

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

FSH CFC KICKOFF
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 FSH GOLF CLUB
 Cost is \$10
 Call 221-2214

Deftones pay back their fans at FSH PX

By Steve Elliott
 FSH Public Affairs

The Deftones, a Grammy Award-winning and multi-platinum-selling rock band from Sacramento, Calif., took time out of their tour schedule Aug. 21 to stop by the Fort Sam Houston Post Exchange for a meet and greet session before their sold-out concert at the AT&T Center Courtyard later that night.

More than 350 fans from the post and all over San Antonio – even as far away as Dallas – were treated to the five amicable band members (vocalist/guitarist Chino Moreno, key-

See DEFTONES P12

Staff Sgt. Gilbert Sosa implores the band and other fans for a ticket to the Deftones show during the meet and greet session at the Fort Sam Houston Post Exchange Aug. 21. Sosa, a drill instructor with the 1/355th of the 95th Division, said later that the band put him on the guest list for the show.

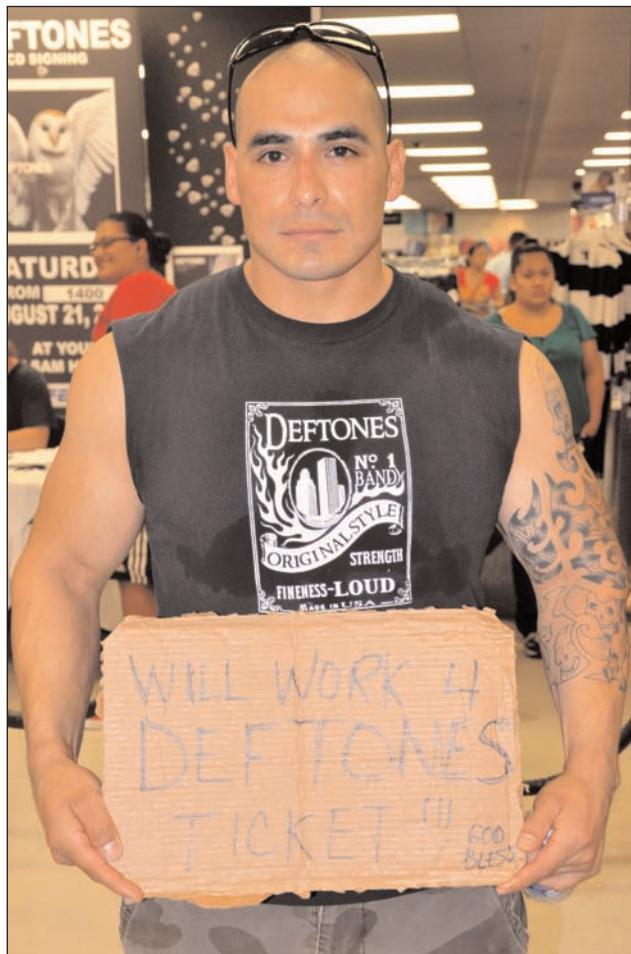


Photo by Steve Elliott

'This Emotional Life' series looks at depression, anger, PTSD and more

By Steve Elliott
 FSH Public Affairs

With a series of DVDs titled "This Emotional Life" being shown at Brooke Army Medical Center, one psychiatric clinical nurse specialist is looking to provide an opportunity for BAMC staff to learn about the science and real lives being impacted by emotions.

The series was originally shown on PBS television stations earlier this year and Sandy Fitzgerald from the Provider Resilience Program feels it might change impressions or open some eyes for the viewers at BAMC.

"Even if an individual walks away with one 'a-ha' moment, it's worth the effort," Fitzgerald said. "For some, it will be new information; for others it will be validation of what they already know."

The three-part series explores improving social relationships, learning to cope with depression and anxiety, and becoming more positive, resilient individuals.

The series is hosted by Daniel Gilbert, a Harvard psychologist and author of "Stumbling on Happiness." Gilbert talks with experts about the latest science on what makes people "tick" and how to find support for the emotional issues all people face.

"Our emotions play a huge part in our ability to be resilient," Fitzgerald said. "This is just one of many ways that staff can learn about the latest science of the mind and its influence on our health and well-being."

Each episode brings together the personal stories of ordinary people and the latest scientific research along with comments from

See RESILIENCE P12

Navy Chief induction full speed ahead with Soldier onboard

By L.A. Shively
 FSH Public Affairs

Navy chief induction season is at full steam ahead, while navigating an unusual route this year.

Induction kicked off with an Expectations Conference for spouses Aug. 7 at the Navy Operational Support Center and an Army Soldier has joined the chief selectees for the

process; both firsts for Sailors at Fort Sam Houston.

Navy Command Master Chief Vernon Gardner, command master chief for the NOSC, held the conference, "so spouses can be aware of the expectations of the process and be supportive of the selectees," he said.

The season concludes Sep. 16 with a pinning ceremony.

"I've got a lot of respect for Navy chiefs," said Army Sgt. 1st Class Alan Butler, who is participating in the induction process with 23 selectees.

"They're a lot closer and tight knit – they use each other. They lean on each other a lot to get things done."

See INDUCTION P4



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Consider the meaning of Labor Day

By Lt. Gen. Guy Swan III
Commander, ARNORTH/FSH

We are approaching another great holiday and I want to ask each and every person here at Fort Sam Houston, Camp Bullis and Camp Stanley to consider its meaning.

Labor Day is often called the end of summer, the beginning of the school year, the start of football season, or another opportunity to just take a break. Those are all good happenings but really that is not it at all.

I challenge you to look around and try to imagine San Antonio minus its skyline, with bare earth instead of the floor, without a car to take you home and no paper to read these printed words.

History records show that Americans began celebrating this holiday at the dawn of the 20th



Lt. Gen. Guy Swan III

century, when we would grow to become the greatest power on earth. Let us never take for

granted the toil, determination, and sweat that has built our nation and continues to make her strong.

Join me in thanking each and every person who is erecting and working inside the new health care facilities here. We salute every driver moving people, material, and sustenance by plane, train, and automobile.

We appreciate every accountant and administrative assistant for keeping us straight. Every

educator, manufacturer, maintainer, and yes every federal employee serving our nation here has earned our gratitude. The list goes on.

Be safe this Labor Day weekend in everything you do as we celebrate

and honor the muscle that is making our nation strong. I want to wish the very best to our students as they head back to school. Labor Day really is about the strength of our nation.

Thought of the Week

Coming together is a beginning; staying together is progress; working together is success.

— Author Unknown

(Source: Bits & Pieces, May 2009)

Weekly Weather Watch

	Aug. 26	Aug. 27	Aug. 28	Aug. 29	Aug. 30	Aug. 31
San Antonio	94° Partly Cloudy	97° Clear	95° Partly Cloudy	94° Chance of Rain	94° Chance of Rain	95° Clear
Kabul Afghanistan	84° Scattered Showers	87° Scattered Showers	93° Scattered Showers	93° Clear	93° Scattered Showers	95° Clear
Baghdad Iraq	107° Clear	111° Clear	111° Clear	114° Clear	116° Clear	114° Clear

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

ICE

Have feedback
for a post
customer
service
provider?

Go to the
Interactive
Customer
Evaluation Web site
at [http://ice.
disa.mil](http://ice.disa.mil) and voice
your opinion today.

News Briefs

TRICARE Service Center

The TRICARE Service Center has moved to the Fort Sam Houston Primary Care Clinic, Building 1179, at the corner of Garden and Schofield roads. It will reopen for service Aug. 30.

