gave out thousands of crayons, pencils, pens, notebook paper and every teacher's favorite, tissues. The Fort Sam

Houston Commissary even remembered the sandwich bags.

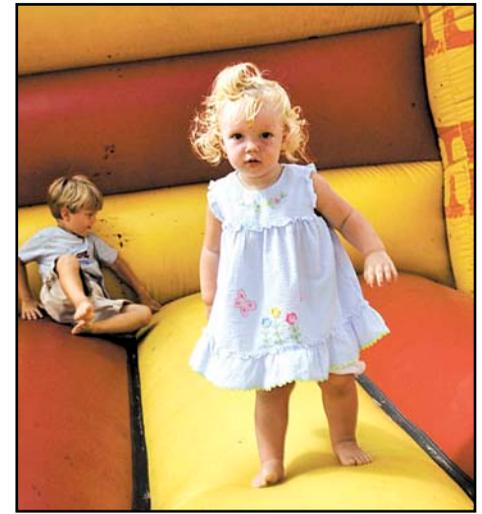
Col. John Lamoureux, commander of the 502nd Mission Support Group, handed out the Back to School Bingo card which families took to each booth, where they gathered supplies. A stamp from each booth earned every card holder a shot at a touch-screen portable music device.

Lamoureux told the crowd, "I have some good news and some bad news.

See BASH, P19



Seven-year-old Holly McElroy sits down for one of the most popular activities at the 2011 Back to School Bash on Fort Sam Houston, face painting.



Photos by Deyanira Romo Rossell

18-month-old Maggie Christiansen takes over the bounce house at the 2011 Back to School Bash put on at the Keith A. Campbell Memorial Library Aug. 13.



Photo by Deyanira Romo Rossell

Four-year-old Easton Moore gets a high five from Sparky the Fire Dog.

BASH from P18

Kids, the bad news is that school starts in eight days. Parents, the good news is that school

starts in eight days.”

Along with a bounce house, cookies and lemonade, endless supplies of water, snow cones, pizza and hot dogs, the

back-to-school revelers enjoyed a special visit from McGruff and Sparky, the fire dog.

“We picked up crayons, erasers and a bunch of other stuff,” said 5-year-old twins, Tayah and Taryn Ikimau, in between bites of a hot dog. “We are ready for school. We can’t wait.”

Supervisory librarian Robbye Durham offered crafts and games in the library and also closed the summer reading program, “A Midsummer Knight’s Read” which brought in 700 readers to the Keith A. Campbell Memorial Library this summer.

The 502nd Force Support Squadron sponsored the yearly bash, with this one shattering attendance records with more than 1,300 coming out for the fun and festivities.

LINCOLN MILITARY HOUSING CELEBRATES BACK TO SCHOOL

Six-year-old Will Catoe enjoys a snow cone and the last few days of summer at the Lincoln Military Housing Back to School Bash Aug. 11. Children took home bags of school supplies and enjoyed hot dogs with all the fixings.

The event also served as the 502nd Mission Support Group Commander’s Quarterly Townhall Meeting. Col. John Lamoureux, 502nd MSG commander, joined housing residents in the celebration and listened to their feedback. One lucky back-to-schooler, 11-year-old Daniel Hale, took home a netbook computer at the end of the party after his name was drawn during the grand prize giveaway.

Photo by
Deyanira Romo Rossell



Historic Hacienda hosts Operation Rising Star

By Deyanira Romo Rossell
502nd FSS Marketing

Most people don't believe 19-year-old Jakob Lopez when he tells them he had a heart transplant two years ago, but when they hear him sing tonight, they will believe in miracles.

Lopez will take the stage along with about 20 other contestants at the 2011 Operation Rising Star singing competition at 7 p.m. Aug. 18 at the Hacienda Recreation Center on Fort Sam Houston.

"I'm a little nervous, but not really," he says before picking up his guitar to begin singing "Brown Eyed-Girl," the song he is singing for the competition.

