

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



**HISPANIC HERITAGE MONTH OPENING CEREMONY**  
 Sept. 15  
 11:30 a.m.  
 Main Post Exchange

## Lance Cpl. Brandon Lara awarded posthumous Bronze Star with Combat 'V' medal

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

Jacob Lara stepped forward and gingerly accepted the Bronze Star with the Combat Distinguishing Device or 'V' for valor, for his son, Lance Cpl. Brandon Tyler Lara, during a Sept. 8 ceremony at the Navy Operational Support Center, Fort Sam Houston.

Lara's vehicle was struck by two grenades and small arms fire when his convoy was attacked during a mission in the Al Anbar Province in Iraq July 19.

Although he lost his rifle and was mortally wounded, Lara drew his pistol and continued to defend his fellow Marines during his final moments.

The New Braunfels, Texas, native was 20-years-old and serving his second tour in Iraq when he died.

His dad always knew his son was exceptional and a hero.

"Ever since he was a little boy, all he ever talked about or thought about doing was

See **BRONZE STAR P5**



Lt. Col. Matthew Cooper (left) stands with Jacob Lara, holding Lance Cpl. Brandon T. Lara's Bronze Star with Combat 'V' medal and citation. Cpl. Lara was honored posthumously for defending his fellow Marines after receiving a mortal wound from a grenade.

## ANGEL SOLDIERS AT WORK

Soldiers from Headquarters and Headquarters Company, U.S. Army Garrison, including 1st Sgt. Rosalba Chambers and Command Sgt. Maj. Raymond Houston pose for a photo with kitchen workers from SAMMinistries Aug. 25. SAMMinistries is an organization that supports the homeless in San Antonio. The Soldiers volunteered to help out at the shelter preparing and serving lunch, unloading trucks and cleaning the kitchen after lunch.

See related article, Pages 14-15.



Photo by Esther Garcia

## Hotline helps wounded Soldiers, Families resolve issues

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

Originally opened March 19, 2007, the Wounded Soldier and Family Hotline continues to offer wounded and injured Soldiers and Family members a way to resolve medical issues and channel information directly to senior Army leadership in order to improve Army services for the medical needs of Soldiers and their Families.

"The hotline was stood up in direct response to the Washington Post article on the problems at Walter Reed (Army

See **HOTLINE P7**

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# Army expects H1N1 vaccine in October

By C. Todd Lopez  
Army News Service

Soldiers and Families can expect to get two flu shots this year.

In addition to the conventional flu shot administered each fall, the H1N1 or "Swine Flu" vaccine should be available by mid-October, said Col. Deborah Knickerbocker, chief of emergency preparedness and response, the Office of the Surgeon General and Army Medical Command.

Knickerbocker spoke during the Army Emergency Management Conference, Sept. 1, at the Pentagon. The conference coincided with the start of National Preparedness Month.

Getting flu shots, in addition to taking measures to prevent exposure to the virus or spreading the virus is part of preparedness, Knickerbocker said. And it is important to maintaining mission readiness.

"When Soldiers and

Family members take care of themselves and prepare, they not only help the Army be more resilient, they help the local communities they are in be more resilient," she said.

"There's going to be vaccine, and there's going to be enough to go around," Knickerbocker said. "Everybody is going to get their shots."

Knickerbocker said the H1N1 vaccine will be distributed to Soldiers, Families and other beneficiaries mostly through primary care providers.

"They'll get their seasonal shots, and the H1N1 shot, as soon as they become available," Knickerbocker said.

Along with the vaccinations, Knickerbocker recommends a number of common-sense measures to prevent the spread of H1N1.

"Just teaching people about how easy it is to prevent disease by washing our hands, and cough- and sneeze-hygiene and etiquette, it's pretty simple," she said.



File photo courtesy of Army News Service

Spc. Joshua Ryan, a medic with the 16th Special Troops Battalion, 16th Sustainment Brigade, administers the influenza vaccine to Staff Sgt. Jacqueline Atkins at the troop medical clinic at Contingency Operating Base Q-West, Iraq. On Sept. 1, the Department of Defense announced that all troops will receive the H1N1 vaccination.

"Part of what we need to do is instill in the culture of the military — which does not really usually think this way — to stay home when you are sick. If you go to work sick, you'll make office mates sick, or squad mates."

The H1N1 virus has made headlines because, it's a "novel" virus, Knickerbocker said.

"We haven't seen the virus before. And when we have a virus that people have not been

exposed to before, we have no immunity to it," Knickerbocker said.

Many of the deaths from H1N1 occurred in Mexico, and in those already immuno-compromised, so the virus gained notoriety, Knickerbocker said. But the effects of the virus have not been what was expected — not even as bad as seasonal flu.

"The message has been sent out there that this particular virus is not as virulent as we had been planning for with the H5N1 (Avian influenza), not as virulent as the seasonal flu," she said. "And seasonal influenza kills about 36,000 in this country each year."

Knickerbocker said that while Soldiers can expect to get vaccinated for both the seasonal flu and the H1N1 flu virus, the Army does not expect the H1N1 to have damaging effects on the Army.

"I don't think the Army is worried about this particular H1N1 virus. If it stays at the level of severity that it is now, which it is mild, it should have no more effect on operations than the seasonal flu does," she said.

"But we have to take care during flu season to try to prevent getting ill and staying home if we are ill, to prevent operational impact."

### Thought of the Week

Flowers grow out of dark moments – Corita Kent

(Source: Bits & Pieces, August 2009)

**ICE**

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Web site at <http://ice.disa.mil> and voice your opinion today.

### Weekly Weather Watch

	Sept. 10	Sept. 11	Sept. 12	Sept. 13	Sept. 14	Sept. 15
San Antonio	90° Thunderstorms	90° Chance of Rain	90° Chance of Rain	90° Chance of Rain	90° Chance of Rain	92° Chance of Rain
Kabul Afghanistan	80° Clear	80° Clear	82° Clear	84° Clear	86° Clear	87° Clear
Baghdad Iraq	105° Clear	102° Clear	100° Clear	104° Clear	95° Clear	96° Clear

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

## News Briefs

### **Fort Sam Houston I.D. Card Office hours extension**

The Fort Sam Houston ID Card/DEERS main office, Building 367 will be open for walk-ins, Sept. 12, 8 a.m.-1 p.m. Customers may take advantage of extended hours each Thurs. evening, 4 p.m.-8 p.m. for appointments only. For an appointment, call 221-0415/2278.