Women's Equality Day Celebrations

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

Brooke Army Medical 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, 68WM6, 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.

AMEDD Museum Closure

The Army Medical Department Museum will be closed Sept. 4-6 in observance of Labor Day. Call 221-6358.

Hiring Heroes Career Fair

The career fair will be held Sept. 14, 9 a.m.-3 p.m. at the Sam Houston Club. The fair is open to Warriors in Transition, all active duty, Reserve component, veterans, military retirees and spouses.

See NEWS P4

Community Outreach Parade Celebrates Cowboys

Photos by Esther Garcia



Spc. Titus Mathai, Sgt. Yariel ColonRodriguez, Sgt. Manuel CentenoFlores and Sgt. Kevin Navarrette, Headquarters and Headquarters Company, U.S. Army Garrison Color Guard, carry the colors at the 45th annual Cowboy Parade in Pleasanton, Texas, Aug. 21 celebrating the birth of the cowboy.



Fort Sam Houston representatives Cpt. Lionel Lowery, commander, Headquarters and Headquarters Company, US Army Garrison; 1st Sgt. Todd Foster; Tech Sgt. Kathleen May, Lackland Air Force Base; and Jacklyn Rodriguez, Randolph Air Force Base, wave to the crowd at the annual cowboy parade in Pleasanton, Texas, Aug. 21. Pleasanton honors its cowboy heritage with a "Mr. Cowboy" sculpture in front of Pleasanton City Hall and across from a giant oak tree in the downtown area.

MILITARY APPRECIATION NIGHT AT MISSIONS GAME



Capt. Lionel Lowery, commander, Headquarters and Headquarters Company, U.S. Army Garrison, prepares to throw the first pitch at the Army Military Appreciation Night with the San Antonio Missions Baseball Team at Nelson Wolff Stadium Aug. 21.



(Above) The Army Medical Command Band, led by 1st Sgt. Eric Basora, conductor and drum major, entertains the crowd on the baseball field at Nelson Wolff Stadium during the Army Military Appreciation Night with the San Antonio Missions baseball team.



(Left) Members of the Brooke Army Medical Center Color Guard, Sgt. Marcos De La Cerda, Sgt. Davis Ho, Spc. Toby Longoria and Spc. Desiree Lone Elk, present the colors at the San Antonio Missions baseball game at the Nelson Wolff Stadium, in celebration of Army Military Appreciation Night Aug. 21. Staff Sgt. Kathia McConnico, BAMC, is the noncommissioned officer in charge of the color guard.

News Briefs

from P3

CFC Campaign

The Fort Sam Houston CFC campaign will be held Sept. 13-Oct. 25. A kickoff breakfast will be held a Sept. 15 at 7:30 a.m. at the Fort Sam Houston Golf Club. The cost is \$10. Call 221-2214 for more information.

Suicide Prevention and Awareness Open House

The Fort Sam Houston Suicide Prevention and Awareness Open House, "Promoting Healthy Lives," will be held Sept. 20, 9 a.m.-2 p.m. at Army Community Service, Building 2797 on Stanley Road. Opening remarks will be provided by Lt. Gen. Guy Swan III, commander, Army North and Fort Sam Houston. Call 221-0133 or 221-1254.

Gazebo Concert

Brig. Gen. Joseph Carvalho, commander, Southern Regional Medical Command (Provisional) and Brooke Army Medical Center will host a gazebo concert Sept. 26 at 6 p.m. at the gazebo on Staff Post Road.

Adolescent Medicine/Developmental Pediatric

Services/Wellness Clinic Relocation Adolescent Medicine, Developmental Pediatric Services, and the Wellness Clinic at Wilford Hall Medical Center are now located in the former first-floor dermatology clinic area (1G). These departments share a waiting room with the Allergy & Immunizations Clinics. Patients should check-in at the small window to the right of this large combined waiting area. Call 292-6604 or 292-6972.

Family Medicine Service

Family Medicine Service has relocated to the Fort Sam Houston Primary Care Clinic at 3100 Schofield Road, Building 1179. Hours of operation are Monday through Friday, 7 a.m.-4:30 p.m. Call 808-3500.

INDUCTION from P1

Butler is the noncommissioned officer in charge of the Combat Casualty Care Course at Camp Bullis. He said he worked with Navy chiefs and decided to go through the process to better serve the Sailors in his command.

"It's just a different way that you raise Navy Sailors than you do Army Soldiers – so what better way than to get the actual training; going through induction with individuals that are about to be pinned Navy chiefs."

"This is one of the first times in my experience, we're bringing a sergeant first class through induction to the mess," Gardner said, adding that Butler aims to be a stronger leader and mentor through experiencing what the chief selectees go through during induction.

Induction is an intense six-week training period. "We do some formal classroom training. We give them scenarios about leading and developing Sailors in different environments. We mentally and physically train and develop with them for positions of increased responsibilities," Gardner said.

He explained induction activities emphasize leadership, teamwork, Navy tradition, pride and professionalism, while challenging the selectee on a daily basis.

Chiefs are the cornerstone – the first echelon of the senior enlisted ranking structure in the Navy. Selection for chief is a significant milestone in a Sailor's career.

"Once you become chief in the United States Navy, it's not just an advancement or promo-



Photo by L.A. Shively

Navy Operational Support Center Command Master Chief Vernon Gardner speaks to chief selectees and their families during the Expectations Conference.



Photo by L.A. Shively

Sgt. 1st Class Alan Butler elected to experience the Navy chief induction process to better serve the Sailors in his command at Camp Bullis.



"NAVY CHIEF; NAVY PRIDE!"

tion. It's a career change, a way-of-life change," Gardner said.

Established April 1, 1893, the rank formalized a tradition of rating the senior, most experienced Sailor aboard ship as the "chief" Sailor – an individual designated by the captain of the ship as the one in charge of the enlisted crew.

As the Navy evolved, the chief became more than just the Sailor selected to be in charge.

"A good chief can see potential that a Sailor will never see within him or herself. The chief can pull that potential out by inspiring and motivating that Sailor," Gardner said.

Gardner said he didn't come into the Navy to make it a career until he saw the effectiveness of the chief's mess.

"At my first command I had the opportunity to be mentored by a chief and saw the chief's mess in full operation. Then, I knew that I wanted to be the chief – and not only the chief but a command master chief in the Navy."

Induction is very unique process Gardner said. "It's a heritage of pride and professionalism that goes into training Navy chiefs.



Photo by Navy PS3 Brittany Herb

Navy Equipment Operator 1st Class Mark Galan, Naval Mobile Construction Battalion 22, washes the rims of a car during a fund raiser at the Navy Operational Support Center as part of his chief induction process. Community outreach, fund raising and intense military and physical training are all part of the six-week training Navy chief selectees complete.

VHC: Resource for DoD beneficiaries with questions about vaccines

By Lori Newman
FSH Public Affairs



You're a service member who just received the smallpox vaccine and you have a question about the injection site. You are traveling overseas and you're not sure which vaccines are necessary. Where do you turn to find the answers to these important questions?

The Vaccine Healthcare Centers Network is available 24/7 for service members and Department of Defense beneficiaries to answer these important questions or any other concerns someone may have about vaccines.

VHC was established in 2001 in response to congressional concern for ensuring quality vaccine administration, improved surveillance and reporting the adverse reactions in the military. The original effort was collaboration between the Centers for Disease Control and Prevention (CDC) and the Department of Defense (DoD).

