

APPD helps maintain balance in force structure

By Lori Newman
 FSH Public Affairs

One of the key components of the "Center" in the Army Medical Department Center & School is the Army Personnel Proponent Directorate.

"APPD looks at what's going on in the generating force and the operating force," explained Col. Kaylene Curtis, director, APPD.

"We don't create the force structure but we keep abreast of structure changes going on in the world around us and personnel policy changes that will affect the life cycle of someone's development from the time they enter military or civilian service as an Army Medical Department employee until the time they depart



service. We develop recommendations for force structure spaces that will turn into faces."

APPD has four divisions: Officer, Enlisted, Civilian, and Force Structure.

"We work very closely with all the Army commands and within the school-house; we work with the Medical Capabilities Integration Center and the Dean [of the Academy of Health Sciences]," Curtis said.

"We do analysis and make recommendations for the commander of the AMED-DC&S, The Surgeon General, and the

See APPD P10

HAMILTON ASSUMES COMMAND OF DENCOM



Photo by Mike O'Rear

Lt. Gen. Eric B. Schoomaker, Army Surgeon General and commander of the U.S. Army Medical Command passes the U.S. Army Dental Command colors to Col. Priscilla Hamilton who assumed command of the unit during a ceremony held at Wood Auditorium on Aug. 31. Schoomaker said that command is a responsibility and burden from the moment an officer accepts the unit guidon until it is given up regardless if the command tenure is a minute or a decade. He congratulated the outgoing commander Col. Daniel Reese for continuing the mission supporting Army Soldiers and Families and the DENCOM workforce. Schoomaker noted that Army dentistry plays a key role in medical readiness and reset of deployed Soldiers. DENCOM is responsible for five regional dental commands, one dental laboratory, 30 dental activities, 17 dental clinic commands and 147 dental clinics worldwide.

Dreams, sleep important facets of resiliency issues for health care providers

By L.A. Shively
 FSH Public Affairs

On a table in a brightly colored kitchen bathed with sunlight sits a big bug. "I heard it say hamburger, hamburger," a young man says.

A child describes seeing a highway with lots of cars rushing back and forth. But there are no people inside those cars.

"I was riding the subway and I noticed that I could suddenly see into things. There

was a young woman and in her purse she had handcuffs," says another young lady, who continues to describe a second scenario.

"I was in a field and I could see what looked like hundreds of silver and purple flowers. As

I approached I realized that were actually parasols and then they would make a sound like a gong."

"I'm holding a big glass of milk and there's a head of lettuce in it," says a third person.

A talking bug, x-ray vision

and nonsensical scenes are several of the dreams researchers pursue in "What are dreams? Inside the Sleeping Brain," recently shown at Brooke Army Medical

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Make Labor Day safety a personal priority

By **Brig. Gen. Leonard Patrick**
 502nd ABW Commander

Labor Day is dedicated to the achievements of American workers and the contributions they make to the strength, prosperity, and well-being of our country. Labor Day weekend also marks the end of the 101 Critical Days of Summer, a period historically associated with increased mishaps.

I encourage each of you to take a well-deserved break and recharge over this Labor Day weekend. Bear in mind we must always exercise safety and continuously manage risk.

Prior to this holiday, commanders and supervisors have a great opportunity to reinforce the importance of safety. Remind your people about the significance of including family members in decisions regarding activities.

They should ask the “who,” “what,” “when,” “where,” and “how” questions as they relate to weekend plans to ensure a comprehensive look has been given to safety factors. Below are a few important tips for consideration:

Kids are number one priority: Ensure an adult is always watching the young ones – unsupervised children can get into dangerous situations quickly.

Keep it cold: Nothing will ruin your party more than sick family and friends. Keep your perishable foods on ice. Use disposable cake pans filled with ice and nestle your bowls and dishes in the ice for a quick and



Brig. Gen. Leonard Patrick

simple outdoor refrigerator. You can never have too much ice on hand!

The heat is on: Labor

Day is considered the end of summer, but the hot weather of summer in most places still has not dissipated. Stock lots of drinks and stay away from alcohol and caffeine which can dehydrate.

Don't get burned: Labor Day is a big barbecue holiday. Keep your eye on the hot fire. If you are disposing of ash or coals at your party location, use an appropriate disposal drum or make sure the coals or ash are thoroughly soaked with water before disposal.

Plan for the extra traffic: Consider leaving the day before Labor Day and staying a day after to avoid the extra traffic. If that isn't possible, get an early start on your day!

Exercising risk mitigation lets someone know

you care! As wingmen and battle buddies, let's work together to protect our most valuable resources: our military members, civilians, and our Families.

Enjoy the time off and most of all – BE SAFE!

Thought of the Week

The greatest thing about getting older is that you don't lose all the other ages you've been. — Madeleine L'Engle
 (Source: Bits & Pieces, 2009)

Weekly Weather Watch

	Sept. 2	Sept. 3	Sept. 4	Sept. 5	Sept. 6	Sept. 7
San Antonio	95° Partly Cloudy	92° Chance of T-storm	94° Partly Cloudy	94° Partly Cloudy	94° Chance of T-storm	94° Chance of T-storm
Kabul Afghanistan	91° Clear	91° Clear	87° Clear	86° Clear	84° Clear	86° Scattered Clouds
Baghdad Iraq	114° Clear	116° Clear	114° Clear	113° Clear	113° Clear	111° Clear

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

News Briefs

FSH Museum

The Fort Sam Houston Museum will be closed Sept. 4 in observance of the Labor Day Holiday. Museum resumes regular hours of operation Sept. 8.

Housing Services Office

The Housing Services Office located in Building 367, will close Sept. 8 from 11 a.m.-1:30 p.m. We regret any inconvenience this may cause.

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.

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. Cost is \$10. The CFC captain for Fort Sam Houston is Keith Toney at 221-2214.

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.

Haitian community celebrates ARSOUTH's New Horizons Mission

Spc. Jessica M. Lopez
Task Force Kout Men Public Affairs

Members of the Mandrin community in Haiti gathered Aug. 22 at the site of the newly constructed Madrin School building to celebrate the helping hand U.S. Army South's New Horizons mission provided them.

"We are thanking you a lot for this nice school that you made for us," read a sign held by a local Haitian boy during the celebration.

The school was built as part of U.S. Army South's New Horizons - Haiti mission. The engineering portion of the exercise has a goal of completing construction on three new schools and renovations on two other schools.

New Horizons is a U.S.

Southern Command-sponsored, U.S. Army South-executed exercise consisting of Army National Guard, Army reserve, and active Army components, as well as U.S. Navy and U.S. Air Force personnel.

The Madrin School was completed and turned over to the community Aug. 20. The new school provides three classrooms, offices, and restrooms. This is a big improvement to previous years where students only had two tents that were used as classrooms.

"The community said we have been great neighbors," said Lt. Col. John-Michael Wells, Task Force Kout Men civil affairs officer. "They feel we have respected and mutually supported each other. We provided the community with a new school, medical treatment

and jobs. They in turn provided us with labor, interpreters, advice and land they have leased to us."

The community is aware that the New Horizons mission is coming to a close for this year, so they gathered to show their appreciation to the task force through their singing and dancing.

The children danced and sang while adults played horns and drums. They held up signs that said "Long Live America!" and "Welcome U.S. Army."



Photo by Spc. Jessica M. Lopez

The local Haitian community gathered at the Madrin School site to celebrate the new school Task Force Kout Men troops built as a part of New Horizons - Haiti 2010 Aug. 22. U.S. Army South's New Horizons engineering mission has a goal of completing construction on three new schools and renovations on two other schools.

"The people are so happy we are here they don't want to see us leave," said Capt. Wesly Leandre, Task Force Kout Men assistance civil affairs officer.

"The people don't have much, but they wanted to give their thanks the best way they can, through dance and music."

ARSOUTH participates in geospatial intelligence seminar

By Alex Delgado
U.S. Army South Public Affairs Office

A team from U.S. Army South traveled to Brazil to participate in a geospatial intelligence seminar hosted by the Brazilian army Aug. 16 - 20.

The five-day seminar covered various subjects to include geospatial intelligence, imagery, technical and operational workflow, and software compatibility.

"Our briefings were very technical in nature," said Spc. Michael Pellegrin, with the 512th Engineer Detachment. "The Brazilian officers we briefed were very technically savvy and were very interested in the information we provided them."