### **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. Additional speakers and organizations will be available to discuss concerns and provide information. Open to all military, DoD civilians and Families.

### **National Hispanic Heritage Month Celebration**

Opening ceremony for the 2009 National Hispanic Heritage Month Celebration will be on Sept. 15, 11:30 a.m. at the Main Post Exchange. There will be a reading of the 2009 Proclamation, cake cutting, opening remarks from the U.S. Army South, Commanding General, Maj. Gen. Keith Huber and Command Sgt. Maj. Armando Ramirez. This year's theme is "Embracing the Fierce of Urgency Now." Call 295-6295.

### **Garrison Town Hall meeting**

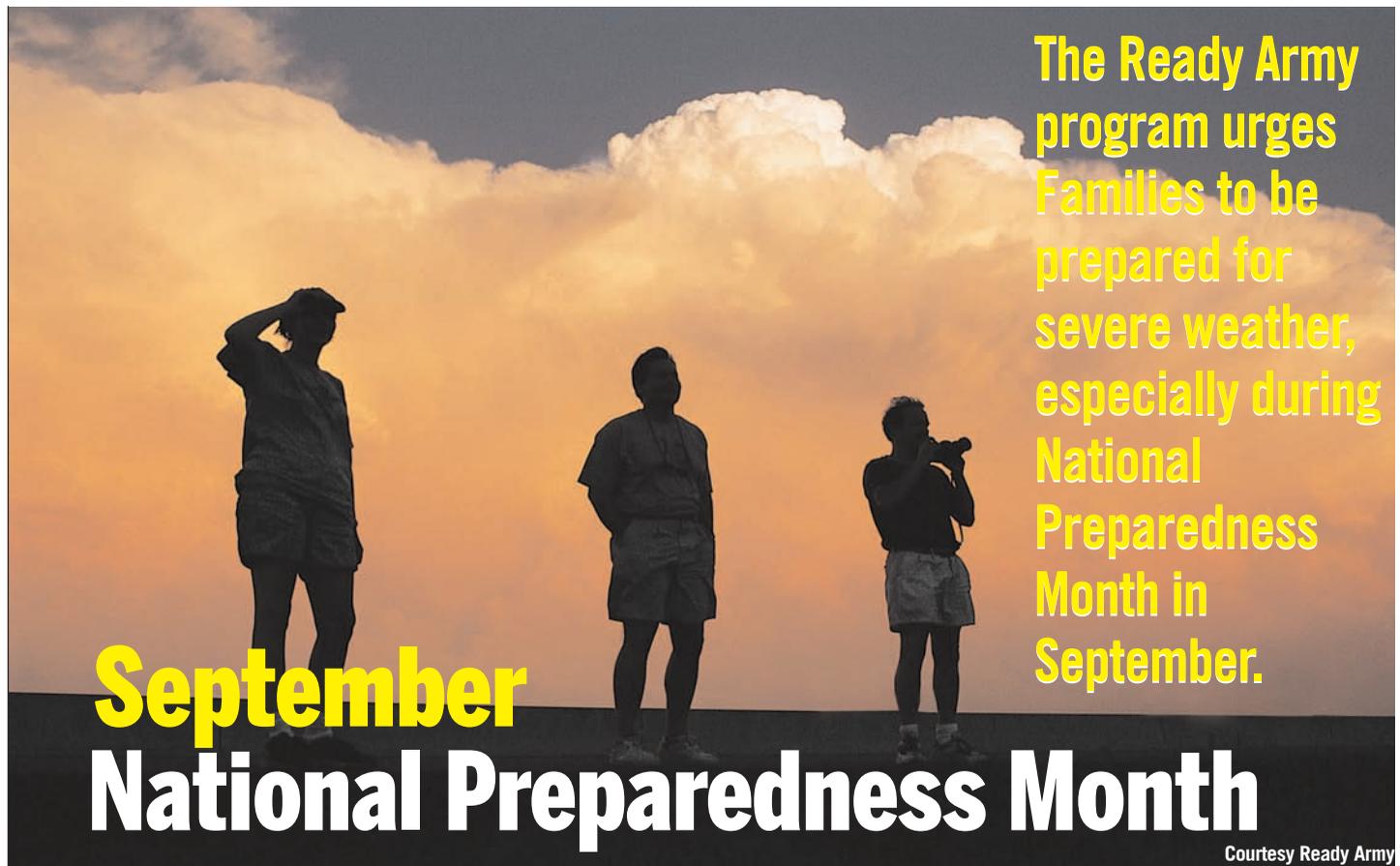
Lincoln Military Housing will host the garrison commander town hall meeting for residents Sept. 16 from 6-7:30 p.m. at the Harris Heights Community Center. The meeting will be to review the results of the Annual Resident Survey, landscaping, pest control, and self-help. Refreshments will be served. For more information, call LMH at 270-7638.

### **Change for commercial traffic**

The Jadwin access control point for commercial vehicles will close for 6-8 weeks beginning the last week of September. The closure is due to construction by the Texas Department of Transportation on the Interstate Highway 35 frontage road. Vehicles with three or more axles will enter through the Walters ACP and other commercial vehicles with two axles will enter through the Schofield ACP. Agencies, activities and businesses that receive commercial vehicles need to schedule deliveries before 7 a.m. or after 8 a.m. to facilitate entry of installation workforce. More details will be published in next week's News Leader.

### **Combined Federal Campaign kicked off**

The 2009 Combined Federal Campaign runs through Dec. 15. This year's goal is \$138,400. People will soon be receiving contribution forms to make a pledge to the agency of their choice. Help improve the quality of life for civilian and military communities by making a CFC pledge. For more information, see a representative or call 221-0679.