For example, "If

someone had a concern about the flu shot or if they had any type of reaction to the flu shot – that's where we come in," said Terrye Schnitski, a Vaccine Healthcare Centers Network health educator at the Army Medical Department Center & School.

The mission of the VHC Network is to enhance vaccine safety, efficacy and acceptability within the Military Health System through programs and services that provide expert clinical consultation, care, safety surveillance, education, and research.

The vision is a collaborative network that provides support for comprehensive state-of-the-art immunization health care.

One of my specific tasks is to incorporate the VHC into the curriculum at AMEDDC&S,"

The Vaccine Healthcare Centers Network is available 24/7 for service members and Department of Defense beneficiaries.

Schnitski said. "We are slowly integrating into the curriculum at AMED-DC&S and METC [Medical Education Training Campus]."

We need to expand the awareness of VHC educational resources (website, clinical guidelines, Toolkits and Project Immune Readiness) to health care providers and medics, Schnitski explained. "Even medics downrange may see vaccine related issues."

The National Vaccine Healthcare Centers Network Headquarters located at the Forest Glen Annex of Walter Reed Army Medical Center in Washington, D.C. is the lead agent for the VHC Network. Four Regional Centers include: Walter Reed Army Medical Center, Washington D.C.; Naval Medical Center Portsmouth, Portsmouth, Va.; Womack Army

Medical Center, Fort Bragg, N.C.; and Wilford Hall Medical Center, Lackland Air Force Base.

The VHC Network is a collaboration of medical doctors, nurse practitioners, health/nurse educators, researchers, administrators and information technology specialists working collectively to improve the quality of immunization throughout the Military Health System.

"The VHC Network serves as a virtual and cohesive center for the Military Health System

vaccine-related health-care support and case management of vaccine adverse events, providing global access to clinical expert consultation services, which are available at all times and in emergency," Schnitski explained.

The health/nurse educators are available to do in-services, site briefing, health fairs and conferences. VHC provides resource materials such as the Immunization Tool Kit which is available on CD and in a booklet. The Immunization Tool Kit provides a practical reference that facilitates and enhances the delivery of quality immunization health care to Department of Defense beneficiaries and employees.

"We need to let the people know that we are a resource for active duty military service members [Air Force, Army, Coast Guard Marine Corps, Navy], reservists, guardsmen, military beneficiaries, and Department of Defense employees and contractors, who receive a DoD mandated vaccine. We are here to help them," Schnitski said.

Access for Clinical Consultation Services:

- 24/7 DoD Clinical Vaccine Call Center: 1-866-210-6469
- Secure internet-based consultation services via Ask VHC: <https://ASKVHC.wramc.amedd.army.mil>
- VHC info: <http://www.VHCinfo.org> or call 202-782-0411.

Stay up-to-date with immunizations

By Carla E. Jones
USAPHC (Provisional)

Why are immunizations so important? It is always better to prevent a disease than to treat it later.

Immunizations were developed to prevent disease in the people who receive them. Immunizations also help protect people who come in contact with others who have not been immunized.

Preventable diseases like influenza (flu), tetanus and measles can cost you and your family time and money because of doctor visits, lost duty and training time, and hospitalizations. When children get sick with immunization-preventable diseases, parents must often lose

time at work.

Who should get immunized? Each person has a unique medical profile that includes current overall health, use of prescribed medications, and family and personal disease history that can affect decisions about immunizations. In addition, some people should not be immunized, or should wait to get certain immunizations.

Soldiers and their Families should work closely with healthcare providers to choose the best overall health strategy, including choices and timing of immunizations.

Soldiers getting ready to deploy may require certain additional immunizations for diseases such as hepatitis A, hepatitis B and typhoid/

paratyphoid fever, depending on the health risks they will face in the deployed location.

How do immunizations work? A weakened form of disease germs are injected into the body. The body makes antibodies to fight these invaders. If the actual disease germs ever attack the body in the future, the antibodies will still be there to destroy them.

How do people react to immunizations? In most cases, immunizations are effective and cause no side effects, or just cause mild reactions like fever or soreness at the injection site.

Sometimes, people who receive an immunization do not respond to it and may wind up getting the illness anyway.

Very rarely, serious allergic reactions occur after receiving an immunization.

In order to help avoid an allergic reaction, it is important for Soldiers and their Families to tell their healthcare providers about any known allergies to medications or food (like eggs).

Although immunization has resulted in reducing most immunization-preventable diseases to very low levels in the United States, many diseases are still quite common – and sometimes at epidemic levels – in other parts of the world.

Soldiers and Army civilian employees who are deployed and/or on TDY in other parts of the world can unknowingly bring these diseases back



File photo by L.A. Shively

A Soldier receives a flu shot during a vaccination clinic held at Army Community Service last fall.

to the United States. If we were not protected by immunizations, these diseases could quickly spread to a lot of people, causing an epidemic here.

A successful immunization program depends on everyone being involved to make it work.

So, “take one for the team” and make sure that your immunizations are up-to-date, and make

sure your family is protected, too.

Consider immunizations as a key weapon in the battle against immunization-preventable disease.

For more information, visit these sites:

- Military Vaccine Agency, <http://www.vaccines.mil/default.aspx?cnt=disease/diseaseHome>
- CDC, <http://www.cdc.gov/vaccines/>

Joint Task Force Civil Support answers nation's nightmare

By Staff Sgt. Keith Anderson
ARNORTH Public Affairs

America has 15 nightmarish scenarios outlined in a publication known as the National Response Framework – possible attacks that first responders and disaster response units prepare for, so we are never caught off-guard and unprepared.

The most unthinkable, known as scenario one, is a nuclear detonation.

It was exactly this scenario that the military's Joint Task Force – Civil Support, based at Fort Monroe, Va., tackled during a weeklong command post exercise at the Battle Command Training Center, Fort Leavenworth, Kan., Aug. 15-20.



Capt. Rebecca Lesemann, task force medical liaison, Joint Task Force – Civil Support, coordinates a medical support mission Aug. 16 at the Battle Command Training Center, Fort Leavenworth, Kan., during Vibrant Response. In the background, screens track the westward movement of the notional radiation plume across Nebraska and the progress of emergency response and recovery missions.

Vibrant Response, an exercise scenario involving a notional 10-kiloton nuclear detonation in Omaha, Neb., was designed to test the task force's ability to support civil authorities in a large-scale terrorist inci-

dent, said Maj. Gen. Perry Wiggins, deputy commanding general, U.S. Army North.

"This exercise gives our forces the confidence and capability to enter this particular cata-



Courtesy photos

Robert Alvey, Region VI external affairs officer, Federal Emergency Management Agency, discusses the challenges of public information during a catastrophe such as the Deepwater Horizon response, to public affairs leaders from Joint Task Force – Civil Support Aug. 16 at the Battle Command Training Center, Fort Leavenworth, Kan., during Vibrant Response.

strophic event by rehearsing the necessary operations and coordination between local, state and federal agencies,"

Wiggins said.

As a fictional plume of radiation and debris swept westward across Nebraska, task force members assisted the Federal Emergency Management Agency and other partners in emergency support functions such as search and rescue, medical evacuation, logistics, decontamination, route clearance, and other functions.

More than 700 service members, Department of Defense civilians and contractors from more than 30 units participated in the exercise.

"It has grown considerably, and so has the support we receive from our interagency partners," said Kevin Kirmse, chief exercise division, Army North.