The briefings provided by the Army South team helped clarify certain operational and technical subjects related to



Courtesy photo

Sgt. Maj. Cecilio Rodriguez, 512th Engineer Detachment sergeant major, addresses Brazilian military officers during a geospatial seminar hosted by the Brazilian army. Rodriguez was part of a team that traveled to Brazil to provide briefings on geospatial intelligence. Briefings provided by the Army South team helped clarify some operational and technical subjects related to dissemination and distribution of data.

dissemination and distribution of data.

Lessons learned from past operations in Iraq, Afghanistan,

Honduras, and most recently Haiti helped the team make their briefing more relevant.

This is the first time that the

two militaries have come together to discuss this type of information.

The high level of success reached during this seminar could suggest there will be future meetings of this type, which will encourage the continued sharing of ideas making it possible for U.S. Army South and the Brazilian military to continue working together toward regional peace and stability.

"The hope is to reach a level of compatibility that will help our militaries achieve a high level of communication and cooperation," said Sgt. Maj. Cecilio Rodriguez, 512th Engineer Detachment sergeant major.

"The fact that this seminar involved some high-level Brazilian military officers shows their committed to our mission."

ARNORTH CSTA team trains, assists Minnesota's 55th CST

By Sgt. 1st Class Manuel Torres
ARNORTH Public Affairs

Two days after a groundbreaking ceremony in Buffalo, Minn., seven local residents who attended the ceremony started developing strange symptoms of fever, in addition to severe headaches, vomiting and fluid-filled blisters.

The 55th Civil Support Team, a Minnesota National Guard unit based out of Fort Snelling, Minn., deployed to an abandoned school in downtown Buffalo Aug. 24 as part of this notional anthrax contamination scenario to help local authorities investigate.

Members of U. S. Army North's Civil Support Training Activity – Charlie Division, based out of Fort Sam Houston, Texas, deployed to the area to provide support during the pre-evaluation training event.

“Our responsibility is providing the overhead evaluation of their processes,” said Jeffery Carter, observer controller, CSTA, Army North. “We help ensure

that they look at every step in the setup, administration, logistics and decontamination process.”

The 55th CST's priority is to ensure the safety of the local community, to pinpoint areas of contamination in the building and to make recommendations to the incident commander on disposal of contaminated material.

“We have to maintain our overall safety and look for the mysterious substance that caused all the symptoms,” said Sgt. Brent Emery, 1st Reconnaissance Team member, 55th CST.

“The big picture is to find anything out of the ordinary, to locate any chemical, biological, radiological or nuclear agents and especially to work hand-in-hand with the local authorities and maintain constant communications and to share critical information in these types of situations.”

The first two-man team to enter the building wore chemical protection suits with breathing apparatuses, which sustained them in the contaminated envi-



Photo by Sgt. 1st Class Manuel Torres

Jeff Carter, an observer controller/trainer from Civil Support Training Activity, U.S. Army North, based out of Fort Sam Houston, Texas, briefs members of the 55th Civil Support Team, Minnesota National Guard, based out of Fort Snelling, Minn., during their annual pre-evaluation training exercise.

ronment for up to one hour. During that hour, the team worked together to investigate the building for any substance and cleared almost two floors, which consisted of more than 15 rooms.

“This team has done extraordinarily

well,” said Javier Rodriguez-Ramos, observer controller, CSTA, U.S. Army North. “They have to be aware of their surroundings and look for any type of

See CSTA P7

ARNORTH CST helps decontaminate Best Buy during anthrax exercise

By Sgt. 1st Class Manuel Torres
ARNORTH Public Affairs

Members of U.S. Army North's Civil Support Training Activity deployed to Minneapolis Aug. 25 for a pre-evaluation training exercise in support of the 55th Civil Support Team which was called upon by the local Richfield County police and fire department to help decontaminate a crime scene.

The 55th Civil Support Team is a Minnesota Army National Guard unit based out of Fort Snelling, Minn.

The exercise was based on a scenario in which a couple of local residents entered the Best Buy corporate headquarters building in Richfield, Minn. and wounded numerous employees.

To further complicate matters, the attackers used anthrax, a serious disease caused by a spore-forming bacterium, to contaminate employees associated with the company.

“This scenario helps prepare both local and military responders to handle

any type of situation,” said Javier Rodriguez-Ramos, observer controller, CSTA, Army North.

“They have to know how to enter into a building with the information they get from the survivors, and local police must ensure the safety of the populous and know when to call on the 55th CST for support.”

The main emphasis during the exercise was the coordination and communication between local law enforcement and the CST team.

Army North CSTA's mission was to ensure that proper coordination and procedures were being followed and that any potential conflicts that arose during the exercise were addressed.

Overseeing the communication from start to finish helped to ensure that



Photo by Sgt. 1st Class Manuel Torres

Jesus Ramirez, (right) controller, Civil Support Training Activity, U.S. Army North, watches members of the Richfield special weapons and tactical unit clear notional hostiles, who unleashed a biological weapon during a simulated attack at the Best Buy corporate headquarters building in Minneapolis, Minn.

can do,” said Lt. Jay Henthorne, Richfield Police Department.

“We have a very good relationship with the 55th CST. We use training like this to ensure that we know all the people involved and develop our relationship now instead of when an event actually occurs.”

The Richfield special weapons and tactics team participated in the exercise, as well as a security team working in the Best Buy corporate headquarters and some Best Buy employees. The corporation authorized the training at their

both agencies were fully aware of their duties, responsibilities and capabilities.

“Our very first priority in this situation is getting the information out to our local responders, and we have to know what situation we are in, what we

See ANTHRAX P7

Fort Sam Houston celebrates Women's Equality Day

By L.A. Shively
FSH Public Affairs

Marking the 90th anniversary of the political reform movement that gave women the rights to vote and run for office, Fort Sam Houston organizations held three celebrations.

The Women's Equality Day celebration at the Harlequin Dinner Theatre Aug. 26 also celebrated the success of women's leadership in today's world.

Guest speaker Dr. Velma Villegas traced her struggles and ultimate success with achieving her dream to become superintendent for the Southwest Independent School District.

"The 21st Century has

brought about new thinking and change in society and in the world that today provides women with many more opportunities in the workforce and particularly in key leadership positions," Villegas said.

She reminded the audience of Soldiers and Department of the Army civilians that many women had paved the way previously, and in order for women to continue on the road to success all women deserve guidance.

"We have to find ways to help women envision themselves as engineers, computer scientists, political leaders, business executives, university presidents, superintendents and commanders."



Photo by Mike O'Rear

Guest speaker Dr. Velma Villegas (right) receives the City of San Antonio Proclamation for Women's Equality Day signed by Mayor Julian Castro from Col. Mary Garr, 502nd Mission Support Group commander. Sgt. 1st Class Melanie Locklear (left) narrated the event.

Guests attending the Women's Equality Day celebration at the Hacienda Recreation

Center Aug. 26 viewed the last 35 minutes of movie "Iron Jawed Angels" starring Hillary

Swank and Angelica Huston.

The film is about the fight and struggles of a

group of women led by Alice Paul to pass the 19th Amendment to the Constitution granting women the rights to vote and hold office.

While demonstrating outside the White House, hundreds of women were arrested and charged with obstructing traffic. Sentenced to 60-day terms in the Occoquan Workhouse, a deplorable jail in Fairfax County, Va., meant for more serious offenders, Paul and the other women suffered mistreatment and were fed contaminated and wormy food.

Paul and many of the women submit themselves to a hunger strike causing prison authorities

See EQUALITY P6

EQUALITY from P5

force feed them milk and raw eggs through a tube.

Ben Paniagua, manager of the Hacienda Recreation Center, summarized the film and historical events leading up to the passage of the 19th Amendment.

Afterward, Paniagua asked for comments from the nearly 200 student Soldiers and their leadership from 32nd Medical Brigade attending.

Pvt. 1st Class John Earl, Company C, 264th Medical Battalion said, "I really liked the movie. Reminds me of how



Photo by Maria Gallegos

Staff Sgt. Azalia Reyes, Warrior Transition Battalion, recites a poem she wrote, "A Stance to Bear."

important women are in our culture and how women can change the world. They can change everything."

"What I value in the message is not the

woman part but more of the quality of the person. I value the fact that women's suffrage was a hallmark," said Pvt. 1st Class Crystal Puga, Company C, 232nd



Photo by Amanda Stephenson

Ben Paniagua narrates the last 35 minutes of "Iron Jawed Angels" and then conducts a discussion of the experiences and struggles women had with getting the rights to vote and hold office.

Medical Battalion.