**The Ready Army program urges Families to be prepared for severe weather, especially during National Preparedness Month in September.**

# September National Preparedness Month

Courtesy Ready Army

September is the sixth annual National Preparedness Month, a program sponsored by the Federal Emergency Management Agency that encourages all Americans to better prepare themselves and their Families before the next emergency or disaster.

National Preparedness Month is also closely linked to FEMA's year-round "Ready America" campaign. This year, the focus of National Preparedness Month is on changing perceptions about emergency preparedness and helping Americans understand what it truly means to be ready.

Disasters can strike quickly, anytime, anywhere.

Everyone should take a few simple steps now to ensure that your Family and community are prepared before the next disaster happens. Being ready for emergencies goes beyond fire alarms, smoke detectors and dead-bolt locks.

Even though you may think you have everything you need in the event of an emergency, or you think you



could wing it on the fly, you might not be as prepared as you think you.

You are your Family's first responder, so you need to proactively prepare for emergencies.

Local, state and national authorities are going to help, but they may not be able to get to you right away. Families need to be able to take care of themselves for at least the first 72 hours after disaster strikes. As a minimum, every Family should have these items on hand:

- Three days' supply of food that won't spoil

- Three days' supply of water (one gallon per person per day)
- Battery-powered radio with Weather Band and extra batteries
- Written Family emergency plan

National Preparedness Month is a great time to get your Family ready.

The Ready Army Campaign, an emergency preparedness and awareness program aimed at Army Soldiers, their Families, and Army Civilians, offers emergency preparedness fact sheets, Family emergency plan guides, emergency kit checklists, parent guides, kids' materials, posters, briefings, public service announcements and brochures.

More information on Ready Army is available at [www.samhouston.army.mil/readyarmy/](http://www.samhouston.army.mil/readyarmy/).

The Fort Sam Houston Ready Army Coordinator can be reached at 295-0534. Ready America information can be found at [www.ready.gov/](http://www.ready.gov/).

# Navy Petty Officers give back to community before pinning on Chief anchors

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

Teamwork plus lots of fun added up to an enjoyable day's worth of hard work helping the community of San Antonio for 20 Navy volunteers who gave their time building a house with Habitat for Humanity of San Antonio in the Palo Alto Subdivision, Aug. 29.

The Navy Petty Officers are getting ready to pin on Chief Petty Officer anchors, and are participating in a number of community relations projects as part of their training prior to pinning.

"It's a great project because you're working side-by-side with the owners," said Navy Master-At-Arms 1st Class John McCord, with the Naval Technical Training Center at Lackland Air Force Base, who will soon don his Chief



Navy Hospital Corpsman 1st Class Manuel Torres mimes a glass wall, eliciting laughter from his shipmates, while assisting in a Habitat for Humanity house, one of several community relations projects he is participating in prior to donning Chief Petty Officer anchors.



Navy Master-At-Arms 1st Class John McCord attaches siding onto a Habitat for Humanity house, one of several community relations projects he is participating in prior to donning Chief Petty Officer anchors.

anchors.

"When you get to meet the family you're working for, you get to personalize your work."

Roland Cirilo, owner of the house the Navy volunteers worked on, said he heard about Habitat through a friend, checked it out and decided to get involved.

"It was awesome, I didn't

expect the Navy to be there," Cirilo said. "I have my own sponsors who won't start for awhile, so it was really great to have the Sailors' help."

Cirilo expects to receive his keys after October and move in a week before Christmas with sons Roland Cirilo Jr., and Lando Cirilo.

He said Habitat really helps

people out, especially in the present economic conditions where interest rates for a home loan were too high for his budget.

HFHSA works with low-income families who would not otherwise be able to afford a house and according to their Web site, the organization is not a charity or "hand out"

program.

Families are accepted to the program based on need, ability to pay a mortgage with 0 percent interest, and willingness to put "sweat equity" or at least 300 total hours of labor into the house they will purchase.

Cirilo and his family, friends and co-workers can help him accrue the 300 hours, of which up to 100 can be donated by those documenting their sweat equity, but he or a designee must finish the final hours.

Volunteer hours are in addition to the 300 and don't count as sweat equity.

"Habitat helped to upgrade the community," said Navy Senior Chief Yeoman Kevin Murray, attached to Naval Mobile Construction Battalion-28. Murray was a counselor with Palo Alto Elementary School for 12 years and said he saw a big, positive ripple effect in the neighborhood.

"I'd like to thank the whole Navy," said Cirilo.



Navy Chiefs and Chief selectees who volunteered with Habitat for Humanity gather on the porch of the house they worked on with homeowner Roland Cirilo.



Navy Storekeeper 1st Class Dave Matthews wields a drill while assisting his group of volunteers hanging windows in a Habitat for Humanity house, one of several community relations projects he is participating in prior to donning Chief Petty Officer anchors.

**BRONZE STAR from P1**

being a warrior, a Marine,” said Lara, fondly remembering how his son loved to play Ninja Turtles and organize paintball teams.

Lara said his son knew what it meant to be a Marine long before he graduated from high school.

“He had this gung-ho attitude, he wanted to be a Marine and nothing was going to slow him down or deter him from doing that.

He started taking advanced classes so he

could get his credits to graduate early. He turned 18 in October and in November he came and told us he’d enlisted. He spent Thanksgiving in boot camp.

If he was going to be a Marine, he was going to be the best Marine, there was no second place,” his father said.

“All Marines carry core values – honor, courage, commitment – and Lance Cpl. Lara, on that day in July demonstrated those core values to the highest level anybody could,” said 1st Lt. Eric Rice, adjutant

for the 4th Reconnaissance Battalion.

“At any moment you need to react, and that’s how he saved his other Marines. A lot of Marines are like that. It’s caring about everybody else but oneself.”

“It is a tremendous honor to do this and show the Family their Marine will never be forgotten,” said Lt. Col. Matthew Cooper, inspector-instructor for the 4th Reconnaissance Battalion at the NOSC, who presented Lara with the award.