Representatives from the state of Nebraska and the city of Omaha participated in the exercise, to inject more realism, and to ensure that the military's commitment to support civil authorities is fulfilled.

"We, as Title 10 (federal military) forces, don't do anything unless we're requested," Kirmse said. "We are continuing to build relationships early with our state and interagency partners."

The Vibrant Response 11.1 command post exercise is preparation for the task force's upcoming, much larger field training exercise, slated to run in March 2011 at Camp Atterbury, Ind., and the Muscatatuck Urban Training Center.

OTC Command Sgt. Maj. meets wounded warriors, receives feedback

By Mary Moses
USAOTC

Command Sgt. Maj. Michael Bobb, U.S. Army Operational Test Command, visited the Warrior Transition Battalion Aug. 18 to learn about wounded warriors' combat experiences with Army equipment tested by USAOTC.

Eight Soldiers told their stories and gave feedback on equipment they operated in Iraq and Afghanistan.

"Each one of you has a different scenario, a different reason for being here," Bobb told the warriors. "I will take back any information that you can give me."

Bobb said feedback from these Soldiers will help OTC provide unbi-

ased operational assessments on safety and performance of new systems, technology and equipment to Army leadership.

"OTC is the only independent operational test command in the Army," Bobb said. "We operationally test every piece of equipment you have used down range."

The warriors shared how they were injured from improvised explosive devices, rocket-propelled grenades, and other enemy attacks.

They gave Bobb feedback on several pieces of Army equipment, including the weight and shape of the Outer Tactical Vest and certain features of the Mine Resistant Ambush Protected vehicle.

According to wounded warrior Sgt. Stephen

Land, the safety of his OTV is important, but it shouldn't take away from the performance of his battle equipment.

"I'm not saying safety should take a back seat," said Land. "But the functionality of your gear is the most important thing."

Sgt. Jeremy Nicholson was serving in Afghanistan in 2008 when deep-buried IEDs flipped his MRAP over three times and the vehicle caught on fire.

"We had seat belts on, but getting the belts around us was sometimes hard with all of our equipment," Nicholson said. "Also, when the MRAP flipped, the equipment that wasn't strapped down went flying around the cabin. So



Courtesy photo

Command Sgt. Maj. Michael Bobb of the U.S. Army Operational Test Command listens to the combat experiences of wounded Soldiers during his visit to the WTB.

we need to tie those things down while traveling."

In response, Bobb told the Soldiers about the new MRAP All Terrain Vehicle, or M-ATV, currently being tested by OTC. He said the M-ATV is more suitable for com-

bat in Afghanistan than its predecessor, the original MRAP.

Bobb also shared concerns about exercising vehicle safety.

"I understand that wearing a seat belt in an MRAP can be uncomfortable," said Bobb, "But if

you get hit by an underlying IED without one, you're going to hit the steel ceiling, and you're going to get hurt.

"The enemy is trying to kill you, so don't help them out by not being safe," he added.

The WTB has approximately 600 Soldiers with serious injuries sustained in-theater, on the training field, in traffic accidents, and other lingering injuries that interfere with an ability to perform their duties.

The battalion helps wounded warriors transition into the civilian or active duty workforce by providing opportunities for work study, federal internships and educational programs.

See OTC P19

RESILIENCE from P1

celebrities like Chevy Chase, Larry David, Alanis Morissette, Robert Kennedy, Jr., and Richard Gere.

The therapeutic techniques discussed in the video, including cognitive behavior therapy and prolonged exposure therapy are currently in use by providers at BAMC, Fitzgerald said.

One part of the DVD focuses on Bob, a veteran of the Iraq War, who explains the toll his experience with post-traumatic stress disorder has taken on his life. He relates that it caused him to lose his job and affects his relationship with his family.

"The therapeutic methods discussed in the DVDs are an adjunct to medications," Fitzgerald said. "They do not take

the place of medication as one or both may be necessary to achieve the desired outcome. In several of the conditions discussed in the video, they talked about medications. Often times, medication alone is not enough."

The entire series will be shown from 1:30 to 3:30 p.m. in the orthopedic conference room on the first floor of BAMC Sept. 26, while only Part 2 will be shown at 10:45 a.m. and noon the same day. For more information, call 916-4049.

"I am always happy to arrange additional showings to interested groups or to lend the DVD's so that others can view it," Fitzgerald added. "Several of the previous series DVD's are currently showing on the BAMC TV channels 40 and 41."

DEFTONES from P1

boardist/turntablist Frank Delgado, drummer Abe Cunningham, bassist Sergio Vega and guitarist Stephen Carpenter) signing autographs and taking pictures with their fans.

Originally scheduled to start at noon, the session had been moved to 2 p.m. at the last moment. That didn't deter the band's intensely loyal fans, some of whom had lined up at soon as the PX opened at 8 a.m.

Before the band arrived, the line ran from the front of the store, through the ladies' clothing, past the shoes and all the way to the other side in the men's clothing section.

But even when the session at the PX ran long, the band made sure everyone who had gotten

in line left with an autograph, photo or a handshake — usually all three.

"The opportunity for this presented itself before our show in San Antonio that night. It was something we just jumped on," Vega said of the meet and greet. "It was a great opportunity for us to interact with and show support for people in the service.

"For whatever reason they got involved with joining the service, we appreciate them relating to us," Vega added. "If anyone's there that wants to kick with us, we can kick with them."

"We've run into a lot of military members while we're on tour overseas in places like Korea."

Formed in 1988 by skateboarding buddies Moreno and Carpenter, the Deftones are touring behind their latest release titled



Photo by Steve Elliott

Steve Sinatra (in hat) and his wife, Karen, (right) get their chance for pictures and autographs with the Deftones (seated from left, guitarist Stephen Carpenter, bassist Sergio Vega, drummer Abe Cunningham, vocalist/guitarist Chino Moreno and keyboardist/turntablist Frank Delgado). Sinatra is a Army Safety Program Manager at Fort Sam Houston and is also front man for the southern metal band Destruction Evolution.

"Diamond Eyes."

It is the first release without bassist Chi Cheng, who was critically injured in a car accident in November 2008.

As a result of his injuries, Cheng has remained in a minimally conscious state.

When Cheng's accident occurred, the Deftones had just finished writing and recording songs for what was to be their sixth studio album, titled "Eros."

After Cheng's accident, they decided to put that project on hold and brought in longtime friend Vega to record an entirely new album in June 2009. The band has held several benefits for Cheng and \$1 from each ticket goes toward a fund

for his medical expenses.

Vega said that Texas holds a special place in the hearts of the band members.

"We love every place we play, but there's always been an endearing quality to our shows in Texas," he said. "We can feel it. It's just so palpable.

"To me, music is a medium for exchanging and confirming constructive ideas," Vega said.

"It's a nice thing when someone tells you that our music, which is a part of us, connects with them. It becomes part of their lives and you have a chance to share that personal experience. It really adds feelings of clarity for us."

Army Family Action Plan conference quickly approaching

By Cheryl Harrison
ACS Marketing

The Fort Sam Houston Army Family Action Plan conference will be held Sept. 21-23 at the Sam Houston Club in an effort to bring about change that directly impacts the well being of Soldiers and Army Families.

The Army Family Action Plan is input from the people of the Army to Army leadership. It's a process that allows Soldiers (active, Reserve and National Guard), retirees, DA civilians and their Families to say what's working and what isn't as well as what they think will fix it.

