

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

Back-2-School Celebration
 August 29
 10 a.m. - 4 p.m.
 at the
 Sam Houston Club



Photo by Leslie A. Shively

New barracks are constructed using a modular design. A single module is two sets of two-man rooms, complete with living areas, walk-in closets, and bathrooms. Modules are manufactured outside of San Antonio, shipped to Fort Sam Houston, staged on the post, then lifted by crane into place. Eight modules are placed per day.

Construction contracts provide new living space for 1,800 medical trainees

The U.S. Army Corps of Engineers, Fort Worth District, Fort Worth, Texas, awarded \$118.7 million in contracts for construction of two barracks to house Army personnel that will attend courses at the Medical Education and Training Campus on Fort Sam Houston.

These barracks will augment three dormitories already under construction as part of the ongoing development of METC, consolidating the enlisted medical training programs of all branches of the U.S. military as required by the 2005 Base Realignment and Closure law.

The contracts went to Hensel Phelps Construction, which operates a district office in Austin, Texas and is based in Greeley, Colo.

The barracks projects represent the 19th and 20th of more than 30 contracts that are scheduled to be awarded by the end of fiscal year 2009, which runs through September 30.

See BRAC P10

BAMC merits ADA recognition for diabetes education program for 15th year

By Jen D. Rodriguez
 Brooke Army Medical Center Public Affairs Office

Brooke Army Medical Center's Diabetes Self-Management Program is the only one in the Army and Department of Defense that can boast 15 years of continuous recognition from the American Diabetes Association.

One of 16 ADA-recognized diabetes education programs in the San Antonio metropolitan area including Wilford Hall, BAMC was one of the first in the DoD to obtain ADA education recognition.

On Aug. 14 in celebration of 15 years of excellence, the program was awarded the ADA Education Recognition Certificate for a quality diabetes self-management edu-

cation program at the Internal Medicine Clinic conference room on the third floor in the medical mall.

"Meeting these rigorous standards is a significant accomplishment but continuously maintaining ADA recognition for over a decade is truly remarkable," said Elaine

See DIABETES P5



Photo by Kelly Schaefer

Brooke Army Medical Center Certified Diabetes Educators: Lila Kinser, registered nurse; Kathy Boyer, registered dietician; Denise Sprague, registered dietician and Elaine DeCesare, adult nurse practitioner receive the American Diabetes Association Education Recognition Certificate for the quality diabetes self-management education program on Aug. 14.

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AKO, DKO increase security measures

Army Knowledge Online and Defense Knowledge Online are changing procedures for users who log on without a common access card.

Users accessing the AKO or DKO Web portals without a CAC will soon need to take additional steps to verify their identity when logging on.

“Last year, more than 9 million people became prey to identity thieves who obtained significant portions of the information about their victims from the Internet,” said Maj. Alprentice Smith, AKO/DKO director of security.

“We want to make sure our users and their

information are protected to the maximum level possible, while still providing an environment for warfighters, and those that support them, to communicate and access information.”

The AKO and DKO Web portals now serve more than 2.2 million users, according to Smith.

Because mission-critical and personal data are essential to the Army and DoD, AKO will use knowledge-based authentication, or KBA security questions, to provide proof of authentication for users entering the system via username and password.

“One of the most com-

mon ways hackers gain access to information is through keystroke monitoring,” said Smith. “KBA helps eliminate that threat by allowing users to click on the correct answers to personal security questions with a mouse.”

The enrollment process, which began this month, will include providing answers to a series of personal security questions. Shortly after enrollment, the new authentication process will begin for users entering the system via username and password.

A user will then be required to select correct multiple choice answers to three of these security

questions each time he logs in before access is granted to the AKO portal.

“This adds another layer of security without increasing the time it takes to log on,” said Smith.

“If a question is answered incorrectly, the user will have three attempts to get it right. If he fails at that, the user is locked out via username and password. At that point the user must logon with a CAC or reset his password using the

current methods.”

Resetting security questions will require a call to the help desk.

KBA implementation will not disrupt the services provided by the AKO and DKO portals, Smith said. He added that KBA simply will ensure the security of user information and critical data, making it more difficult for information — whether personal or mission-essential, to fall into the wrong hands.

~AKO Public Affairs

Suicide Prevention Awareness Open House:

Opening Doors to a Healthier Lifestyle
Sep. 15, 9 a.m. - 4 p.m.
Army Community Service
Bldg. 2797, 2010 Stanley Road
Open to all Military, DoD civilians and Families

Opening Remarks:

Maj. Gen. Russell J. Czerw
Commanding General
Fort Sam Houston

Guest Speakers:

Dr. Rosa Espinoza: Depression, Warning Signs and Symptoms
Trudy Lomax

Closing Remarks:

Col. Mary E. Garr,
U.S. Army Garrison Commander
Participating organizations will be available to discuss concerns and provide information:
United Way: San Antonio Center
Provost Marshall
Fort Sam ASAP
Veteran Affairs
Family Advocacy Program
Fort Sam Houston Chaplains
San Antonio Council on Alcohol and Drug Abuse
Laurel Ridge Treatment Center
Military One Source
St Mary's University

Thought of the Week

You should be warned that it becomes increasingly easy, as you get older, to drown in nostalgia. In fact, you can almost measure where you are in life by the degree to which you have begun looking back, rather than ahead. —

Ted Koppel

(Source: Bits & Pieces, August 2009)

Weekly Weather Watch

	Aug. 27	Aug. 28	Aug. 29	Aug. 30	Aug. 31	Sept. 1
San Antonio	 99° Partly Cloudy	 99° Partly Cloudy	 99° Partly Cloudy	 97° Partly Cloudy	 94° Chance of Rain	 92° Chance of Rain
Kabul Afghanistan	 87° Clear	 91° Clear	 91° Clear	 91° Clear	 93° Clear	 91° Clear
Baghdad Iraq	 113° Clear	 107° Clear	 107° Clear	 109° Clear	 111° Clear	 109° Clear

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

News Briefs

Concrete pour

Concrete will be poured at the MIF 5 building site, 3098 William Hardee, beginning today at 5 a.m. and will continue in September starting at 2 a.m. for a total of six concrete placements. Trucks will be entering the Fort Sam Houston and proceeding to William Hardee to the construction entrance. Exact dates have not been determined, however there will be at least one per week.

Practical Nurse Course graduation

A graduation ceremony for the Brooke Army Medical Center Practical Nurse Course, 68WM6, Class 08-10, will be held Sept. 1 at 9 a.m. at Army Community Service, Building 2797. All are welcome to attend. For more information, call 295-4050.

Ethics training

Ethics training will be held Sept. 3 from 9:30-10:30 a.m. in Blasse Auditorium, Building 2841. The training is mandatory for all persons filing an SF 278, Public Financial Disclosure Report or OGE 450, Confidential Financial Report; warranted contracting officers; and those who are directed by their supervisors or commanders to attend ethics training. The training can also be taken online at www.dod.mil/dodgc/defense_ethics/ethics_training/2008AET_New/. Call 221-2373/0485.

