



Aug. 26 at 11:30 a.m. at the Harlequin Dinner Theatre
 Aug. 27 at 11:30 a.m. at BAMC Medical Mall

“One Team, Supporting Military Missions and Family Readiness!”

ARSOUTH Soldier delivers baby in front yard



Photo by Alex Delgado

The Dietrich family welcome Trenton, their third child, who was born on the front yard of their home Aug. 11. The baby's father, Spc. David Dietrich, delivered his son with the help of neighbors. From left to right: Alden, Hildie, Trenton, David, and Laila Dietrich.

By Alex Delgado
 ARSOUTH Public Affairs

Parents have vivid memories of the birth of their children, but for a young couple from Fort Sam Houston, the Aug. 11 birth of their third child was an adventure they will never forget.

Spc. David Dietrich, a food service specialist with U.S. Army South, and his wife Hildie, were planning on having a natural childbirth, but “it was a little more natural than what I had planned on,” Hildie said.

Shortly after midnight she began to feel pains she thought were false labor. She took a bath to ease the pain, but realized the contractions were real, so she asked her husband to time them. They were nine minutes apart, so the couple readied to go to the hospital.

At the door, Dietrich noticed his wife was walking down the stairs too quickly. Outside Hildie felt a large contraction – the baby was coming.

Dietrich knew something was wrong. “I saw her go to the ground all of a sudden and began screaming for me to get our neighbor Sgt. Dow Evans, who is a combat medic,” Dietrich said.

“My mother-in-law started to make calls to our neighbors and I got on the phone to try getting an ambulance.”

When Dietrich's neighbor Evans made it outside he was surprised by what he saw.

“Before I went outside I thought that Hildie had fallen and needed some help,” Evans said, who is with the Training Support Company, Camp Bullis.

As he checked Hildie, Evans noticed that Dietrich could not focus on calling emergency services. Evans asked Dietrich to comfort Hildie while he dealt with the phone call.

Dietrich knelt down next to his wife and noticed that the baby was crowning.

At that point, Evans began to talk David

See **BABY P13**

Seminar, workshop looks at resilience through collaboration in today's complex environment

By L.A. Shively
 FSH Public Affairs

Individuals, organizations and societies undergoing tremendous changes in culture and system can be sustained by providing a framework for success according to Mike Jay, a professional business

coach, consultant and entrepreneur during an Aug. 12 presentation at Brooke Army Medical Center.

He said that framework of support can be anything, including business or personal coaching, other people, money, a place to live, or material possessions.

“People can function at a level more complex under support,” Jay said, describing the situation of a client he coached who was depressed because his career in medicine was not as satisfying as the doctor had originally thought.

See **RESILIENCE P8**

BAMC back-to-school physicals Aug. 21

Brooke Army Medical Center will hold back-to-school physical exams for TRICARE-eligible beneficiaries, ages 4 to 18, starting at 9 a.m. Aug. 21 at the Fort Sam Houston Clinic, Building 1179. Services are available by appointment only. To schedule your child, call 916-BAMC (2262).



Photo by Jen D. Rodriguez

An Air Force pediatric resident checks Olivia Lougee's ear during her physical.

REMINDER: SCHOOL STARTS AUG. 23, KEEP CHILDREN SAFE



Editorial Staff

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

502nd Mission Support Group
Commander
Col. Mary Garr

Public Affairs Officer
Phillip Reidinger

Editor
L. A. Shively

Editor/Writer
Steve Elliott

Staff Writer
Lori Newman

Layout Artist
Joe Funtanilla

News Leader office:

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

News Leader Advertisements:

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

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

News Leader online:
www.samhouston.army.mil/
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New uniform for OEF protects Soldiers, hides them better

By C. Todd Lopez
ARNEWS

Soldiers deploying to Afghanistan will now go with a new uniform in their mobility bag – one that fights fire and fleas, and makes them less visible to insurgents.

This next generation of uniform bears the new “OEF Camouflage Pattern” or OCP for short. The pattern is better suited than the “Universal Camouflage Pattern” to blend-in in the Afghanistan environment. It is also known as “MultiCam.”

The new uniforms are also flame resistant.

“The uniforms are tested on ‘Pyroman’ during a four-second burn scenario, to allow Soldiers who find themselves in a flame situation four seconds to egress a vehicle or a thermal incident,” Jeff Myhre said, the assistant program manager at Program Executive Office - Soldier.

Myhre added the intent is to ensure Soldiers don’t get any third-degree burns and don’t suffer any more than 30 percent of second degree burns.

The new uniforms are also treated with permethrin to help protect Soldiers from insect bites, and leishmaniasis or malaria contracted from insects.

The new uniform also includes a reinforced seat, buttons on the trouser cargo pockets, and a new crotch design intended to provide increased durability. It will be fielded with Mountain Combat Boots and OCP-patterned

Modular Lightweight Load-carrying Equipment, or MOLLE. Sloan said Soldiers

stateside who are preparing to deploy to Afghanistan will now start getting the new uni-



Photo by Staff Sgt. Gary A. Witte

Spc. Jesus B. Fernandez crosses a stream during a unit visit to Angla Kala village in Afghanistan’s Kunar province wearing the new uniform. Soldiers going to Afghanistan will now be issued the new OCP Fire Resistant Army Combat Uniform.

form. Soldiers already in Afghanistan, but who don’t already have the OCP uniform, will also get it by November or December.

Gear with the new pattern includes a cover for the Advanced Combat Helmet, the Extended Cold Weather Clothing

System, the Fire Resistant Army Combat Uniform, the Improved Outer Tactical Vest, both the sun hat and patrol cap, name and service tapes and multiple pieces of Modular Lightweight Load-carrying Equipment.

Weekly Weather Watch

	Aug. 19	Aug. 20	Aug. 21	Aug. 22	Aug. 23	Aug. 24
San Antonio	99° Partly Cloudy	99° Partly Cloudy	99° Partly Cloudy	99° Partly Cloudy	99° Partly Cloudy	99° Partly Cloudy
Kabul Afghanistan	93° Clear	93° Partly Cloudy	91° Clear	91° Scattered Clouds	89° Scattered Clouds	89° Scattered Clouds
Baghdad Iraq	114° Clear	116° Clear	116° Clear	114° Clear	116° Clear	118° Clear

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

News Briefs

Women's Equality Day Celebrations

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

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

Road Closure Extended

Road repairs on Dickman Road have been extended until Aug. 27 due to previous rain and permitting issues. The road is scheduled to reopen Aug. 28.

Practical Nurse Course Graduation

The graduation ceremony for the Brooke Army Medical Center Practical Nurse Course, 68WMM6, Class 09-10, will be held Aug. 30, 9 a.m. in the BAMC Auditorium, fourth floor. All are welcome to attend. For more information, call 295-4120 or 295-4050.

CFC Campaign

The Fort Sam Houston CFC campaign will be held Sept. 13-Oct. 25. A kickoff breakfast will be held Sept. 15 at 7:30 a.m. at the Fort Sam Houston Golf Club. The CFC captain for Fort Sam Houston is Keith Toney at 221-2214.

Back-to-School Immunizations

Currently, the Brooke Army Medical Center Allergy/Immunology Clinic is available for back-to-school immunizations for eligible beneficiaries 6 years and older. Immunizations will be given on a walk-in basis Monday-Friday, 7:30-11:15 a.m.; and Monday, Tuesday, and Thursday from 1:15-3:45 p.m. in the Allergy and Immunization Clinic located on the third floor above the medical mall clinic entrance. Children 5 years old and younger should go to their respective assigned primary care provider. Children should be appropriately immunized before school begins. Many schools will not let children attend class until they meet the state requirements. Call 916-3011 or for current state immunization requirements visit <http://www.dshs.state.tx.us/IMMUNIZE/>.