The Brooke Army Medical Center's Women's Equality Day celebration Aug. 27 at the Medical Mall featured Staff Sgt. Azalia

Reyes, Warrior Transition Battalion, who recited a poem she wrote, "A Stance to Bear."

"It's an opportunity to say that we were given a

chance to vote and although we have made a difference, we still have a long road to travel," Reyes said about her poem. "There's still work to be done as far as treating others as human beings."

BAMC Deputy Commander for Clinical Service, Col. Mary Ann McAfee was the guest speaker for the event. She emphasized the importance of women's rights to vote and recognized the history of influential women.

(Ben Paniagua and Maria Gallegos contributed)

CSTA from P4

dispersal-type device while constantly taking pictures and relaying any type of clue to the command center.”

As the team searched the area, it came across an old boiler room that contained a suspicious can filled with an unknown substance, later determined to be anthrax. Further investigation showed that the substance could have been the cause of the symptoms that the victims experienced.

The proper techniques in acquiring the known cause is essential in any

training event, and it was vital to practice relaying any type of intelligence to help the next team being able to contain the device and or chemicals.

“We have had a lot of personnel change over within the last year,” said Sgt. Eric Laursen, survey team member, 55th CST. “This helps our team get on the same page and learn the systems and processes. You can talk about the process and steps, but you really don’t know the full extent until you actually do it.”

As members of Army North’s CST observed, the team members leaped into action, room by

room, protected by their chemical and radiological alarms as they sought out the dangerous substance. The 55th CST members worked together to help find the source, contain the dangerous material and to ensure the safety of the local residents.

“Successful exercises like this one strengthens the confidence that the local authorities have in the CST teams and build partnerships for future cooperation,” said Bill Havlic, director of Civil Support Readiness Group – West, CSTA, Army North. “Teams have to be prepared for anything on short notice.”

ANTHRAX from P4

corporate headquarters building in an effort to assist its local responders and, at the same time, evaluate its own security and emergency management team.

“It’s very important we know how to handle these types of situations,” said Ed Johnson, emergency management security team member, Best Buy. “We understand the building security features and are able to help out the local law enforcement to determine any type of threats and provide critical information that they would need to help us.”

With everyone involved, Best Buy corporate employees were able to observe as the local law enforcement and the SWAT team helped those initially affected by the attack and how the law enforcement professionals figured out what happened during the start of the chaos. Once the law enforcement officials discovered that it was not only an attack with gun, but with a chemical agents as well, they called upon the 55th CST to support.

“The CSTA team does these types of mission throughout the United States,” said Bill Havlic,

director of Civil Support Readiness Group – West, CSTA, Army North.

“There are training events like this every month. The CSTA team travels to numerous states to assess the training and to strengthen the confidence of the local CSTs and the local authorities.”

These man-made attacks can be just as devastating as natural disasters. It is against such scenarios that Army North and its federal, state, city and local partners train on a daily basis to overcome.

DREAM from P1

Center as an opportunity for staff to learn about the science behind sleeping and dreams.

The film was broadcast on television last year as part of Public Broadcasting Service's NOVA science series.

"Most people are really interested in what dreams mean and whether there is a purpose to them," explained Sandy Fitzgerald, who coordinated a series of presentations for BAMC staff as part of the Department of Nursing's Resiliency Program.

Fitzgerald said that sleep is a huge issue for BAMC staff.

"Sleep is critical to resilience. It's one of the biggest issues for Soldiers when they're deployed and redeployed," she said. "Many have difficulty sleeping when they return – experiencing nightmares."

Fitzgerald said her resiliency series is a way of giving respite to the doctors, nurses and staff needing a little "doctoring" as well.

Working with critically ill and wounded warriors

returning from war zones is very stressful for staff she said, adding that many have been deployed, then hit the ground in a fully-functioning capacity caring for others on their return.

"By and large health care providers are very resilient people used to a high tempo. But they need nurturing as well because they don't always think to take care of themselves," Fitzgerald said.

She is also trying to sow seeds for others to think about in terms of overall health, resilience and alternative therapies are related.

"Knowledge can never hurt but specifically with dreams, if it raises questions and inspires dialogue about these things then maybe there would be some positive changes individually and systematically."

Fitzgerald said staff found the dream research fascinating.

"Dreams have been responsible for two Nobel

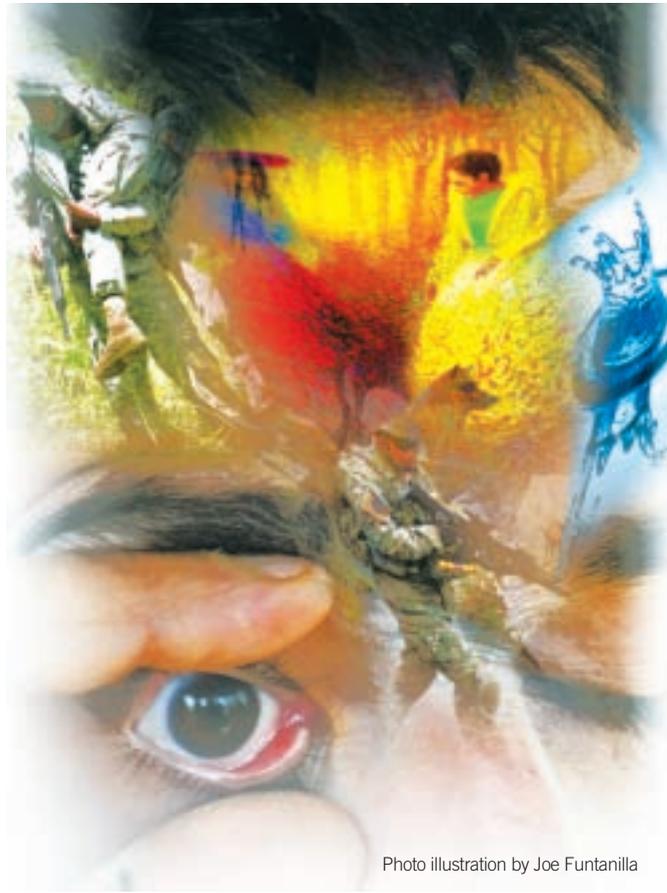


Photo illustration by Joe Funtanilla

Prizes, the invention of a couple of major drugs, other scientific discoveries, several important political events and innumerable novels, films and works of visual art," said Deirdre Barrett, a dreams researcher at Harvard Medical School.

Barrett related that the periodic table of the

elements was said to have come to the Russian chemist Dmitri Mendeleev during a dream. She said Elias Howe's solution to creating a needle for his new invention, the sewing machine, was revealed in a nightmare.

"One night he dreamed of being

attacked by cannibals with spears. And as he woke up in terror, the last thing he saw was that all of their spears had the hole at the pointed tip of the spear, and he realized that's where you put the hole in a sewing machine needle," Barrett said.

Researchers describe two types of dreaming during the sleep studies chronicled on the DVD and theorize that each has different roles.

"Sleep studies have revealed that not only do we dream in REM (rapid eye movement) sleep, we also dream in non-REM sleep and they are different," explained Erica Harris, a sleep researcher at Boston University.

Scientists found after non-REM dreaming, self-concept and self-regard was positive, but more negative after subjects were waked from REM sleep. This suggests the proportion of REM and non-REM sleep may be a factor in depression.

Dreams also help with learning and memory.

Robert Stickgold, a sleep researcher from Harvard University, has

subjects play video games they are unfamiliar with; then instructs them to think about their performance before sleeping.

"This is all about the function of sleep and the role of dreaming and processing memory," Stickgold said. "It makes the memory more useful for the future. We know they're getting better when they play again."

Fitzgerald said she plans to continue showing the "Dreams" DVD and is willing to lend it to other departments.

She has also started a massage therapy program for staff. "We offer chair massages from five to eight minutes. There is data out there that even a brief massage has benefits for staff resilience."

But the massage therapy is not offered to patients at this time.

"Hopefully there will be enough evidence related to healing to demonstrate that massage would be beneficial to patients as well. We're not there yet," Fitzgerald said. "When staff starts seeing the benefits for themselves, that thinking will translate."

APPD from P1

corps chiefs of the eight AMEDD Corps [Medical, Dental, Veterinary, Medical Specialty, Nurse, Medical Service, Enlisted, and Civilian],” Curtis said.

“The Force Structure Division is a centralized point of contact for data within APPD on Army medical personnel,” Debbie Keipp, chief, Force Structure Division, said. “We are the number crunchers.”

APPD and Office of the Surgeon General Program Analysis and Evaluation host the Command Grade Allocation Conference each year in October.