Collateral, Additional Duty Safety Officer training

The U.S. Army Garrison Safety Office will hold a Collateral/Additional Duty Safety Officer training Sept. 10, 8 a.m.-3:30 p.m., Building 4196, conference room 2. This training is offered in addition to, but not in lieu of the mandatory online training for all appointed collateral/additional duty safety officers, and provides safety information unique to Fort Sam Houston and Camp Bullis missions. For more information or to register, call 221-3824.

Houston officially assumes garrison responsibility

Command Sergeant Major Raymond P. Houston officially assumed responsibility for the U.S. Army Garrison from Sgt. Maj. Shawn Barnes, interim noncommissioned officer in-charge.

Houston enlisted in the Army in 1978 and attended one of the first one-station unit training cycles at Fort Knox, Ky. He has held every leadership position possible in his career field from tank driver to Brigade Command Sergeants Major.

His operational deployments include support of the Bosnia



Houston

Peacekeeping Operation, 1996; Intrinsic Action, 1998; Operation Desert Fox, 1998; Brigade Saudi Arabia Operation, 1999; Kosovo Peacekeeping Operation, 2000-2001; Operation Iraqi Freedom, 2003-2004.

He is a graduate of the NBC Course, Primary Noncommissioned officer Course, Commandants list Basic Noncommissioned Officer Course, Honor graduate at the Master Gunners Course, Commandants list Advanced Noncommissioned Officer Course, Department of Defense Equal Opportunity Management Institute, First Sergeants Course, Non-Resident Course-Sergeants Major Academy, Class 26, Command Sergeants Major Course, Garrison Command Sergeant Major Course, Command Sergeant Major Course, Command Sergeant Major Force

Management Course and Senior Leader Civilian Education Course.

His civilian education includes a Bachelor's degree in Business Administration and an Associate's Degree in General Studies from Elizabethtown Community College, Ky.

"Natalie, my wife, and I are very pleased and blessed to be with you all here at Ft. Sam," Houston said.

"We look forward to assisting in the military community and local community in any way we can. Our foremost Family goal is to assist our Warriors in

Transition.

The warriors and their Families are always on our minds. My goals are to assist the commander in providing a safe, quality living and working environment for our military and civilian community," Houston said.

"I also look forward to assisting in promoting the Noncommissioned Officers Corps and the great work that our garrison staff is doing with our joint community, retirees and civilian populations."

-Fort Sam Houston Public Affairs

Fort Sam Houston's BOSS President wins top award

Story by L.A. Shively
Fort Sam Houston Public Affairs

Staff Sgt. Edmund Perez was awarded the Dept. of the Army's Better Opportunities for Single Soldiers President of the Year award during the annual BOSS conference in Leesburg, Va. Aug. 11.

"I am very honored to have received this award," said Perez, who has been the Fort Sam Houston BOSS president for one year. Perez was previously the BOSS president for Camp Nimble, Bravo Co., 702nd Maintenance Support Battalion in Korea.

"This was an awesome surprise. I am very

grateful to all those who have guided me for the past year and hope to have their continued support," Perez said.

"I am pleased that Staff Sgt. Perez was selected," said Garrison Command Sergeant Major Raymond Houston.

"BOSS is a program that supports our single Soldiers and our Joint military members by providing assistance to any concerns they have reference to the billets, and providing ways they can display camaraderie and engage in activities promoting their well-being. Col. (Mary) Garr and I are very



Courtesy photo

Staff Sgt. Edmund Perez poses with Sgt. Danielle Colson and the BOSS President of the Year Award.

pleased with the efforts of all the unit BOSS reps and leadership," Houston said.

Perez said he is planning quarterly tours of the city San Antonio for Soldiers and others inter-

"I am very honored to have received this award."

- Staff Sgt. Edmund Perez

ested in learning and exploring his home town as respite for those new or unfamiliar with the area during his tenure as BOSS president at FSH.

"There's a plethora of things to do," Perez said.

He also supports the BOSS partnership with the I. AM. STRONG program aimed at educating soldiers about sexual harassment.

"It further enhances a unit's cohesion," Perez

said. "It's modern, up-to-date. There's no better way to get Soldiers to relate than through music and videos of actual Soldiers, not actors.

"We're zeroing in on quality of life issues with the campaign," said Sgt. Danielle Colson, DA BOSS president. "The partnership will raise awareness of the number one reported incident among Soldiers. We're ensuring Soldiers know they can report and how to report."

Members of the Fort Sam Houston Memorial Services Detachment take time out from their busy schedule to pose for a group photo at the FSH National Cemetery.

With 81 volunteers, the group performs full military honors at a moments notice for veterans interred at the cemetery.



Photo by Ray Guitierrez

Fort Sam Houston Memorial Services Detachment Honor Guard volunteers shine

By Esther Garcia
Fort Sam Houston Public Affairs Office

In 1979 the Department of Defense issued an order that established three categories for burial honors. Active duty and Medal of Honor recipients would receive full military burial honors. Retirees and veterans would also receive full military honors, provided resources were available.

The Fort Sam Houston National Cemetery close proximity to the post enabled it to support all three categories with full military honors until the fall of 1988. Due to decreasing manpower, however, veterans were not receiving full military honors.

The Veterans of Greater San Antonio Area took notice in 1989 and

began a study with then VGSA's secretary, Manny Rangel, who was also the Deputy State Director of the Military Order of the Purple Heart, and Joe Ramos, then the FSH National Cemetery director, to form the Fort Sam Houston Memorial Services Detachment after a similar program at Fort Snelling National Cemetery in Minneapolis, Minn.

Chartered in mid 1990, it would be 14 months before five squads were formed to support military burials.

Currently, with 81 volunteers, the MSD Honor Guard is composed of retired and former military service members who ensure that all veterans interred at FSH National Cemetery receive proper burial honors, complete with military honor guard, rifle volleys and the playing of "Taps." The group performs at a moments notice, rain or shine.

The average member's age is 75 and includes veterans from World War II, Korea, Vietnam and First and Second Gulf Wars. To date, the MSD has rendered honors at over 21,700 military funerals. It is one of the few volunteer organizations in the country



Courtesy photo

(Left to right) Retired Staff Sgt. Santiago Tello, retired, Air Force Master Sgt. Tom Earnest, commander, Fort Sam Houston Memorial Services Detachment Honor Guard, retired Army Sgt. Maj. Fred Balderrama, and Abel Araiza, members of the Fort Sam Houston Memorial Service Detachment Honor Guard, accept the first place trophy at the United Way Volunteer of the Year 20th anniversary Night of a Thousand Stars June 25 at the Henry B. Gonzalez convention center. The MSD won first place in the Group in Service Awards, military category.

providing final salute in national cemeteries.

Retired Air Force Master Sgt. Tom Earnest, commander, FSH MSD Honor Guard, said "We honor veterans who have served our country to protect our freedom which gives all Americans the choice to volunteer."

Besides providing full military burial honors, the FSH MSD Honor Guard also supports the Veterans Day

Ceremony, Memorial Day Ceremony and the 4th of July events every year with rifle volleys and "Taps" at the Fort Sam Houston National Cemetery.