It alerts commanders and Army leaders to areas of concern that need attention and it

gives them the opportunity to quickly put plans into place to work toward resolving the issues.

Issues of concern are solicited from community members and are provided to leaders, who will work toward a resolution. Many of the issues can be resolved by the installation at the local level. Issue forms are submitted, and delegates develop and rank them.

Issues that require a higher level of authority are sent to the major command and to the Department of the Army.

Any Army active duty Soldier, Family member or civilian employee can participate.

Soldiers and Family members are invited to become a delegate and share ideas, volunteer to



Photo by Cheryl Harrison

Spc. Shawn Mayweather, Company C, 187th Medical Battalion, takes a few minutes to complete an issue form for the upcoming Army Family Action Plan Conference Sept. 21-23 at the Sam Houston Club.

help with this year's conference, or be a member of the local AFAP Advisory Committee.

The first step in the process is Fort Sam Houston community members preparing and

submitting issue forms with recommendations.

The next step in the conference process is gathering delegates and conference work group staff volunteers to act as facilitators, recorders,

transcribers and issue support staff. These people are referred to as the FRTI team. Delegates will be selected from the garrison and tenant commands to represent a cross-section of the Fort Sam Houston community.

Then there is the conference itself. Delegates are divided into groups to evaluate and prioritize issues with the support of the FRTI team. Subject matter experts are on hand to provide pertinent information on each issue under discussion.

At the conference closing session, each work group provides a report of their top-ranked issues to command and installation leadership.

Following the conference, an action officer reviews and provides

feedback to the individuals who submitted issues.

Lastly, the garrison commander convenes a steering committee to facilitate action on the issues selected by the delegates. A plan of action is developed for each issue and those requiring higher coordination are forwarded to Installation Management Command-West region for further consideration for action in the MEDCOM AFAP conference.

Now is the time to submit issues online at https://fas-intranet.amedd.armu.ml/cms/Form_ComFirst.asp. There are also about 30 AFAP box locations throughout the post. Issues will be accepted until Sept. 10.

For more information, call 916-9656.

Wide awake drunk:

Are Soldiers fueled or fooled on newest craze of alcoholic energy drinks?

By L.A. Shively
FSH Public Affairs

With long hours and physically demanding workloads, Soldiers are increasingly using sports and energy drinks to refuel.

The newest craze to hit the market is alcoholic energy drinks which combine the effects of alcohol, a depressant, and stimulants. "People drink them to help them stay awake longer and drink more," said Angela Moss, a prevention coordinator with the Army Substance Abuse Program at Fort Sam Houston.

"There is also a (false) belief that you won't have a hangover if you only drink these. Finally, alcoholic energy drinks tend to be cheaper," she said.

Moss explained that fatigue is the body's way of saying one has had enough to drink. Alcoholic energy drinks fool the body and can make the person think they are not as intoxicated as they really are.

"Just because you don't feel drunk doesn't mean that the alcohol has not impaired your judgment and your ability to drive a car, or do your job," Moss said.

"It just creates a 'wide awake drunk.' The other danger is the caffeine levels. High levels of caffeine can cause increased anxiety, panic

attacks, increased blood pressure and insomnia."

Even death.

Ross Cooney, an 18-year-old basketball player from Ireland, died several years ago, after he shared four cans of Red Bull and played in a game causing France to ban the sale of the beverage.

The central ingredient in most non-alcoholic energy drinks is caffeine, the same stimulant found in coffee or tea. It is often in the form of guarana or yerba mate.

According to public health officials, an average eight-fluid-ounce energy drink has about 80 milligrams of caffeine, while 16 fluid ounce drinks contain around 150 milligrams.



Photo by L.A. Shively

News Leader Writer/Editor Steve Elliott poses as a "wide-awake drunk" for illustration purposes. Elliott does not consume alcoholic beverages. The combined effects of high caffeine and alcohol fool the body. Though a person consuming alcoholic energy drinks may not feel drunk, he or she might still have impaired judgment and decreased psychomotor abilities.

driving under the influence, Kampan said, adding that incidents are on the rise because alcoholic energy drinks are often consumed with prescription drugs.

Alcoholic energy drinks are available on post, but consumers must be over 21 and provide proof of identity.

The difference between sports drinks, non-alcoholic energy drinks and alcoholic energy drinks is enormous.

Sports drinks such as Gatorade or Powerade re-hydrate the body and replenish electrolytes. Electrolytes maintain salt and potassium balances in the body.

Non-alcoholic energy drinks are meant to supply mental and physical stimulation for a short period of time, while alcoholic energy drinks are consumed for effect.

"We are trying to get the word out to Soldiers, commanders and Family members about the dangers of these drinks through briefings, articles and awareness campaigns," Moss said.

"We are currently running a drunk-driving campaign to bring additional awareness to the problem. It is important for everyone to realize what they are drinking and what their kids and fellow Soldiers are drinking. These are not harmless drinks and it can ruin careers and lives."

Soldiers also may face arrest for



Photos by L.A. Shively

Alcoholic energy drinks are available on post and shelved with beer. But the alcoholic content by volume is much greater than beer according to the labels. Sales clerks at outlets on post selling alcoholic energy drinks always check for identification, and the scanning process also warns clerks must check for proper age (21 or over) when purchasing these beverages.



Courtesy photo

Label designs for both alcoholic energy drinks and non-alcoholic energy drinks are very colorful and appealing to youth and may often be confused. The label will indicate the alcohol content of the beverages. Above, these labels are parts of the designs of non-alcoholic energy drinks.



Photo by L.A. Shively

Outlets selling alcoholic energy drinks have a 100 percent identification check mandate on post.

Survivor Outreach Services supports Families of fallen Soldiers

By Cheryl Harrison

ACS Marketing

Survivor Outreach Services is a program, which supports Families of fallen Soldiers regardless of Army component or cause of death.

This program offers free services to survivors which includes financial

assistance, support groups, survivor benefit information, educational training classes tailored for surviving Families and individualized bereavement and grief counseling.

Fort Sam Houston's Army Community Service is honored to be a part of the SOS pro-

gram.

In an effort to show support and strengthen the connection to those surviving Families, SOS Fort Sam Houston will host a Survivor Honoree Ceremony Sept. 18 from 10 a.m. to noon at the Sam Houston Club, 1395 Chaffee Road.

The Gold Star Flag

Service Presentation and Survivor Honoree Ceremony is held to honor the Families of fallen Soldiers.

This first ceremony will honor those Families whose loved one perished while serving in Operation Enduring Freedom and Operation Iraqi Freedom. The Gold

Star Service Flag Ceremony is a quarterly event where Families of fallen Soldiers are presented Gold Star Service Flags and poems as part of the National Blue/Gold Star ceremony protocol.

The Sept. 18 ceremony is expected to involve about 200 Family members of fallen Soldiers.

These Family members represent 67 Army Soldiers who have died during OEF and OIF.

For more information about the ceremony or the SOS program, call the SOS program manager at 221-1841 or the SOS financial counselor at 221-0275.

'Beat the Heat:' don't leave children, pets in hot car

By Jan Null

CCM Adjunct Professor of Meteorology, SFSU

Thirty-six children have died this year due to hyperthermia, or heat stroke, as a result of being left in hot vehicles.

Last year, there were

a total of at least 33 such fatalities in the U.S. Since 1998 there have been at least a total of 482 of these needless tragedies.

