

**OPEN HOUSE**  
 Sept. 15,  
 9 a.m.-4 p.m.  
 Army  
 Community  
 Service  
 Bldg. 2797,  
 2010 Stanley  
 Rd.



Sgt. 1st Class Timothy Harris, (right), presents a framed Women's Equality Day proclamation to Col. (Dr.) Patricia Hastings.

## Fort Sam celebrates Women's Equality Day

Story and photo by Lori Newman  
 Fort Sam Houston Public Affairs Office

Fort Sam Houston celebrated "Women's Equality Day" with a presentation by Col. (Dr.) Patricia Hastings, who discussed women's history and women's roles in society and the U.S. military, Aug. 26.

U.S. Congress designated Aug. 26 "Women's Equality Day" in 1971 in response to a request from U.S. Representative Belle Abzug to commemorate the 1920 passage of the 19th Amendment to the Constitution granting women the right to vote.

"I am honored to be asked to speak here today," said Hastings, director, Army Emergency Medical Services.

"I had the good fortune to come into the

See EQUALITY DAY P4

# 42nd Medical Detachment Optometry Soldiers deploy to Iraq

Story and photos by Lori Newman  
 Fort Sam Houston Public Affairs Office

A deployment ceremony was held Aug. 28 at Army Community Service for six Soldiers from the 42nd Medical Detachment Optometry and their Families.

"There are typically five optometry teams in Iraq at any given time ... between 11 and 13 optometrists and just over 40 supporting eye technicians and opticians are basing in Iraq each year. These teams are currently at 11 Forward Operating Bases; each team provides support for over 15,000 service members," said guest speaker Lt. Col. Scott Fischer, command-

See DEPLOYMENT P8



Spc. Karl Abian, 42nd Medical Detachment Optometry consoles his wife, Yadi, after the deployment ceremony Aug. 28 at Army Community Service. The couple has been married four years and is expecting a baby girl in about two months.

## ESHOCAMP team cites outstanding performers

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

Marcie Hart, Brooke Army Medical Center and Chris Neubeck, Family, Morale, Welfare and Recreation, were cited as outstanding performers Aug. 28 during an

out-briefing for an assessment of Fort Sam Houston's Environmental Safety and Occupational Health Compliance Assessment Management Program with U.S. Army Garrison Commander Col. Mary Garr.

The ESHOCAMP assessment team

included military members, civilians and contractors who conducted a week-long review of areas or 'protocols' such as hazardous materials, air emissions, water quality, fuels storage, and safety and occupational

See ESCHOCAMP P9

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# Labor Day Safety Message: Avert tragedy at home, on the road practicing Composite Risk Management

By **Maj. Gen. Russell Czerw**  
Commander, Fort Sam Houston  
and Army Medical Department  
Center and School

As we prepare to celebrate Labor Day and the end of the "101 Critical Days of Summer" safety campaign, I salute all of the Soldiers, civilians, and Family members of the Army Medical Department Center and School community. This holiday is intended to honor the efforts of American working men and women, and no one works harder on a daily basis than our personnel.

Labor Day traditionally marks the end of the summer season. This is a great opportunity to have some final summer-time fun with Family and friends before the fall events get into full swing. However, please keep in mind that off-duty is one of our most challenging environments. Do not let your recreational activities turn into tragedy by disregarding safe practices and principles. This holiday is your opportunity to relax, but always make safety an integral part of your off-

duty activities. Think and practice Composite Risk Management at all times. If you are planning to be on the road, use the Travel Risk Planning System or TRiPS at the Combat Readiness/Safety Center Web site at <http://crc.army.mil/home> before departing. Check your vehicle for safety and include checks of the tire pressure and brake systems. Always wear

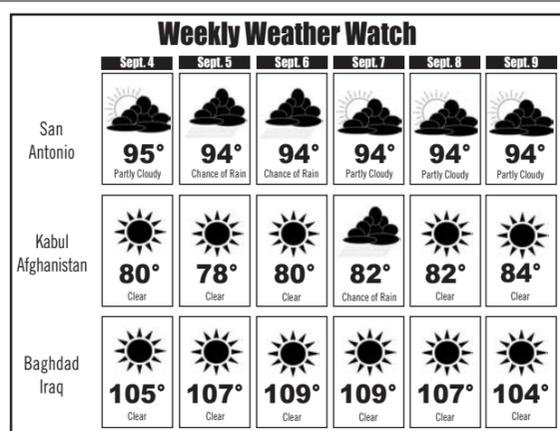
seatbelts; that children are securely fastened into child restraint seats or seatbelts. Drink and drive – it is not worth the risk, both personally and professionally.

Remember basic water safety rules. Never swim alone and swim in approved areas only. Always wear a life jacket or personal flotation device while on any watercraft. Closely super-

vised all children when they are in or near the water. Alcohol and water activities do not mix.

Finally, whether you are traveling for one last

visit to the beach or having a barbecue with neighbors, please enjoy every minute of your time with Family and friends.



(Source: Weather Underground at [www.wunderground.com](http://www.wunderground.com))

**Thought of the Week**

If your train's on the wrong track, every station you come to is the wrong station. — Bernard Malamud  
(Source: Bits & Pieces, August 2009)

**Composite Risk Management is the Army's primary decision-making process to identify hazards, reduce risk, and prevent both accidental and tactical loss. Learn more by visiting <https://safety.army.mil/crm/>**

## News Briefs

**Fort Sam Houston Museum closure**

The Fort Sam Houston Museum will be closed Sept. 6 in observance of Labor Day. The museum will be open Sept. 5. Call 221-1886.

**Garrison Town Hall meetings**

Lincoln Military Housing will host the garrison commander town hall meeting for residents Sept. 8 from 6-7:30 p.m. at the Watkins Terrace Community Center. The meeting will be to review the results of the Annual Resident Survey, landscaping, pest control, and self-help. Refreshments will be served. For more information, call LMH at 270-7638.

**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 on-line 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.

**Suicide Prevention Awareness Open House**

The Suicide Prevention Awareness Open House: Opening Doors to a Healthier Lifestyle will be held Sept. 15, 9 a.m.-4 p.m. at Army Community Service, Building 2797. Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School will provide opening remarks and U.S. Army Garrison Commander Col. Mary Garr will provide closing remarks. There will be several other speakers and organizations available to discuss concerns and provide information. Open to all military, DoD civilians and Families.

**Combined Federal Campaign kicked off**

The 2009 Combined Federal Campaign kicked off Sept. 1 and runs through Dec. 15. This year Fort Sam Houston's goal is \$138,400. You may have already seen a CFC thermometer posted in your work area, you will soon be receiving contribution forms to make a pledge to the agency of your choice. Help improve the quality of life for civilian and military communities by making your CFC pledge. For more information, see your representative or call 221-0679.

**Concrete pour**

Concrete will be poured at the MIF 5 building site, 3098 William Hardee, 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 pour per week.



# VA suicide-prevention program adds chat service

The suicide-prevention campaign of the Department of Veterans Affairs is expanding its outreach to all veterans by piloting an online, one-to-one "chat service" for veterans who prefer reaching out for assistance using the Internet.

Called "Veterans Chat," the new service enables veterans, their Families and friends to go online where they can anonymously chat with a trained VA counselor. If a "chatter" is determined to be in a crisis, the counselor can take immediate steps to transfer the person to the VA Suicide Prevention Hotline, where further counseling and referral services are provided and crisis intervention steps can be taken.

"This online feature is intended to reach out to all veterans who may or may not be enrolled in the VA health-care system and provide them with online access to the Suicide Prevention Lifeline," said Dr. Gerald Cross, VA's acting under sec-

retary for health. "It is meant to provide veterans with an anonymous way to access VA's suicide prevention services."