Many of the volunteers have serious disabilities, but all are dedicated to "paying the final act of respect" for departed comrades-in-arms.

On June 25, at the 20th Anniversary of the United Way Volunteer of the Year Award, Night of a Thousand Stars, at the Henry B. Gonzalez Convention Center, MSD members, stars in their own right, won first place in the Group in Service Award, military category, competing against groups such as Brooke Army Medical Center Pharmacy volunteers, Better Opportunity for Single Soldiers, Fisher House volunteers and Warrior and Family Support Center volunteers. The gala recognizes the citizens of San Antonio who volunteer their time in the community.

*~ Tom Earnest, Commander,
Fort Sam Houston Memorial Services
Detachment Honor Guard and
Fred Balderrama member MSD,
contributed to this article.*

DIABETES from P1

DeCesare, adult nurse practitioner, certified diabetes educator, and director of BAMC's Diabetes Education Program.

Since 1997, the BAMC program has been recognized for excellence by ADA, continuously maintained and now has been awarded recognition until July 2012.

The ADA Education recognition certificate assures that educational programs meet the National Standards for

Diabetes Self-Management Education Programs. Standards were developed and tested under the auspices of the National Diabetes Advisory Board in 1983 and revised by the diabetes community in 1994 and 2000.

DeCesare said the curriculum, qualifications of the instructional staff, data-collection, process improvement and record keeping has to meet the National Standards for Diabetes Self-Management Education Programs and current

ADA recognition requirements.

Demographic data such as age, gender, race, ethnicity, and educational level; clinical data such as type of diabetes, lab results, height and weight; patient outcomes including changes in a weight, average blood sugar levels, and home blood sugar testing frequency; plus achievement of patient-selected goals are collected.

The data is then submitted collectively based on the averages of groups of patients, not as individ-

ual patient data.

DeCesare said self-management education is an essential component of diabetes treatment. "A participant in an ADA recognized program will be taught self-care skills that will promote better management of his or her diabetes," she said.

Currently, the BAMC program serves non-pregnant adults, 18 years and older. Some of the topics covered in this program include diabetes disease process, nutritional management, physical activity, medications, monitoring,

prevention, detection and treating acute and chronic complications, problem-solving, and psychological adjustment.

According to DeCesare, recognition is twofold. "First, this recognition means that the BAMC program meets or exceeds the same standards as top quality private sector programs across the country," she said. "Secondly, as part of the recognition process, our program must be designed to meet the needs of our specific patient population."

Our patients come first, she said, "We design our curriculum and educational materials with this in mind. However, if a patient has special needs, we address and meet those needs," she said. "Our health care providers and San Antonio Military Medical Center as a whole benefit because our patients understand and follow through on recommended treatment better and are able to prevent or recognize problems earlier."

For more information, call 916-0794.

Quick hire of military spouses starts in September

By Gerry J. Gilmore
American Forces Press Service

Under a personnel rule that takes effect next month, some military spouses could be quickly hired for federal jobs without going through the usual competitive process.

The new hiring authority takes effect Sept. 11 with guidelines posted in the Federal Register under the title: "Noncompetitive Appointment of Certain Military Spouses."

The intended effect of the rule, according to documents listed in the Federal Register, "is to facilitate the entry of military spouses into the

federal civil service as part of an effort to recruit and retain skilled and experienced members of the armed forces and to recognize and honor the service of members injured, disabled, or killed in connection with their service."

"Military spouse employment is a key to the quality of life of our military Families," Kathleen Ott, director of talent acquisition, development and management in the Office of the Deputy Undersecretary of Defense for Civilian Personnel Policy, said date, during an interview with Pentagon Channel and American Forces

Press Service reporters.

The availability of jobs for military spouses contributes to the sustainability of the all-volunteer force, Ott said, citing a recent survey in which employed military spouses reported that their work income constitutes about 48 percent of total Family income.

"But, it's really hard to keep a job if you have to move from station to station," Ott said. Federal employment, she said, offers military spouses a portable career with transferable benefits and worldwide presence.

"We thought, in order to help our military spouses continue their employment, it would be

a good thing for us to facilitate their entry into the federal government," she said.

Eligible individuals, Ott said, include spouses of active-duty service members who have been called on to relocate. This includes spouses of guardsmen or reservists who have been called up for more than 180 days of active service other than training. Eligible spouses must be moving to another duty station accompanied by their service member husband or wife.

Spouses of former service members listed as 100-percent disabled and separated or retired, as well as widows or widowers of service members

who died on active duty and who have not remarried, also are eligible.

The new hiring authority does not constitute a hiring preference for eligible military spouses, according to the U.S. Office of Personnel Management.

"This authority is a noncompetitive hiring mechanism. It does not establish or constitute a hiring preference for eligible spouses, nor does it create an entitlement to a federal job for an eligible spouse," according to regulatory documents listed in the Federal Register.

Applicants still must meet specific job-qualification criteria listed for

individual positions, according to OPM documents.

"This is not a preference. We firmly believe that our spouses can compete on their own merits," Ott said, noting that the new hiring rules provide military spouses with "a streamlined, facilitated means of obtaining federal employment."

Use of the new hiring authority "is completely at the discretion of hiring agencies," according to OPM documents, and "it is one of many hiring tools agencies may use to recruit needed individuals."

Spouses who complete

See **QUICK HIRE P7**

QUICK HIRE from P6

three years of continuous satisfactory service will be converted from a career-conditional appointment to career appointment, Ott said.

Personnel officials do not anticipate that the new military-spouse hiring authority would adversely affect the hiring of military veterans into the federal government, Ott said.

Military spouses can find out about federal job opportunities through OPM's USAJobs Web site,

Ott said.

The new hiring authority "sends a very important message to our military Families that their sacrifice is recognized by the federal government, and that they recognize that having a career opportunity is really critical for their Family's well being," said Barbara Thompson, director of the Pentagon's Office of Family Policy/Children and Youth.

More than 77 percent of military spouses have indicated in surveys that

they are interested in establishing careers, Thompson said. Other data, she added, indicates that military spouses are, overall, more highly educated than their civilian counterparts.

"I think it's a win-win situation that the federal government is accessing a pool of spouses who have the same levels of commitment and caring and service to the nation," Thompson said.

The department's Military Spouse Career Advancement Account, also known as MyCAA,

provides employment, career, education/training, counseling and financial assistance for spouses of active-duty military and activated guard and reserve members worldwide, she said.

President George W. Bush issued an executive order establishing guidelines for the hiring authority in September 2008, but implementation of the order was delayed while it was reviewed by the Obama administration.

Brooke Army Medical Center on ICE

BAMC currently has seven Interactive Customer Evaluation (ICE) service provider comment areas for customers to utilize for the following clinics: Emergency Room, Family Medicine, Internal Medicine, Obstetrics/Gynecology, Pediatrics and Adolescents, Pharmacy, and the Troop Medical Clinics.

Customers can offer an ICE comment on the importance and performance of the services they receive. The ICE system ensures a customer response from a service provider within 72 business hours if requested.