MCIC

Highly diverse Medical Capabilities Integration Center at the heart of Army medical knowledge



By Steve Elliott
FSH Public Affairs

If it has anything to do with medical battlefield tactics, techniques, personnel, organizational structures or equipment, then Fort Sam Houston's Medical Capabilities Integration Center has had something to do with it.

"Our responsibilities range from developing the overall operational concept for a theater of operations down to developing the detailed doctrine, tactics, techniques and procedures manuals," said Hershell Moody, deputy chief of the Medical Capabilities Integration Center at the Army Medical Department Center & School.

The MCIC oversees a group of five diverse and far-ranging directorates that do everything from looking at lessons learned from theaters of operation, to creating databases that track battle injuries, to developing textbooks for military medicine, to testing and evaluating medical equipment and much more.

For example, the Directorate of Combat and Doctrine Development develops concepts, organizations, materiel, and doctrine for force health protection to the Army and identifies operational and clinical capabilities and development requirement solutions.

Meanwhile, the Center for AMEDD Strategic Studies plans, programs, performs, and publishes complex, organized analytic assessments and evaluations in support of decision- and policy-making, management, and administration of Army medicine.

While the mission of the AMEDD C&S is to envision, design and train a premier military medical force for full spectrum operations in support of the nation, the MCIC is basically where the data to put that force together comes from.

"Depending on changes in the operational concept, it may lead us to see how we design a combat field hospital, along with all the support activities, and also look at the patient workload," Moody said. "Did we put the right amount of air ground ambulances in a certain unit? Will it accomplish that workload?"

One valuable resource for military medical personnel is the AMEDD Lessons Learned Office that collects, analyzes, maintains, and disseminates unit observations and experiences from the Combat Training Centers, unit deployments and operational exercises. The office is supported by a content-heavy website at <http://lessonslearned.amedd.army.mil>.

"When Army medical people get back from a theater of

operation, they can enter what lessons they learned from being in that area. We take a look at this and see if it prompts any changes in doctrine, changes in the organizational structure of how that unit was built, or if the structure needs to be changed by adding people or additional equipment," Moody said.

"Are there changes or deficiencies in the medical equipment being used? Are there deficiencies in training or leadership?" Moody added. "Lessons learned provides a continuous playback loop to us.

"The question is, are we making a temporary fix for that particular theater of operation or is it going to be a permanent fix?" Moody added. "Right now, we are in a counterinsurgency type of operation. It's not a major combat operation we are fighting. There are things that are unique about this particular theater of operation.

"The bottom line is that each theater you go into is going to be different," Moody said. "There's no way you can design a perfect organizational structure.

"Looking at the lessons learned is a continuous process, looking to ensure our structure, our doctrine, our leadership, our materiel, our training, is what it should be and if there are any deficiencies, how can we

address them?"

While analyzing the present and the past can help in the design of the medical arm of the U.S. Army, it can also help to predict the future of military medicine.

"We looked around and saw the number one killer on the battlefield is bleeding out from wounds. Troops have made all kinds of jury-rigged tourniquets, but what we needed was a real good one, and at the same time we need a better bandage to put on the wound," Moody said. "What we came up with was the IFAK, the Improved First Aid Kit."

The IFAK contains a tourniquet, gauze, gloves, bandages, surgical tape and a nasopharyngeal airway, which relieves upper airway obstruction.

"We also found out recently the combat lifesaver is being trained to start an intravenous line," Moody said.

"He was taking all this time to start an IV, while his primary job was just to keep the guy breathing and keep them from bleeding to death. The IFAK, which weighs about a pound and fits in an ammo pouch, was created to achieve just that."

(Editor's Note: Future articles will go into greater detail about the missions of the various MCIC directorates.)

U.S. Army South conducts medical readiness exchange with Suriname armed forces

By Stuart G.R. Warner
ARSOUTH

A medical team headed by U.S. Army South traveled to Paramaribo, Suriname, Aug. 6 to exchange ideas and techniques about life saving, and emergency medical procedures with Suriname military and civilian medical personnel.

The medical team included Maj. Juan Borge, a medical planning officer from Army South, Capt. Frank Ramos, a physician's assistant from Army South, Sgt. 1st Class Efren M. Dicochea, from Army South, and Sgt. 1st Class Bruce Conger, Staff Sgt. Michael Reopelle, and Sgt. Emily Woockman from the South Dakota National Guard Medical Command.

Attendees to the event included participants from the Suriname army, navy, air force, and civilians who work at the military hospital, Academic Hospital Paramaribo, Medical Mission, and Regional Health Service Foundation clinics.

Conger, who has previously participated in a Beyond The Horizons exercise in 2008 where his unit repaired and upgraded two schools and two clinics in Suriname, expressed his excitement on returning to Suriname and working with members of the Suriname military and civilians.

"This exchange will be effective because it will increase knowledge for point-of-care injuries," Conger said. "It also helps to establish a mutual knowledge base between the military and civilian responders."

"The exchange between Suriname and the United States is very well organized and the subject matter is very helpful to both military and civilian participants because of

"This exchange will be effective because it will increase knowledge for point-of-care injuries,"

— Sgt. 1st Class Bruce Conger
ARSOUTH

their close working relationship," Suriname Cpt. Amoepkoemer Akloe said, primary health care officer for Suriname armed forces.

Suriname army Sgt. Maj. Johnny Gambiar, sergeant major for Membrebokeo Kazerne Army Base noted that the exchange will help improve the competency levels of medical personnel because the participants could apply the techniques they had just learned right away.

"Some of the personnel at the regional clinics have never learned about trauma care before," Gambiar said. "It is important for us to receive training on these procedures because it allows us to provide better care for our patients."

Suriname's long term vision is to be able to provide its people with the better day-to-day health care and greater capabilities for disaster relief.

"We have a dream of building a National Disaster Coordination Center in the future that will be capable of providing improved health services and disaster relief to every person in Suriname," Akloe said.



From left to right, Suriname army Sgt. Major Satiman Jmandikromo, Sgt. 1st Class Efren M. Dicochea, Suriname Capt. Amoepkoemer Akloe, Staff Sgt. Michael Reopelle, and Suriname army Sgt. Maj. Martel Prajasemita review ambulance protocols and procedures. Dicochea and Reopelle were part of a medical team headed by U.S. Army South that traveled to Paramaribo, Suriname to exchange ideas and techniques about life saving, and emergency medical procedures with Suriname military and civilian medical personnel.



Suriname army Lt. Col. Adolf Yosef Jardim, Suriname commander of the army, addresses attendees at the closing ceremony of a medical exchange conducted by U.S. Army South Aug. 6.



Photos by Stuart G.R. Warner
Staff Sgt. Michael Reopelle, from the South Dakota National Guard Medical Command, discusses details on the proper treatment of injuries to extremities with a participant at the medical exchange exercise.

AMEDD celebrates 235th anniversary of regiment

By Esther Garcia
FSH Public Affairs

Army Soldiers and friends of the Army Medical Department gathered at the AMEDD Museum Aug. 5 to celebrate the 235th anniversary of the AMEDD regiment with a cake cutting ceremony.

“Regiments have been in the world since the first French regiments in the late 1400s,” said Sergeant Major of the Academy of Health Sciences and host for the ceremony, Jeffery Lavender.

“Since then Army’s around the world have built regiments, many of which fought and served countries with great distinction,” continued

Lavender.

Lavender said on July 27, 1775, the U.S. Army Medical Department was formed by the Continental Congress. In 1818, by an act of Congress, the modern medical department with the Army Surgeon General and the command was formed.

By General Order Number 27, on July 28, 1986, the AMEDD regiment was activated on Fort Sam Houston. Lavender said the date was chosen to coincide when the medical regiment was formed on July 27, 1775, but July 28 was chosen for the ceremony because back in 1986 July 27 fell on a Sunday.