Veterans, Family members or friends can access Veterans Chat through the suicide prevention Web site [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org). There is a veterans tab on the left-hand side of the Web site that will take them directly to veteran resource information. On this page, they can see the Hotline number 1-800-273-TALK, and click on the Veterans Chat tab on the right side of the Web page to enter.

Veterans retain anonymity by entering whatever names they choose once they enter the one-on-one chat. They are then joined by a counselor who is trained to provide information and respond to the requests and concerns of the caller.

The pilot program, which has been in operation since July 3, has already had posi-

itive results. In one instance, the online counselor determined that a veteran in the chat required immediate assistance.

The counselor convinced the veteran to provide the counselor with a home telephone number and then remained in the chat room with the veteran while the hotline staff called the number and talked to the veteran's mother. The hotline counselor worked with the veteran's mother to convince the veteran to be admitted to a medical facility for further treatment.

"The chat line is not intended to be a crisis response line," said Dr. Janet Kemp, VA's national suicide prevention coordinator at the VA medical center in Canandaigua, N.Y., where VA's trained counselors staff the chat line from 4 p.m. to 11 p.m. VA's suicide prevention hotline is staffed 24 hours a day, seven day a week.

"Chat responders are

trained in an intervention method specifically developed for the chat line to assist people with emotional distress and concerns," Kemp said. "We have procedures they can use to transfer chatters in crisis to the hotline for more immediate assistance."

Both Veterans Chat and the VA's Suicide Prevention Hotline have been established under the National Suicide Prevention Lifeline, which was established through collaboration between VA and the Substance Abuse and Mental Health Services Administration of the Department of Health and Human Services.

Since becoming operational in July 2007, VA's Suicide Prevention Hotline has received more than 150,000 calls, resulting in 4,000 rescues.

~VA Public Affairs

# Garrison Commander wishes safe Labor Day

By Col. Mary Garr  
U.S. Army Garrison Commander

School is back in session and I hope everyone had a good and safe summer break.

During this upcoming Labor Day weekend we will get together with Family and friends in a tribute to the contributions American workers have made to the strength, prosperity,



Col. Mary Garr

and well-being of our country. Labor Day also marks the end of the 101 Critical Days of Summer, a time of year that is historically infamous for weekend crashes and fatalities.

Nationwide, an estimated 30 million drivers are expected to hit the roads making Labor Day a very busy weekend. It's also a busy holiday for the Texas Department of Transportation;

thousands of law enforcement officers will be making an extra effort to spot, and stop, drunk drivers.

Each one of us must take appropriate safety measures and exercise good safety practices. Before traveling this Labor Day weekend. Do the basics: plan your trip route, check your vehicle and rest up the night before. Supervisors, talk to your people about their activities and weekend plans, help ensure they are prepared.

Everyone buckle up, and if you

drink, don't drive.

Visit the Fort Sam Houston Safety office at Web site [www.samhouston.army.mil/iso/](http://www.samhouston.army.mil/iso/) and from the Fort Sam Houston Web page click on the installation support tab and then the safety tab. There are many tools and aids to ensure you have a safe and fun holiday.

To the FSH garrison team, take some time to relax and recharge this holiday. Thank you for your dedication and service. One Army, One Team.

## USAMITC connecting doctors, patients

By Nick Lutton  
USAMITC Marketing

Operations Iraqi and Enduring Freedom have taken a heavy toll on the mind of the warfighter. Numerous service members returning from Iraq and Afghanistan have suffered from post traumatic stress and post traumatic stress disorder.

The Department of Veterans Affairs reports that 120,000 former service members have mental health problems; approximately 60,000 of these suffer from PTSD.

The U.S. Army Medical Information Technology Center is involved in two programs to help wounded warriors with psychological or traumatic brain injuries. Tele-Psychological Health and Tele-Traumatic Brain Injury are part of the initiative, enacted by Congress, which has allocated \$900 million and is being dedicated to the Defense Center for Psychological Health and Traumatic Brain Injury.

"Congress has provided the Services' medical communities with funding for traumatic brain injury and psychological

health. Because health providers and Soldiers are not always at the same location, some of that money has been set aside for 'telecommunication' efforts.

USAMITC is supporting Tele-Traumatic Brain Injuries and Tele-Psychological Health using video teleconferencing to connect Soldiers and health care providers in remote locations," said Yvonne Hobson, project director.

"We must ensure the infra-

structure is in place, that inventory is immediately available to support the quantity of equipment needed, and that sites are ready for the installation when the deployment team is ready to install the equipment.

If the equipment is not onsite or the infrastructure is not in place to support the installation, the schedule must be adjusted which can be challenging at times," Hobson

See **USAMITC P5**



Photo by U.S. Air Force Senior Airman Joseph Vargas

The "Virtual Iraq" program at Malcolm Grow Medical Center's Virtually Better training site at Andrews Air Force Base, Md. uses exposure therapy to help patients confront and overcome the incidents that scarred them.

### EQUALITY DAY from P1

Army; I had the good fortune to be able to have the right to vote. It's only been 89 years since women have had the vote. That really isn't all that long."

My first job was as a nurse. Why did I go to nursing school instead of medical school? Basically, the women in my Family went to nursing school and the men went into the service," she explained.

She said she did not see herself as a physician until one of the doctors she worked with suggested medical school. "That made a huge difference. I didn't feel like I had to just be pretty in order to succeed," she said.

She also encouraged her audience to connect with the past and credited the military with this country's success in the world through its recognition of women.

"Don't forget history. If we forget our history, we are doomed to repeat it," said Hastings.

"In the '70s women were integrated into the Army. In the '80s they were able to have children while in the

### EQUALITY DAY from P1

Army. When you look at those countries that don't use the brain power of women you can see that educationally, economically and socially they have some real challenges. We also see a higher death rate for children and a much higher mortality rate for women in child birth," she said.

After Hastings spoke, Sgt. 1st Class Timothy Harris, equal opportunity adviser, presented her with a framed Women's Equality Day proclamation signed by San Antonio Mayor Julian Castro and a book of quotes, titled "Cheers."

Longtime Army Community Service volunteer Charles Shelby also presented Hastings with a framed Abigail Adams stamp panel.

"It is extremely important that every month we take time to recognize these special celebrations to help us remember the diversity of our great nation, and all the different influences that help hold us together today," said U.S. Army Garrison Commander Col. Mary Garr.

### USAMITC from P4

explained.

Five to six months ago, USAMITC put in video teleconference systems at Fort Hood, Texas so the medical staff at Walter Reed could see patients stationed at Fort Hood. According to Hobson, USAMITC became involved in the program around July 2007 because Congress appropriated money to bolster healthcare within the military.

From October 2005 to March 2008, U.S. Army hospitals had a total of 20,845 visits at a cost of \$1,744,349.

"USAMITC is at the forefront of purchasing and fielding equipment and upgrading the network which is needed to provide access to patients with traumatic brain injury and psychological

conditions," Hobson said.

"We work with the folks in the (USAMITC) video network center to make sure that hardware is purchased correctly. We also make sure the customer requirements are met, and we make sure there is sufficient networking to provide consultation to the customer," said Hobson.

Hobson also said medical staffs that see military patients are better suited because they are familiar with the military culture.

"There are challenges with rapport because if you go to a regular psychiatrist/psychologist, they have no idea what a battlefield is like. They have no idea what's gone on, they don't even know what the terminology is. So this technology helps to bridge the gap," Hobson said.



Photo by Esther Garcia

Wounded warriors visit with the "Eat More Chickin Cow," while enjoying sandwiches courtesy of Chick-Fil-A Restaurants. Representatives from Chick-Fil-A distributed sandwiches and chips to wounded warriors and families during lunch at the Warrior and Family Support Center on Aug. 26.

### News Leader survey online

Submit your feedback to help improve the News Leader. The survey is available online at <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-1031.