**Honorable Service**

Photo by Ed Dixon

Col. Kenneth Kemp, Brooke Army Medical Center; Lt. Col. Anthony Walker, Joint Information Operations Warfare Command, Lackland Air Force Base; and Chief Warrant Officer Randall Weatherspoon, 470th Military Intelligence Brigade were honored for their service Aug. 27 during a retirement ceremony at MacArthur Parade Field. U.S. Army Garrison Commander Col. Mary Garr hosted the ceremony.



*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**



## 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.

**HOTLINE from P1**

Medical Center),” said Lt. Col. Richard Matuszak, chief of the Wounded Soldier Family Hotline located in Alexandria, Va.

The article, published in February 2007, described deteriorated living quarters for Iraq and Afghanistan veterans wounded in combat, treated then released from the hospital, and waiting for further treatment, discharge, or return to active duty.

He explained that one of the solutions to ensure problems described in the article did not recur was to establish the hotline and that the Army responded and corrected a lot of the issues.

Matuszak said the hotline was open 24 hours,



**Wounded Soldier and Family Hotline**

**Photo courtesy**

Soldiers, Radio & Television Army Wounded Soldier and Family 1-800 Hotline Call Center operates 24/7 to help resolve medical issues.

seven days a week and has trained personnel answering the phone around the clock.

“We’re addressing any and all concerns that any Soldier or Family member has with medical care and we do address any other concerns they have

as well.”

Matuszak explained that the function of hotline personnel is as facilitators rather than as case managers and that problem resolution is the main focus.

“We will take that information and put them in contact with the most appropriate agency within the federal government or community sector to properly address their concerns,” he said.

According to Matuszak, since its inception the hotline has answered over 21,000 calls from all 50 states and over a dozen foreign countries. He said calls have come from every rank, private to general, and through various Army commands or agencies, resolved over

3500 issues.

He explained that roughly half of the calls came from active-duty Soldiers with the remainder divided almost equally between Army National Guard, Army Reserve and veterans or were from others.

Five categories of issues were identified in declining order of incidence: medical, personnel, chain of command, finance and legal. He explained that medical and personnel issues account for approximately 75 percent of calls.

The hotline has also provided information on various Army, Department of Defense, Veterans Administration, public or private agencies and related programs to over 13,000 callers

Matuszak said.

Hotline staff has interceded over 65 times when a caller indicated concern that a Soldier was considering harm to self or others.

“The Secretary of the Army was looking for a means that was easily accessible to the Soldier,” said Lt. Col. Kenneth Ross, officer in charge, Medical Command Medical Assistance Group Ombudsman Program.

Ross said the hotline was designed for today’s Soldiers and Families who are used to talking

on the phone and would feel comfortable with the resource.

Soldiers and Families wishing to use the hotline to address issues dial 1-800-984-8523, the state-side DSN is 328-0002, and the overseas DSN is 312-328-0002.

Family members and Soldiers are also invited the Suicide Prevention Awareness Open House: Opening Doors to a Healthier Lifestyle, Sept. 15, 9 a.m.-4 p.m. at Army Community Service, Building 2797.

# NOSC Sailor of the Year top notch performer balancing work and life

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

Navy Personnel Specialist 1st Class Sandra Escalante was named the Navy Operational Support Center Sailor of the Year for 2009.

“She oversees a lot of programs and is really involved with Sailors,” Chief Personnel Specialist Todd Lott, in charge of the Manpower department at the NOSC said, referring to the reasons Escalante was chosen as the NOSC SOY.

Escalante supports Navy Reservists’ training

and deployment as the leading petty officer for Manpower, a top-notch performer at the NOSC at Fort Sam Houston.

Her management style as the Education Services Officer and duties as career counselor put her above the other finalists Lott said, adding that her main job, supervising Sailors’ records – enlistments, reenlistments, extensions, retirements, exams – plus the extra undertakings she accepted, encompasses the whole process of taking care of Sailors.

Lott emphasized that Escalante was the right

person for the job and the best choice for the SOY.

“I really love my job,” Escalante said.

She said the most successful Sailor is well-rounded; able to balance Family, work, schooling and other aspects of a busy life in the Navy.

She is a single mom to daughter Cassandra, nearly finished with her Bachelor’s degree and said traveling throughout the U.S. and a stint in Italy were some of the highlights of her Navy career.

She joked that she in fact joined the Navy to be near the beach and the water.



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**Navy Personnel Specialist 1st Class  
Sandra Escalante**

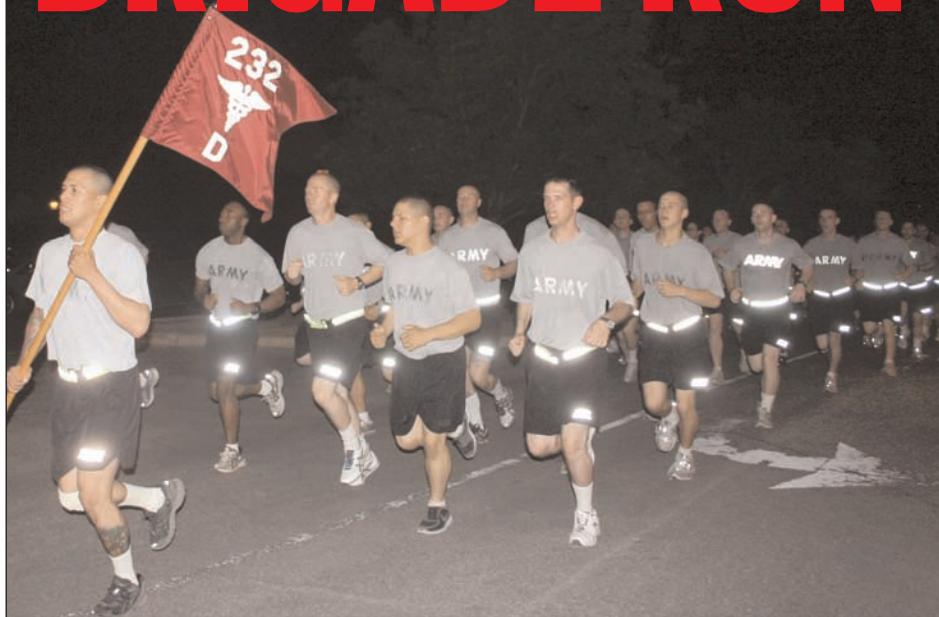
## City Proclamation recognizes Hispanic Heritage Month



**Photo by Esther Garcia**

San Antonio Mayor Julian Castro presents the city proclamation celebrating Hispanic Heritage Month at city council chambers Sept. 3 to Col. Randall Anderson, commander, 32nd Medical Brigade, and Col. James Lee, 470th Military Intelligence Brigade and members of the Fort Sam Houston Equal Employment Opportunity Offices. The proclamation recognizes Fort Sam Houston Hispanic Heritage Month programs and activities.