• Never leave a child unattended in a vehicle, not even for a minute. If you see a child unattend-

ed in a hot vehicle, call 9-1-1.

• Be sure that all occupants leave the vehicle when unloading. Don't overlook sleeping babies.

• Always lock your car and ensure children do not have access to keys

or remote entry devices. If a child is missing, check the car first, including the trunk.

• Teach your children that vehicles are never to be used as a play area. If a child is missing, always check the car first.

• Keep a stuffed animal in the car seat and when the child is put in the seat place the animal in the front with the driver, or place your purse or briefcase in the back seat as a reminder that you have your child in the car.

• Make "look before you leave" a routine whenever you get out of the car.

• Have a plan that your child care provider will call you if your child does not show up for school.

• Pets: For many people their pets are family members, yet animals are often left to become ill or die in hot vehicles.

Cracked windows do not reduce interior vehicle heat, so leave your pets at home while you run your errands.

Beat the heat, check the back seat.

2009 Annual Drinking Water Quality Report

(Consumer Confidence Report)

FORT SAM HOUSTON

Phone Number: 210-295-0295

SPECIAL NOTICE

Required language for ALL community public water supplies:

You may be more vulnerable than the general population to certain microbial contaminants, such as Cryptosporidium, in drinking water. Infants, some elderly or immunocompromised persons such as those undergoing chemotherapy for cancer; those who have undergone organ transplants; those who are undergoing treatment with steroids; and people with HIV/AIDS or other immune system disorders can be particularly at risk from infections. You should seek advice about drinking water from your physician or health care provider. Additional guidelines on appropriate means to lessen the risk of infection by Cryptosporidium are available from the Safe Drinking Water Hotline at (800) 426-4791.

Public Participation Opportunities

Date: MON. thru FRI.

Time: 8AM-5PM

Location: FSH BLDG. 4196 STE.13

Phone Number: 210-295-0295

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

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

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

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

En Español

Este informe incluye información importante sobre el agua potable. Si tiene preguntas o comentarios sobre este informe en español, favor de llamar al tel. (210 295-0295) - para hablar con una persona bilingüe en español.

Where do we get our drinking water?

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

ALL drinking water may contain contaminants.

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

Secondary Constituents

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

About The Following Pages

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

DEFINITIONS

Maximum Contaminant Level (MCL)

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

Maximum Contaminant Level Goal (MCLG)

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

Maximum Residual Disinfectant Level (MRDL)

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

Maximum Residual Disinfectant Level Goal (MRDLG)

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

Treatment Technique (TT)

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

Action Level (AL)

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

ABBREVIATIONS

NTU	- Nephelometric Turbidity Units
MFL	- million fibers per liter (a measure of asbestos)
pCi/L	- picocuries per liter (a measure of radioactivity)
ppm	- parts per million, or milligrams per liter (mg/L)
ppb	- parts per billion, or micrograms per liter (µg/L)
ppt	- parts per trillion, or nanograms per liter
ppq	- parts per quadrillion, or picograms per liter

Inorganic Contaminants

Year or Range	Contaminant	Average Level	Minimum Level	Maximum Level	MCL	MCLG	Unit of Measure	Source of Contaminant
2008	Barium	0.052	0.052	0.052	2	2	ppm	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits.
2008	Fluoride	0.2	0.2	0.2	4	4	ppm	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories.
2009	Nitrate	2.03	2.03	2.03	10	10	ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits.

Organic Contaminants TESTING WAIVED, NOT REPORTED, OR NONE DETECTED

Maximum Residual Disinfectant Level

Year	Disinfectant	Average Level	Minimum Level	Maximum Level	MRDL	MRDLG	Unit of Measure	Source of Disinfectant
2009	Chlorine Residual, Free	1.43	1.01	2.1	4	4	ppm	Disinfectant used to control microbes.

Disinfection Byproducts

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

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

Unregulated Contaminants NOT REPORTED OR NONE DETECTED

Lead and Copper

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

Required Additional Health Information for Lead

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

Turbidity NOT REQUIRED

Total Coliform REPORTED MONTHLY TESTS FOUND NO COLIFORM BACTERIA.

Fecal Coliform REPORTED MONTHLY TESTS FOUND NO FECAL COLIFORM BACTERIA.

Secondary and Other Constituents Not Regulated

(No associated adverse health effects)

Year or Range	Constituent	Average Level	Minimum Level	Maximum Level	Secondary Limit	Unit of Measure	Source of Constituent
2008	Bicarbonate	200	200	200	NA	ppm	Corrosion of carbonate rocks such as limestone.
2008	Calcium	66	66	66	NA	ppm	Abundant naturally occurring element.
2008	Chloride	17	17	17	300	ppm	Abundant naturally occurring element; used in water purification; byproduct of oil field activity.
2008	Copper	0.03	0.03	0.03	1	ppm	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives.
2008	Hardness as Ca/Mg	229	229	229	NA	ppm	Naturally occurring calcium and magnesium.
2008	Magnesium	15.5	15.5	15.5	NA	ppm	Abundant naturally occurring element.
2008	Nickel	0.002	0.002	0.002	NA	ppm	Erosion of natural deposits.
2008	pH	7.7	7.7	7.7	>7.0	units	Measure of corrosivity of water.
2008	Sodium	10	10	10	NA	ppm	Erosion of natural deposits; byproduct of oil field activity.
2008	Sulfate	15	15	15	300	ppm	Naturally occurring; common industrial byproduct; byproduct of oil field activity.
2008	Total Alkalinity as CaCO ₃	200	200	200	NA	ppm	Naturally occurring soluble mineral salts.
2008	Total Dissolved Solids	267	267	267	1000	ppm	Total dissolved mineral constituents in water.
2008	Zinc	0.064	0.064	0.064	5	ppm	Moderately abundant naturally occurring element; used in the metal industry.

OTC from P11

"If you are a non-deployable Soldier or are injured and have a long recovery process, or have just come from overseas, you are automatically signed in here," said Staff Sgt. Nieves Rodriguez, a wounded warrior at OTC. "The focus is on healing."

After Bobb listened to the wounded warriors' stories, he joined the group for lunch in the

Brooke Army Medical Center dining facility. He asked the Soldiers about their Families and what they were doing to transition from the battalion.

Staff Sgt. Sandra Smith told him she was the first in the battalion to graduate with a degree during her time in the unit.

Before leaving, Bobb relayed a message.

"There are risks in everything you do in combat," he said. "One

decision made can be your last. But we at OTC are pushing and doing the best we can to get you and your fellow Soldiers the best equipment on the planet."

Bobb ended his visit by presenting each Soldier a coin of excellence.

"We owe our lives to our wounded warriors," said Bobb. "They made the sacrifice so their brothers and sisters would not have to."

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES AUG. 30-SEPT. 4

Fort Sam Houston Elementary School

Aug. 31

FSHISD School Board Meeting in Professional Development Center, 11 a.m.

Sept. 2

Parent to Parent Class Back to the Basics, 8 to 9 a.m.

Parent Orientation in homeroom during conference time

Sept. 3

Spirit Day

Robert G. Cole Middle and High School

Aug. 31

FSHISD School Board Meeting in Professional Development Center, 11 a.m.

JV/V Volleyball at Stacey High School - Lackland, 5 and 6 p.m.

Sept. 2

High School Open House in Cole gym, 6:30 p.m.

Sept. 3

JV/V Volleyball at Natalia, 5 and 6 p.m.

Band Potluck in Cole cafeteria, 5:30 p.m.