Brooke Army Medical Center Medic Spc. Daniel Gomez takes 5-year-old, Adam Reyes' temperature with a quick scan across his forehead Aug. 31 at the hospital's Pediatric Clinic.



Courtesy photo

## BAMC clinics urge parents to keep children's appointments

By Lt. Col. Doug Lougee  
Brooke Army Medical Center  
Department of Pediatrics

It's back-to-school time again. Along with the excitement come the usual stresses of registra-

tion, making sure "shots" are up-to-date and other concerns. In addition, there are several new items affecting children's health that are making parents worry.

In the last month at

Brooke Army Medical Center, there has been a rush for school and sports physicals. The Department of Pediatrics has about 15,000

See BAMC CLINICS P7

## Hiring Heroes Career Fair volunteers needed

The Hiring Heroes Career Fair will be Sept. 22 from 9 a.m.-3 p.m. at the Sam Houston Club. This career fair is designed to provide special employer access for Warriors in Transition but is open to all interested parties. The Army Career and Alumni Program will sponsor a "Resume Writing Lab" Sept. 21 from 9 a.m.-4 p.m. to help

Soldiers write their resumes.

Volunteers are needed as "resume writing assistants" to guide wounded warriors while they prepare their resumes. Computer literate volunteers at many skill levels and time slots are needed. A mandatory "Train the Trainer" Workshop will be held Sept. 14, 8:30-11 a.m. in Building 2263,

Room B-100. Volunteers will learn the art of developing an objective, focusing on skill sets, elements of the resume plus formatting and preparation. The training and experience you develop during this time will provide you with valuable skills you can draw upon during your own job search may provide you with valuable networking and other insights into the local job market.

To volunteer, call 221-1213.

**You are cordially invited to participate in the  
Hiring Heroes Resume Workshop & Career Fair**  
*(Job Opportunities for Injured Service Members and their Family Members)*

**Monday, Sept. 21**  
**Resume Writing Workshop and Career Fair Preparation**  
**9 a.m. to 4 p.m.**  
*(Get assistance with writing professional resumes and career fair preparation).*

**Tuesday, Sept. 22**  
**Hiring Heroes Career Fair**  
**9 a.m. to 3 p.m.**  
*Talk to over 75 DoD, Federal and Private Sector recruiters about opportunities in various civilian career fields.*

**Both events will be held at:**  
**The Sam Houston Club**  
**1395 Chafee Road**  
**Fort Sam Houston, TX**

### BAMC CLINICS from P6

patients enrolled at the General Pediatric and Adolescent Medicine Clinics, so you can imagine the chaos if everyone wanted a physical at the same time. We are doing our best to meet the demand, but we need your help. Here are three things you can do:

- Keep your appointment for a physical or call and cancel, so someone else can use it. About one out of every three school and sports physical appointments at BAMC General Pediatric clinic is a no show. This means someone else cannot use that appointment. No show appointments waste the taxpayer's money. You can cancel an appointment either by calling the

same number called to get the appointment at either 916-9900 or 916-3160. Prompts will allow you to cancel an appointment.

- Get an annual physical at the time of your school age child/adolescent's birthday. This avoids the school and sports physical rush at the end of summer.

- If you've had a physical within one year, but need a new physical form filled out, we can do that. Leave the form at the front desk, and we will fill it out. There is a 72-hour turnaround time on these forms so please plan ahead.

Additionally, there are three new required vaccines for school age children in Texas. All children starting seventh

grade need to have the vaccines: Tetanus Diphtheria and Pertussis (Tdap), meningitis vaccine and proof of two chickenpox vaccines or of having the disease, in addition to the previously required standard vaccines. This Texas school requirement does not apply to children in grades above seven, but these vaccines are a good idea for most children of this age range. Children needing these three vaccines to enter school have been given a reprieve by the State of Texas due to state-wide vaccine shortage. However, it's important to take care of all shots as soon as possible.

If these vaccines are needed, and your child is enrolled at the BAMC

Adolescent Medicine clinic, you may walk in during business hours to request the vaccines. For children, who are enrolled at BAMC General Pediatrics, call for a vaccination appointment at 916-3160; follow the prompts to pediatrics and immunizations. If your child is over 6, visit the BAMC Allergy and Immunology Clinic during business hours to receive all needed vaccines.

For more information, call 916-3160; follow the prompts to leave a message at either General Pediatric or Adolescent Medicine Clinic. By working together, we can better meet the needs of our Fort Sam Houston military Families.

**You are cordially invited to attend:**

## The Annual Fisher House Barbecue

**Where: Fisher House**

**When: 25 September**

**Time: 10:30 a.m. - 2 p.m.**

**Opening Ceremony**

**11:00 a.m.**

Army Fisher Houses provide a comforting, caring and compassionate home-away-from-home to military families during a medical crisis. Charitable contributions provide the majority of funding for BAMC Fisher Houses at Fort Sam Houston 3636 Rawley E. Chambers Rd Fort Sam Houston, TX 78234 Tel. 210-916-6000



Soldiers from the 42nd Medical Detachment Optometry line up on stage at Army Community Service Aug. 28 during a deployment ceremony. The six Soldier unit will deploy to Iraq for 12 months.

#### **DEPLOYMENT from P1**

er, 264th Medical Battalion.

"That's a huge responsibility for these Soldiers to undertake and they are absolutely ready for it," he said.

"I am one of the biggest fans of Army Optometry," he explained. "Earlier this year I was in an accident and a pair of Army issue glasses made here at Fort Sam Houston saved the vision in my right eye."

The 42nd was activated and reorganized in January and since the reorganization they have been training for deployment.

"First (Capt. Ginger Purpura) was away at school for eight years, then she joined the Army and now she will be away for a year on deployment," said Georgia Purpura, Ginger's

mother. "This ceremony really helped. She is my baby girl; this is not easy for me."

Frank and Georgia Purpura came down from Edmund, Okla., to spend time with their daughter before she deployed to Iraq.

Purpura said this is her first deployment. She joined the Army to receive the education she needed to become an optometrist.

Fischer said he wanted to impart a piece of advice that his father shared with him when he left home for the Army, "Have faith; have faith in your training, have faith in your equipment, have faith in your leaders. When the days are long and seem like they will never end, have faith."

He encouraged the Families to also have faith saying, "We are only a

phone call away and we will do everything we can to support you and your Soldiers while they are deployed. Each of these young men and women are heroes."

Spc. Karl Abian and his wife Yadi have been married four years. Yadi is seven months pregnant.

"We are having a baby girl," said Abian.

Spc. Thomas Kamo and his wife, Victoria, were just married on Aug. 5. "I will be moving to Fort Hood in about two months to be with my sister while he is gone," said Victoria.

"I look forward to the day we can welcome you back home. Until then may the faith and prayers of a nation guide you on your mission," said Fischer.

#### **ESHOCAMP from P1**

health management tactics used on FSH and Camp Bullis according to James Graham Jr., chief, Environmental Division, Department of Public Works.

"It gives us a benchmark to set before joint basing," Graham said. "All safety risks identified have a 30 day limit to resolve. Regulatory findings will have a 60 day target with exception of technical difficulties or items costing large amounts of unplanned dollars. Policy differences have a target of 180 days."

He said the team looked at up to 200 sites and interviewed 161 people, using regulation and U.S. Air Force policy to



Marcie Hart is awarded a citation for her outstanding performance during an assessment of Fort Sam Houston's Environmental Safety and Occupational Health Compliance Assessment Management Program by Col. Bryan Ramstack.

set standards for review.

Hart's citation highlighted her shop-specific environmental information awareness program, lauded as a banner example of hazardous waste management by the ESHOCAMP team.