The ceremony was held on MacArthur Field. Lt. Gen. Quinn H. Becker,

U.S. Army Surgeon General and AMEDD Regimental Commander at the time, was the reviewing officer.

Maj. Gen. David Rubenstein, commanding general, Army Medical Department Center & School and keynote speaker for the celebration said, “The AMEDD Regiment was activated on July 27, 1775 when the Continental Congress authorized a hospital department for a 20,000-man Army.”

Rubenstein said when reality of combat hit, new laws were passed in the middle of the American Revolution and started a path down the road to where we are today.

“A very complex health system, of 130,000

Soldiers and civilians, taking care of about 3.7 million beneficiaries, day in and day out,” he said.

“Right now, as we stand here, ready to eat cake and enjoy good fellowship, there is a Soldier bleeding on a mountaintop in Afghanistan, there is a mom giving birth to a baby in a hospital at Fort Leonard Wood, Mo., and there is an old vet at the end of his life being cared for at a military medical center,” Rubenstein said.

“Touching each of those three patients and so many hundreds and thousands like them today are Army Medical Department regiment teammates - Soldiers, civilians and contractors.”



Photo by Esther Garcia

Left to right, Maj. Gen. David Rubenstein, commanding general, U.S. Army Medical Department Center & School; Sgt. Terrance Blackwell and Sgt. Maj. Jeffrey Lavender, sergeant major, Academy of Health Sciences, cut the cake celebrating 235th years of the AMEDD Regiment at a social coordinated by the Sgt. Audie Murphy Club at the AMEDD Museum Aug. 5. As the junior noncommissioned officer in attendance, Blackwell was selected to assist in cutting the cake.

New commander takes lead at VETCOM

By Lori Newman
FSH Public Affairs

The Veterinary Command gained a new leader Aug. 17 during a ceremony where Col. David Rolfe relinquished command to Col. Erik Torring III at the historic Fort Sam Houston Quadrangle.

“It truly is an honor and a personal privilege for me to have been able to preside over today’s ceremony, said Brig. Gen. Timothy Adams, commander, Public Health Command (Provisional). “This is one of those unique times when we witness not only a change of command between two fine officers but it also will be the last change of command of the Army Veterinary Command.”

VETCOM was activated at FSH Oct. 2, 1994 as a major subordinate command of the Army Medical Department. The command includes two Department of Defense-level activities: the DoD Veterinary Food Analysis and Diagnostic



Col. David Rolfe

Laboratory and the Military Working Dog Veterinary Service.

Six subordinate Regional Veterinary Commands and 21 District Veterinary Command or equivalents support almost 500 DoD installations worldwide.

“Since its activation 16 years ago, VETCOM has played a tremendous and critical role in providing veterinary services to the Army and the Department of Defense. The work of this organization has without a doubt protected and enhanced the wellbeing of our Soldiers, Families and civilians government and privately-owned ani-



Col. Erik Torring III

mals,” the general said.

VETCOM is currently combining forces with the U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) to create the U.S. Army Public Health Command.

“It certainly by no means signifies an end; [but] rather the next chapter of distinguished service of the men and women of this exceptional organization,” Adams said.

The general praised Rolfe saying, “Since taking command in June 2007, Col. Rolfe has provided visionary leadership and has done an outstanding job as the

commander of the VETCOM.

“Anyone who knows Col. Rolfe knows he is absolutely committed to the success of those he leads – the corps and the Army. His accomplishments as the VETCOM commander have been many.”

“Today when Col. Torring accepted the guidon it placed the VETCOM in the hands of a very competent, experienced leader,” Adams said.

Rolfe thanked God and his Family and friends for their trust and support throughout his career. He also thanked the Soldiers and staff of the VETCOM for their professionalism and support.

“There is no ‘I’ in command,” Rolfe said, as he highlighted the many accomplishments of his command team.

“I know that both you and the command are in great hands, and together you will fine-tune our role in the new Public Health Command and raise the bar of excel-

GREAT PLAINS REGIONAL VETERINARY COMMAND



Photo by Ed Dixon

Col. David Rolfe, (right) commander, U.S. Army Veterinary Command, passes the colors to Col. Timothy Stevenson charging him with the responsibility of commanding Great Plains Regional Veterinary Command during a ceremony held Aug. 5 at Army Community Service. Col. Erik Torring the outgoing commander of GPRVC took command of VETCOM Aug. 17.

lence even higher,” Rolfe said to Torring.

“I look forward to working with you and the staff of the Public Health Command as we forge ahead to synchronize the public health and veterinary medicine missions

of CHPPM and Veterinary Command to better support those who we serve every day,” Torring said.

“I am proud and a bit humbled to stand before you today to assume command of this great organization.”

Drought plan posted online

By Chris Beck
502nd Air Base Wing

The Joint Base San Antonio Drought Management Plan is now posted on the 502nd Air Base Wing website at <http://www.502abw.af.mil>.

All individuals within Joint Base San Antonio are required to comply with the water conservation measures outlined in the plan.

The plan includes tables which summarize the JBSA drought plan

stage levels and measures to be taken.

Stages I and II incorporate the Bexar index well levels used by the City of San Antonio and the San Antonio Water System.

Stages III, IV and V use the more stringent stage indicator factors required by the Biological Opinion.

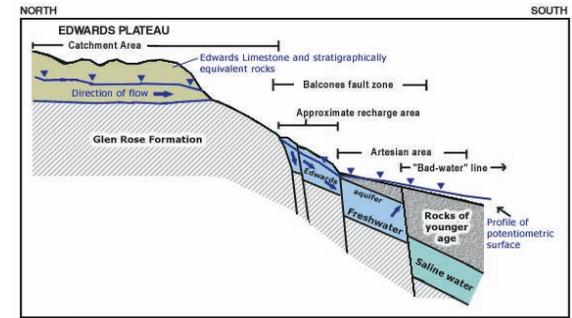
The Biological Opinion states how much water the San Antonio Department of Defense may withdraw from the Edwards Aquifer and was issued by the U.S. Fish

and Wildlife Service after extensive consultation.

It is important that all JBSA residents and workers understand the

stages and the specific conservation measures.

Team members of the JBSA Water Working Group will conduct daily assessments to identify water misuse and waste. When users are notified of discrepancies, they must be corrected immediately.



The Edwards Aquifer is, at present, the sole source of potable water for San Antonio. The aquifer is also home to several endangered species and habitats which depend on the flow from aquifer springs for survival.

Demands on the

aquifer, combined with weather conditions, drive the level of the aquifer down, decreasing the flow of the springs and threatening the lives of the endangered species.

Sound drought management practices will ensure the quality of life and economic sustain-

ability for both JBSA and the greater San Antonio area, but this effort requires action.

Visit the 502nd ABW website at <http://www.502ABW.af.mil> and review the JBSA Drought Management Plan and Water Stage Normal letter.

RESILIENCE from P1

“We got him out of that practice and “scaffolded” him with 17 employees. He paid off his loans, went back to school and became what he wanted to be, a pediatric intensivist,” Jay said.

Each individual can’t do everything he said, using his own situation as another example of scaffolding.

“I have 25 people working for me and each does different kinds of things that I don’t want to do. For instance, I don’t carry business cards anymore,” Jay said adding that he has an assistant who maintains contacts with clients and potential clients allowing him to do the work he prefers.

From an intervention perspective, he suggests



Mike R. Jay

Photo by L.A. Shively

that scaffolding drug abusers involves first accepting addicts for who they are and then changing the culture of abuse such as making the cost of drugs less costly and consequences less severe.

“I don’t think we’d have so much bad behav-

ior if we did more scaffolding because right now our standards are so narrow of what is good and what is bad, that we have to rethink the whole thing,” Jay said. “That comes back to values, religion and spirituality.”