So, don't get "HOT," put your comments on "ICE," visit <http://ice.disa.mil> and select Army CONUS link, then click Fort Sam Houston.



Battle mind, mental health: A mind does not turn on a dime

By Chief Master Sgt. Gonda Moncada

Texas National Guard Public Affairs

The lecture was a first, the topic was not, but a group of medical professionals attending a lecture by Mental Health Liaison Officer, Veterans Affairs Heart of Texas Health Care Network, Stephen L. Holliday, Ph.D., ABPP-CN, in Brownsville, Texas, July 30, welcomed the opportunity to learn about health conditions misunderstood by many, and sometimes denied by those affected.

Titled "What Texas Military Providers Need

to Know About Mental Health Issues Facing Returning Service Members and Their Families," the presentation covered issues such as mental health, Post Traumatic Stress Disorder and Traumatic Brain Injury, areas of particular concern to military leaders.

"First you have to recognize the classic symptoms of PTSD," said Holliday. "It is the re-experiencing of traumatic events such as intrusive thoughts or nightmares, or the avoidance of things that remind you of the traumatic experience. Sometimes it may also manifest itself as

hyper arousal, such as inability to sleep, irritability, and outbursts of anger."

"The truth is," he added: "that PTSD is probably a normal reaction to a very abnormal situation. You cannot rev up the nervous system that much that long and expect it to turn off on a dime when you get home.

In wars past we thought that to have PTSD a Soldier or Airman had to have had a particularly traumatic experience, for example see a buddy die. In this war it is different, because every time you get on the road in a convoy, you are at risk and

you never know whether it was a pile of trash or an IED you were driving by.

There is still a huge stigma in seeking mental health treatment, and the VA recognizes that," Holliday said.

Holliday explained in order to thwart stigma associated with mental health issues, the Walter Reed Army Institute of Research's Battlemind Program was born. The program encourages Soldiers to talk to a buddy, maintain or regain emotional control, and be aware of hyper vigilance in oneself and others.

"What I am most

excited about," he said, "is the evidence-based psychotherapies the VA is rolling out nationally, such as Prolonged Exposure and Cognitive Processing Therapies. The VA's Uniform Mental Health Care Package specifies what treatments have to be available to all veterans and these treatments are included.

As in every treatment some patients get better a lot, some get better a little, and some do not get better at all with these types of therapies, but you don't know until you try and apply it correctly. It is up to the veteran," Holliday said. "Some just want medica-

Holliday's entire lecture is available at:
www.texasnationalguard.us/pdf_2/dr_holliday.pdf
 Visit Partners Across Texas at:
www.texvet.com
 Visit the Army's Battlemind Program:
www.battlemind.org

tion, others just want therapy and yet another patient wants to try both. It is patient-centered care. We don't tell them you have to get this or that treatment."



Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

GARRISON ORGANIZATION DAY

Garrison employees and their families enjoyed barbecued chicken, ribs, sausage and brisket, along with fish, beans, potato salad and plenty of desserts during the Garrison Organization Day Aug. 20.



Photo by Ed Dixon



Photo by Lori Newman
Galay Yate and Jason Yulle, 14, play horseshoes.

Michelle Saucedo, Directorate of Information Operations Management, plays with her son Adam, 2, at the Garrison Organization Day Aug 20.



Photo by Lori Newman



Photo by Ed Dixon

Employees and Family members line dance at the Fort Sam Houston U.S. Army Garrison Organization Day Aug. 20 at Salado Creek Park. Everyone enjoyed a day of fun, food and prizes. People also played bingo and there were bounciers for the kids.



Scuba Diving Lessons

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

Club Championship

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

BRAC from P1

“We’re on cycle,” said Randy Holman program manager for the U.S. Army Corps of Engineers and spokesman for the Joint Program Management Office.

“It’s traditional to award (contracts) right up through September.

We’re 50 percent through the BRAC timeline and 26 percent construction complete, which means we’re hitting our marks,” Holman said.

The new Army barracks include a 366,000 square foot unit for 1,200 individuals and a 192,000 square foot facility for an additional 600 personnel.

The three dormitories already being built will accommodate as many as 3,600 individuals and are intended for Air Force and Navy medical personnel that will also be trained at METC, consolidating the enlisted medical training programs of all branches of the U.S. military as required by the 2005

Base Realignment and Closure law.

Building will be accomplished using a modular design where units are manufactured in Belton, Texas, shipped to FSH, staged at the site, and then lifted by crane into place. Eight units are lifted per day. Each module consists of two sets of living quarters for two students including living areas, walk-in closets and bathrooms.

Modular design speeds the construction process explained Holman. In the case of the dormitories and the barracks, each module’s “foot print” is replicated throughout the building.

“With a common foot print or style to the building and a common floor plan, we have the ability to modularize each of the components, which dramatically accelerates construction.

Ninety-five percent of our program is design-build,” Holman said. “We don’t have the luxury of delivering (the barracks) at the end of the BRAC



Edward Martinez (left), lead construction representative for the U.S. Army Corps of Engineers, discusses the interior of one of the new Army barracks rooms seen at right currently under construction as part of BRAC realignment.

process,” he said adding for realignment to work, personnel must move out of existing facilities then immediately move into new facilities.

These contract awards add to the momentum of BRAC and related military construction in San Antonio. The peak of construction activity for the BRAC program is projected to occur during the next two months. During this period, more than 2,200 construction workers are expected to be spread across the various project sites.

The San Antonio BRAC construction program will provide the facilities to accommodate thousands of military personnel, federal employees, and military missions that are moving to and within the city as a result of the 2005 BRAC law.

Construction is scheduled to take place across San Antonio at FSH, Camp Bullis, Lackland and Randolph Air Force Bases through September 2011. The program involves building and renovating 78



Photo by Leslie A. Shively

major facilities that amount to more than six million square feet of space.

The total cost of BRAC construction is projected to exceed \$2 billion. BRAC projects, however, are part of a larger, ongoing military construction program in San Antonio, which encompasses more than \$3 billion in projects that represent as much as 10 million square feet of space.

Representatives of the Army Corps of Engineers are working on the San Antonio BRAC construc-

tion program as members of the JPMO which oversees BRAC project design and construction. The JPMO is a joint military service entity representing a partnership between the Corps, the Air Force Center for Engineering and the Environment and the Naval Facilities Engineering Command and is supported by private sector contractors.

~ U.S. Army Corps of Engineers, Fort Worth District

Special guests drop in at Camp Bullis

By Lori Newman

Fort Sam Houston Public Affairs

Members of the 509th Airborne, past and present, dropped in on Camp Bullis Aug. 21.

A group of veterans from the 509th Parachute Infantry, including six World War II veterans were in San Antonio for their yearly reunion. The group came to Camp Bullis to watch 39 Soldiers from 509th Airborne Infantry from Fort Polk, La., jump from a C130 airplane.

"We have an annual reunion to commemorate our jumps in Europe, and the fighting 509th," said 85-year-old John Devanie. "I served in the 509th from 1942 to 1945."

Each year, past members of the 509th Parachute Infantry come together to commemorate their service and to watch the Soldiers of the 509th Airborne Infantry jump.