She employs what she calls her "5 Ls" system for container management in a straightforward meme or memory jogger where personnel "Look for Lids, Labels, Logs and Leaks."

She also identified key



Chris Neubeck is awarded a citation for her outstanding performance during an assessment of Fort Sam Houston's Environmental Safety and Occupational Health Compliance Assessment Management Program by Col. Bryan Ramstack.

environmental and safety points of contact with an easy-to-follow "How-to Guide" for emergency response other organizations on post could easily implement.

Neubeck was cited for developing a directorate-

specific Environmental Management System

manual for FMWR and customizing a training program using easy-to-read pamphlets and the EMS Web site.

"I trained the primary and alternate for all FMWR activities and they have to train their staff," Neubeck said. Training familiarizes personnel with environmental management issues, risk identification and procedures to minimize impact.

Her program was recommended for use as the model for other areas on post.

## Officer Basic Leadership Course returns from three-week field experience

Record-breaking heat in the San Antonio area provided a grueling backdrop for 390 students from A Company, 187th Medical Battalion, 32nd Medical Brigade's three-week series of field training exercises at Camp Bullis, Aug. 3-21.

That first day of the Officer Basic Leadership Course, the cadre of the U.S. Army Medical Department's newest medical support officers knew this class was not going to be easy.

"To someone who's been through a fair number of schools, the course is far more physically challenging (than expect-

ed) and sneaks right up on these officers," A Co. Commander Capt. John Lopez said.

"Add the fact that for the three weeks at Camp Bullis, these officers endure temperatures exceeding 100 degrees – this is pretty significant when you consider our students were civilians only a couple weeks earlier. We are, in essence, a condensed version of basic training."

In addition to completing weapons qualification on sun-baked M-16s and M-9s, the OBLC class completed day and night land navigation courses and mounted land naviga-

tion exercises the first week.

"Second week was convoy operations, and that was where we really started to see leadership come out among these officers," A Co. 1st Sgt. Jeffrey DeGarmo said.

"IED detection, react-to-contact and recovering a disabled vehicle – everyone in the convoys, not just the convoy commander was out there making snap decisions and affecting the outcome of the mission. We were all really impressed."

This was the first class that received additional convoy training using the Virtual Combat Convoy

Trainer at Camp Bullis, a new addition to the training which allows students to manipulate the environment and the scenarios that Soldiers experience.

The third and final week of field training culminated in a five-day simulation of forward operating base operations, including set up, manning entry control points, operating a tactical operations center, and executing Role I Battalion Aid Station and Role II Medical Company procedures on the battlefield, that could include casualty collection, treatment and evacuation, triage and internal security in support of a larger simulated Task Force.

With opposing forces on the prowl, A Co.'s student officers maintained care for their casualties while defending themselves under adverse combat-simulated conditions.

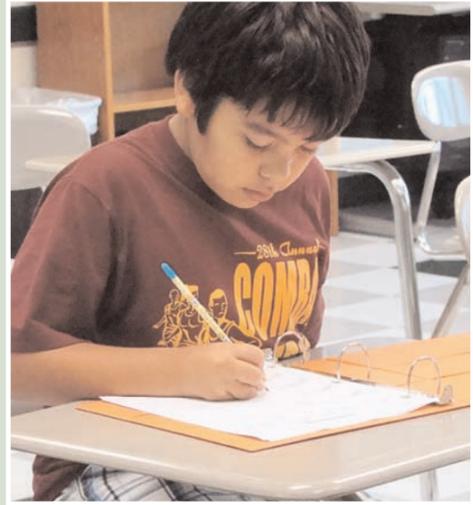
"Training was valuable, especially when we started doing FOB operations and actual medical care," OBLC student 2nd Lt. Madeline Lewis said.

"A lot of us are prior enlisted or had just gone through some kind of pre-commissioning field training, but this course still caught us off guard. We could definitely have done without the heat, but I felt like what we did was really applicable to where most of us are going."

~AMEDDC&S

# What I liked about the first week of school ...

Cole senior Kaitlin Sheridan reads an inspirational message at the August school board meeting and then shares her favorite class is Anatomy and Physiology with Coach Joe Wyckoff. Sheridan is interested in learning how things work, has plans to be a registered nurse and hopes to ultimately work with the World Health Organization.



Jaime Gonzalez-Acosta, a sixth grade student at Cole Middle School, enjoys reading with his teacher, Mary Borden. He likes the way she teaches and reads books that interest him.



Kindergarten student Faith Felder's favorite thing about the first week of school was meeting her new teacher, Crystal Flores. She stated, "I gave my teacher an apple because I love her." Felder also likes Drama, Art and Physical Education.

## COUGARS WIN FOOTBALL SEASON OPENER

The Robert G. Cole High School varsity football team won their 2009 season opener Aug. 28 with a 32-13 victory over San Antonio Christian. Showing a balanced attack which featured four different players scoring touchdowns. The Cougars broke open a close game with 20 unanswered third quarter points to salt away the victory. Cole next plays Sept. 5 at 7:30 p.m. against St. Anthony at Incarnate Word Stadium.

# Kids, parents celebrate going back to school at Sam Houston Club

By Paul Kotchman  
FMWR Marketing

The Sam Houston Club opened its doors to the Fort Sam Houston Community to celebrate the end of summer with its Back-to-School Celebration, Aug. 30.

More than 250 people attended and received free Domino's Pizza, hot-dogs, drinks and back-to-school supplies.

Children were treated to free face paintings, balloons and a trip in the moon bouncer.

Arts and crafts vendors supplied prizes for drawings throughout the event.

The Back-to-School Celebration was the second of two Family fun events the Sam Houston Club hosted this summer.

"It is great to host these events for the Soldiers and Families," said Manuel Valdez, Sam Houston Club manager.

"Our goal was to provide the Fort Sam Community a fun event before the hectic school year begins and we suc-



Courtesy photo Rylee Pumphrey, 3, shows off her painted purple cow at the Back to School Celebration.



Courtesy photo Preston Sertich, 4, shows off his Spiderman mask at the Back to School Celebration.

ceeded."

For more information on the Sam Houston Club's upcoming events call 226-1663.

## FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES SEPT. 7-12

<b>Fort Sam Houston Elementary School</b>	
Sept. 7 School holiday – Labor Day	Sept. 10 JV Football at Marion, 7 p.m.
Sept. 11 Elementary Freedom Walk from their student's classrooms, 8:45 a.m. to 9:11 a.m.	Sept. 11 Junior class ring meeting with Josten in cafeteria, during advisory
<b>Robert G. Cole Middle and High School</b>	
Sept. 7 School holiday – Labor Day	JV/V Volleyball at Blanco, 4 and 5 p.m. Varsity Football vs. Marion at Cole 7:30 p.m.
Sept. 8 Grades ninth to 11th picture day during English classes	Sept. 12 Cross Country North East ISD meet at Brooks City Base, 8 a.m.
JV/V Volleyball at Sabinal 6 and 7 p.m.	

# WTB Softball league wraps ups season

By Jen D. Rodriguez  
Brooke Army Medical Center Public Affairs

The 10-game Warrior Transition Battalion summer softball league ended with the Hawks earning the Brooke Army Medical Center Appreciation Softball Championship title in front of a packed Time Warner Park stadium, and a 9-1 record, Aug. 20.

A color guard, free food, an awards ceremony and musical selections provided by the U.S. Army Medical Command Band rounded out the evening.

Though the season is over, the enthusiasm continues. Thursday night softball games aren't just for local sports enthusiasts, but also for a group of WTB Soldiers, warriors and staff who play hard to have fun, no matter the outcome of the game.

Since June, six teams; the Titans, No Skillz, Hawks, Center for the Intrepid Diablos, Punishers and the Mustangs, all totaling 83 players, met on the field once a week to play ball for the sheer enjoyment of the game.