Finding resilience also means changing para-

digms according to Jay.

For instance, scaffolding depression means first removing the pathology label, looking at it as a coping mechanism and as normal as getting a cold rather than a disease.

“It’s not something that’s wrong with [Soldiers] so they don’t have to hide it,” Jay said. “Then they would begin to seek help.”

He explained that research has shown that people have certain inborn traits that invariably lead them in certain directions whether positive or negative and no amount of consequence or reward can prevent those behaviors.

Looking toward joint basing and the tremendous growth Fort Sam Houston is experiencing, Jay suggests putting those individuals who

can best manage change into lead roles while ensuring maximum support for those who are having difficulties.

Jay also stressed that those individuals who cope more effectively with change and transition are those who know themselves through self discovery and are wholly engaged with their communities.

“One key that produces more leverage for resilience is the ability to reach out. In other words, if I can’t do it and I know I can’t do it, and I ask you for help, the two or three or four of us might do it. If you don’t know yourself, you don’t know what help you need.”

But resilience is achieved by scaffolding the system not necessarily the individuals because of the complex nature of

today’s society he explained, and that complexity is increasing.

“The idea is to have the individual reach out for help and as a group [find answers to] the success requirements. As complexity increases, our individual abilities to map the requirements of complexity will grow less and less.”

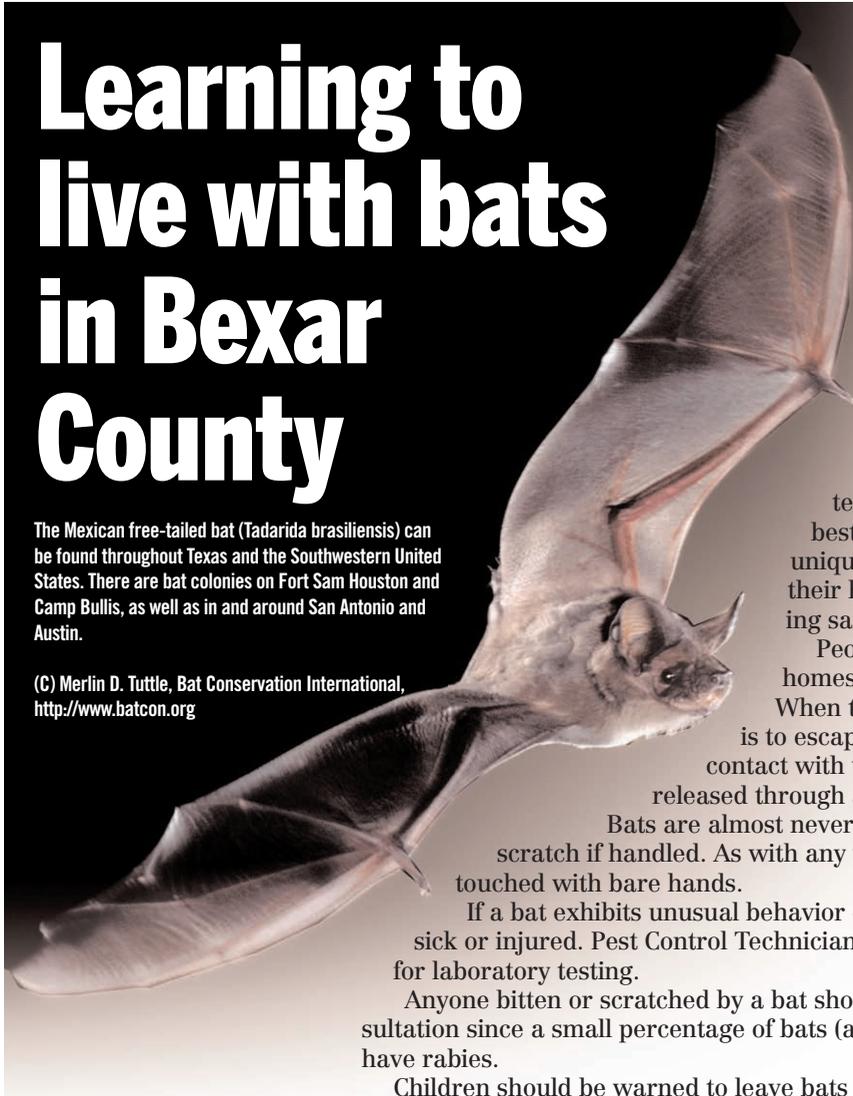
“We are interested in the scaffolding approach Mike Jay presented and thought it was a good opportunity to simulate conversation and thinking about resilience,” said Sandy Fitzgerald, BAMC Provider Resilience Program.

Fitzgerald said about 70 people attended the series of four workshops that followed Jay’s seminar offering a more in-depth look at the scaffolding model.

Learning to live with bats in Bexar County

The Mexican free-tailed bat (*Tadarida brasiliensis*) can be found throughout Texas and the Southwestern United States. There are bat colonies on Fort Sam Houston and Camp Bullis, as well as in and around San Antonio and Austin.

(C) Merlin D. Tuttle, Bat Conservation International, <http://www.batcon.org>



By Rotary Green
DPW Pest Management
Program Manager

Don't panic if you encounter a bat. The solutions are simple.

When people think about bats, they often imagine things that are not true.

Bats are not blind. They are neither rodents nor birds. They will not suck your blood, and most do not have rabies.

Bats play key roles in our ecosystems especially by eating insects. The best protection we can offer these unique mammals is to learn more about their habits and recognize the value of living safely with them.

People occasionally encounter bats in homes, garages, buildings or outdoors. When this happens, the bat's primary goal is to escape safely. As long as no direct human contact with the bat has occurred, it can be safely released through an opened window or door.

Bats are almost never aggressive, but they may bite or scratch if handled. As with any wild animal, bats should not be touched with bare hands.

If a bat exhibits unusual behavior or appears unable to fly, it may be sick or injured. Pest Control Technicians will capture the bat and submit it for laboratory testing.

Anyone bitten or scratched by a bat should immediately seek medical consultation since a small percentage of bats (about one-half of one percent overall) have rabies.

Children should be warned to leave bats alone. All dogs and cats should be vaccinated.

There are clear benefits to sharing our ecosystem with bats, but as with any wild animal, they should never be tolerated inside our living quarters.

Bats are a major concern because of their ability to

transmit disease. The bats normally infesting Fort Sam Houston and Camp Bullis, and those which personnel most frequently come in contact with are the Mexican Freetail bats, *Tadarida brasiliensis* and the solitary Hoary Bat (*Lasiurus cinereus*).

These are small, migratory, insect-eating bats, occasionally found in fairly large colonies in some installation structures. Additionally, there are large bat colonies located throughout South Texas that migrate during the spring and fall months.

It is during these migrations, which normally occur from February to April and September to November, when bat activity is increased and personnel become greatly alarmed about the potential for disease, especially rabies.

There are also resident populations of bats which remain on the installation that provide a year-round potential for rabies exposure and transmission.

Rabies incidents involving bats are often distorted during media reporting. When risks are not kept in perspective, panicked people overreact in ways that increase, rather than decrease the risk of rabies.

Popular home remedies for eliminating bats are temporary, ineffective, and/or illegal. No pesticides are registered for bat control. Moth crystals (naphthalene) can be temporarily effective, but require replacement often and can be hazardous to humans.

Ultrasonic and electromagnetic devices do not effectively repel bats. Attempts to poison or exclude bats from buildings by inappropriate methods can dramatically increase human contact, as sick or homeless bats scatter throughout an entire neighborhood.

Efforts to kill, evict or exclude bats must be performed by professionals.

Careless handling of bats is the primary source of rabies exposure from bats.