Lopez, the son of an Army sergeant major, was born with a heart defect, which required



Mark Williams rehearses for the Operation Rising Star competition which is slated for Aug. 18 at 7 p.m. at the Hacienda Recreation Center

four surgeries and finally a transplant in 2009.

Twenty-eight-year-old Lauren Brown, a military wife with her two children in tow, 5-year-old Aiden and 2-year-old Avery, will also be stepping onto the stage. Her song pick for the competition is Christina Aguilera's "I Turn to You."

"I practice in the car and while watching

Disney movies with my kids," she says, following her children throughout the auditorium at the Hacienda.

She also sings "Part of Your World" to Aiden and Avery from their favorite Disney movie, "The Little Mermaid." They hold still for a moment to listen to her soothing, yet powerful voice. To them she's just mom, but she will be a formidable competitor in what is shaping up to be a hotly contested sing-off.

Sgt. 1st Class Mark Williams, a wounded warrior with the Warrior Transition Unit on Fort Sam Houston is also going to give it all he's got tonight with "Sometimes I Cry" by Eric Benet.

Once with an airborne unit out of Fort Bragg, Williams is still recovering from injuries he received in Iraq when his vehicle was hit by a roadside bomb.

"I have made 89 jumps and I was chasing 100, but my knees and

shoulders are shot from the accident," he says.

William's voice however, resonates with strength and confidence. Stepping onto the stage at the Hacienda to rehearse, the 36-year old sings a soulful rendition of Luther Vandross' "Superstar/Until You Come Back to Me."

"Singing is relaxing. You can have a million bad days but music soothes the savage beast. It is something I have always done," Williams



Lauren Brown, a military wife with two children, will sing Christina Aguilera's "I Turn To You."



Photos by Deyanira Romo Rossell
After overcoming, a life threatening ailment, 19-year-old Jakob Lopez takes his turn on the stage to rehearse for the Operation Rising Star competition.

says. "My wife and my friends always hear me singing around the house, so they told me to just do it."

Williams and all the contestants will first sing a cappella in front of a three-judge panel in what is expected to be a packed Hacienda. The judges will select the top five finalists who will then sing with an accompaniment of music or an instrument.

For the second round, there will be a 50/50 split vote between the judges

and the audience.

Audience members can also win big at the 2011 Operation Rising Star competition. The unit or family readiness group with the most audience participation will win \$300. They also can look forward to a special performance from Miss San Antonio 2011 during the intermission.

The Veterans of Foreign Wars hosts the competition at military installations worldwide. The second- and third-place winners locally receive \$250 and \$100, respectively, while the first-place winner receives \$500. The video of their performance will be judged among other winners nationwide, with only 12 contestants selected for the finals.

The 12-contestant Operation Rising Star finals will be held in San Antonio Nov. 12, 14, 16, and 18.

The grand prize winner receives \$1,000 and a trip for two to Los Angeles for a professional recording studio experience.

Rocco Dining Facility Menu

Dining Room Breakfast Hours:
Monday-Friday 6:15-8:15 a.m.,
weekends & holidays 8-9:30 a.m.

Friday – Aug. 12

Lunch – 11 a.m. to 1 p.m.

Bean soup, cream of broccoli soup, Creole chicken, beef stroganoff, cheese French bread pizza, blackened fish, grilled pork chops with onions, mashed potatoes, rice pilaf

Dinner – 5 to 7 p.m.

Honey-glazed Rock Cornish hens, beef stir fry, salmon croquettes, spinach tortellini with marinara, redskin potatoes, long grain and wild rice, corn on the cob

Saturday – Aug. 13

Lunch – noon to 1:30 p.m.

French onion soup, cream of mushroom soup, turkey pot pie, grilled ham steaks, parmesan baked fish, vegetable egg rolls

Dinner – 5 to 6:30 p.m.

Beef tacos, barbecued chicken, spaghetti and meat sauce, Ital-

ian pasta and broccoli

Sunday – Aug. 14

Lunch – noon to 1:30 p.m.