“Manpower representatives from all major commands come to Fort Sam Houston for the conference and they tell us what changes they intend to make in their force structure,” Curtis said.

The first day of the CGA conference, each command representative has the opportunity to provide an overview briefing on any exceptional increases or decreases in the AMEDD force structure.

Once the briefs are completed, an allocation process is conducted. Representatives present their AMEDD force structure requirements by corps, Area of Concentration and Military Occupational Specialty, and grade level of detail. Tradeoffs between commands and corps are made, as necessary, to keep the final AMEDD total within the DA-mandated strength and grade parameters.

Once the distribution of authorizations is complete, APPD builds objective force models to insure the AMEDD retains the ability to grow and maintain viable specialties.

“One of the biggest things we do on the officer side of the house is objective force modeling,” Curtis said.

Each year congress meets and establishes the Budgeted End Strength for the Department of Defense. The DoD then passes the information to the Pentagon and they determine the BES for each branch of service. Once the Army has its portion, the Department of the Army allocates the

“We do analysis and make recommendations for the commander of the AMEDDC&S, The Surgeon General, and the corps chiefs of the eight AMEDD Corps.”

— *Col. Kaylene Curtis*
director, APPD

BES for the AMEDD.

The Office of the Surgeon General, Director of Human Resources, provides APPD with the BES for the six officer corps within the AMEDD; Medical, Dental, Veterinary, Nurses, Medical Specialist, and Medical Services Corps. The APPD is responsible for developing an Objective Force Model for each AOC within each corps.

“We look at grade structure to make sure, within the officer and enlisted sides of the house, that we have the appropriate balance of grades that will allow people the opportunity to progress all the way through to the very highest position possible throughout their career,” Curtis said.

“For example, the Medical Corps may be given budgeted end strength of 4,000. The Officer Personnel Proponent Division will than take the 4,000 and break it out into the 41 specialties within the Medical Corps based on the needs of the Army,” said Nancy Jones, chief of the Officer Personnel Proponent Division.

“A lot of people don’t think about civilian development and about our Civilian Division when they think AMEDD Personnel Proponent,” Curtis said.

“We look command-wide at all civilians, medical civilians in particular,” said Josie Poirier, chief of the Civilian Personnel Proponent Division. “We envision and design the AMEDD

civilian workforce of tomorrow.”

Civilian Personnel Proponent Division has developed ACTEDS [Army Civilian Training, Education & Development System] training plans for civilians in a variety of medical specialties. ACTEDS plans list different training and competencies an Army civilian may need.

“An ACTEDS plan is like a road map that gives you an idea of how to progress in your career,” Poirier said.

The plans help prepare employees to become more competitive to fill higher-level and/or leadership positions and help the AMEDD retain our workforce.

The Civilian Personnel Proponent Division also assisted in setting up the Civilian Life Long Learning Program at the AMEDDC&S. It is a central portal for all civilian training information. The portal was launched last October, and has been a resounding success.

The Enlisted Division monitors the life cycle management of 17 AMEDD Military Occupational Specialties

that comprise Career Management Field 68 for all three components.

“We ensure that Soldiers within the AMEDD are properly managed from initial enlistment to ETS [estimated time of separation] or retirement, and have the opportunity to progress from private to sergeant major, regardless of the specialty they hold,” said Martin Caldwell, acting chief, Enlisted Personnel Proponent Division.

In addition, the Enlisted Division ensures that the enlisted force structure of the AMEDD complies with mandated Department of the Army grade structure requirements, as well as ensure that all policy changes are properly synchronized and integrated within the AMEDD. EPPD works with DA in establishing bonus programs for understrengthed MOSs, and spearheads initiatives involving enlisted personnel changes requested by AMEDD leadership for submission to the Army G1.

Study focuses on use of animal assisted therapy in Warrior Transition Battalion

By Chondra Perry
BAMC Public Affairs

A study to measure the effectiveness of animal assisted therapy using dogs is in the final stages at the Warrior Transition Battalion at Brooke Army Medical Center.

Researchers with the Army Baylor Doctor of Science in Occupational Therapy program have spent the past few months focused on improving re-integration of warriors in transition by studying the use of animal assisted therapy in an occupational therapy environment.

“If we can present a case with data as to the usefulness of dogs in elevating Soldiers’ moods, building confidence and reducing stress that then translates into a better, quicker transition, that is very powerful,” said Maj. Carol Haertlein Sells, primary investigator and professor with the Army Baylor Doctor of Science in Occupational Therapy Program.

The study was designed to augment the Warrior in Transition Advancement Program. Warriors are enrolled in WINTAP as part of their occupational therapy and take a series of classes focused on further developing skills to manage stress and anger; build communication skills and relationships; maintain a healthy living environment and increase organization and time management. By augmenting the current occupational therapy life skills classes with dogs, researchers will be able to provide data that will possibly add to the current success with WINTAP.

“We were doing a good job with the skills classes and everybody knows that there is a certain therapeutic value to having a pet around, so what if we put the two together,” said Dr. Sheri Michel, chief occupational therapist, Warrior Transition Battalion, BAMC.

Wounded warriors partici-

pating in the study attended their regular life skills classes and an additional 30 minutes with a certified therapy dog and their handler – known as pet teams. During the sessions the wounded warriors learned to train the dog in obedience tasks, and the rest of the session was spent on “playful interaction.”

Sgt. Jesse R. Duenes, WTB, says that he enjoys the program because it gives him an opportunity to heal in a way that is different from his normal routine.

“It’s out of the norm of going to appointments and sitting and talking about stuff,” Duenes said.

The potential benefits include decreased stress and anxiety; improved mood state and overall health and wellness; and increased confidence.

Some of the Warriors participating in the study already feel like they are experiencing benefits from spending time with the dogs.

“It’s helped me quite a bit. They do change your life, for me it’s knowing that the dog doesn’t judge you,” Duenes said.

For other participants it’s about getting over fears and moving forward with their healing.

“I had a bad experience with a German shepherd, so this is helping me get over that fear,” said Spc. Richard Bonnell, WTB. “I like being out here. It gets your mind off of whatever else is going on.”

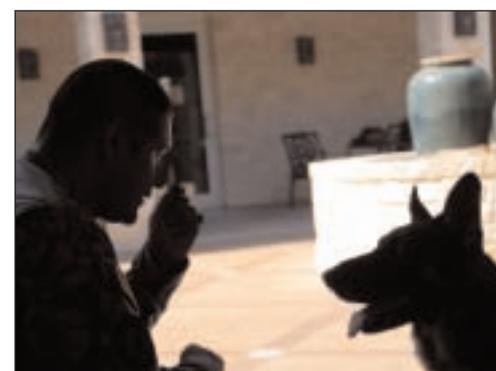
While the results of the study won’t be ready for a few months, investigators are hopeful the study will provide data that will add to current efforts and ultimately change Soldiers’ lives.

“We are optimistic that some of our outcome measures will show that they have made a difference in Soldiers’ lives,” Sells said.

“We were doing a good job with the skills classes and everybody knows that there is a certain therapeutic value to having a pet around, so what if we put the two together.”

— Dr. Sheri Michel
chief occupational therapist, Warrior Transition Battalion, BAMC.

Spc. Richard Bonnell, Warrior Transition Battalion and Pet Handler Becky Atkinson take a stroll through the garden at the Warrior Family Support Center with Anna, a 4-year-old German shepherd Aug. 18. Bonnell is part of a study measuring the effectiveness of animal assisted therapy using dogs.



Sgt. Jesse R. Duenes, Warrior Transition Battalion, pets Anna, a 4-year-old German shepherd during his occupational therapy session. Duenes is one of several Warriors participating in a study measuring the effectiveness of animal assisted therapy using dogs

Photos by Chondra Perry

Sgt. Jesse R. Duenes, Warrior Transition Battalion, works on obedience tasks with Anna, a 4-year-old German shepherd.

SITTING VOLLEYBALL TOURNAMENT



Photo by Tiffany Boulez

The smell of success filled the air at the Jimmy Brought Fitness Center on Tuesday, Aug. 24 as participants from the Adaptive Sports program gathered for a sitting volleyball tournament. The Killers (blue) didn't show any mercy in taking first place against the Usual Suspects (gray).

ABANDON SHIP!



Photo by Amanda Ballew

Believe it or not, this sinking vessel is the winning boat of the Aquatic Center's Cardboard Boat Regatta held Aug. 21. The boat's maiden voyage included Christine and Connor Synder. At the event, seven teams of four were tasked with creating a boat out of cardboard and duct tape, launching it and keeping it afloat until they paddle from one side of the pool to the other.