Rabies is an infectious viral disease that invades the central nervous system of humans and other

See BATS P13

SUMMER CAMP FUN

Sgt. Mike Jones fits Sean Ordonez-Anderson with a helmet worn aboard Blackhawk helicopter when in flight. Chief Warrant Officer 2 William Hatley, 1st. Lt. Ellis Taylor, Sgt Josh Pierman and Sgt Mike Jones flew their Blackhawk helicopter from Company C, 1/108th Assault Helicopter Battalion, Austin, Aug. 13 onto Fort Sam Houston at the Youth Services ball field complex to visit with the 144 children in the School Age Services Program from 1-4 p.m. The children were able to visit with the crew and get into the helicopter as a part of learning about helicopters and what it takes to be a pilot for the summer camp Blast Off to the Universe.



Courtesy Photo

FINAL TRIBUTE



Photo by Gene Kuwik

The Fort Sam Houston Memorial Services Detachment, an all-volunteer group of more than 84 veterans, provides military honors to veterans buried at the Fort Sam Houston National Cemetery. Each day, regardless of weather, an MSD honor guard honors veterans during interment with three volleys of rifle rounds and sounds "Taps." The MSD provide honors to non-retirees and retirees; having rendered final tribute to over 23,500 military veterans since Dec.17,1991. If you are a military veteran with an honorable discharge, are physically capable of handling an M-1 Garand rifle, and are interested in becoming an MSD volunteer call 654-1255 or e-mail earnest@swbell.net.

NEW VICE COMMANDER

Army Col. Robert S. Bridgford has joined the 502nd Air Base Wing at Fort Sam Houston as vice commander. He succeeds Robert Graves, a U.S. Army annuitant, who returned to retirement late last month following his voluntary recall to stand up the wing and Joint Base San Antonio in July 2009. Bridgford was most recently chief of staff, Fires Center of Excellence at Fort Sill, Okla. Prior to that he was garrison commander at Fort Sill.



Courtesy Photo

NAVY MEDICINE INFORMATION SYSTEMS SUPPORT ACTIVITY CELEBRATES MEDICAL SERVICE CORPS' 63RD BIRTHDAY

Navy Medicine Information Systems Support Activity celebrated the Navy Medical Service Corps' 63rd birthday, Aug. 3, with a ceremonial cake cutting at the Hipolito F. Garcia Federal Building. The command also hosted a Medical Service Corps Birthday Ball at the St. Anthony's hotel Aug. 6. The MSC serves Sailors and provides assistance and disaster relief to earthquake and Tsunami victims in the Philippines, America Samoa, Indonesia, most recently in Haiti and aboard the USNS Mercy as part of Pacific Partnership. From left, Lt. j.g.s Reginald Ng, Jeremy Landvater, and Cmdr. Joseph Granado, Lt. j.g. Diana Nieves cut the cake.



Photo by Navy Lt. j.g. Chris Peters

BABY from P1

through the child's birth, with help from Trey Houston, an FSH Police dispatcher. "As soon as I put my hands on his head the water broke and his head came out," Dietrich said. Dietrich noticed that the umbilical cord was wrapped around the baby's neck. "There was too much tension on the cord and I couldn't get it off," David said.

When she heard her husband explaining the situation to Evans, Hildie sat up and tried to help take the cord off. As a result the baby was pushed out enough to create some slack on the cord and Dietrich could remove it. After the cord was off, Dietrich completed the delivery and cleared the baby's mouth with his finger to help him start breathing. The

baby began to cry. "Once I heard him cry I knew he was going to be all right," Dietrich said. "This is an experience I will never forget."

"I was glad to see that both of them stayed so calm throughout the whole ordeal," Evans said.

"I felt like I did what I was supposed to do and focused on it despite the high level of stress I was feeling," Dietrich said, crediting his training and experience with the Army.

"I also know that I couldn't have done any of this if it wasn't for our wonderful neighbors who jumped in and did all they could to help us out."

"It all feels like a dream to me," Hildie said. "Seems like this is something you would see on television."

BATS from P10

warm-blooded animals.

A wide variety of mammals can contract the disease, but it is most often noticed in dogs, cats, foxes, raccoons, skunks, coyotes, livestock and bats.

Rabies is mostly transmitted by a bite, though non-bite exposures can result from contact between infected saliva, nervous tissues, open wounds, and mucous membranes of the eyes, nose or mouth.

Rabies causes fatal inflammation of the brain or spinal cord. Symptoms most often develop about 10 days to seven months after infection. Without medical attention death may occur two to 12 days after symptoms appear.

Early symptoms in humans include pain,

burning, and numbness at the site of infection. Victims complain of headaches, inability to sleep, irritability, muscle spasms of the throat and difficulty swallowing. Convulsions may occur, followed by unconsciousness and death.

Drinking or eating can bring on muscle spasms of the throat. The fear of swallowing also accounts for saliva accumulation referred to as "foaming at the mouth."

Infected animals may be either agitated and aggressive or paralyzed and passive. Dogs, cats and other carnivores often become aggressive and try to attack humans and other animals, but bats are typically passive.

Bats normally bite only in self-defense if handled, and aggressive behavior is rare even when rabid. Any bat that

bites or scratches a human should be tested for rabies as soon as possible, and post-exposure treatment should begin immediately unless the bat is confirmed negative.

Bat rabies accounts for approximately one human death per year in the United States. Thus, some people consider bats to be dangerous. Nevertheless, dogs which often are considered "man's best friend," attack and kill more humans annually than die from bat rabies in a decade.

Statistically speaking, pets, playground equipment and sports are far more dangerous than bats.

Clearly, bats do not rank very high among mortality threats to humans. Nevertheless, prudence and simple precautions can save lives

and reduce the chances for illness.

Fort Sam Houston Pest Control Technicians will quickly respond to service requests for bats in a residence or building normally within two hours.

They will remove bats and submit any bats suspected of rabies for laboratory testing.

Rabies can be only confirmed by a laboratory. Building and housing occupants must not attempt to capture and submit bats for laboratory testing themselves. Call the professionals.

Residents of Lincoln Military Housing should call 225-5564 or toll free at 1-888-578-4141, and building managers should call 221-3144 to submit pest control service requests.

For additional questions, call 221-5079.



Photos by Lori Newman

Members of the 591st Medical Logistics Company line up on stage during a deployment ceremony Aug. 11 at Army Community Service. The Soldiers departed for Afghanistan Aug. 13.



Noelle Gardner from KENS 5 News interviews 591st Medical Logistics Company commander Capt. Chad Gagnon following the deployment ceremony Aug. 11 at Army Community Service.

591st Medical Logistics Company Soldiers deploy to Afghanistan

By Lori Newman
FSH Public Affairs

A deployment ceremony was held Aug. 11 at Army Community Service for the Soldiers and Family members of the 591st Medical Logistics Company.

The 90 Soldiers from the 591st will be attached to the 62nd Medical Brigade from Fort Lewis, Wash.

"We are currently in our ninth year of major combat operations in this Global War on Terror, making this the third longest war in American history after the Revolutionary War and the war in Vietnam," said guest speaker Col. Bruce McVeigh, commander of the First Medical Brigade at Fort Hood. "This is the first extended conflict to be fought with an all-volunteer force.

"That is just what these Soldiers

have done, they have volunteered to go forward and provide critical medical support when needed at what is still a very critical time in Afghanistan's future," he said. "We are at the height of the U.S. troop surge there and our medical support is now needed more than ever."

The 591st MEDLOG Company will provide corps-level medical units and Joint Task Force customers with packaging and shipping of medical supply items, as well as optical fabrication and medical maintenance to the First Cavalry Division.

"Our volunteer force and these Soldiers standing before you are truly a national treasure," the colonel said. "Despite our nations many challenges, our Soldiers remain the best trained, best led and best equipped force we have ever put on the battlefield of today."