Cream of broccoli soup, tomato and rice soup, Swedish meatballs, sesame chicken breasts, chopstick tuna, grilled citrus chicken breasts, vegetable curry with rice, cauliflower au gratin

Dinner – 5 to 6:30 p.m.

Grilled turkey patties, southwestern shrimp linguine, hamburgers, cheeseburgers, chipotle chicken panini sandwiches, vegetarian burgers, grilled cheese sandwiches, mashed potatoes, vegetable stir fry, cauliflower combo

Monday – Aug. 15

Lunch – 11 a.m. to 1 p.m.

Chicken noodle soup, cream of mushroom soup, baked chicken, chili macaroni, Caribbean fish, baked breaded chicken fried steaks, vegan pierogy with marinara sauce, brown rice with tomatoes, mashed potatoes

Building 2745, Schofield Road

Dinner – 5 to 7 p.m.

Oriental pepper steak, roast pork tenderloin, chicken lasagna, macaroni and cheese, parsley potatoes, spinach, corn

Tuesday – Aug. 16

Lunch – 11 a.m. to 1 p.m.

Cream of chicken soup, tortilla soup, hot and spicy chicken, Yankee pot roast, grilled turkey patties with onions, beef enchiladas, red beans and rice, O'Brien potatoes, Mexican rice

Dinner – 5 to 7 p.m.

Jerk roast turkey, hamburger yakisoba, chicken fajitas, vegetarian nuggets, rice pilaf, baked sweet potatoes, Spanish rice, cauliflower au gratin

Wednesday – Aug. 17

Lunch – 11 a.m. to 1 p.m.

Cream of mushroom soup, minestrone soup, braised beef cubes, grilled pork chops, chicken parmesan, vegetable pizza, mustard greens, corn

Dinner – 5 to 7 p.m.

Santa Fe glazed chicken breasts, meat loaf, Cajun baked fish, baked breaded pork fritters with mushroom gravy, vegetable egg rolls, steamed rice

Thursday – Aug. 18

Lunch – 11 a.m. to 1 p.m.

Cream of broccoli soup, chicken egg drop soup, pineapple chicken, vegetable lasagna, salmon croquettes, pepper steak, steamed rice, fried rice, garlic-roasted potato wedges

Dinner – 5 to 7 p.m.

Chicken enchiladas, Mexican baked chicken, beef fajitas, bean burritos, lemon baked fish, Spanish rice, steamed rice, Spanish-style beans, carrot and celery amandine, Mexican corn, green beans, parsley potatoes

Menus are subject to change without notice

REMINDER CALENDAR

- Aug. 19** IMCOM Ribbon Cutting, 8 a.m., IMCOM HQ, Building 2262
- Aug. 22** First Day of School for FSHISD
- Aug. 23** NCO Barracks Ribbon-Cutting, 8 a.m., Building 2130 Wilson Way
- Aug. 25** Consolidated Monthly Retirement Ceremony, 9 a.m., Quadrangle
- Aug. 26** Women's Equality Day, 10:30-11:30 a.m., Roadrunner Community Center
- Aug. 30** FSH Newcomer's Extravaganza, 9:30 a.m., Sam Houston Club
- Sept. 7** 502nd ABW Active Shooter/ Mass Casualty Exercise



FORT FREEBIES FOR SALE

For Sale: 25-cubic-foot side-by-side refrigerator, black, ice and water dispenser in the door, excellent condition, \$275. Call 832-9072.

For Sale: Pool table, 7 feet long, solid oak, comes with cues and balls, \$650. Call 396-9227.

For Sale: Bras, all colors, size 38D, some new, had surgery. Call or text 978-6976.

For Sale: Round wood game table with four leather chairs, \$95; TV, \$175; dryer, \$65; sleeper sofa and loveseat, \$95; beige five-drawer metal filing cabinet with keys, \$30. Call 241-1291.

Wanted: Trampoline, call 396-9227.

Wanted: Seeking a part-time nanny to care for my 2-year-old child Monday-Friday mornings in my home on Fort Sam Houston. Call 277-0509.

Email Fort Freebies to fshnewsleader@gmail.com by noon on Monday for that week's edition. Limit of five items per advertisement.