"If we lose, its OK," said Diablos team member Chris Leverkuhn, a warrior cheering for teammate Eric Morante from the dugout.

"As long as I come out here to do what I came to do, I'm having fun."

Lt. Col. John Myers, WTB commander, said playing softball is an opportu-

nity to bring warriors, Families, and staff together away from the workplace.

"This has turned out to be a magnificent activity to build personal and professional relationships," Myers said.

At the final game, Janis Roznowski of Operation Comfort threw the first pitch to Great Plains Regional Medical Command and BAMC Commander, Brig. Gen. Joseph Carvalho Jr.

Roznowski's non-profit organization, focused on helping wounded Soldiers rehabilitate, sponsored the WTB league.

Carvalho called the games a true display of esprit de corps, Family teambuilding and camaraderie.

"I'm very grateful of the support of the Center for the Intrepid and WTB Family and friends," he said.

"Playing softball brought the team closer as staff members and helped build a solid team in the work place," said Esteban Garcia, No Skillz team member.

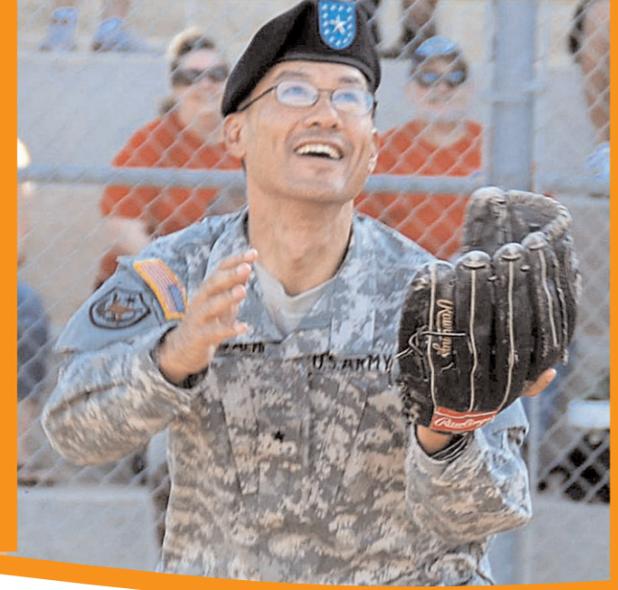
Punishers Jessica Perez with her game face on gets set to bat. Photo Jen D. Rodriguez



Titans pitcher Don Hoxsey puts a spin on the ball. Photo by Jen D. Rodriguez



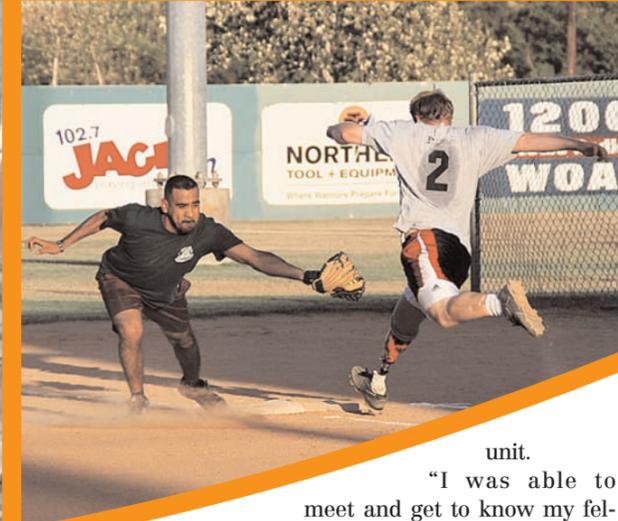
Brig. Gen. Joseph Carvalho Jr., commander of Great Plains Regional Medical Command and Brooke Army Medical Center, playing catcher reaches for the first pitch of the game. Photo by Jen D. Rodriguez



CFI Diablos Chris Leverkuhn beats a No Skillz player to home base and scores, during the Aug. 20 championship game. No Skillz beat CFI Diablos, 11-4. Photo by Master Sgt. Carlos Garcia



No Skillz first baseman Peter Rodriguez stretches to tag CFI Diablos Chris Leverkuhn out, during the Aug. 20 championship game. Photo by Jen D. Rodriguez



"It strengthens our relationships with the other staff members on the other teams. It gave everybody something to talk about during the week and something to look forward to the next week."

Jorge Jimenez, a member of CFI Diablos, said their team's goal was to keep everyone happy. "It's an equal opportunity for everybody to play, no matter how the games went."

Occasionally, when one team didn't have enough players to play, due to

appointments and summer breaks, members of another WTB team would step in to help out.

"The games provided the warriors with a sense of accomplishment, realizing they are capable of enjoying some of the things they did enjoy before their injuries," said the Hawks' Juan Rosas.

what I like to call quiet teambuilding," Roznowski said, "where players don't realize what they're doing, while having fun."

"It brings our work environment out of the office and makes the team stronger both on the field and at work," said the Hawks' John Hutson. "We're getting along better now that we know each other."

New to the WTB Family, Titans Kevin Davenport said playing with the Warrior in Transition and staff has accelerated my acceptance with-

unit. "I was able to meet and get to know my fellow staff members and WT's en masse over a short time instead of individually over a long period," he said. "As time passed, playing ball became the highlight of my week not only for the competitive aspect, but for the quality of individuals playing."

"We are a proud and dedicated battalion who eagerly embraced an opportunity to spend time with warriors and the WTB Army Family," said Myers. "I am extremely pleased with the level of participation, the great sportsmanship, and tremendous entertainment of this softball league."

Echoing Myers remarks, Villegas added, "The cohesion and camaraderie were involved in every game. The spirit of competition was present all time; it was very rewarding because every day at work, we barely have the chance to cool off and spare quality time together.

With just for a few hours on the field, we did it."

**The winners:** Hawks with 9-1 record placed first beating the Punishers, 29-6 in the finals; No Skillz placed second, beating the CFI Diablos, 11-4; and the Punishers placed third. The Mustangs wrapped up a losing season with win over the Titans, 27-6.



Photo by Carlos Garcia

Nicknamed the Scrubs, members of the Fort Sam Army Band play musical selections at the Brooke Army Medical Center Appreciation Softball Championship held Aug. 20 at Time Warner Park.



Photo by MSG Carlos Garcia

First place winners, the Hawks are congratulated by Janis Roznowski of Operation Comfort and Brig. Gen. Joseph Carvalho Jr., (far right) commander of Great Plains Regional Medical Command and Brooke Army Medical Center at the closing ceremonies of the BAMC Appreciation Softball Championship held Aug. 20. More than 75 fans attended the game.



Photo by Jen D. Rodriguez

CFI Diablos Pitcher Rico Roman spends time on the mound to pitch nothing but strikes against the opposing team.

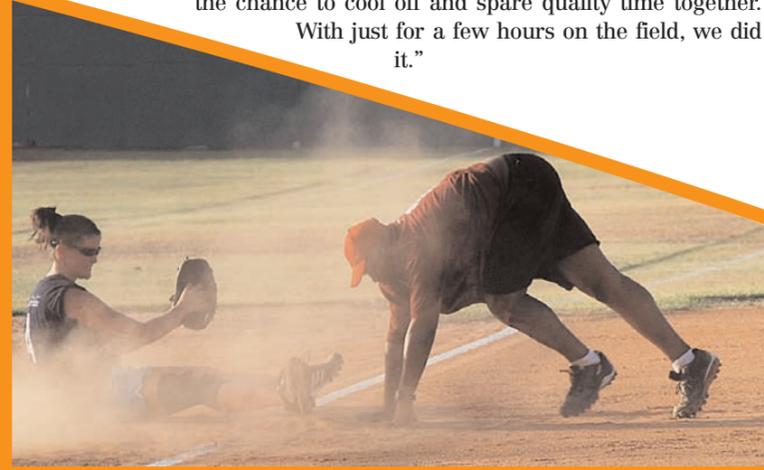


Photo by Jen D. Rodriguez

In a cloud of dust, Punishers Heather Gardner uses everything she has to stop the Titans winning run at third base, during the regular season play.