McVeigh applauded the Families of the 591st saying, "Our Families are standing with our Soldiers and shouldering that responsibility of selfless service now more than ever in our Army's history."

Following the ceremony, the Soldiers visited with Family and friends. Several local television stations also were on hand to interview the Soldiers and their Family members about their deployment.

Barb Cezar, the spouse of a Soldier in the unit, set up a photo studio to take photos of the deploying Soldiers with their Families.

"I'm going to give them all an 8-by-10 [photo], because a lot of people can't go out and get Family photos done," Cezar said.

The unit deployed to Afghanistan on Aug. 13.



Spc. Robert Villalon holds his daughter Elianna, 3, as he is being interviewed by a local television station following the ceremony. Villalon also has a 1-month-old son, Robert Jr.



Zack Lane, 9 months old, holds on tightly to his father Spc. Tyler Lane and the 591st guidon after the deployment ceremony Aug. 11.



Sgt. Scott Matt holds his 3-month-old son, Aleksandr, as his wife Angie looks on. Matt is one of 90 Soldiers from the 591st Medical Logistics Company deploying to Afghanistan.

42nd Medical Detachment returns after year-long deployment

By Lori Newman
FSH Public Affairs

Six Soldiers from the 42nd Medical Detachment celebrated their safe return home from Iraq Aug. 11 during a ceremony held at Army Community Service.

The 42nd Medical Detachment (Optometry) was activated May 14, 2008, and had deployed last August in support of Operation Iraqi Freedom. Their mission was to provide optometry support and vision care services to Soldiers.

"They did their mission with poise, professionalism and dedication to all the Soldiers they cared for," said guest speaker Col. Bruce McVeigh, commander of the First Medical Brigade, Fort Hood. "Congratulations for a job well done."

During their year of deployment, the 42nd Medical Detachment treated more than 7,000 patients and distributed almost 5,000 pairs of eyeglasses, McVeigh added.

"We thank you all for your sacrifice; being without your loved ones for the past year," the colonel said. "There is no doubt our military Families of today are the real unsung heroes in support of our Soldiers worldwide.

"Remember it takes time to get back to things where you left them," McVeigh said as he reminded the Soldiers to go slow when integrating back home. "Use the plethora of resources around you when



Photos by Lori Newman

The Soldiers of the 42nd Medical Detachment (front, left) Capt. Antoine Barnett, Staff Sgt. Jonathan Ivie, (back from left) Capt. Ginger Purpura, Spc. Karl Abian, Spc. Thomas Kamo and Sgt. Martha Simon celebrate their return from a year-long deployment in Iraq during a ceremony Aug. 11 at Army Community Service.

you may need help."

The Soldiers arrived in San Antonio Aug. 10.

"It was a long trip back; longer than normal," Spc. Karl Abian said. "It was a three-day process to get back home."

When Abian left last year his wife, Yadi, was eight months pregnant. The couple now has a baby girl.

"I'm happy to be home to spend time with my little girl and my wife," he said.

Last year Spc. Thomas Kamo and his wife, Victoria, were just married.

"I'm ecstatic to have him back," Victoria said. "It's almost as if we just picked up where we left off. I took it really hard when he left, but now everything is good. I'm happy, he's happy; it's good."

BEFORE	AFTER	BEFORE	AFTER
			
Last August Yadi Abian said a tearful goodbye to her husband Spc. Karl Abian during a ceremony held Aug. 28, 2009. Yadi was eight months pregnant when her husband deployed.	Yadi Abian and her baby daughter wait patiently for the welcome home ceremony to begin. Her husband, Spc. Karl Abian, deployed last year to Iraq.	Victoria Kamo said a tearful goodbye to her new husband Spc. Thomas Kamo last year during a deployment ceremony held at Army Community Service. The couple had only been married for a few weeks before he deployed.	Spc. Thomas Kamo and his wife Victoria are all smiles Aug. 11 during a welcome home celebration for the 42nd Medical Detachment. "It's almost as if we just picked up where we left off," she said.

MISSOULA CHILDREN'S THEATRE



Photo by Laura Ruiz

The Child, Youth & School Services SKIES program hosted the Missoula Children's Theatre last week. Youth, ages 8 to 18 years old auditioned Aug. 9 for an opportunity to perform in the comedic musical, "King Arthur's Quest." After everyone was assigned their roles, the actors only had four days to rehearse for their performances. Above, the cast sings the theme song, "Follow Me."

School liaisons ease transitions

By Brent Boller
502nd ABW Public Affairs

School starts Monday for students in the Fort Sam Houston Independent School District and school liaison representatives at all three San Antonio military installations are working to ensure the needs of military and other federally-connected youth are met.

The liaisons at Randolph AFB and Fort Sam Houston work with 23 area school districts covering Bexar, Kendall, Guadalupe, Comal and Medina counties, servicing more than 20,000 federally-connected students.

Most states (including

Texas) have signed an "Interstate Compact on Education Opportunity for Military Children" which facilitates the development of reciprocal practices and uniform policies to better serve military youth. The compact covers the transfer of records, course placement, extra-curricular activities and graduation requirements.

Cindy Ybanez is one of two school liaisons at Fort Sam Houston.

She related a phone call from a parent who, two weeks before school ended, was concerned that her son was two grades behind and had been pleading with the district that he needed to be tested.

Ybanez was able to intervene and the child was advanced one grade.

"The parents are sometimes not able to find the right contact within the district," Ybanez said. "The liaison officer knows exactly who to contact."

Ybanez's Fort Sam Houston colleague Keith Toney said his is one of the few jobs where you can actually impact someone's life in real time. "We can often resolve issues parents thought were unsolvable within 15 to 20 minutes," Toney said.

Parents with questions can call Ybanez at 221-2256 or Toney at 221-2214.

FSHISD WELCOMES NEW EMPLOYEES

The Fort Sam Houston Independent School District welcomes new employees (back row, left to right) Hans Palmer, Ben Mathews, Heath Dawley, Duane Watson, Robert Jones, Terri Garatoni, Sarah Worden, Sandy Lawtum, Lea Duncan, (middle row, left to right) Regina Anderson, Gina Hanna, Jeniffer Palacios, Renee Warren, (front row, left to right) Nikki Gross, Kirsta Leeds, Shelly Vickers, Lynda Jacob, Anna Roden. Not pictured: Tim Duncan, Katy Goff, Paige Griscom, Mershell Walker-Johnson, Julie Novak.



Courtesy photo

STADIUM PARKING

The Cole Stadium parking lot resurfacing project is expected to be complete by the first day of school.



Courtesy photo

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES AUG. 23-28

Fort Sam Houston Elementary School

Aug. 23

First day of school

First day of first nine weeks

Aug. 27

Spirit Day

Aug. 24

JV/V Volleyball vs. Keystone at Cole, 5 and 6:30 p.m.

Aug. 27

Varsity Volleyball Comfort Tournament, TBA
Varsity Football at Goliad, 7:30 p.m.

Aug. 28

Varsity Volleyball Comfort Tournament, TBA

Robert G. Cole Middle and High School

Aug. 23

First day of school

First day of first nine weeks

ARMY FAMILY ACTION PLAN
SOLDIER FAMILY CIVILIAN

Got an Idea or a Concern?

Let your voice be heard!

Now is the time to let Army leaders know what can help improve your Quality of Life!

Submit issues for
The Fort Sam Houston
AFAP Conference
21 to 23 September
2010!

Submit issues to:
samh.afap@conus.army.mil

or

Jennifer Slack, POC, 210-916-9656
Jennifer.slack@us.army.mil

Deadline for submissions is 10 September

ARMY FAMILY ACTION PLAN
SOLDIER FAMILY CIVILIAN

ARMY FAMILY ACTION PLAN COMMUNITY FORUM
ISSUE SUBMISSION FORM

ISSUE: (Summarize the problem/concern in a few words.)