BACK TO SCHOOL

Fort Sam Houston celebrated back-to-school with several events around Post. Family and MWR held two events. The first event was held Aug. 7 at the Sam Houston Club (see photos at left). The Bowling Center also held a bowling bash Aug. 16 (see photo below). The Garrison Back-to-School Bash was held Aug. 13 at the Dodd Field Splash Pad and Fort Sam Houston Youth Ministry held an event Aug. 18 at Dodd Field Chapel. The events at the Sam Houston Club and the Splash Pad included school supply giveaways and provided important safety tips for parents and children.



Courtesy photos

Community outreach: Keeping the promise together

By Lt. Gen. Rick Lynch
IMCOM Commander

Our Soldiers have been steadfast in their service to the nation during the past nine years of conflict. Their Families have been just as constant in their own dedicated service, providing the strength and support that enables Soldiers to do their jobs. Our Soldiers and Families persevere in their service to the nation in the face of repeated deployments and even greater challenges.

It is heartening to know that we are not in this alone – our fellow citizens want to understand what we are experiencing and share a deep desire to support us where they can. Sometimes they simply do not know where to begin or how to make the con-

nection to channel their appreciation and support into action. That is why reaching out to the communities around us is so vitally important.

The Army has a long history of supportive relationships with surrounding communities. San Antonio, Texas, claims the title of Military City, USA, but many more communities could lay equal claim, their ties with the installations in their areas being as long-standing and deep-rooted. Over the years the Army has also developed strong relationships with local, state and national organizations that provide a wide range of support for Soldiers and Families, including programs focused on health care, education, child development, employment, finan-

cial aid, and morale and recreation.

Now those relationships are more critical than ever. The Army cannot always offer the most comprehensive assistance for the number and kinds of challenges that our Soldiers and Families face. This is especially true for National Guard, reserve and active component Soldiers and Families who live far from installations. The great need for support and the great demand on our resources require us to reach out to those who can help us keep our promise to Soldiers and Families.

A volunteer, a local service provider or a state or national organization may be able to offer expertise, material assistance, support services, or

even just human contact that fills a critical need, especially for the Soldier or Family member who is not near an installation.

The support communities and organizations give to Soldiers and Families has become so important, that the Army Community Covenant was launched April 2008 formalizing and facilitating those relationships. To date, communities in 49 states, three territories and the District of Columbia have conducted more than 500 covenant signing ceremonies, pledging to find ways to enhance the quality of life for Soldiers and Families.

These ceremonies publicly recognize and celebrate the communities' commitments, but they are not an end in themselves. They are an important

step in taking action to link support to specific Soldier and Family needs. The crucial first step is building relationships.

Effective community outreach is broader than a covenant. It begins with building strong, real relationships. Americans are inspired to offer their support when they learn more about military life and gain a deeper understanding of the personal challenges that Soldiers and Families experience. It is crucial that Army leaders make every effort to get to know local leaders, attend town halls, Chamber of Commerce meetings and other events, and invite local leaders and community members to attend events on post. Army leaders must be prepared to answer when local leaders

ask, "How can we help?" Americans are generous and compassionate – if you let them know how they can help, they will.

I know from firsthand experience what the power of community support can do for Soldiers and their Families. One recent example occurred when I was the III Corps and Fort Hood commander and I worked to establish a resiliency campus, which gathers in one area a number of programs to support Soldiers' and Families' mental, spiritual and physical well-being.

As senior commander I was able to dedicate the space on post and ensure that infrastructure improvements were made, but it was the embrace of

See OUTREACH P24

Country artist John Conlee (far right in glasses) is joined by his son, Johnny, while singing his hit song "Rose Colored Glasses." Johnny joined the Marines in 2004, went to Fallujah in Iraq twice and was awarded the Purple Heart for injuries received during combat.



Country artist John Conlee says thanks at Warrior and Family Support Center

By Steve Elliott
FSH Public Affairs

With a perspective borne from personal experience, long-time country artist John Conlee and his band stopped by the Warrior and Family Support Center Aug. 27 to say thanks to those serving in the military.

"We want to thank these people for their service and sacrifice," Conlee said. "I was in the Kentucky Army National Guard in the Vietnam era in 1973. While I did not go to Vietnam, I remember the treatment of our veterans during that era. It was sorry and sad.

"This country has learned a lesson since then, or at least I hope it has," Conlee added. "I just want to do everything I can to keep that feeling alive. What happened before was wrong, but we can make it up to our veterans today."

Conlee has also seen the military on a more personal note through the eyes of his son.

"My son, Johnny, went in the Marines in 2004," Conlee said. "He went to Fallujah in Iraq twice and was injured and was awarded the Purple Heart. That was the genesis for me to pay much more attention to what is going on."

Born and raised on a tobacco farm in Versailles, Ky., Conlee took up the guitar as a child, performing on local radio at age 10. He went on to sing with the town barbershop chorus, but didn't initially pursue music as a career, instead becoming a licensed mortician. He also worked as a disc jockey at numerous area radio stations, and moved to Nashville in 1971. Five years later, his demo tape landed him a contract with ABC. He released a



John Conlee and his band entertain the Soldiers and their Families at the Warrior and Family Support Center Aug. 27. Pictured are (from left) Lance Martin, Steve Sechler, Nestor Eaton, John Conlee, Mickey G and Garry Lolone.

few singles, but didn't find fame until 1978's "Rose Colored Glasses," a song he'd co-written with a newsmen at his radio station, rocketed into the country Top Five.

He has released 29 singles since 1978, with 26 of them charting in the top 20 or better. Eight of those 26 have reached the No. 1 spot on the national country charts.

Conlee said his songs are about the lives of everyday middle class, hardworking people, and those who've been unable to attain even that level of economic ease. "There are more of us ordinary folks than anybody else," Conlee said.

Conlee is also known to be generous with his time, and when music superstars Willie Nelson and John Mellencamp announced plans for the Farm Aid concerts back in 1985, Conlee called and

offered his services. He has since helped organize and entertain at nine Farm Aid concerts, which have raised millions of dollars to aid the family farmer.

He has also raised more than \$140,000 for Feed the Children - one dollar at a time - for the charity from the dollar bills tossed on the stage when he sings his 1983 hit version of "Busted."

"I've also been working with Terry Johnson at ShowofSupport.org and I've



Country artist John Conlee accepts a Fort Sam Houston coin from Warrior and Family Support Center director Judith Markelz (left) after he and his band performed six of his hit songs and toured the Warrior and Family Support Center Aug. 27.

also had several friends who have been patients at (Brooke Army Medical Center) BAMC," Conlee said of his WFSC visit. "We



Country artist John Conlee signs a DVD for Spc. Benjamin Olsen after he and his band performed six of his hit songs at the Warrior and Family Support Center Aug. 27.

ended up with a day off here in San Antonio between shows and I had some different contacts help us put this together so we could come and visit."

ShowofSupport.org is an organization in Midland, Texas, created by Johnson in 2004 to demonstrate public support for military members by providing outdoor opportunities to those injured in service to the nation. The nonprofit organization also looks to bring public awareness to the outdoor sports of hunting and fishing, respect for natural resources, and the care and preservation of those resources.

"I've been concentrating on the wounded warriors in general the past several years," said Conlee, who recently released a DVD titled "They Also Serve." The DVD is a tribute to the Family and friends of those serving in the armed forces, and it portrays the lives of Families and friends dealing with loved ones affected by current U.S. military actions.

"Their sacrifice now is so great," Conlee said. "Back in the 70s, there was a draft. Now this is an all-volunteer military, and that makes even more of a difference."

Conlee and his band performed six of his hit songs, signed autographs and posed for pictures with Soldiers and WFSC staff. They also took a tour of the facility and surrounding grounds and each of them were very impressed on what has been provided for the wounded warriors and their Families.

"This is such a beautiful facility," Conlee said. "I hope they can bring places like this to other military bases."

Touring is a way of life for Conlee, a member of the prestigious Grand Ole Opry since 1981, who said he's been on the road for more than 30 years, although most of it now on weekends.

"I spend all of my off time, what I have of it, with my family on our farm outside Nashville," he said. "I enjoy it. There's no glamour to it. Woodworking, gunsmithing or driving a tractor require getting grease or varnish all over you. It's dirty work, but I like it."

WFSC events

The Warrior and Family Support Center sponsors numerous events for wounded warriors and their Families. Pictured here is a small sampling of recent events.