# Learning to cope: Annual World Burn Congress gives burn patients support hope for future

By L.A. Shively  
Fort Sam Houston Public Affairs

Twenty-seven Soldiers, Sailors and Marines undergoing treatment at Brooke Army Medical Center joined 850 survivors at the Phoenix Society for Burn Survivors' 21st Annual World Burn Congress Aug. 27-29 in New York City to share experiences and practical advice about the road to recovery.

Survivors participated in a wide range of workshops – from tips on using cosmetics to improve one's appearance, to helping a child with self-esteem after a burn injury. A panel discussion centered on utilizing media to spread fire prevention messages. Firefighters and current and former military personnel spoke about the

impact of their injuries in the line of duty on Family and career.

Other speakers included CBS News Correspondent Kimberly Dozier, who recovered from injuries sustained while on assignment in Baghdad, and J.R. Martinez, an actor on the long-running ABC soap opera "All My Children" and an Iraq War veteran.

"A lot of the information was very good," said Navy Machinist's Mate 1st Class Robert Bruce, currently being treated at BAMC for burns sustained three years ago on board the USS Frank Cable as a result of a steam leak in the engineering spaces where he worked.

Bruce explained that the military is very good at helping burn patients cope and look toward the future after injury. Part of his rehabilitation was

getting to know other patients who were ahead of him in the healing process and who gave him hope.

"It was easier for me to see there was something to achieve because you had the future right in front of you."

Bruce said other burn patients at BAMC are his support group and are a very important part of his ongoing recovery process, something most civilian patients don't have.

"That support can't come from just anybody; it has to come from somebody who is burned. It's hard to get over (being injured). You have a lot of obstacles, a lot of emotions – anger, frustration, fury.

In the military we're fortunate to have that ability to talk to people who have been through what we've been through



Photo by Janice Rozenowski

Ralph Abbondanza, (front), a survivor of the Bataan Death March, poses with Marines from the Brooke Army Medical Center who attended the World Burn Congress. From left: Wade Knight, Ryan Voltin, Zachary Schudrowitz, Joe Piram and Anthony Villarreal.

and can give us some insight."

Bruce said his biggest take away from the congress was the number of survivors he encountered. "It was eye-opening to see that many people. It helps you know you're not really alone."

"The conference was a powerful experience, especially to see hundreds of burn survivors supporting each other,"

said Pam Voltin, whose husband, Marine Capt. Ryan Voltin was injured when his helicopter was shot down.

She said she benefited from a specific session geared toward caregivers that provided tools she could use to support herself while she cared for her husband.

"Take time for yourself, it's so easy to focus outwardly and forget

about yourself," she said noting that caregivers often suffer from "compassion fatigue."

Voltin also said that seeing the military survivors who suffered horrific burns in the defense of our country was very meaningful.

"These are the guys that put their lives on the line for our freedom," Voltin said.

"Service members are willing to pay that price for our country and this life is hard, there are many challenges. If my husband and I didn't have a strong relationship and good communications it would not be possible.

Janice Rozenowski said a special connection developed between the service people and the firefighters during the conference.

"They connected", she said.



Photos by Joe Kauffman

Dogs and owners dash off at the start of the first ever 5K Doggie Dash.

## First ever 5K Doggie Dash off to a good start

By Melissa Austin  
FMWR Marketing

More than 55 people and 35 dogs dashed across a finish line at the Jimmy Brought Fitness Center, Aug. 29, for the first of what will be regular, monthly, five kilometer fun-run/walk events.

"Man's best friend" and his or her two-legged companion lined the sidewalks of the fitness center waiting patiently for their chance to participate.

Owners and pets were enthusiastic.

"I am very excited about this event," said Melissa Benson.

"This is a great opportunity for me to spend quality time with my dog, Iggie, while at the same time allowing him to socialize with other dogs. I look forward to many more events that include pets here at Fort Sam."

Prior to the kick-off, Col. Mary Garr, U.S. Army Garrison commander, welcomed everyone and spoke of creating more events that will



Contestant Wallace the beagle proudly wears his lion-like wig during the costume event at the 5K Doggie Dash.



Doggie Dash costume contest winner Zeppie gets to know Chico, Col. Mary Garr's dog.

involve Soldiers, Families, and their pets.

Event sponsor Purina Care Insurance Services Inc. provided information about pet care insurance and gave away Frisbees and dog food dishes.

Purina also awarded a \$50 gift certificate for the best dressed pet, Zeppie, owned by 2nd Lt. Kyle and wife Tawny

Heselpoth.

Future FMWR events include a Doggie Dip and Gold Fish Scramble scheduled Sept. 12, noon to 4 p.m. at the Aquatic Center. Children can "go fishing" for a goldfish in the kiddie pond while their dogs take a dip in the kiddie pool. For more information, call 221-4887 or 221-1234.



## Announcements

### CYS Services Central Registration

Beginning Sept. 4, Child, Youth and School Services Central Registration office will be closed on 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 p.m. 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 hit-

ting 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 Unlimited will hold 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. 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 and Hardy Streets. 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 discuss group for parents with children birth to 12 months. Light snacks and drinks are provided. Call 221-0349 or 221-0655.

### English as a second language class

English as a second language will be offered Mondays and Wednesdays, 5-8 p.m. at the Army Community Service, Building 2797. The class is free and designed especially for foreign-born spouses to improve reading comprehension, vocabulary and pronunciation. Classes are appropriate for the beginner, intermediate and advanced student with individualized group instruction. To register, call 221-1681 or 221-9698.

### The Owl and the Pussycat

The Harlequin Dinner Theatre presents "The Owl and the Pussycat" a comedy by Bill Manhoff, beginning Sept. 10, Thurs.-Sat.

evenings. Doors open at 6:15 p.m., show beginning at 8 p.m. For reservations, call 222-9694. The box office is open Tues.-Fri. 12-5 p.m. and Sat. 1-5 p.m.

### Late Night Cabaret

The Harlequin Dinner Theatre presents Late Night Cabaret Saturdays 10:15 p.m. to 2 a.m. A cover charge of \$3 with Military I.D. or \$5 for all others will apply. A full service cash bar will be available. Patrons must be 21 years old to purchase and consume alcohol. Late night karaoke will follow the show. Call 222-9694.

### New hours for the Library

The Keith A. Campbell Memorial Library has extended its hours of operation to Tues.-Fri. 9 a.m.-8 p.m.; Sat.-Sun. 11 a.m.-8 p.m.; closed Mon. and holidays. Call 221-4702.

### EFMP Support Group

Army Community Service Exceptional Family Member Program offers a support group each Wed., 6-7:30 p.m. at School Age Service, Building 1705, Dodd Blvd. Open to Soldiers and military Families with special need members. MELD Special provides childcare and dinner. To register, call 221-2604.

### 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 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

### SEPT. 3

#### General Resume Writing

General Resume Writing class, 8-10 a.m. at Army community Service, Building 2797. To register, call 221-05165 or 221-0427.

### Walking Tour of San Antonio

The Relocation Program will conduct a walking tour of downtown San Antonio Sept. 3. Newcomers to the area are encouraged to attend and learn more about the city. 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 I.D. card is required.

### Mandatory Initial First-Termer Financial Readiness

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

### Women Encouraging Women

Women Encouraging Women group, 12-1 p.m. at Army

Community Service, Building 2797. The topic will be "I'm a Phenomenal Woman." The WEW monthly support group discusses issues facing women in today's society. Call 221-0349.