SCOPE: (Define the issue/problem/concern in paragraph form. State the impact and validate with facts. Include any regulations, laws, or policies you are aware of that may impact the issue. Give enough information that the delegates will clearly understand the issue.)

Recommendations (s): (Tell us what you want to happen. Do not tell why, that is in the scope. Prioritize and number recommendations. Use strong descriptive verbs and end with a measurable outcome.)

Return completed Issue Submission Form to ACS/AFAP, Bldg 2797, 2010 Stanley Road, Fort Sam Houston, TX 78234. Issues may also be submitted by email to samh.afap@conus.army.mil. Email submissions should be in the above format.

Use a separate page for each issue. You may duplicate this format.

Personal information is optional and will be used for administrative purposes only. It will allow us to contact you for clarification of the issue if necessary, and provide feedback. Commanders or forum participants will not see it.

Issue Submitter's Name: _____ **Phone:** _____

Address: _____

City: _____ **Zip Code:** _____

Email: _____



Announcements

Curbside Gourmet at the Sam Houston Club

Grab lunch on the go at the Sam Houston Club's Curbside Gourmet, located in the back parking lot of the Houston Club. Choose from Club favorites such as fried chicken, barbecued ribs and macaroni and cheese, as well as some new menu items. For orders of 10 or more, order must be placed least 24 hours in advance. Call 954-2011.

Bingo Moves

Due to renovations at the Sam Houston Club, the bingo program will be conducted at Army Community Service, Building 2797, Stanley Road. Regular Saturday Bingo will resume Aug. 21, doors open at 10 a.m. The bingo program is open to all military, other government employees (active or retired), their Family members and spon-

sored guests. For more information, call 224-2721.

Calendar of Events

Aug. 19 Sponsorship Training

The training is 2-3 p.m. at ACS, Building 2797. Call 221-2418/2705.

5 Love Languages

The class is Aug. 19, 26 and Sept. 2 from 5:30-7 p.m. at ACS, Building 2797. This three-part class will teach you your partner's love language, improve your understanding of each other and explore communication styles in depth. To register, call 221-0349/9425.

Aug. 20 Family Readiness Group Key Caller Training

The training is 8 a.m.-4 p.m. at ACS, Building 2797. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Happy Toddler, Happy Parents

The class is 11 a.m.-1 p.m. at ACS, Building 2797. Bring your lunch and learn how to explore new techniques with toddlers. Call 221-0349.

Aug. 21 Cardboard Boat Regatta

The Aquatic Center, Building 3300 on Williams Road, will host a cardboard boat regatta on Saturday, Aug. 21. Participants will design, build and navigate a boat that must keep them afloat as they cross the outdoor pool. All materials will be provided and all boats must be constructed on site. Participants must check-in by 10 a.m. For more information, call 221-4887.

Aug. 23 Unit Trauma Training

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

Consumer Awareness

The class is 2-4 p.m. at ACS,

Building 2797. Learn how to protect yourself against identity theft and computer fraud. To register, call 221-1612.

Single Parenting

The class is Aug. 22 and 30, 11 a.m.-12:30 p.m. at ACS, Building 2797. Topics include dating, children, separation and more. To register, call 221-0349/2418.

Aug. 24 Family Readiness Group Leadership Academy

The training is Aug. 24 and 25, 8 a.m.-4 p.m. at ACS, Building 2797. This training is provided for FRG key positions on roles and responsibilities and the communication network through the chain of command. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Paying for College

The call is 2 to 4 p.m. at ACS, Building 2797. Identify the crucial factors to consider when paying for college, including college costs, military benefits, financial aid and

scholarships, college savings plans, and tax incentives. To register, call 221-1612.

B.E.A.M.S. class

A new Building Effective Anger Management Skills series begins Aug. 24, 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. This class is a six-part series held each Tuesday. To register, call 221-0349/2418.

Deployed Parenting

The class is 11 a.m.-12:30 p.m. at ACS, Building 2797. This class will focus on the emotional challenges and transitions of military members and their Families through the deployment cycle. To register, call 221-9425/0349.

Aug. 25 New Parent Support Program Orientation

The class is 2-3:30 p.m. at ACS, Building 2797, to introduce them to the New Parent Support Program. This class is held the last Wednesday of each month. To register, call 221-0349/0860.

Aug. 28 Jimmy Brought Fitness Center 5K Fun Run

The 5K Fun Run/Walk begins at 9 a.m. at the Jimmy Brought Fitness Center. The race is free and open to the public. T-shirts are \$10. Call 221-1234.

Movie Night Schedule

Aug. 27 – Flagpole, Disney's "Alice in Wonderland"
 Aug. 28 – Dodd Field, "Astro Boy"
 Sept. 10 – Flagpole, "Percy Jackson & the Olympians: The Lightning Thief"
 Sept. 11 – Dodd Field, "Furry Vengeance"
 Sept. 24 – Flagpole, "Prince of Persia: The Sands of Time"
 Sept. 25 – Dodd Field, "Marmaduke"



Announcements

Help for Family Caregivers of Wounded Warriors

Are you providing care for a wounded warrior? The Military Stress-Busting Program (MSBP) knows that as much as you love your warrior, caregiving can be stressful. Since 1996, we have been conducting research on relaxation therapy for Family caregivers. The MSBP will work with Family members to teach them relaxation and coping strategies that can be used at home on a daily basis to reduce stress. We are now inviting military Family members to experience this opportunity. Time and dates TBA. Call 949-3697.

Fantasy Football

Family and MWR patrons from all five branches of the U.S. military are invited to play in a free fantasy foot-

ball league with \$100,000, a trip to Super Bowl XLV, and championship rings on the line. Participants can create an account and begin drafting teams to compete in the RapidDraft Fantasy Football League at <http://www.mwrfantasysports.com>. Registration and all drafts must be started by Sept. 12 at 8 a.m. EDT. RapidDraft Fantasy Football is strictly for entertainment purposes and may not be used in connection with any form of gambling. All participants must be 18 years of age or older at the time of their registration.

Cloverleaf Communicators

Meetings are held the first and third Thursday of every month, 11:45 a.m.-1 p.m. in the San Antonio Credit Union's conference room. Call 916-3406 or 221-7835.

Calendar of Events

Aug. 21 "Deftones" visit PX

Rock group, "Deftones" will visit the Fort Sam Houston Post Exchange Aug. 21, noon-1 p.m. for

a meet and greet promoting their release, "Diamond Eyes." Come early, the band will only be in the store 60 minutes.

Aug. 22 Back-to-School Event

VFW Post 76 will host a free event Aug. 22 at 10 Tenth Street at Avenue B off Broadway. Free kids haircuts from 11 a.m.-3 p.m., free food and live music begins at 8 p.m. All ages welcome. Call 831-4766 or 223-4581.

Aug. 24 Spouses' Club Welcome Coffee

The club will host a welcome coffee, 10 a.m.-1 p.m. at the Pershing House, 6 Staff Post Road. There will be information on membership, activities, food, and vendors. Visit <http://www.scfsh.com>.

Aug. 26 American Society of Military Comptrollers

The Alamo Chapter will hold a luncheon 11 a.m.-1 p.m. at Pico de Gallo, 111 S. Leona St. The topic is

"Intro to Cost Estimating," presented David Bach, business area manager, Quantech Services Inc. Reserve by Aug. 20, call 652-2742.

Aug. 28 Fifth Annual Ride 4 Troops

Ride begins at Caliente Harley Davidson and ends at Texas Pride in Atkins, Texas. Visit <http://www.saride4troops.org>.