# BRIGADE RUN



**Photo by Esther Garcia**

D Company, 232nd Medical Battalion led by Capt. Adrian Danczyk is one of 18 training companies and headquarters detachments assigned to the 32nd Medical Brigade participating in the brigade's Labor Day holiday safety run held on Sept. 3. More than 3,000 Soldiers in training and brigade cadre participated in the run. Brigade Commander, Col. Randall Anderson, led the run honoring Labor Day to thank members of the command for their hard work and as an opportunity to present the command safety message to encourage everyone assigned to the brigade to be safe during the four day holiday while traveling and enjoying recreational activities.

# Army opens senior civilian talent pool at Fort Sam Houston

During this era of persistent conflict, the Army needs a strong civilian workforce prepared to lead into the next decade. Through the Civilian Talent Management Program, the Army continues to build a bench of interchangeable and agile civilian leaders. The Army is inviting the 217 eligible Fort Sam Houston senior civilians to join the first wave of talent pool registrants, which has already reached more

than 1,000.

“Over time, Army leadership has learned that there needs to be some parity in the development of Army civilians,” said Linda Donaldson, executive director of Civilian Talent Management. “The program will offer civilian senior leaders opportunities to expand their knowledge and experience through reassignments and professional development.”

While GS-15 equivalent employees are the target population for the talent pool, the program will benefit the entire Army. The new structure aligns the senior civilian management at the GS-15 level with that of colonels, generals and those in the Senior Executive Service – providing an enterprise view of leadership positions and the available pool of senior talent. Currently, the Army has only limited

visibility of its civilian workforce and the positions that they occupy. Designed to give senior civilians similar career growth opportunities as their uniformed counterparts, Civilian Talent Management fuses the Army’s current and projected civilian leadership requirements with the individual employee’s desires for reassignment and career growth.

Because the number of eligible members of the

talent pool is large – more than 11,000 – registration is a phased process per geographic location. Fort Sam is one of 25 venues where career advisers will be presenting the program specifics and answering questions. Within the next week, eligible senior civilians will receive a request to register into the program, and also an invitation to attend the local presentation at the Patient Administration Building,

Building 1026, Sept. 24 at 9 a.m. and 1:30 p.m. and Sept. 25 at 9 a.m.

Anyone interested may attend the presentation.

An interim policy for the new program was signed in January and is posted on the CTM Web site at <https://www.csldo.army.mil>. The complete itinerary of the site visits is also posted at the site.

*~Civilian Senior  
Leader Development  
Office*

# Fort Sam celebrates two anniversaries

Today, Sept. 10, is an important day in the history of Fort Sam Houston. It is the 119th anniversary of the naming of this installation in 1890, by the direction of then U.S. President Benjamin Harrison.

The military post in San Antonio, was designated as Fort Sam Houston in honor of Gen. Sam Houston.

On the following day, War Department General Order Number 99 was promulgated by the Adjutant General of the Army, announcing the designation. The General Order noted that this action was to honor Sam Houston, the first President of the Republic of Texas and the first Governor of the State of Texas.

There was a problem

with this statement, in that it was not true. Sam Houston was the second President of the Republic of Texas. David G. Burnet was the first President, taking office on March 17, 1836. Houston succeeded him in October of that year.

For years, a copy of General Order 99 was on display at the Fort Sam Houston Museum, which did not sit well with one member of the Museum staff. Curator Jackie Davis, then working as a Museum Specialist, did not like the fact that the museum was putting out bogus information, even if the information came from the War Department.

Her thirty-plus years of experience in the Regular Army, the Army Reserve

and the Federal Civil Service had honed her attention to detail. A former First Sergeant, Davis knew that an on-the-spot correction was required.

So she wrote to the Secretary of the Army and pointed out the error.

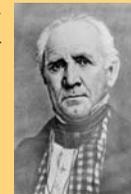
In 1993, Department of the Army General Order Number 22 was promulgated, amending General Order Number 99.

Today, a copy of the original General Order Number 99 is on display next to a bust of Sam Houston which was made at this installation in 1967 by Army Artist Don Schol. Nearby is a copy of the amendment.

*~Fort Sam Houston  
Museum*

## HOW OLD IS FORT SAM?

If 2009 is the 119th anniversary of the naming of this installation, does that mean that Fort Sam Houston is 119 years old? No, it just means that the name "Fort Sam Houston" is that old.



Does the date, 1876, on the several arches over entrances to the post mean that Fort Sam Houston is 133 years old? No, the date, 1876, was the year that the construction of the Quadrangle, oldest building on the post, was begun. That date appears on the keystone in the arch over the Sally Port on the south side of the Quadrangle. So 1876 marks the beginning of the movement of Army facilities from inside the city of San Antonio to its current location. Acquisition of the land on which the Quadrangle was built began in 1870.

What marks the beginning of today's Fort Sam Houston? It was the arrival of the Co. G of the 2nd Regiment of Dragoons in San Antonio on Oct. 28, 1845 during the negotiations between the Republic of Texas and the United States concerning the annexation of Texas.

The Post at San Antonio was established at that time and would soon include all of the elements which would eventually move to Government Hill, the present location of Fort Sam Houston. Thus, Fort Sam Houston will be 164-years-old this year.