Announcements

Neanderthal Trail Run

Register now for the Neanderthal Trail Run sponsored by Troop Support Company. The 11 Kilometer (about 7.1 miles) run will be held Nov. 18 beginning 6:30 a.m. from Building 5130 Wilkerson Road on Camp Bullis. Must register prior to race day, cost is \$30/civilian and \$20/military with ID card, fee includes T-shirt. Call 295-7697 for information.

Tobacco Quit Line

The Wilford Hall Tobacco Quit Line research study is available to active duty members, Reserve, Guard, retirees and dependents. This research study aims to assess the effectiveness of a tobacco quit line in the military. The research project includes telephone counseling sessions and nicotine patches at no cost to the participant. Call 1-877-726-6211 for information.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information

Calendar of Events

Aug. 20-21

Leakey, Texas Walk

The BTC Oddsports volksmarch club will host two 5k and 10k walks Aug. 20-21 starting at the Big Springs Ranch for Children, 10664 US Highway 83 North in Leakey. Walks start between 7:30 a.m. and noon, finish by 3 p.m. Call 204-9301 or print the walk brochure at <http://faculty.sulross.edu/cbaulch/>.

Aug. 23

Spouses' Club

The Spouses' Club of the Fort Sam Houston Area is hosting a welcome, beginning of the club year, 10 a.m.-1 p.m. at the Pershing House, 6 Staff Post Road. Visit <http://www.scfsh.com>.

Aug. 31

Free Health Fair

Adults and seniors are invited to get information about their health and improve their quality of life by attending a free health fair from 9 a.m.-noon at Lions Field Adult and Senior Center, 2809 Broadway. Call 826-9041.

Sept. 17

Pet Vaccination Clinic

The Fort Sam Houston Veterinary Treatment Facility will offer a vaccination clinic 8:30-11:30 a.m. at their facility, Building 2635, 2915 Schofield Road. Appointments can be made starting the first week in September, call 808-6101/6014.

Force Support Squadron

Family & MWR

Announcements

Camp Bullis Archery Permit Sales Extended

Bow hunters have until close of business Aug. 19 to purchase an archery hunting permit. The drawing to select hunting areas for the season will be held at the Outdoor Recreation Center at Camp Bullis beginning promptly at 9 a.m., Aug. 20. All personnel that possess a DOD identification card may purchase an archery hunting permit. Stop by the Camp Bullis Outdoor Recreation Center before Aug. 20, to scout archery areas prior to the selection drawing. Call 295-7529/7577.

Bird and Small Game Hunting Permits

Permits for bird and small game hunting are on sale now. The Cost is \$50. Requirements are DOD ID card; hunter education card; make, model and caliber of weapon(s); and vehicle registration. Call 295-7529/7577.

Missions Baseball Tickets

The MWR Ticket Office has free Missions Baseball tickets for the 7:05 p.m. game Aug. 31 at Nelson W. Wolff Stadium. Call 224-2723.

Tops in Blue Tickets

MWR Ticket Office and Roadrunner Community Center has free Tops in Blue tickets for the 7 p.m. performance Aug. 31 at Laurie Auditorium at Trinity University. Call 226-1663 or 221-2705 for information.

Story Time at the Library

The Keith A. Campbell Memorial Library invites parents with toddlers and preschool age children to story time Thursdays at 10 a.m. for stories, singing and arts and crafts. Call 221-4702.

SKIESUnlimited

Wee Soccer will be held Aug. 19, 26 and Sept. 2 from 9-10 a.m. for 4-5 year olds. Cost is \$20. Sign up for September classes in now, including guitar and piano lessons, Spanish and art classes and more. Call 221-

3381 or 771-2148 for information.

Youth Fall Sports

Register now at Parent Center in the Roadrunner Community Center, Building 2797 Stanley Road, for football, cheerleading and soccer. Call 221-4871.