"I enjoyed the jump very much," said James Maynard Pile, 87, from Elizabethtown, Ky.

According to the 1st 509th Web site, at the beginning of World War II, the U.S. Armed Forces saw the need for highly mobile units that could quickly be inserted into the theater of battle. An experiment began at Fort Benning, Ga., when a group of volunteers began jumping out of aircraft while in flight. This was the birth of the American

paratroopers and the U.S. Army began forming Airborne units for combat.

March 14, 1941, Company A, 504th Parachute Battalion was constituted and then activated Oct. 5, 1941 at Fort Benning, Ga.

The 504th moved to Fort Bragg, N.C. for training in February 1942, and became part of one of the Army's first Parachute Infantry Regiments. The 503rd and 504th Parachute Infantry Battalions were joined together to form the 503rd Parachute Infantry Regiment, with the 504th being renamed Company D, 503rd Parachute Infantry on Feb. 24, 1942.

The 503rd sailed to Scotland in June 1942, becoming the first American parachute unit to go overseas in WWII. It was attached to the British 1st Airborne Division for training. Their training included mass tactical jumps from C-47 aircraft at 350 feet, extensive night training, and speed marching for 10 miles to and from the training area daily.

On Nov. 2, 1942, as the 503rd was staging for Operation Torch, the invasion of North Africa, it was reorganized and redesignated as Company D, 509th Parachute Infantry.

The 509th Parachute Infantry participated in several campaigns during World War II.

Eighth-nine-year-old Richard Fisco

said he made his first jump in 1939, but his first combat jump was Nov. 8, 1942 when the 509th seized Tafarquay Airport in Oran, Algeria.

"I jumped in Avellino, Italy during the Salerno invasion," said Robert Poindexter, from Atwood, Ill.

Poindexter also participated in several other campaigns in Italy and Southern France.

The Web site also said the invasion of Italy began in September 1943 with an amphibious assault at Salerno. The 509th was initially in reserve with the 82nd Airborne Division in Sicily until the beachhead was in danger. On Sept. 14, 1943 the 82nd Airborne Division dropped inside American lines to reinforce the beachhead, the 509th was assigned the mission of cutting enemy supply lines behind the German defensive positions. The 509th operated independently for more than two

weeks behind German lines, the unit reassembled in Salerno Sept. 28, 1943.

Dec. 10, 1943 the battalion was reorganized and redesignated once more to Company A, 509th Parachute Infantry Battalion, and recognized as an independent unit. From October through December 1943, the battalion operated with Darby's Rangers, and fought as Mountain Infantry in the high ground above Venafro, Italy.

"I was with the 509th in Southern France and during the Battle of the Bulge," said Robert Erikson, a World War II veteran, from Minnetonka, Minn. Erikson said he joined the paratroops so he could get into the war. "I got into it alright, I received two Purple Hearts.

Today there are two units of the 509th Airborne Infantry, one unit at Fort Polk, La., and the other at Fort Richardson, Ala.

For a detailed history of the 509th Airborne, visit www.jrtc-polk.army.mil/OPFOR/history01.htm.

The historical information for this article was obtained from the 1st 509th history page on the Fort Polk, La., Web site.



Photos by Ed Dixon

Soldiers from 509th Airborne Infantry from Fort Polk, La., pose for a photo at Camp Bullis after jumping from a C130 airplane Aug. 21.



A group of veterans from the 509th Parachute Infantry, including six World War II veterans were in San Antonio for their yearly reunion and to watch the 509th Airborne Infantry from Fort Polk, La., jump from a C130 airplane.



FSHISD receives \$1.6 million grant

The Fort Sam Houston Independent School District was awarded a \$1.6 million grant by the Department of Defense Education Activity through the Promoting Student Achievement at Schools Impacted by Military Force Structure Changes competitive grant program.

The grant's three-year focus is on enhancing student learning opportunities, student achievement, and educator professional development at military-connected schools with projected military student growth due to force structure changes. School districts

servicing 22 military installations were invited to submit a grant proposal with 41 grants awarded. Five districts in the San Antonio area, Fort Sam Houston, Lackland, Randolph Field, Judson, and Northside were awarded grants.

"The school district is thrilled to be named a DoDEA grant recipient, and has designed a multi-faceted project to enhance our students' academic achievement, especially in the areas of math, science, and the use of technology," said Dr. Gail Siller, superintendent, FSHISD.

The grant includes:

- Implementation of district-wide systemic transformation initiatives;
- Professional development for teachers, hiring of two instructional coaches to support student achievement, and
- Implementation of a one-on-one laptop program for use with high school students.

"This grant funding will also enable us to provide quality instructional support for our staff as they design meaningful, challenging, and engaging work for our students," Siller added. "Research tells us that engaged students

will learn more, retain more, and enjoy learning activities more than students who are not engaged."

The grant period runs from Sept. 1, 2009 to September 2012, requires use of nationally recognized, research-based practices and a strong evaluation plan.

"This is the first year DoDEA has been able to execute our grant program and it's very gratifying to be able to offer assistance to the schools that are educating our military's children," said Dr. Shirley Miles, director of DoDEA.

~ FSHISD

Easy Transition



Courtesy Photo

Fort Sam Houston Elementary pre-kindergarten student Mackenzie Fierro, 4, feels right at home with teacher Lindsay Kramme Aug. 24 at Meet Your Teacher, an event designed to ease the transition of students for the first day of school.

FORT SAM HOUSTON
INDEPENDENT SCHOOL DISTRICT
WEEKLY CAMPUS ACTIVITIES
AUG. 31-SEPT. 5

Fort Sam Houston Elementary School

Sept. 3

Parent Orientation Day (Parents meet with classroom teachers during designated planning times.)

Robert G. Cole Middle and High School

Sept. 1

J/V Volleyball at Lackland, 5 and 6 p.m.

Sept. 2

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

Sept. 3

JV Football vs. St Anthony at Cole, 5 p.m.

Sept. 5

Varsity Football vs. St Anthony at IWC, 7:30 p.m.

Cross Country meet at Southwest ISD Stadium, TBA

Varsity Volleyball Tournament at Cole, TBA

New campus leaders ready to welcome students, staff

Two new leaders join the Fort Sam Houston Independent School District Family as the 2009-2010 school year begins. Robert G. Cole Middle and High School welcome new assistant principal, Scott Stuller. Fort Sam Houston Elementary School welcomes Rebecca Herrera as their new assistant principal.

Stuller began his career as a middle school English teacher and then special education teacher. He has coached basketball and golf, and served as a yearbook sponsor. After eight years in the classroom Stuller worked as a middle school assistant principal for five years in North East ISD. For the last two

years Stuller has worked as an educational specialist with Education Service Center, Region 20.

"I am very happy to have the opportunity to join the FSHISD family and am eager to serve the children of military Families," said Stuller.

Stuller replaces Elizardo Hernandez, who accepted an administrative position in the Houston ISD.

Stuller received his Bachelor's degree in Psychology from the University of Texas in Austin, a Bachelor's degree in English and a Master's degree in Educational Administration from the University of Texas in San Antonio.