Nostalgia of Time Fashion Show

A fashion show reminiscing the 40s and 50s begins at 7 p.m. at the Esplanade Gardens, 10790 Toepperwein Rd. Doors open at 6 p.m. Tickets are \$40 per person, which includes wine and hors d'oeuvres. Call 566-7600.

REMINDER CALENDAR

- Aug. 23 FSHISD First Day of School
- Aug. 24 Garrison Awards Ceremony, 2 p.m., Army Community Service
- Aug. 26 Consolidated Monthly Retirement Ceremony, 9 a.m., FSH Quadrangle
- Aug. 26 Women's Equality Day Celebration, 11:30 a.m., Harlequin Dinner Theatre
- Aug. 27 Women's Equality Day Celebration, 11:30 a.m., BAMC Medical Mall
- Aug. 27 Movie Night, Disney's "Alice in Wonderland," 8:30 p.m., post flagpole
- Aug. 28 5K Fun Run/Walk, 9 a.m., Jimmy Brought Fitness Center
- Aug. 28 Movie Night, "Astro Boy," 8:30 a.m., Dodd Field

Religious Briefs

Protestant Women of the Chapel Weekly Meetings

PWOC will hold weekly Bible studies. Morning studies meet Wednesdays, 9:30-11:30 a.m. and evening studies meet Thursdays, 6:30-8 p.m. at Dodd Field Chapel, 1721 Dodd Blvd. The chapel provides free child care for children up to 5 years old and a home school facilitator during PWOC. All children must be registered with the Child Development Center. Call 863-6361 or e-mail samhouston@pwoc.org.

Rocco Dining Facility Menu

Building 2745, Schofield Road

Breakfast hours Dining Room
Mon-Fri 6:15-8:15 a.m., week-
ends & holidays 8-9:30 a.m.

Friday – Aug. 20

Lunch – 11 a.m. to 1 p.m.

Spicy barbecued spareribs, southern fried catfish, stuffed cabbage rolls, smothered chicken breast with gravy, ham hocks, macaroni and cheese, mashed potatoes, parsley potatoes, yellow squash, green beans, green beans and potatoes, fried cabbage with bacon

Dinner – 5 to 7 p.m.

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

Saturday – Aug. 21

Lunch – noon to 1:30 p.m.

Salisbury steaks, chipper perch, sweet and sour chicken, cheese manicotti, parsley-buttered red potatoes, steamed rice, baked potatoes, broccoli, lima beans, baked parmesan tomato halves

Dinner – 5 to 6:30 p.m.

Fried chicken, chicken fajita pitas,

stuffed bell peppers, cheese manicotti, cottage fried potatoes, parsley potato slices, wild rice, club spinach, cauliflower, yellow squash

Sunday – Aug. 22

Lunch – noon to 1:30 p.m.

Italian-style veal steaks, roast turkey, vegetable egg rolls, cheese ravioli, spaghetti noodles, cornbread dressing, garlic-herb mashed potatoes, mashed potatoes, green beans, stewed tomatoes and okra, carrots

Dinner – 5 to 6:30 p.m.

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

Monday – Aug. 23

Lunch – 11 a.m. to 1 p.m.

Spaghetti with meat sauce, blackened catfish, cheddar chicken and broccoli Alfredo, spicy Italian pork chops, spaghetti vegetable quiche, spaghetti noodles, parmesan brown rice, lemon-garlic roasted red potatoes, French fried cauliflower, peas and carrots, glazed carrots with almonds

Dinner – 5 to 6:30 p.m.

Country fried steaks, chili macaroni, vegetable lasagna, honey-glazed Cornish hens, beef stuffed peppers, mashed potatoes, lyonnaise rice, baked potatoes, mixed vegetables, lima beans, smothered squash

Tuesday – Aug. 24

Lunch – 11 a.m. to 1 p.m.

Beef fajitas, chicken gorditas, beef and bean tostadas, Monterey chicken, baked chicken, cheese enchiladas, potatoes with onions and peppers, Mexican rice, spicy fried potatoes and onions, pinto beans, lemon-herbed broccoli, Mexican corn, jalapeno cornbread

Dinner – 5 to 7 p.m.

Cheese enchiladas, beef and broccoli, Salisbury steaks, chicken fajitas, mashed potatoes, Mexican rice, brown rice, Spanish lima beans, zucchini squash, carrots

Wednesday – Aug. 25

Lunch – 11 a.m. to 1 p.m.

Apple-glazed corned beef, lemon-herb baked fish, jaegerschnitzel, German-style pork roast, cheese ravioli, steamed parley rotini noodles, parsley

buttered new potatoes, German potato cakes, seasoned steamed cabbage, carrots, asparagus

Dinner – 5 to 7 p.m.

Barbecued beef cubes, chicken cordon bleu, grilled polish sausage, Creole chili macaroni, broccoli quiche, buttered egg noodles, baked potatoes, mashed potatoes, black-eyed peas, broccoli, corn

Thursday – Aug. 26

Lunch – 11 a.m. to 1 p.m.

Hawaiian teriyaki pork kabobs, baked grilled pork chops, sukiyaki (beef), cheese tortellini, steamed rice, stir fry noodles lomein, fiery red pepper potatoes, Chinese fried cabbage, vegetable stir fry, spinach

Dinner – 5 to 7 p.m.

Chicken breast with orange sauce, Salisbury steaks, tempura fried fish, Szechwan chicken breast, cheese manicotti, fried rice, parsley egg noodles, mashed potatoes, cauliflower, peas and onions, stewed tomatoes

Menus are subject to change without notice



For Sale: 2000 Harley Davidson Heritage Softail, under 7K miles, Vance & Hines pipes, HD Thunderstar Mags, all service performed by dealership, clean, garage kept, \$11,500. Call 830-237-8122.

For Sale: Ferguson hanging chandelier, six lamps, wood and iron, very nice, \$150; Oriental runner rug, 3.5 feet by 14 feet, \$145; antique porcelain dolls, late 1870s, perfect condition, \$135 each; gold plated Harley Davidson gas cap, "Live to Ride," \$30; outdoor light fixtures, all glass, great condition, two extra large, \$45 each and three medium size, \$30 each. Call 262-3892.

For Sale: Blue 2007 Kawasaki Ninja 250, starter bike, new battery, low miles, \$2,750 obo. Call 363-9685.

For Sale: Rustic entertainment center, five-piece, 89 inches long by 78 inches high by 18 inches deep, \$425; JVC 32-inch high definition television, older model, \$250 obo. Call 830-438-2860 or 488-3175, serious inquiries only.

For Sale: White dresser/desk with shelves, \$95 obo; sturdy wood coffee table, \$95; Cardioglider exercise machine, \$175; giant custom-made pet house, \$150 obo. Call 633-2247.

For Sale: GE Potscrubber dishwasher, \$100; double stroller, \$40; party decorations; boy's clothes, size 3-5; boy's shoes, size 10, 11, 12. Call 412-2151.

For Sale: Lawn glider bench with canopy, new, still in box, \$80; two bench cushions, white/green/beige plaid, \$20 for both; 15 bamboo lap serving trays 12-inch round, \$15; 15 bamboo lap serving trays, 18 inches by 12 inches, \$15; large car cover, \$20. Call 496-6608 leave message.
For Sale: Sears garden plow, \$95; 150-gallon butane/propane tank, \$450 obo; antique iron wheels, two for \$100; Little Tikes two-step wagon, \$35. Call 219-4327.

For Sale: Oak computer corner desk/hutch, printer stand, and chair, \$300 obo; Futon, black metal frame, \$90; girls clothing, junior size 5, box full, \$35; full-size bedspread, two matching pillows, lilac, \$15. Call 697-9261.

For Sale: CKC registered German boxer puppies, tails docked, declaw removed, light and dark brindle. Call 633-0239 or 221-1412.