Microsoft Office Classes

Aug. 23 – Excel Level 3

Aug. 24 – Access Level 1

Aug. 25 – PowerPoint Level 2

Classes are held at the Roadrunner Community Center, Building 2797 from 8 a.m.-noon. Registration is required. To register, call 221-2518/2705.

Central Post Gym

The Central Post Gym is closed until November for renovation.

32nd Medical Brigade Gym

The Brigade gym is open Monday-Friday, 5 a.m.-9 p.m., closed weekends and holidays.

Men's and Women's Varsity Basketball

Coaches and players are needed, register at the 32 Medical Brigade Gym, Building 1281 Garden Road by Aug. 26. Call 221-3003.

Zumba Classes

Classes are held at 5 p.m. Tuesday through Thursday at the Fort Sam Houston Fitness Center, 3569 Williams Way, Building 1369. Call 808-5709. The Jimmy Brought Fitness Center offers classes Mondays and Wednesdays at 5 a.m. and Thursdays at 5:30 a.m. Call 221-1234.

Calendar of Events

Aug. 18

Operating Rising Star

The event is Aug. 18 at 7 pm at the Hacienda Recreation Center, Building 1462 at the corner of Garden and W.W. White Road. Call 224-7250.

Mandatory Initial First Termer Financial Readiness

The class is 10 a.m.-noon at the Roadrunner Community Center, Computer Lab Building 2797. Call 221-1612.

Sponsorship Training

The training for sponsors of

incoming personnel is 2-3 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1682/2705.

Aug. 19

Unit Trauma Training

The training is 9 a.m.-2 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Baby Proofing Your Marriage

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

Aug. 20

Bow Hunter Education

Classes are Aug. 20, 8 a.m.-4 p.m. at Aug. 21, 8 a.m.-1 p.m. Cost is \$15. Class size limited to 25 participants, with a minimum of 10. To reserve a seat, call 295-7529 or 295-7577.

Key Caller Training

The class is 9 a.m.-3 p.m. at the Roadrunner Community Center, Building 2797. Bring a sack lunch. To register, call 221-1829/0946.

Monte Carlo Night

The event is 6-10:30 p.m. at the Kelly Field Club, 205 Mary Street. Call 925-8254 or 645-7034.

Aug. 21

Heart of Texas Triathlon

Event starts at 6:30 a.m. at the FSH Aquatic Center, Building 3300 Williams Road. Call 221-1234 for registration information.

Aug. 22

Couponing

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

Aug. 23

Family Readiness Group Leadership Academy

The training is Aug. 23-24, 8 a.m.-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

HUGS playgroup

The playgroup for parents and up to 5 years old meets Tuesdays, 9-11 a.m. at the Middle School and Teen Center. Registration is

not required. Call 221-0349 or 221-2418.

Baby Talk

This new parent support group meets Tuesdays, 1-2:30 p.m. at Dodd Field Chapel. Light snacks are provided. Call 221-0349/0655.

Aug. 24

Talk is Cheap

This two-part class on communication styles is Aug. 24 and 31, 11 a.m.-12:30 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0349/0657.

Mandatory Initial First Termer Financial Readiness

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

Aug. 28

Heart of Texas Triathlon

Event starts at 6:30 a.m. at the FSH Aquatic Center, Building 3300 Williams Road. Call 221-1234 for registration information.

Aug. 29

Instructor Training Course

The course is Aug. 29-Sept. 1, 8 a.m.-3 p.m. at the Dodd Chapel. This class allows students to receive a certificate as an instructor and as Facilitator for the November 2011 Armed Forces Action Plan Conference to be held in November. Free to military ID cardholders. To register, call 221-1611.

Sept. 24

BOSS End of Summer Bash

Better Opportunities for Single Service Member will hold an end of summer event 5-9 p.m. at Benner Barracks. Call 221-4242.

Movie Schedule

Aug. 26, "I am Number Four," rated PG-13 at the flagpole

Aug. 27, "Gnomeo and Juliet," rated G at Dodd Field

Movies begin at dusk, around 8-8:30 p.m. Bring lawn chairs or blankets and enjoy free popcorn, snow cones and cotton candy. Call 221-2418/2704.