Stuller has lived in San



Herrera

Antonio for thirty years and has some experience with military life as his father served in the Air Force. In his spare time, Stuller enjoys spending time with family and friends. He has been married 11 years and has three sons who keep him busy with soccer, swimming, and church activities.

Rebecca Herrera joins the elementary administrative team as the assis-



Stuller

tant principal for students in grades third through fifth. She replaces April Blanco who moved back to the Houston area over the summer.

Herrera began her education career in 2002 as a third grade teacher in El Paso ISD. In 2003, she moved to San Antonio where she taught third and fourth grade in Judson ISD and Northside ISD.

"I look forward to an exciting year working with the students, parents, and staff. It is so evident that the Fort Sam Houston military community values education," said Herrera.

Herrera received her Master's degree in Curriculum and Instruction, Educational Administration certificate and Bilingual certificate from the University of Texas at San Antonio.

Herrera has been married 17 years and has three children who keep her busy with cheerleading, soccer, band and student council activities. In her spare time, Herrera enjoys camping and spending time with her family and friends.



Announcements

Bowling Center closure

The Fort Sam Houston Bowling Center is currently closed for equipment upgrades. The Bowling Center will reopen Aug. 28 at 5 p.m. Call 221-4740.

CYS Services Central Registration

Beginning Sept. 4, Child, Youth

and School Services Central Registration office will be closed the first and third Friday of each month at 1 p.m. for administrative duties. Call 221-4871.

Driver's Education

Class dates are Sept. 14-Oct. 8 from 5-7 pm at Robert G. Cole High School portable No. 2. Registration is ongoing through Sept. 21. Classes are open to all DoD I.D. card holders. A course fee will apply of \$344 for the complete course or \$275 for students with a permit who need the driving class only. Call 221-4871.

Baseball, softball hitting lessons

Child, Youth and School Services in conjunction with SKIES Unlimited will hold softball and baseball hitting lessons for children ages 5-18, March to November, Wednesdays, 6-

6:45 p.m. at the School Age Service Gym, Building 1705. To register, call 221-4871.

Guitar lessons

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

Performing Arts Program

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

register, call 221-4871.

Tennis lessons

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

H.U.G.S. playgroup

H.U.G.S. playgroup for parents and children birth to 5-years-old meets each Tues., 9-11 a.m. at Dodd

Field Chapel, Building 1721 for interactive fun play. Registration is not required. Call 221-0349 or 221-2418.

Baby Talk

New Parent Support Program will offer "Baby Talk" Tuesdays, 2- 3:30 p.m. at Dodd Field Chapel. This class is an informative discussion group for parents with children birth to 12 months. Light snacks and drinks are provided. Call 221-0349 or 221-0655.

The Owl and the Pussycat

The Harlequin Dinner Theatre presents "The Owl and the Pussycat," a comedy by Bill Manhoff, beginning Sept. 10, Thursday through Saturday evenings. Doors open at 6:15 p.m., show beginning at 8 p.m. To make reservations, call 222-9694. The box office is open

Tues.-Fri. 12-5 p.m. and Sat. 1-5 p.m.

New hours for the Library

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

Issues needed for AFAP 2009 Conference

People are invited to submit issues for inclusion in the 2009 Fort Sam Houston Army Family Action Plan conference to be held Oct. 21-23. Issues can involve housing, childcare, recreational activities, post security or any other areas of concern important to quality of life. No issue is considered insignificant

See MWR P16

MWR from P14

or unimportant. Issue forms are located throughout the post, at Army Community Service, Building 2797, e-mail samh.afap@conus.army.mil, or call 221-0275.

Calendar of Events**AUG. 27****Time Management**

Time Management class, 9-11 a.m. at the Army community Service, Building 2797. This training will provide valuable information on time management, goal setting and organizing. Seating is limited, registration is required. Call 221-05165 or 221-0427.

Mandatory Initial First Termer Financial Readiness

Mandatory Initial First Termer Financial Readiness class, 10 a.m. at the Army Community Service, Building 2797. Class space is limited. To register, call 221-1612.

Stress Management

Stress Management class, 11 a.m.-12:30 p.m. at Army Community

Service, Building 2797. To register, call 221-0349.

Home buying class

Home Buying class, 1-3 p.m. at Army Community Service, Building 2797. Learn how interest rates are determined, getting the best rate possible and Texas veteran rates. Call 221-1612.

AUG. 28**Microsoft Visio**

Microsoft Office 2007 Visio, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. Basic computer skills and pre-registration required. Call 221-2518 or 221-2705.

Battle-mind pre-training for Families

Battle-mind pre-training for Families 2:30-4:39 p.m. at Army Community Service, Building 2797. This training is part of the Battle-mind Training System and will focus on helping Soldiers and Families prepare for deployment. To register, call 221-2705 or e-mail smah.acs.mob.deploy@conus.army.mil.

AUG. 29**5K Doggie Dash**

PurinaCare Insurance Services, Inc. has partnered with MWR to present a 5K Doggie Dash and pet costume contest beginning at 9 am at the Jimmy Brought Fitness Center. Prizes will be given for the best costume. Participants must show proof of current vaccinations. Call 221-1234.

Back to School Celebration

The Sam Houston Club will host a "Back to School Celebration," 10 a.m.-4 p.m. at the Sam Houston Club. Children's activities plus free food and beverages will be available. This event is free and open to Fort Sam Houston Community. Drawings and door prizes will be given away. Call 224-2721 or 226-1663.

AUG. 31**Word Level 3**

Microsoft Office 2007 Word Level 3, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. Basic computer skills, Word Level 1 and 2 and pre-registration required. Call 221-2518 or 221-2705.

SEPT. 1**Basics of Breastfeeding**

Basics of Breastfeeding class, 12:30- 2 p.m. at Army Community Service, Building 2797. This class provides current information and tips to make the early days of breastfeeding a positive experience. To register, call 221-0349 or 221-0326.

Virtual Family Readiness Group training

Virtual Family Readiness Group training, 9-11 a.m. at Army Community Service, Building 2797. This training provides information on the Virtual FRG and the ability to meet the needs of geographically dispersed units and Families. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

SEPT. 2**Excel Level 3**

Microsoft Office 2007 Excel Level 3, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. Completion of Excel Level 1 and 2 and registration required. Call 221-2518 or 221-2705.

Active Parenting for Step-Families

Active Parenting for Step-Families, 11 a.m.-1 p.m. at the Red Cross, Building 2650. This six-part series will discuss changing Family

dynamics, evolving roles and the joys that can come from being part of a step-Family. Call 221-0349.

Mandatory Initial First-Termer Financial Readiness

Army Community Service Financial Readiness will offer a Mandatory Initial First-Termer Financial Readiness class, 12 p.m. at the Learning Center. To register, call 221-1612.

SEPT. 3**Walking Tour of San Antonio**

The Relocation Program will conduct a walking tour of downtown San Antonio Sept. 3. Visit the Riverwalk, La Villita, the Alamo, market square and Hemisfair Plaza. Meet at Army Community Service, Building 2797 at 8:45 a.m. To register, call 221-2418 or 221-2705. A military ID card is required.