### Using Credit Wisely

Using Credit Wisely class, 2-4 p.m. at Army Community Service, Building 2797. Call 221-1612.

### SEPT. 7

#### Labor Day Scramble

The Fort Sam Houston Golf Club will host a two person scramble, 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 I.D. card holders and government contractors. To register, call 222-9386.

### SEPT. 8

#### Post Deployment Planning training

Post-Deployment Planning training, 9-10:30 a.m. at Army Community Service, Building 2797. Registration is required no later than 4 p.m. Sept. 3. Call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

### Re-entry into American Culture

Re-entry into American Culture class, 10-11 a.m. at Army Community Service, Building 2797. This workshop will help those coming from an overseas assignment adjust to living back on American soil. Call 221-2418 or 221-2705.

See MWR P19

### ACS Outdoor Movie Night

#### Sept. 11 Disney's animated classic "Peter Pan"

#### At dusk at the post flagpole

#### Sept. 12 "Underdog"

#### At dusk 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 from P18

#### Saving and Investing

Saving and Investing class, 2-4 p.m. at Army Community Service, Building 2797. This class explores the options of savings and investing as well as the problems associated with each. To register, call 221-1612 or 221-2705.

### SEPT. 9

#### Word Level 1

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

### Bringing Home Baby

Bringing Home Baby, 8-10 a.m. at the Red Cross, Building 2650. This two-part series will teach how to care for a newborn baby. Call 221-0349 or 221-0326.

### Budgeting for Baby

Budgeting for Baby class, 8-10 a.m. at Army Community Service, Building 2797. Most parents spend \$8,000 to \$16,000 on their children in the first two years of life. Find out

how to budget for those expenses, keep expenses under control and plan for future financial goals. To register, call 221-1612.

### Overseas Orientation

Overseas Orientation, 10 a.m. and again at 5 p.m. at Army Community Service, Building 2797. This briefing will make moving around the world easier and relieve undue stress. To register, call 222418 or 221-2705.

### Mandatory Initial First-Termer Financial Readiness

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

### SEPT. 15

#### FMWR Cash and Carry Sale

The Directorate of Family Morale, Welfare and Recreation will hold a Cash and Carry Sale Sept. 15-16, 9 a.m.-3 p.m., Building 4192, Bay A. Items may be purchased on a first-come, first-served basis, all sales are final. All property is sold as is

and must be removed at the time of sale. There is no prior viewing of sale property. Cash and personal checks with a picture I.D. only. Call 221-4449.

### Closed Bid Sale of NAF Property

Directorate of Family Morale, Welfare and Recreation will hold a closed bid sale for NAF vehicles and property, Sept. 15-16, 9 a.m.-3 p.m., Building 4192, Bay A. Sealed bids will be accepted for all items. High bids will be notified by NAF Financial Management Personnel and will have 3 days to pay and pick up property. All items are sold as is, where is. All sales are final. Cash or personal checks with a photo I.D. only. Prior viewing of sale property will not be allowed. Call 221-4449 or 221-4950.

### SEPT. 19

#### Fort Sam Houston Leisure Bike Ride

Ride with Family Morale, Welfare and Recreation through historical Fort Sam Houston beginning at 8 a.m. Any type of bike is welcome and all ages are welcome. Helmets are

required. The Outdoor Recreation Center has rental bikes, call 221-5224. Riders will meet in the Quadrangle parking lot. Call 221-1180.

### SEPT. 24

#### Precious Minds, New Connections

Precious Minds, New Connections class, 10 a.m.-12 p.m.

at Army Community Service, Building 2797. Precious minds, New Connections is an enrichment program for fathers, mothers, grandparents, step-parents, expectant parents, adoptive parents, and foster parents of children ages newborn to 3 years. The class will last for eight weeks meeting each Thursday for two hours. To register, call 221-0349 or 221-0326.

## Hometown star

Fort Sam Houston personnel who want to share news of their accomplishments and achievements with Family members and friends back home can participate in the Army and Air Force Hometown News Program.

Whether active duty, Reserve, Guard or a Department of Defense civilian, you can fill out the Hometown News Release, the Department of Defense Form 2266, and forward it to Public Affairs. PA will then forward the form to the Air Force News Agency for distribution to every media outlet within a 50-mile radius of the zip code specified on the form.

Complete the DD Form 2266, posted on the Fort Sam Houston Public Affairs Web site at <http://www.samhouston.army.mil/publicaffairs>, and submit it to PA by fax at 221-1139 or e-mail to [HometownNews@samhouston.army.mil](mailto:HometownNews@samhouston.army.mil).

For more information, visit <http://www.samhouston.army.mil/publicaffairs>, call 221-1139 or 221-0546; or e-mail Minnie Jones at [Minnie.I.jones@us.army.mil](mailto:Minnie.I.jones@us.army.mil).



## Sports

### Bench Press Contest

Bench press contest Sept. 12 at 10:45 a.m. at the Jimmy Brought Fitness Center. Weigh-in from 8:30-10:30 a.m. The entry fee is \$20 and includes a T-shirt for all participants. Call 221-1234.

### Army Dillo

The Army Dillo 10 and 20 Miler will be held Sept. 20, 7:30 a.m. at the Jimmy Brought Fitness Center. Participants can preregister at Runawayclub.com or register on race day beginning at 6:30 a.m. Pre-registration fees for the 10 miler are \$35 and the 20 miler \$50 until Sept. 15. Same day registration fees are \$75 for the 20 miler and \$50 for the 10 miler.

### 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 exciting 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 assigned to Fort Sam Houston. Interested golfers should register in their respective flights at the Golf Course Pro Shop, from 7 a.m. to 7 p.m. daily. The registration deadline is Sept. 20. The registration fee for the event is \$35 for members and \$60 for non-members. To register, call 222-9386 or visit [www.fort-samhoustonmwr.com](http://www.fort-samhoustonmwr.com).

### Fort Sam Houston Judo Club

The Fort Sam Houston Judo Club meets Sat., 10 a.m.-noon and Wed., 7:30-9 p.m. Must have a USA Judo membership. Interested military members call 279-1742.

### Intramural fall flag football standings as of Aug. 28

TEAM	W	L
1st BAMC	1	0
2nd Co B, 264th Med. Bn.	1	0
3rd Navy Recruiting	0	1
4th SA Recruiting Bn.	0	1
5th ARSOUTH	0	0
6th 201st MI Bn.	0	0

### Intramural fall softball standings as of Aug. 27

TEAM	W	L
1st ARNORTH	4	0
2nd ARSOUTH	2	1
3rd SA Recruiting Bn.	2	1
4th BAMC Pharmacy	2	2
5th USAMITC	1	3
6th 201st MI Bn.	0	4

## Organization Day

Members of the 401st Military Intelligence (MI) Company and the Headquarters and Headquarters Detachment of the 470th MI Brigade play close to the net in a game of volleyball at Splashtown during the two units' combined Organization Day Aug. 21. More than 100 Soldiers and civilians and their Families participated in the day's morale-boosting activities.



Photo by Gregory Ripps

# Community

## Announcements

### 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.

### 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 Family, Morale Welfare and Recreation Ticket Office located in the Sam Houston Club, Building 1395, Chaffee Road. Call 226-1663.

### 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 commu-

nications skills. Call 221-8785, 221-6517 or 916-3406.

### 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](http://www.eknowledge.com/military).

### 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](http://www.lackland.af.mil/units/341stmw/d/index.asp).

### Centering Pregnancy Program

The Wilford Hall Medical Center Obstetrics Clinic at Lackland Air Force Base offers the Centering Pregnancy Program to women in their first trimester. This program gives pregnant women a community of friends; relaxed time with their provider; 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 to 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. weekdays.