Sept. 10 is also the anniversary of the arrival of Apache War Chief Geronimo at the Quadrangle (part of the Post at San Antonio, as it was then called). Geronimo and a few dozen Apache men, women and children had surrendered to Gen. Nelson Miles in 1886 after a grueling campaign.

They were on their way by train to imprisonment in Florida as prisoners of war when a dispute arose over the Apaches' status. The states wanted Geronimo to stand trial for accused depredations committed during the campaign.

The train was halted at the nearest military post while the dispute was sent up the chain of command for resolution. In the meantime, the Apaches lived in tents inside the Quadrangle as the post had no guardhouse at the time.

The tents were set up in the northwest corner. After six weeks, the Apaches status as prisoners of war was confirmed by President Benjamin Harrison and Geronimo and company resumed their train ride to captivity.

# Soldiers, Airmen join community celebration

Photos by Esther Garcia



Army representatives Capt. Lionel Lowery, Sgt. Steven Galindo, and Spc. Justin Baker, and Air Force representatives Capt. Carlos Ferrer, Staff Sgt. Nick Officer and Sr. Airman Maribelle Hernandez wave to the crowd while riding on the military float during the Kendall County Fair and Parade, Stock Show and Rodeo, celebrating the history of the community.



Sergeant Audie Murphy Club members (from left) Master Sgt. Angela Bray, Staff Sgt. Erin Hicks, Master Sgt. Daniel Santiago, Master Sgt. Bobby Edmond and Sgt. Maj. Richard Henson represent the Army community during the 104th Annual Kendall County Fair and Parade Sept. 5 in Boerne, Texas.



(From left) Sgt. 1st Class Timothy O'Camb, Sgt. 1st Class Paul Spangler and Sgt. 1st Class Jesus Gonzalez, members of the Sergeant Audie Murphy Club, carry the U.S. flag leading the parade through downtown Boerne, Texas.

## Cole High School announces new Junior ROTC leaders

By Cadet 2nd Lt. Katie Sheridan

Cole Cougar Battalion Public Affairs Office

Cole Junior Reserve Officer Training Battalion cadets have a busy year ahead. The Cole Battalion is planning for a rigorous Gold Star Inspection Jan. 26. Over 100 cadets are preparing for the inspection by memorizing mandatory knowledge, learning and perfecting marching drills and preparing their uniforms to be within new regulation guidelines.

Cole Color Guards have already performed at a local San Antonio Missions game, an

Immigration and Naturalization Service ceremony, and at their very own Cougar Stadium for football games. Other upcoming events include numerous blood drives; various color guards, rifle team and physical training team competitions; homeless veteran funeral services; service learning projects; the annual Turkey Shoot; Corps Day; military ball; individual and company drill competition; Saber and Honor Guards and the end of the year spring ceremony.

The Cole High School JROTC battalion is direct-

See ROTC P16

## Teacher shares caregiver's message

Fort Sam Houston Elementary teacher Melanie Morgan, was selected by the Wounded Warrior Project to speak at the Wounded Warrior Caregiver's summit in Washington, D.C. July 19-22. WWP is a non-profit organization offering services and programs, advocacy initiatives, and seminars to aid Soldiers and their Families.

"As a wife and caregiver of an Army Soldier wounded five years ago, I was able to share stories of the trials, tribulations, and triumphs through my husband's recovery," said Morgan. "I was honored to provide my input that will aid in



Courtesy photo

Elementary teacher Melanie Morgan visits with Congressman Chet Edwards at the Wounded Warrior Caregiver's Summit held in Washington, D.C.

legislation geared toward wounded warriors and their caregivers."

Morgan joined others in whole group and in issues-based small group rotations to discuss specific areas of urgent need on the first

day, Defining Caregiver Needs and Crafting the Caregiver Message.

As the sole Texas spouse caregiver selected, Morgan met with Texas senators, delegates, and members of the Veterans Affairs Committee, in a session titled Creating Sustainable Change on Behalf of All Wounded Warrior Caregivers.

"We were able to build powerful, future alliances with our congressional representatives, obtaining their commitment to support landmark caregiver legislation before Congress," said Morgan.

The Caregiver

See TEACHER P16

### FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES SEPT. 14-18

#### Fort Sam Houston Elementary School

- Sept. 14** G.A.T.E. elementary nomination begin
- Sept. 17** Cougar Connection for grades third to fifth "Strengthening Classroom Focus and Concentration" in Portable 51, 11:30 a.m.-12 p.m. (Learn techniques to help your child get more out of their education)
- Sept. 18** G.A.T.E. elementary nominations end

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

- Sept. 14** Cougar Pride Club meeting in Media Center, 5:30 p.m.
- Sept. 15** JV/V Volleyball vs. Harper at Cole, 5 and 6:30 p.m.
- Sept. 17** JV Football at Karnes City, 6 p.m.
- Sept. 18** JV/V Volleyball vs. Randolph at Cole, 5 and 6 p.m. Varsity Football vs. Karnes City at Cole, 7:30 p.m.

## Commissary shopping saves money

Have you ever made a quick stop at a local supercenter to "pick up a few things" only to look in bewilderment from your purchase to the register receipt and realize you would have saved more had you purchased these items at the commissary?

Then you wonder, "How is it that I save so much more at the commissary?"

"As the provider of the military's most valued nonpay benefit, Defense Commissary Agency is mandated by the Department of Defense to ensure commissary patrons receive no less than 30 percent savings when they shop the commissary," said DeCA

Director and CEO Philip E. Sakowitz Jr., "so our customers are guaranteed to save at least that much.

"That's a huge savings in today's market – and that percentage increases when customers use coupons in conjunction with their purchases," he said. Although 30 percent is impressive, the latest calculations by the agency's sales directorate put customer savings, worldwide, at 31.1 percent. This means that the estimated yearly savings for a Family of four is about \$3,400; more than \$2,600 for a Family of three; more than \$2,100 for a couple; and nearly \$1,200 for a single service member or retiree. The

five percent surcharge that is added to the bill, unlike a sales tax, comes back to customers in the way of new commissaries, improvements to existing stores and state-of-the-art equipment to enhance quality and service for DeCA customers worldwide.