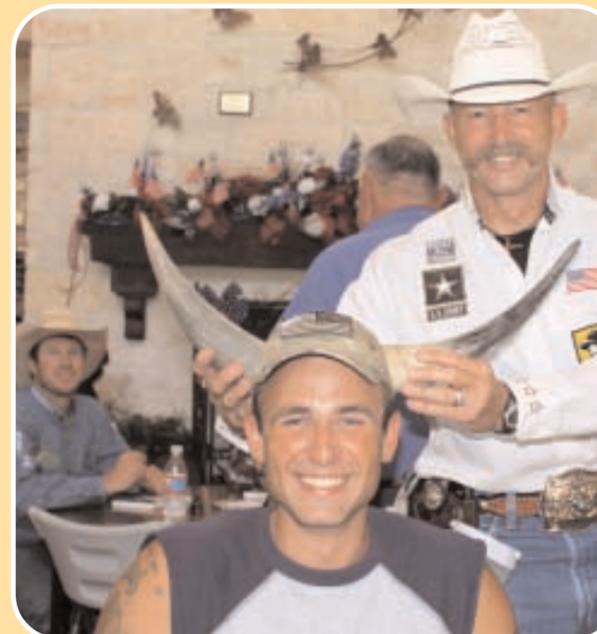
Photos by Heather Allen



Warriors and their Family members playing in the first WFSC Chess Tournament Aug. 9, which will now be scheduled monthly. Eight people participated in the tournament. Pictured from left to right, front to back are Spc. John Windham playing Daniela Krotzer, Christian Krotzer playing Spc. Christopher Sparks and Cheryl Windham playing Spc. Benjamin Olsen.



Sesame Street character Ernie gets acquainted with a young Family member at the Warrior and Family Support Center Aug. 11. Along with his buddy Bert, the pair entertained the children of wounded warriors and their Families as the WFSC staff served a spaghetti dinner.



Ranger Ron Benton, Army Rodeo representative (right) jokes around with Spc. David Palasek during the pizza lunch and Professional Bull Riders visit at the Warrior and Family Support Center July 30. The riders visited with wounded warriors and their Families.



NASA Army Astronaut Jeff Williams (left), talks with Sgt. 1st Class Richard Sammon at the Warrior and Family Support Center July 30. A group of former and current NASA astronauts visited with wounded warriors and their Families.

BAMC SUMMER BALL



Photo by Kelly Schaefer

Air Force Airman 1st Class Pedro Michaca and Army Staff Sgt. Kathia McConnico perform the Fallen Comrade tribute to remember the past servicemen and women at the Joint Summer Ball, Aug 13. Brooke Army Medical Center hosted the event to honor the past and to celebrate the continuous camaraderie between the two services.

Combined Federal Campaign kicks off this month

By Robert S. Bridgford
Vice Commander 502nd ABW/CV



The Joint Base San Antonio 2010 Combined Federal Campaign will be conducted from Sept. 13 until Oct. 31.

The Combined Federal Campaign is the world's largest and most successful annual workplace charity campaign. Pledges made during the campaign season support eligible non-profit organizations that provide health and human service benefits throughout

the world.

This is our once-a-year opportunity to give to the charities of our personal choice — remember charity begins at home. I encourage each of you to identify the cause that touches you and your loved ones, dig deep, and make a meaningful contribution to our community.

Thank you to everyone who made a contribution to the San Antonio Combined Federal Campaign last year. Together we raised over \$5.4 million to help many worthwhile organizations.

The points of contact for the Combined Federal Campaign are 808-7519 and 808-0004 for the 502nd Air Base Wing, 221-2214 at Fort Sam Houston, 652-5972 at Randolph Air Force Base, and 977-5718 at Lackland AFB.

“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

BAMC wants you to join their team

By Maria Gallegos
BAMC, Public Affairs

Are you ready to make a difference in your community? Do you wake up in the morning wondering what you can do to keep yourself cool from the Texas summer heat and be productive at the same time?

Brooke Army Medical Center has the solution for you! We are looking for dedicated volunteers who enjoy talking and interacting with people and willing to share their compassion and care for our patients and staff.

"I volunteer to give back to BAMC what was given to me – my life. I would not be here if it were not for the marvelous cardiologists that saved my life in 1998.

Volunteering is a great way to spend one's time and doing what is needed," said Kay Friesen, a pediatric volunteer for 12 years.

Providing the best care and services for our patients is the number one priority for BAMC.

Leadership and staff are always looking for innovative ways to ensure everyone who is seen here leaves with the satisfaction of wanting to come back for their medical needs.

Some of the recent services offered for our patients include patient valet parking, 24-hour patient visitation and 30 new interactive computer kiosks placed throughout the hospital.

The kiosks give an opportunity for patients

to voice their opinions on the services they receive at BAMC.

Feedback provided by patients will not only offer immediate response for BAMC staff, but the user will also be able to use the kiosk to update information on Defense Enrollment Eligibility Reporting System, make appointments using TRI-CARE Online, receive different clinic information and use the BAMC directory.

This is where we need you; for the kiosks to effectively operate to full capacity, BAMC is looking for 30 new volunteers to assist patients, Family members, staff and visitors with its new features. If you use the Internet and enjoy people, this is the right job for you.

"I volunteer because I care," said Sandra Martinez, a six-month volunteer. "I feel I am giving back to the military that has given so much to me and my family and I am so grateful that I can still do something useful in serving our service members."

If computer support is not something you'd like to do, BAMC also has many other opportunities within the hospital to fit your interests, such as Out/In Patient Records, Patient Advocacy Program, the Burn Unit waiting room.

Lt. Col. J.C. Newell, an information desk greeter volunteer for 14 years said, "I enjoy seeing the people at the information desk and helping them. Being a volunteer here is pay back for my years of

See **VOLUNTEER P23**



Photo by Mike Dulevitz

Beverly Fox, a BAMC volunteer since 2009 assists Sophia Martinez navigate through the features on the new interactive computer kiosks. BAMC is looking for 30 new volunteers to assist patients, family members, staff and visitors with the new service displayed throughout the hospital.

BAMC valet parking popular with patients

By Jen D. Rodriguez
BAMC Public Affairs

Brooke Army Medical Center patients are valued so much here that they receive curbside service, namely patient valet parking.

Since June, the hospital instituted valet parking due to the BRAC construction projects limiting the amount of patient parking in the area. For many patients, circling the parking lots was the norm, often resulting in late arrivals to appointments.

"I love it, especially the convenience and not having to try to find a parking spot," said Judy Barbour, who was late for her appointment, "It's nice to run up, hand over

the keys and take off. So many people are here. It's the best thing they [BAMC] ever did."

According to Brig. Gen. Joseph Carvalho Jr., commander of the Southern Regional Medical Command (Provisional) and BAMC, by introducing valet parking to patients, "we expect to eliminate a major stressor associated with clinic appointments at BAMC."

The service is offered during the BRAC construction and renovation period and will discontinue after the construction is complete.

"Valet parking is excellent. It's the greatest thing that ever happened. I think with the rush and worry about

getting from one place to another or not having to run around in the heat; valet parking really helps," said Air Force Staff Sgt. Roque Solis standing outside the hospital with his family, awaiting their car. "I'm thankful to the people who have the warm hearts to help us out."

During the first week of operations, some 800-1,000 patients were served. The current average is 450-600 patients per week, due to adding additional patient spaces and the relocation of staff handicap parking to main post.

To access valet parking, a patient enters BAMC from the I-35 gate

See **PARKING P23**



Photo by Chondra Perry
Retired Sgt. 1st Class James Burns hands over his valet ticket stub to Raul Wilshire, valet supervisor outside the hospital clinic entrance to have his vehicle retrieved.

PARKING from P22

and follows the signs to the hospital medical mall circle to drop off the car with a valet attendant.

Half of a four-digit ticket is issued to the driver and the other half is maintained with the car keys. On completion of the patient's appointment, he or she returns to the valet booth; presents the ticket to the valet supervisor who will dispatch an attendant to retrieve the car. Tips are not accepted.

Patients like Solis, Babour and Ramona Tames agree the new service is an excellent, convenient service offered at the hospital.

"I love [valet parking]," said Ramona, who's taken full advantage of the service, since it began in June. Ramona receives care at BAMC,



Photo by Chondra Perry

Janette Maher receives the keys to her car from a valet assistant. Maher said this is the third time she used the service.

while her husband Israel is seen at the Veterans hospital.

"We don't have to park far away; it's convenient. My husband can't walk that far."