### 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 her work chronicling training, then deploying with Naval Mobile Construction Battalion-22, also known as the Lonestar Battalion. Seabees are the U.S. Navy's combat engineers, working at the front lines of conflicts around the globe, as well as providing humanitarian assistance abroad and in the U.S. Her images reveal the heart of the good news of American presence in the Middle East. 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, Event is free and open to the public.

## SEPT. 9

## Calendar of Events

### American Society of Military Comptrollers

The Alamo Chapter of the American Society of Military Comptrollers will host a luncheon Sept. 9 at the Fort Sam Houston Golf Course. The guest speaker is Lt. Col. Derrick Flowers, chief, Finance and Accounting Division, Headquarters Army Medical Command. Topic will be "Tips for a Smooth Fiscal Closeout." Reserve Sept. 4, call 573-6702 or 335-6941.

### SEPT. 15 Spouses' Club

The Spouses' Club of the Fort Sam Houston Area will hold a luncheon, Sept. 15, at 11 a.m. at the Fort Sam Houston Golf Club. The guest speaker is John Mancuso from the Fort Sam Houston museum. Cost is \$14, and new members are welcome. James Quality Jewelers will be on hand from 10 a.m.-2 p.m. displaying jewelry for purchase. For reservations, visit [www.scfsh.com](http://www.scfsh.com), call 881-9219.

### SEPT. 17

### The Society for the Preservation of Historic Fort Sam Houston

## REMINDER CALENDAR

- 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
- Sept. 7** Aquatic Center closes
- Sept. 19** National Day for Kids
- Sept. 21** Hiring Heroes Resume Workshop, 8 a.m.-3 p.m., Sam Houston Club
- Sept. 22** Hiring Heroes Career Fair, 8 a.m.-4 p.m., Sam Houston Club



The Society for the Preservation of Historic Fort Sam Houston will meet Sept. 17 at 11:30 a.m. for refreshments at the Stilwell House. Guest speaker is Mark Collins the "George Washington" on the History Channel, in period costume. The topic will be "The U.S. Constitution and its changes – good and bad, good or bad." Call 224-4030 or 527-9513.

### SEPT. 21 Warrant Officer Association meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet Sept. 21 at 7 p.m. at Chacho's & Chulucci's, 8614

Perrin Beitel Rd. (near Loop 410). All active duty, retired, reserve, National Guard warrant officers and Family members are invited. Call 295-6596 or 666-9818.

### "Our Part of Town – Military" Talent Show

A City of San Antonio Parks and Recreation Department-sponsored talent show "Our Part of Town" will be held Sept. 21, 7 p.m., Carver Community Cultural Center, 226 N. Hackberry. Visit [www.sanantonio.gov.parksandrec](http://www.sanantonio.gov.parksandrec).

# For Sale Fort Freebies

**For Sale:** Medium-size bird cage, pound of food and accessories, like new, \$25. Call 221-2453.

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

**For Sale:** Bedroom set, full-size poster bed, dresser, mirror, end table with two drawers, dark wood, \$600; antique full-size iron bed, decorative, \$50; Ajay high stepper exercise machine, good condition, \$30; baby

## Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. 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 can only be ran twice. Limit of five items per entry. For more information, call 221-0546.

changing table, like new, \$30; desk, 64 inches by 31 inches, nine drawers, black top, dark wood, excellent condition, \$60. Call 684-8966.

**For sale:** Sealy Posturpedic Sapphire Elite king-size mattress and box spring, no stains, rips, tears, \$30. Call 659-1120.

**Free kitten to go home:** Will be spayed, vaccinated, and microchipped. Call 670-9167.

## Rocco Dining Facility Menu

Building 2745, Schofield Road

### Friday – Sept. 4

#### Lunch – 11 a.m. to 1 p.m.

Barbecued chicken, beef yakisoba, meat loaf, fried catfish, baked kielbasa sausage, macaroni and cheese, baked potatoes, mashed potatoes, seasoned navy beans, seasoned collard greens  
**Dinner – 5 to 7 p.m.**  
Breaded pork chops, teriyaki baked chicken, chicken and Italian vegetable pasta, cheese ravioli, cornbread dressing, baked potatoes, lyonnaised rice, tomato and okra gumbo

### Saturday – Sept. 5

#### Lunch – noon to 1:30 p.m.

Scalloped potatoes and ham, fried chicken, grilled tuna patties, baked sweet Italian sausages, red beans and rice, mashed potatoes, baked potatoes, glazed carrots, seasoned pinto beans, steamed Brussels sprouts  
**Dinner – 5 to 6:30 p.m.**

Grilled knockwurst, Swiss steaks with brown gravy, spaghetti with meat sauce, au gratin potatoes, broccoli, rice and cheese casserole, lyonnaised rice, steamed asparagus, mixed vegetables

### Sunday – Sept. 6

#### Lunch – noon to 1:30 p.m.

Roast turkey, barbecued spareribs, blackened catfish, mushroom quiche, baked potatoes, oven glo potatoes, steamed brown rice, steamed wax beans, corn on the cob, seasoned collard greens

#### Dinner – 5 to 6:30 p.m.

Chili macaroni, breaded pork fritters, lemon garlic baked fish, chicken fajitas, macaroni and cheese, wild rice, French fried okra, stir-fry vegetables

### Monday – Sept. 7 Labor Day

#### Lunch – noon to 1:30 p.m.

Cheddar chicken and broccoli Alfredo, beef lasagna, roast fresh ham, Santa fe glazed chicken breast, fried catfish, broccoli, rice, cheese casserole, marshmallow sweet potatoes, steamed rice, baked potatoes, French fried eggplant, stewed tomato and okra gumbo

#### Dinner – 5 to 6:30p.m.

Spicy Italian pork chops, country fried

steaks, honey glazed Cornish hens, chili macaroni, marinara sauce with rigatoni noodles, baked potatoes, seasoned wild rice, mashed potatoes, seasoned lima beans, French fried cauliflower

### Tuesday – Sept. 8

#### Lunch – 11 a.m. to 1 p.m.

Barbecued chicken, roast beef, cheese enchiladas, beef enchiladas, Cajun baked fish, Spanish rice, rice, parsley buttered new potatoes, Mexican corn, seasoned black-eyed peas  
**Dinner – 5 to 7 p.m.**

Beef fajitas, meat loaf, chicken cordon bleu, grilled ham steaks, broccoli quiche, refried beans with cheese, mashed potatoes, steamed rice, steamed zucchini squash, peas and carrots, fried cabbage

### Wednesday – Sept. 9

#### Lunch – 11 a.m. to 1 p.m.

Sauerbraten, roast turkey, onion-lemon baked fish, country-fried steaks, grilled polish sausages, red beans and rice, baked potatoes, grilled potato patties, mashed potatoes, herb broccoli, mixed vegetables, seasoned German sauerkraut

#### Dinner – 5 to 7 p.m.

Grilled knockwurst, spaghetti with meat sauce, savory baked chicken, vegetable lasagna, cottage fried potatoes, lyonnaised rice, baked potatoes, wax beans, asparagus, seasoned lima beans

### Thursday – Sept. 10

#### Lunch – 11 a.m. to 1 p.m.

Pepper steak, grilled salmon patties, roast pork, fried chicken, baked egg noodles with cheese, brown rice, garlic roasted potato wedges, fried rice, lyonnaised green beans, Chinese fried cabbage, cauliflower with cheese sauce

#### Dinner – 5 to 7 p.m.

Salisbury steaks, lemon baked fish, chicken stir-fry, grilled pork chops, vegetable stuffed peppers, au gratin potatoes, rice, baked potatoes, peas and carrots, yellow squash, vegetable stir fry

*Menus are subject to change without notice*

# W O R S H I P SCHEDULE

## 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

**Samoan 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 Jumma:** 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](http://www.samhouston.army.mil/chaplain)