#### DeCA renews efforts to hire employees with targeted disabilities

DeCA recently announced its goal to hire at least 189 people with targeted disabilities in the next two to three years. Targeted disabilities include severe hearing or vision impairments, missing extremities, and partial

See SHOPPING P17

# Angel Soldiers at work



Soldiers assigned to Headquarters and Headquarters Company, U.S. Army Garrison, volunteer part of their day Aug. 25 serving lunch at the SAMMinistries located on Commerce Street, an organization that supports the homeless in San Antonio.



Sylvia Najera, SAMMinistries kitchen manager, is grateful for the support she received from the Soldiers as they bring in donated bread to the shelter.



Sgt. 1st Class Derek Estes works in the food pantry checking for expired food items at the shelter.



The heat in the food pantry did not deter Sgts. Michael Knopik, Francisco Ruiz, Otha Woolley and Sgt. 1st Class Derek Estes as they checked expiration dates on cans of food at the shelter.

**Giving back to the community was the overall sentiment of the Soldiers who spent most of their day at the SAMMinistries, an organization that supports the homeless in San Antonio.**

Story and photos by Esther Garcia  
Fort Sam Houston Public Affairs Office

Twelve Soldiers along with 1st Sgt. Rosalba Chambers, assigned to Headquarters and Headquarters Company, U.S. Army Garrison, and USAG Command Sgt. Maj. Raymond Houston, went to the Commerce Street shelter on Aug. 25 to assist with preparing and serving the daily lunch to the homeless and families who use the facility for their daily meals.

Staff Sgt. Romel Uganiza, from Honolulu, who was in charge of cutting the various desserts, said, "I like to help out wherever we can, in different places."

Olivia Koehler who has volunteered nine years at the shelter calls the Soldiers "my angels" and said she couldn't do it without them.

"We help out at least once a quarter," said Chambers. "They need the most help during lunch."

Sylvia Najera, kitchen manager for 20 years, said, "It's wonderful to have them here. It is hard for us to bring in heavy stuff, so they are a big help to us."

Receiving instructions from Najera, the Soldiers prepared foods such as potato salad, cole slaw, desserts, and unloaded supplies delivered to the shelter from the San Antonio Food Bank. The Soldiers unpacked donated cans of food, bread and desserts and put them away either in refrigerators or on shelves. The Soldiers also checked the food cans in the facility for expired dates.



Headquarters and Headquarters Company, U.S. Army Garrison, 1st Sgt. Rosalba Chambers and Sgt. 1st Class James Peregory check for expired cans of food at the shelter.



Staff Sgt. Romel Uganiza spent his time at the shelter preparing the desserts for the lunch crowd.



Sgt. Krystal Zimmerman and Staff Sgt. David White prepare the cole slaw for the lunch crowd at SAMMinistries. "This is a good way for me to give back to our fellow San Antonians," said White.



First Sgt. Jose Perez stores desserts in the refrigerator at the shelter.



First Sgt. Jose Perez, Cpl. Clifton Gastonguay and Sgt. Torsten Juciewicz open bags of bread in preparation for the lunch crowd.



Command Sgt. Maj. Raymond Houston joins Soldiers from Headquarters and Headquarters Company, U.S. Army Garrison, serving lunch at the SAMMinistries on Aug. 25.

Once the lunch crowd arrived, the Soldiers helped serve food and assisted those families with small children carry their food trays or those who just needed an extra hand.

After lunch the Soldiers washed dishes and cleaned the kitchen, so it would be ready to serve at dinner time. The facility serves breakfast, lunch and dinner every day.

The SAMMinistries is an interfaith ministry whose mission is to help the homeless and those at risk of becoming homeless attain self-sufficiency by offering, with dignity and compassion, shelter, housing, and services.

According to the organization's Web site, during a cold winter

morning in 1981, the problems of the homeless were brought into perspective for the members of First Presbyterian Church in downtown San Antonio. A homeless man, frozen to death, was found on the church grounds. In response, volunteers started a ministry in the church gymnasium to shelter and care for the growing number of homeless individuals. By 1983 the program, having gained the financial assistance of several downtown churches, was incorporated into San Antonio Metropolitan Ministry, Inc., better known as SAMMinistries.

The emergency shelter located at 910 W. Commerce, serves single men and women, as well as Families. This is a walk-in shelter

and serves guests on a first-come, first-served basis. During inclement weather, additional space is utilized and cots are used to accommodate as many people as possible. The shelter also provides nutritious meals, healthcare, counseling, legal, employment services and housing assistance, and offers programs to help in job training, educational needs, and life skills to help their guests succeed in taking steps toward self-sufficiency.

Cpl. Clifton Gastonguay said, "It feels good to give to those less fortunate. I have a guaranteed steady job and check, some don't."

# Nurturing Parenting Program available for Families

**By Ashley Duran**  
Family Advocacy Program  
Educator/Sexual Assault  
Trainer  
Army Community Service

Siblings fight, temper tantrums happen and daily chores and homework are things that scare up images of parent/child war zones.

Parents have a desire to relate to their children without argument, back talk and sass, but sometimes are not sure where to get the information to accomplish the feat.

Army Community Services Family Advocacy Program will offer a new class that gives the answers and solutions to these familiar Family situations.

The Nurturing

Parenting Program is a nationally recognized parenting class, developed by Dr. Stephen Bavolek and Fran Kaplan, MSW, Ed.D.

The class is designed to help parents learn and expand their parenting style and skills. The program looks at developing five core values with parents and their children.

These values include positive self worth, empathy, empowerment and strong will, structure and discipline, and finally laughter, humor, and play.

The Nurturing Parenting Program looks at opportunities to build on strengths of the parent and child by having a positive attitude as well as having an understand-

ing that parenting is a hard and an important job.

The program will provide challenging exercises to participants and offer support along the way.