SEPT. 7**Labor Day Scramble**

The Fort Sam Houston Golf Club will host a 2 person scramble on Sept. 7 with an 8 a.m. Shotgun start. Cost is \$25 for FSH Golf members and \$40 for all non-members. This event is open to all DoD ID card holders and government contractors. To register, call 222-9386.

SEPT. 15**MWR Cash and Carry Sale****ACS Outdoor Movie Night****Aug. 28 - "Bolt"**

8:20 p.m. at the post flagpole

Aug. 29 - "Pirates of the Caribbean: Curse of the Black Pearl"

8:20 p.m. at the field between Youth Services and Dodd Field Chapel

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

MWR will hold a Cash and Carry Sale on Sept. 15-16 from 9 a.m. to 3 p.m. in 4192, Bay A. Items may be purchased on a first-come first-serve basis, all sales are final. All property is sold as is and must be removed from the warehouse at the time of sale. There is now prior viewing of sale property. Accepted payment, cash and personal checks with a picture I.D. Call 221-4449.

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – Aug. 28

Lunch – 11 a.m. to 1 p.m.

Beef pot pie with biscuits, fried catfish, shrimp scampi, barbecued spareribs, macaroni and cheese, rice, parsley potatoes, pinto beans, fried cabbage, baked parmesan tomato halves, yellow squash

Dinner – 5 to 7 p.m.

Barbecued roast pork loin, country fried steaks, chicken cordon bleu, roast pork, red beans and rice, scalloped sweet potatoes, parsley new potatoes, turnip greens, seasoned black-eyed peas, carrots

Saturday – Aug. 29

Lunch – noon to 1:30 p.m.

Beef lasagna, vegetable lasagna, meatballs with marinara sauce, breaded pork fritters, mashed potatoes, spaghetti noodles, rice with parmesan cheese, wax beans, tomato and okra, peas and carrots

Dinner – 5 to 6:30 p.m.

Savory baked chicken, pepper steak, grilled salmon patties, parsley buttered potatoes, macaroni and cheese, brown rice, steamed cauliflower and carrots, seasoned pinto beans, corn on the cob

Sunday – Aug. 30

Lunch – noon to 1:30 p.m.

Yankee pot roast, chicken stir-fry, breaded pork fritters, hot spiced applesauce, hopping john rice, rice, new potatoes, French-style green beans, beets in orange-lemon sauce, yellow squash

Dinner – 5 to 6:30 p.m.

Country fried steaks, sweet and sour chicken, Salisbury steaks, onion-lemon baked fish, broccoli quiche, steamed rice, mashed potatoes, seasoned black-eyed peas, steamed asparagus, fried cabbage

Monday – Aug. 31

Lunch – 11 a.m. to 1 p.m.

Meat loaf, chicken and Italian vegetable pasta, barbecued chicken, Barlow's blackened catfish, baked ham with pineapple sauce, garlic lemon roasted potato wedges, fresh baked sweet potato halves, macaroni and cheese, steamed carrots, French fried okra, seasoned pinto beans

Dinner – 5 to 7 p.m.

Beef lasagna, vegetable lasagna, stuffed cabbage rolls, veal parmesan, chicken cordon bleu, O'Brien potatoes, parsley tri-colored noodles, spaghetti noodles, peas and carrots, stewed tomatoes, broccoli

Tuesday – Sept. 1

Lunch – 11 a.m. to 1 p.m.

Chicken fajitas, beef enchiladas, cheese enchiladas, Swedish meatballs with brown gravy, breaded pork chops, wild rice, rissole potatoes, corn on the cob, seasoned pinto beans, zucchini squash

Dinner – 5 to 7 p.m.

Beef fajita, teriyaki baked chicken, broccoli quiche, Creole macaroni, Italian rice and beef, mashed potatoes, Spanish rice, baked potatoes, spinach, wax beans, okra

Wednesday – Sept. 2

Lunch – 11 a.m. to 1 p.m.

Stuffed cabbage rolls, chicken pot pie with biscuits, baked ham with pineapple sauce, grilled knockwurst, grilled liver and onions, sweet potato halves, new potatoes, macaroni and cheese, seasoned German sauerkraut, cauliflower and cheese, broccoli

Dinner – 5 to 7 p.m.

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

Thursday – Sept. 3

Lunch – 11 a.m. to 1 p.m.

Cantonese spareribs, beef and broccoli, Caribbean chicken breast, roast pork loin, cheese ravioli, rice, fried rice, oven-glo potatoes, asparagus, vegetable stir fry

Dinner – 5 to 7 p.m.

Breaded pork chops, teriyaki baked chicken, chicken and Italian vegetable pasta, cheese ravioli, cornbread dressing, baked potatoes, lyonnaise rice, tomato and okra gumbo, cauliflower combo, green peas

Menus are subject to change without notice

PWOC fall kick-off

The Protestant Women of the Chapel will hold a fall kick-off Sept. 2, 9:30-11:30 a.m. at Dodd Field Chapel. PWOC is a weekly bible study group. Childcare will be provided for children ages 5 and younger. A homeschooling room will also be available. For more information, call 595-7504 or e-mail kristakal@satx.rr.com.



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Collective Protestant

11 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays

12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays

9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided

6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoa Protestant Service:

8:30 a.m. - Sundays

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

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

Protestant Services:

10 a.m. - Worship Service - Sundays

Episcopal/Lutheran Rite services:

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

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

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

6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362 32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays

Contemporary Protestant Service:

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

Muslim Juma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

Church of Jesus Christ of Latter Day

Saints:

8:30 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain

Community

Announcements

Fort Sam Houston Night at the Missions

San Antonio Missions Baseball will host a Fort Sam Houston Night every Sat. home game during the season. Tickets are \$6 and include a reserved seat in the FSH section.

Tickets may be purchased through the Morale Welfare and Recreation Ticket Office located in the Sam

Houston Club, Building 1395, Chaffee Road. Call 226-1663.

NCO Wives Club

The NCO Wives Club meets the first Tues. of each month at 10:30 a.m. at the Sam Houston Club. Active duty and retired spouses are welcome to join. Call 386-8265 or 314-6377.

Texas Military Family Access Project

REMINDER CALENDAR

- Aug. 29** 5K Fun Run/Walk, Jimmy Brought Fitness Center, 9 a.m.
- Aug. 29** Triathlon Championship, Fort Sam Houston Aquatic Center, 6:30 a.m.
- Sept. 4** Warriors Monthly Scramble Golf Tournament, 1:30 p.m., Fort Sam Houston Golf Club, \$25 entry fee
- Sept. 5** Army Dillo 20 mile run, 7 a.m., Jimmy Brought Fitness Center
- Sept. 7** Labor Day

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

Sergeant Audie Murphy Club

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

Cloverleaf Communicators Club

Meets the first and third Thurs., 11:45 a.m.-1 p.m. at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members interested in developing and enhancing leadership and communications skills. Call 221-8785, 221-6517 or 916-3406.