For patients who wish to park their own cars, they may do so in lots A and B through the Binz-Engleman Gate, and lot D

at the I-35 gate.

Janette Maher said, "valet parking is so wonderful; it's the best thing since a month of Sundays, especially for people who are not young anymore. My husband is on a walker and I'm a slow walker, so valet parking really helps."

Most BAMC patients said the long walk from the parking lot – even from the handicapped parking spaces – was challenge for those with limited mobility.

On crutches, retired Sgt. 1st Class Stanley Parham stops at the valet parking booth to catch his breath, and smiles.

"It's a long way to the parking lot. I have a disabled tag and am on crutches." He shakes his head. "With a whole town, a military city comprised of retirees, the valet service is a blessing for those who can't move expeditiously."

"Valet parking is not a luxury, but a necessity," added Israel. "We vets are still lucky that we can walk a mile with no problem. A lot of retirees are not asking for favors, they're asking to pay one back."

VOLUNTEER from P20

service and for what the Army did for me."

"Volunteering at BAMC has been one of the most rewarding experiences of my life," said Curtis Jungman, a Ministry and Pastoral Care volunteer for eight years.

BAMC staff also recognizes the importance of volunteers and appreciates their hard work, dedication and the care they provide for the patients, family members and staff.

"Most of the BAMC volunteer positions are filled by people who have retired from the military. Their values, born out of

their military experience, are expressed in how they serve BAMC patients and customers," said Jessica Veilleux, chief of BAMC Volunteer Services.

"Staff are inspired by their dedication and touched by their enthusiasm for supporting our military community. We appreciate BAMC volunteers' incredible work ethics and feel supported by their presence of kindness and care.

"If you are ready to join the BAMC team and support your community, we are ready for you! For more information, contact the Volunteer Service at 808-4980/4982.

News Leader survey online

Visit <http://www.samhouston.army.mil/PAO>. For more information, call 221-0615 or 221-2030.

**FORT SAM HOUSTON INDEPENDENT
SCHOOL DISTRICT
WEEKLY CAMPUS ACTIVITIES SEPT. 6-11**

**Fort Sam Houston Elementary
School**

Sept. 6
Labor Day/school holiday

Sept. 10
Freedom Walk, 8:30 a.m. to 9:10
a.m.

**Robert G. Cole Middle and High
School**

Sept. 6
Labor Day/school holiday

Sept. 7
Varsity Volleyball at Sabinal, 6:15
p.m.

Sept. 8
Fall Play auditions in fine arts
building, 4:15 to 6 p.m.

Sept. 9
Fall Play auditions in fine arts
building, 4:15 to 6 p.m.
JV Football vs. Marion at Cole, 6
p.m.

Sept. 10
JV/V Volleyball at Marion, 4:30
and 5:30 p.m.

Varsity Football at Marion, 7:30
p.m.

Sept. 11
JV Volleyball vs. Hawkins at Cole,
10 a.m.

OUTREACH from P15

the community outside the gate, their contributions of materials, services and expertise, that made the campus a reality.

We have several valuable resources to help Soldiers and Families locate and access pro-

grams and services available to them. Army One Source, at <http://www.myarmyone-source.com>, is a single portal for information on a wide range of services, including housing, health-care, employment, education, childcare and Family services.

Elementary receives donation of athletic equipment

By Jayne Hatton
FSHISD

Fort Sam Houston Elementary School received a donation of athletic equipment from Sundt Construction Aug. 27.

The much needed equipment included dozens of kick balls, soccer balls, basketballs, and safety pads to cover basketball goals.

“Mr. Kermit Duncan, [Sundt Construction] project manager, asked about the needs of elementary students,” said Tonya Hyde, elementary principal. “We had a list of items ready based on the input of students involved in the Rising Stars program.”

The Rising Stars program works to increase student’s confidence, creates opportunities for students to exercise leadership skills, and teaches students appropriate ways to have a voice within their school community.

Created by the FSH Independent School



Courtesy photo

Former Rising Stars members Alexandra Casellas, Mark Allen Pettay and Nicholas Hammonds, were on hand Aug. 27 to unload the athletic equipment for use at the elementary school.

District School Board and the elementary principal, members interact with students, asking for their opinions, sharing student ideas with the principal and demonstrating value for their input through action.

“The District appreciates this very generous donation from Sundt Corporation,” said board vice president Dr. Eustace Lewis.

“This has been a great opportunity for our students to see how their voices are heard by adults and how they can make a difference at a young age.”

“We wanted the students to have more equipment to promote physical health,” said sixth grade student Nicholas Hammonds.

Sundt Construction, a respected leader in the

field of general contracting, has a foundation providing nearly \$3.5 million in support to children and adults in cities and communities where Sundt has a presence.

Current Sundt construction projects include the Warrior in Transition barracks at Fort Sam Houston, Fort Bliss and Fort Hood, as well as dorm renovations at Lackland AFB.



Announcements

Microsoft Office Classes

Sept. 2 – Excel Level 1
 Sept. 7 – PowerPoint Level 1
 Sept. 8 – Excel Level 1
 Sept. 9 – Word Level 1
 Sept. 15 – Excel Level 2
 Sept. 16 – Word Level 2
 Sept. 21 – Access Level 1
 Sept. 22 – Excel Level 3
 Sept. 23 – Word Level 3

Classes are held 8 a.m.-noon at Army Community Service, Building 2797. Registration is required. Call 221-2518/2705.

Curbside Gourmet Closed

The Sam Houston Club Curbside Gourmet will be closed Sept. 3-6.

Aquatic Center

The Aquatic center has extended its season through Sept. 26. Beginning Sept. 7, the hours of operation are: Mondays, 11:30 a.m.-1:30 p.m. lap swimming only; Tuesdays-Fridays, 11:30 a.m.-1:30 p.m. lap swimming only and 4:30-8 p.m. open swim; Saturdays-Sundays, noon-8 p.m. open swim. Call 221-4887.

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.fortsamhoustonmwr.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.

Calendar of Events

Sept. 6 Labor Day Closures

The following Family and MWR facilities will be closed on Labor Day: Army Community Service; Bowling Center; Child, Youth and School Services; Outdoor Equipment Center; Sam Houston Club; and the Keith A. Campbell Library.

Sept. 7 Virtual Family Readiness Group Training

The training is 9-11 a.m. at ACS, Building 2797. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Family Readiness Group Forum

The group meets 11:30 a.m.-1 p.m. at ACS, Building 2797. This forum provides FRG leaders the opportunity to discuss unit FRG issues and share lessons learned in an open forum. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Bank Account Management

The class is 2-4 p.m. at ACS, Building 2797. Learn the different types of financial institutions and services and which one is best for you, how to keep track of account balances, avoid fees, and maintain records. To register, call 221-1612.

BEAMS

A Building Effective Anger Management Skills class will begin Sept. 7, 5:30-7 p.m. at ACS, Building 2797. This series will meet Tuesday and Thursday for six weeks. This class helps to identify strategies to more effectively handle anger, resentment and frustration in your personal and professional life. Call 221-0349/0600.

Sept. 8 Overseas Orientation

The class is 10 a.m.-5 p.m. at ACS, Building 2797. Call 221-2418/2705.

Bringing Baby Home

Classes will be held Sept. 8 and 22, 9 a.m.-12:30 p.m. at the Red Cross, Building 2650. Join this two

part series and learn how to care for your newborn baby. Call 221-0349.

Mandatory Initial First Term Financial Readiness

The class begins at noon at the Education Center, Building 2248. To register, call 221-1612.

Sexual Assault Training

The training is 2-3 p.m. at ACS, Building 2797, for those who may have missed the annual sexual assault training at their unit. Attend this class and receive credit, so the unit can be in compliance with AR 600-2, CH. 8. Call 221-0349/1505.

Truth or Consequences

The class is 5-6:30 p.m. at the Red Cross, Building 2650. This four part series will discuss peer pressure. Teens will be given tools to improve decision making skills, develop effective conflict management skills and enhance self esteem. Call 221-0349.

Sept. 11 Coca-Cola Zero Music Tour

The national Coca-Cola Zero

Music Tour will make a stop at Fort Sam Houston Sept. 11, 2-5 p.m. at MacArthur Parade Field. The concert features the southern rock band, Junior, and singer-songwriter Lisa Palleschi. The concert is open to all Family and MWR patrons. For more information visit <http://www.fort-samhoustonmwr.com>.