V Football vs. St. Anthony at Cole, 7:30 p.m.

“See it, Send it”

- **Texting: 834-4531**
- **E-mail: FtSamHoustonPolice@conus.army.mil**
- **Phone: 221-CLUE (2583) Leave a Message**
- **Phone: 221-2222 Military Police Desk**

Take the Dare and Be Aware

HIRED! PROGRAM HELPS TEENS PREPARE FOR JOB MARKET



Photo by Cheryl Harrison

(From left) Jacoby McPherson, Shannon Solis, Stephanie Aviles and Courtlin Vinson were lauded at a farewell ceremony Aug. 19 at Army Community Service for their participation in the HIRED! program. Offered through Child, Youth & School Services' the HIRED! Apprenticeship Program provides 15- to 18-year-olds with meaningful, professionally managed career-exploration opportunities in Family and Morale, Welfare and Recreation operations. HIRED! offers work experience and training to better equip teens with skills for a highly competitive job market. For more information on the HIRED! Apprenticeship Program, call 221-3386.

IT PAYS TO READ



Photo by Robbye Durham

Kindergartener Lily Kilgore (right) was awarded the summer reading grand prize Aug. 22 by Librarian Dena Melvin (center). Lily logged the most youth reading hours during the Keith A. Campbell Memorial Library's Summer Reading Program, "Voyage to Book Island." She was happy to share her SeaWorld prize pack to include four park tickets with excited big sister, Dahlia Kilgore (left).

GEORGE LOPEZ RETURNS TO BAMC



Spec. Scott Cain stand next to George Lopez at the Center for the Intrepid. Brooke Army Medical Center staff and patients were happily surprised by the unexpected visit from Lopez Aug. 13. He visited the Warrior and Family Support Center, BAMC Burn Center and the Center for the Intrepid. "Thank you all for service and support," Lopez said.

Photo by Maria Gallegos



Announcements

Register early for the Combat Medic Run

The 30th Annual Combat Medic Run will be held Oct. 30 on MacArthur Parade Field. This run is open to all DoD I.D. cardholders and the general public. Race categories include a 5K, 28-Soldier Formation, 5K individual run, 10K individual run, 10K 5-person guidon team and a 2-mile fun run/walk. To register, download the brochure at <http://www.fort-samhoustonmwr.com>, register at <http://www.active.com> or pick up a brochure at the Jimmy Brought Fitness Center. Registration deadline is Oct. 29. Call 221-1234 or 385-8248.

EFMP Support Group

Exceptional Family Member Program meets Wednesdays, 6-7:30 p.m. at the School Age Services Building 1705, Dodd Blvd. Each week the group is facilitated by Mutual Enrichment through Learning and Discovery and is open to Soldiers and military Families with special needs members. MELD Special provides

child care and dinner. Registration is required, call 221-2604.

English as a Second Language Class

The class meets Mondays and Fridays, 5-8 p.m. at ACS, Building 2797, use the back entrance. The class is free and designed to improve reading comprehension, vocabulary and pronunciation. To register, call 221-1681/9698.

Survivor Outreach Services

SOS ensures survivors are connected with local support services that include but are not limited to grief counseling, support groups and social events. The SOS staff will assist each survivor with understanding and applying for benefits; investing, estate planning; long term life skills education and support for as long as they desire. Call 221-1841.

Curbside Gourmet

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

Calendar of Events

Aug. 26 Stress Management

The class is 11 a.m.-12:30 p.m.

at ACS, Building 2797. This class provides valuable tips to help you manage your stress. To register, call 221-0349/2055.

Battlemind (Pre) Training for Families

The training is 2:30-4:30 p.m. at ACS, Building 2797. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Aug. 27 Federal Resume Writing Class

The class is 9 a.m.-noon at ACS, Building 2797. Learn how to prepare a federal resume and enter it into the federal employment system. Registration is required, seating is limited. Call 221-0427/2418.

Prenatal Support Group

The group meets 11 a.m.-1 p.m. at ACS, Building 2797. Join this open, ongoing support group to help parents see themselves as moms and dads. Call 221-0349/0326.

Aug. 30 Mandatory First PCS Move

The class is 2-4 p.m. at ACS, Building 2797. This class will help you navigate your first move with help in budgeting to house hunt, learning what funds are available for the Army and how to minimize out-of-pocket expenses. To register, call 221-1612.

See MWR P24

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.



FORT FREEBIES FOR SALE

For Sale: AKC registered German Shepherd puppies, two pure white females, one male, and three black and tan males, 7 weeks old on Aug. 25, first shots and de-wormed, both parents on site, \$350. Call 830-988-2228 or 830-279-1483.

For Sale: White portable crib with mattress and other accessories, bumper pad and fitted sheet, \$50; Broyhill entertainment center, \$400 obo; Broyhill coffee table and end table, wood with glass top, \$50. Call 602-1044.

For Sale: Dining table with two benches and two chairs, \$120; Rustic corner television stand, \$60; entertainment center, \$60; hanging pot holder, new, \$40; PS2/games, \$40; Canon printer, \$20; Panasonic TV multi-system, \$50; RCA 14-inch TV, \$30; Yamaha 200-watt subwoofer, \$100; Yamaha NS-55 speakers, \$80. Call 717-713-4218.

For Sale: Safety First red and pink apple travel system, car seat and stroller, new in box, \$100; Hayes auto repair manuals for Toyota pick-ups ('79-'95), 4 Runners('84-'95), GM

Chevy Cavalier and Pontiac Sunfire ('95-'04), \$7 each. Call 248-4937.

For Sale: 1979 Lincoln Continental, two-door, 50K original miles; Honda Accord, four-door. Call for details, 595-1184 or 844-2906.

For Sale: Entertainment center with 32-inch JVC High Definition TV, entertainment center measures 89 inches long, 78 inches high, and 18 inches deep, both in excellent condition, \$550. Call 488-3175 (days) or 830-438-2860 (evenings).

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

For Sale: Sears garden plow, new, \$95; Little Tikes two step wagon, \$35; 150-gallon butane/propane tank, \$450 obo; antique iron wheels, two for \$100. Call 219-4327.

For Sale: Solid oak entertainment center, \$150 obo; office desk, \$60; solid oak antique table, \$75; pipe roofing, \$1 each. Call 550-7371.

For Sale: Washburn bass guitar and amplifier, \$495; front grill for regular-size truck, \$395; Shark vacuum, new in box, \$95; dressed porcelain dog dolls, \$95; framed Korean flag, \$75. Call 633-3859.

Rocco Dining Facility Menu

Building 2745, Schofield Road

Breakfast hours Dining Room Monday-Friday 6:15-8:15 a.m., Weekends & Holidays 8-9:30 a.m.

Friday - Aug. 27

Lunch - 11 a.m. to 1 p.m.

Beef pot pie with biscuits, southern fried catfish, stuffed cabbage rolls, barbecued spareribs, macaroni and cheese, red potatoes, garlic-buttered red potatoes, green peas with potatoes, fried cabbage, baked parmesan tomato halves, peas

Dinner - 5 to 7 p.m.

Barbecued roast pork loin, country-fried steaks, salmon croquettes, roast pork, red beans and rice, scalloped sweet potatoes, mashed potatoes, turnip greens, black-eyed peas, carrots

Saturday - Aug. 28

Lunch - noon to 1:30 p.m.