"Family Matters" blog

American Forces Press Service has launched a military blog called "Family Matters" dedicated to helping military Families deal with challenges unique to a military lifestyle. Upcoming topics include back-to-school tips, education benefits, dealing with deployments and child-care. Visit www.afps.dodlive.mil.

Tutoring available

The Fort Sam Houston Education Center offers tutoring in the subjects of Freshman English Composition and College Algebra to service members and their spouses, every Mon.-Wed.-Fri., 11:30 a.m.-1 p.m., on an appointment and first-come first-served basis. Call 221-1738.

SAT and ACT Test Prep Software

Members of military Families or veterans interested in receiving free SAT/ACT PowerPrep™ software, visit: www.eknowledge.com/military.

School supply drive

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

Foster homes needed for military working dogs

Department of Defense Military Working Dog Breeding Program seeks foster homes for military working dogs. Call 671-3686 or visit www.lackland.af.mil/units/341stmw/d/index.asp.

TRIAD deployed Family support group

Family Service Association will hold a deployed Family support

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

Centering Pregnancy Program

Wilford Hall Medical Center Obstetrics Clinic at Lackland Air Force Base offers the Centering Pregnancy Program to women in their first trimester. The program alters routine prenatal care by bringing women out of exam rooms and into groups for their care. This program gives pregnant women a community of friends; relaxed time with their provider; an opportunity to talk about pregnancy, birth, and parenting; a chance to set personal goals; lots of time for discussion and fun with no waiting. Call 292-6311.

Periodontics department seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks patients with specific needs for treatment in the Periodontics Residency Program. Applicants must be a retired military or Family member and must have been recently determined by a dentist to require periodontal specialty treatment. Individuals enrolled in the Dependents' Dental Plan are not eligible for treatment, unless they have exceeded their annual coverage.

Eligible patients must obtain a written consult from their referring dentist. This consult may be faxed to "Attention Periodontics" at 292-5193 or brought MacKown Dental Clinic on Lackland AFB. Patients will be selected for treatment based on the needs of the periodontal training program. The Department of Periodontics provides treatment of the gums and bone support of teeth; we are unable to schedule appointments for fillings, braces, crowns, or bridgework. Call 292-4773 after 12 p.m. on weekdays.

Calendar of Events

AUG. 27

MOAA luncheon

The Military Officers Association of America will host a luncheon Aug. 27, with 11 a.m. social, and 11:45 a.m. lunch at the Fort Sam Houston Golf Course. Guest speaker Gen. Eugene Habiger's topic is "Another terrorist attack against the U.S. — not a matter of if, but when." Cost is \$11. Call 228-9955 or e-mail moaa-ac@sbcglobal.net.

RecruitMilitary Career Fair

A free hiring event for veterans, personnel transitioning from active duty, reserves, Guard, and military spouses presented by RecruitMilitary, the President's National Hire Veterans Committee, the American Legion, and the Military Spouse Corporate Career Network. The fair will be at Minute Maid Park, 501 Crawford St.,

For Sale Fort Freebies

For Sale: Bowflex Treadclimer, TC500, dual-motion system combines the walking action of a treadmill and the climbing action of a stair climber with the smooth flow of an elliptical trainer, .7-4.0 mph, eight electronic functions, 12 intensity settings, quick start feature, excellent condition, \$1,800 obo. Call Linda 354-2078 between 5:30-9 p.m.

For Sale: Garmin GPS card for Germany, Austria, Switzerland and Czechoslovakia, new, \$30; USB turntable which converts LPs to CDs, \$50. Call 491-0534.

For Sale: 20.6 cubic feet GE non-frost refrigerator, \$190. Call 216-4027 or 878-5582.

For sale: Full-size headboard and footboard, matching wood set with spindles and support rails, \$65. Call 495-2296.

For Sale: Pacemaster ProElite treadmill with two chest-strap heart monitors and emergency stop strap, excellent condition, \$1,500 obo. Call Dimice 488-4538.

For Sale: Washer and dryer, \$100 each;

freezer, \$100; computer desk and chair, \$45; two-drawer metal filing cabinet, \$15; light colored wood wall unit, 80 inches by 36 inches by 23 inches, \$85. Call 241-1291.

For Sale: Office desk, \$60; double chair, \$30; solid oak antique table, \$75; two large antique iron wheels, \$50; pipe roofing, \$1 each section. Call 550-7371.

For Sale: Sturdy wood coffee table, \$95; riding lawnmower, \$495; bikes, \$35; Cardioglider, new, \$175; giant custom-made pet house, \$175 obo. Call 633-2247.

For Sale: 1962 Nova, four-door, new parts, runs, \$1,200 obo; 1996 Ford F150 pickup, can use gasoline or propane, new tires and grill, \$3,500; power washer, 2,350 psi, 6.5 hp, new, \$175; 80-gallon air compressor, new, \$875; antique Honda project motorcycle, \$300 obo. Call 440-5062.

For Sale: Tahoe cargo security shade, like new, \$65 obo; '90 Volvo dash mat,

289-5672 or email walkabout@hotmail.com.

SEPT. 2-30

Texas Seabees: Deep in the Heart of Iraq

A Fotoseptiembre exhibition of images by L.A. Shively at the Louis J. Blume Library Gallery, St. Mary's University, One Camino Santa Maria, San Antonio. The exhibit is a culmination of five years of work chronicling training, then deploying with Naval Mobile Construction Battalion-22, also known as the Lonestar Battalion. Seabees are the U.S.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment ads will not be published.

To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless the submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

\$25; 4 foot wide truck bed extender, \$225; Stetson brown felt hat, size 7, \$75; stroller, \$12. Call 221-2690.

For Sale: Baby backpack on frame, \$30; dog dolls, porcelain with clothes, \$95; Whirlpool side-by-side refrigerator, beige, water and ice dispensers, \$295; Maytag stove, beige, self-cleaning oven, \$195; Maytag dishwasher, \$195. Call 633-3859.

Free: Sears X-Cargo car top carrier, good condition. Call 931-206-2969.

Navy's combat engineers, working at the front lines of conflicts around the globe, as well as providing humanitarian assistance abroad and in the United States. The images reveal the heart of the good news of American presence in the Middle East. Opening reception, Sept. 2, 4-5:30 p.m. Gallery hours are Monday-Thursday 7:45 a.m.-Midnight, Friday 7:45 a.m.-5 p.m., Saturday 9 a.m.-5 p.m., Sunday 1 p.m.-Midnight. Call 431-4232, 744-5665, email bstjohn@stmarytx.edu or lashively@aol.com. Event is free and open to the public.

COMMUNITY from P18

Houston, 11 a.m.-3p.m. To register as a job-seeker, visit www.recruit-military.com.

AUG. 29

Florence, Texas Walk

The Trotting Texas Turtles volk-march club is hosting a 5K and 10K walk starting at the The Vineyard at Florence, 8711 FM 487, Florence, Aug. 29. Start the walk between 7:30 a.m. to 11:30 a.m., finish by 2:30 p.m. Call (254) 547-1403 (day before or day of the event (254)