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"



REMINDER CALENDAR

- Sept. 3 Warriors Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Club
 - Sept. 6 Labor Day
 - Sept. 10 Movie Night, "Percy Jackson & The Olympians – The Lightning Thief," 8:03 p.m., flagpole
 - Sept. 11 Coke Concert Tour, 2-5 p.m., MacArthur Parade Field
 - Sept. 11 Movie Night, "Furry Vengeance," 8:30 p.m., Dodd Field
 - Sept. 14 Hiring Heroes Career Fair, 9 a.m.-3 p.m., Sam Houston Club
 - Sept. 15 Hispanic Heritage Month Observance
 - Sept. 18 Army Dillo 10/20 Miler, 7:30 a.m., Jimmy Brought Fitness Center
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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.mwr-fantasysports.com>. Registration

and all drafts must be started by Sept. 12 at 8 a.m. EDT. RapidDraft Fantasy Football is strictly for entertainment purposes and may not be used in connection with any form of gambling. All participants must be 18 years of age or older at the time of their registration.

Cloverleaf Communicators 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.

Lose Something?

All found property is kept for 45 days and disposed of unless owner is identified. Call 221-2340 or visit Fort Sam Houston Police Desk, Building 2244.

Calendar of Events

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. card-holders.

Sept. 4 Historic Castroville Walk

The Castroville Chamber of Commerce will host a 5K and 10K volksmarch walk starting at Castroville Regional Park, 816 Alsace St. Walks begin between 8 a.m.-noon and finish by 3 p.m. Call 830-931-3158 or print the brochure <http://www.castroville.com/volksmarchbrochure2010.pdf>.

Sept. 7 Adult College Preparatory Class

Education Service Center, Region 20 will offer a free adult college preparatory course 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. 9 BAMC Auxiliary Welcome Coffee

The Annual Brooke Army Medical Center Auxiliary Welcome Coffee will be held 11 a.m.-1 p.m. at the Stilwell House, 626 Infantry Post. Any adults with a military or DoD affiliation - active or retiree are invited. No RSVP is needed. Come enjoy food, mingle and learn more about the events the auxiliary has to offer. Call 290-9167 or e-mail socials@bamcauxiliary.com.

Sept. 10 Freedom Walk 2010

U.S. Army North will host a one-mile Freedom Walk to honor the victims of 9/11, reflect on the freedoms we have in America and pay tribute to our veterans, past and present. Participants can meet inside the historic FSH Quadrangle at 5:20 a.m., walk begins at 5:45 a.m. The event is free and open to the public. Uniform for military will be their service's physical fitness uniform, civilians are welcomed in appropriate civilian attire. RSVP by Sept. 7, call 221-3916.

Sept. 16 FSH Preservation Society

The Society for the Preservation of Historic Fort Sam Houston will meet for a light lunch at 11 a.m. at the Stilwell House, 626 Infantry Post. Former U.S. Ambassador to the United Nations Sihan Siv will speak about his native country of Cambodia at noon. Reservations are not required. For information, call 527-9513, 824-1917 or 646-5704.

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 of current or retired warrant officers are invited. Call 375-9895 or 666-9818.

Rocco Dining Facility Menu Building 2745, Schofield Road

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

Friday - Sept. 3

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

Barbecued chicken, spaghetti with meat sauce, meat loaf, fried catfish, spaghetti noodles, macaroni and cheese, mashed potatoes, northern beans, carrots, collard greens, corn

Dinner - 5 to 7 p.m.

Breaded pork chops, grilled pork chops, chicken and Italian vegetable pasta, charbroiled meatballs with gravy, potato frittata, parsley rotini noodles, lyonnaised wild rice, cornbread dressing, cauliflower combo, green peas, tomato and okra gumbo

Saturday - Sept. 4

Lunch - noon to 1:30 p.m.

Scalloped potatoes and ham, fried chicken, roast beef, broccoli quiche, red beans and rice, mashed potatoes, baked potatoes, glazed carrots, pinto beans, Brussels sprouts

Dinner - 5 to 6:30 p.m.

Grilled knockwurst, Swiss steaks with brown gravy, ham-macaroni-tomato casserole, salmon croquettes, broccoli, ice and cheese casserole, lyonnaised rice, au gratin potatoes, mixed vegetables, green beans and corn, asparagus

Sunday - Sept. 5

Lunch - noon to 1:30 p.m.

Roast turkey, charbroiled meatballs with brown gravy, chipper perch,

mushroom quiche, mashed potatoes, oven-glo potatoes, Aztec beans and rice, green peas, baked parmesan tomato halves, turnip greens

Dinner - 5 to 6:30 p.m.

Chili macaroni, breaded pork fritters, lemon garlic baked fish, cheese ravioli, herb mashed potatoes, harvest brown and wild rice, rice pilaf, stir-fry vegetables, yellow squash, fried okra

Monday - Sept. 6 Labor Day

Lunch - noon to 1:30 p.m.

Barbecued chicken, barbecued spareribs, fried catfish, lemon baked chicken, parsley-garlic buttered red potatoes, macaroni and cheese, parsley red potatoes, broccoli, corn on the cob, pinto beans

Dinner - 5 to 6:30 p.m.

Spicy Italian pork chops, country-fried steaks, beef stuffed peppers, rice frittata, parsley egg noodles, mashed potatoes, harvest brown and wild rice, carrots, lima beans

Tuesday - Sept. 7

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

Spanish baked herb chicken, beef fajitas, cheese enchiladas, chicken enchiladas, tamale pie, Spanish rice, potatoes with onions and peppers, Spanish potatoes, flame roasted sweet corn and peppers, Spanish-style beans, spinach

Dinner - 5 to 7 p.m.

Chicken fajitas, Spanish meat loaf, chicken gorditas, broccoli quiche, rice pilaf, refried beans with cheese,

mashed potatoes, fried cabbage, calabasita squash, peas and carrots

Wednesday - Sept. 8

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

Italian turkey loaf, jaegerschnitzel, grilled chicken breasts, beef stroganoff, cheese manicotti, parsley-buttered egg noodles, paprika-buttered potatoes, German potato pancakes, parsley egg noodles, herb broccoli, mixed vegetables, sweet and sour red cabbage

Dinner - 5 to 7 p.m.

Grilled knockwurst, beef yakisoba, baked chicken, vegetable lasagna, cottage-fried potatoes, lyonnaised rice, lima beans, wax beans, asparagus

Thursday - Sept. 9

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

Pepper steak, spicy baked fish, Cantonese spareribs, tempura fried fish, spaghetti vegetable quiche, steamed rice, spicy roasted potatoes, fried rice, lyonnaised green beans, Chinese fried cabbage, cauliflower combo

Dinner - 5 to 7 p.m.

Sweet and sour pork chops, chopstick tuna, chicken stir-fry, grilled lemon-herb pork chops, vegetable stuffed peppers, oven-glo potatoes, fried rice, parsley rotini noodles, peas, yellow squash, vegetables stir fry

Menus are subject to change without notice



For Sale: Four dressers; 15-foot trampoline; porch swing; sports rack with equipment; four high-back dark green resin chairs; plants; and more. Moving, located on Infantry Post. Can e-mail photos. Call 271-3661.

For Sale: 1965 Mustang Coupe; daily driver, white exterior, blue carpet with pony blue seats, automatic, numbers

matching car, 200 CI six-cylinder rebuilt engine, AC, rebuilt radiator, new tires, good battery, new exhaust, new muffler; new front chrome, new ignition switch, new solenoid; new AM/FM/CD player, new Sanden compressor, very clean, virtually no rust, \$11,000 obo. Call 722-3378.

For Sale: AKC registered German shepherd puppies, one male and one female pure white, one black and tan male; 8 weeks old, first shots and dewormed, both parents on site, \$350. Call 830-988-2228 or 830-279-1483.

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

For Sale: Oak computer corner

desk/hutch, printer stand and chair, \$300 obo; futon, black metal frame, \$90; Girls clothing, Jr. size 5, box full \$35; full-size bedspread and two matching pillows, lilac, \$15. Call 697-9261.

For Sale: 2001 1100 V Star Custom, many extras, senior owned, garage kept, new tires, brakes, 35K, dealer serviced, \$4,000. Call 860-9217.

For Sale: 22-inch Gitano Blades with Cooper Extra Load 114V tires, 305/40R22, includes extra rim, \$1,200 obo. Call 689-5433 or 292-4183.

For Sale: Three gym-style full length metal lockers linked together, \$49; 27-inch analog television, \$49; TV entertainment center, \$69 obo. Call 659-6741.

Religion

Protestant Women of the Chapel

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.