Beef lasagna, vegetable lasagna, baked parmesan fish, breaded pork fritters, mashed potatoes, parley tri-colored noodles, peas and carrots, wax beans, stewed tomato and okra

Dinner - 5 to 6:30 p.m.

Pepper steak, baked chicken, grilled ham steaks, brown rice, macaroni and cheese, baked fresh sweet potatoes, corn on the cob, cauliflower combo, pinto beans

Sunday - Aug. 29

Lunch - noon to 1:30 p.m.

Honey-glazed Cornish hens, Yankee pot roast, chicken stir-fry, broccoli-rice and cheese casserole, steamed rice, paprika buttered potatoes, yellow squash, Harvard beets, French-style green beans

Dinner - 5 to 6:30 p.m.

Mushroom quiche, sweet and sour pork, meat loaf, beef stuffed peppers, mashed potatoes, brown rice, fried cabbage, black-eyed peas, green beans with corn

Monday - Aug. 30

Lunch - 11 a.m. to 1 p.m.

Chicken Souvlaki, herb roasted turkey, Greek pastitsio (ground beef), rosemary pork chops, cheese manicotti, potato scallion latkes, herb-buttered mashed potatoes, brown rice with fresh asparagus, herb broccoli, mixed vegetables

Dinner - 5 to 6:30 p.m.

Chicken Alfredo, spaghetti vegetable quiche, apple-glazed corned beef, shrimp stir fry, steamed rice, potato wedges, rice pilaf, French fried okra, carrots, asparagus

Tuesday - Aug. 31

Lunch - 11 a.m. to 1 p.m.

New Orleans stuffed bell peppers, Cajun baked catfish, spicy fried catfish, Creole chicken, cheese tortellini, steamed rice, red beans and rice, roasted Creole potatoes, spicy corn on the cob, collard greens, French fried okra, hot sweet cornbread

Dinner - 5 to 7 p.m.

Italian style veal steaks, stuffed pork chops, grilled pork chops, salmon croquettes, mashed potatoes, macaroni and cheese, spaghetti noodles, green peas and carrots, broccoli combo

Wednesday - Sept. 1

Lunch - 11 a.m. to 1 p.m.

Beef stuffed cabbage rolls, grilled steaks, roasted fresh pork, grilled Polish sausages, lemon-baked fish, baked potatoes, German potato pancakes,

macaroni and cheese, brown rice, cauliflower au gratin, broccoli combo, sweet and sour red cabbage

Dinner - 5 to 7 p.m.

Grilled chicken breast, breaded veal steaks with mushroom gravy, grilled knockwurst, roast beef, vegetable stuffed peppers, cottage fried potatoes, rice pilaf, baked potatoes, green beans, corn, Creole squash

Thursday - Sept. 2

Lunch - 11 a.m. to 1 p.m.

Cantonese spareribs, beef and broccoli, Chinese 5-spice chicken, pork chop suey, cheese ravioli, steamed rice, fried rice, O'Brien potatoes, parsley potatoes, vegetable stir fry, Chinese fried cabbage, cauliflower, cabbage

Dinner - 5 to 7 p.m.

Tempura fried fish, sweet and sour chicken, beef stir fry, spicy baked fish, cheese manicotti, brown rice, rissole potatoes, brown and wild rice, mixed vegetables, carrots amandine, green beans

Menus are subject to change without notice

REMINDER CALENDAR

- 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
- Aug. 29** Heart of Texas Triathlon Championship, 7 a.m., Jimmy Brought Fitness Center
- Aug. 31** FSH Newcomers Extravangza, 9:30-11 a.m., Sam Houston Club
- Sept. 2** Dove Season opens at Camp Bullis
- Sept. 3** Warriors Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Club



Announcements

Comment on 59th Dental Training Squadron Programs

The Commission on Dental Accreditation will review several 59th Dental Training Squadron programs Nov. 9-10. CODA will review the squadron's Endodontics, Orthodontics and Dentofacial Orthopedics, Periodontics, Prosthodontics, and Advanced Education in General Dentistry programs. Third party comments from students and patients, relative to the above programs, are being solicited. These comments must be received in the Commission office by Sept. 10. The office address is 211 East Chicago Ave., Chicago, IL 60611. Comments must be signed, but signatures will be removed prior to being forwarded to the program.

Fantasy Football

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

AMC School Supply Drive

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

Cloverleaf Communicators Club

The club is open to military, their family members and civilians who are interested in developing and enhancing their leadership and communications skills. 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

Puppy Program Seeking Foster Families

The Department of Defense Military Working Dog Puppy Program is seeking Families who have time and patience to foster a Belgian Malinois puppy from 12 weeks to six

months of age and can provide a stimulating and safe environment. Puppies are required to come back to Lackland once a month for vaccinations and evaluations. All of the supplies are provided through the program including crate, food and toys. Contact 341trsp@lackland.af.mil.

Calendar of Events

Aug. 28 Fifth Annual Ride 4 Troops

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

First Marine Division Association Reunion

Present and former Marines and Sailors attached to the First Marine Division 63rd annual national reunion, hosted by the San Antonio Alamo Chapter is Aug. 23-29 at the Holiday Inn El Tropicano Riverwalk Hotel, 110 Lexington Ave. A banquet will be held Aug. 28, 6:30 p.m. in the Coronado Room of the hotel. Guest speaker is retired Marine Corps Gen. Michael W. Hagee at 7:15 p.m. Call 378-4860

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.

Sept. 2 Warrior Transition Battalion/Operation Comfort Softball Championship

The softball championship begins at 6 p.m. at Time Warner Park, 12001 Wetmore Rd. Free admission for all military I.D. cardholders. For information, e-mail sean.johnson@amedd.army.mil.

Sept. 7 Adult College Preparatory Class

Education Service Center, Region 20 will offer a free adult college preparatory class Sept. 7-Oct. 26, Monday-Thursday, 9 a.m.-2:30 p.m. at the Marion Dolford Learning Center in Cibolo. Call 370-5473 to join the class.

Sept. 20 Warrant Officer Association

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

Oct. 9-10 Bike MS: Valero 2010 Alamo Ride to the River

Free registration for all active and retired military for Bike MS: Valero 2010 Alamo Ride to the River, to be held Oct. 9-10. Visit <http://www.nationalmssociety.org/chapters/valero2010/index.aspx>.

MWR from P22

Aug. 31 Intro to Computers

The class is 8 a.m.-noon at ACS, Building 2797 in the computer lab. To register, call 221-2518.

Newcomers' Extravaganza

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

Surviving the Holidays

The class is 2-4 p.m. at ACS, Building 2797. This class will teach you tips to reduce the financial stress that comes with the holiday season. To register, call 221-1612.

Sept. 1 Microsoft Word Level 1

The class is 8 a.m.-noon at ACS, Building 2797 in the computer lab. To register, call 221-2518.

Initial First Termer Financial Readiness

Class begins at noon at the Education Center, Building 2248. Class space is limited. To register, call 221-1612.

Sept. 2 Spouse's Orientation

Orientation is noon-2 p.m. at ACS, Building 2797. The purpose of the orientation is to introduce Army spouses to available resources, support services, employment opportunities and the opportunity to sign up for classes or training offered to the Soldier and the entire Family at ACS. Call 221-0427/9216.

EFMP Splash

The Exceptional Family Member Program will hold a "Back to School Splash" 6-8 p.m. at the Salado Park Aquatic Center. This event is for EFMP Families only and will offer pizza, beverages, and a DJ. To register, call 221-0600/2418.

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"