The class will use parenting books, video and in class activities and discussions. Classes are categorized by age and development of the children; they include parents with children ages newborn to five years old, parents of school age children age 6 to 12, and parents of teens, ages 13 to 18.

The Family Advocacy Program will offer the Nurturing Parenting class for parents of teens beginning Sept. 23 through Nov. 18 from

5:30 to 8:30 p.m. at Dodd Field Chapel.

This eight-week program will help form the foundation in guiding teens to make healthy choices, improve communication, empathy, self worth, and autonomy. Separate and joint sessions will be held for parents and teens. Free childcare will also be available for younger siblings.

The New Parent Support Program also uses the Nurturing Parenting Program during home visits with the new and expectant parents.

For more information or to register, call the Family Advocacy Program at 221-0349.

## ROTC from P13

This year's battalion is proud to present the following cadets who will lead Cole's JROTC program this year:

### **Battalion Commander, Cadet Lt. Col. Alec Porter**

Battalion Executive Officer, Cadet Maj. Kayla Barber  
Battalion Command Sgt. Maj., Cadet Command Sgt. Maj. Rebecca Washington  
S-1, Cadet 2nd Lt. Shelby Tallent  
S-3, Cadet Maj. Matthew Prasek  
S-4, Cadet 2nd Lt. Juyette Prothero  
S-5, Cadet 2nd Lt. Katie Sheridan  
Assistant S-1, Cadet Staff Sgt. Katelyn Overstreet  
Assistant S-3, Cadet Staff Sgt. Robert Loveless  
Assistant S-4, Cadet Staff Sgt. Brittany George

### **Company Commanders are:**

A Company, Cadet 2nd Lt. Kayanna Wade  
B Company, Cadet 2nd Lt. Domanique Mincey  
C Company, Cadet 2nd Lt. Ashley Erickson  
D Company, Cadet 2nd Lt. Stephanie Aviles

### **First Sergeants are:**

A Company, Cadet 1st Sgt. Christopher Lamoureux  
B Company, Cadet 1st Sgt. James Jones  
C Company, Cadet 1st Sgt. Tyler Wakeley  
D Company, Cadet 1st Sgt. Carlton Hogan

## TEACHER from P13

Assistance and Resource Enhancement Act, which passed the House, provides certain caregivers of veterans with training and support. If passed as presented, the Secretary of Veteran's Affairs would conduct a survey of caregivers once every three

years and submit a summary of its findings to the Committee on Veterans' Affairs in both the House and Senate. Currently under consideration by the Senate is its own version, the Family Caregiver Program Act of 2009 which would further enhance the bill in preparation for final passing.

## **News Leader survey online**

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

## Cowboys Honor Wounded Warriors

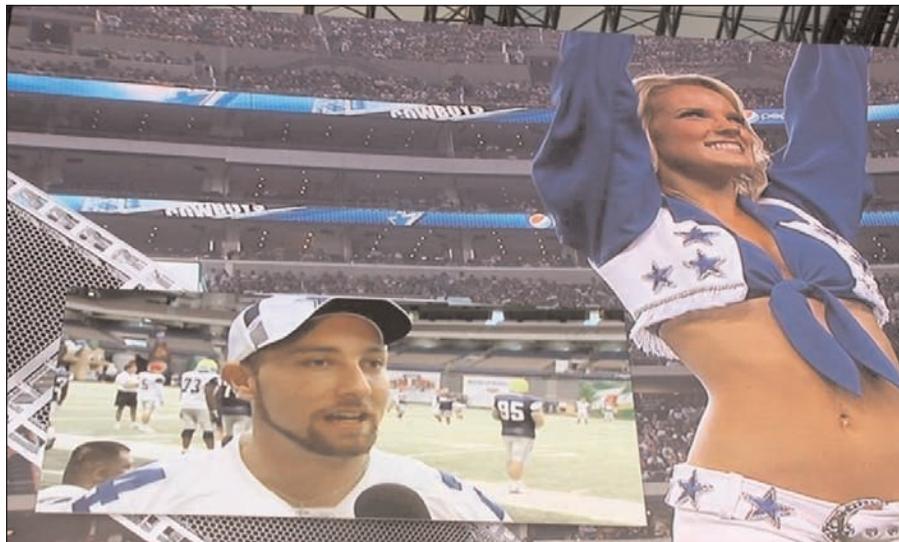


Photo by Lt. Col. William A. McCaskill

Former Warrior Transition Battalion Soldier retired Cpl. Chris Larkin takes center stage with Dallas Cowboys Cheerleader Whitney Isleib on the giant video board in the new Cowboys Stadium located in Arlington, Texas. Larkin was interviewed at the Cowboy's training camp in San Antonio last month. Larkin's two minute interview aired to a capacity crowd at the end of the first quarter of the Dallas Cowboy vs. San Francisco 49er game, Aug. 29. Larkin and other wounded warriors also met with Cowboy's owner and general manager Jerry Jones during the training camp. Jones later chartered a bus and donated 50 tickets to the wounded warriors and Warrior and Family Support Center staff according to WFSC building manager Charles Dominguez, who coordinated the trip with Jones.

### SHOPPING from P13

or complete paralysis. They also include serious medical conditions such as convulsions, mental retardation, mental or emotional illness, and severe distortion of the limbs or spine. This hiring effort is part of an overall goal, mandated by the Department of Defense, to

have 2 percent of the entire DoD workforce consist of people with targeted disabilities. DeCA presently employs 126 such individuals, so an additional 189 would bring the agency's total to 315; that is 2 percent of the agency's 15,714 civilian employees who are not contract workers or local nationals working at overseas

stores. Claudie Grant of DeCA's equal employment opportunity office stressed that the agency is not filling an arbitrary quota with individuals who may or may not be qualified for employment, and that every individual DeCA hires will meet all requirements for their positions.



## Announcements

### CYSS Central Registration

The Child, Youth and School Services Central Registration office hours of operation are Mon.- Fri. 8 a.m. to 5 p.m., registration after 4:30 p.m. is by appointment only. The office will closed at 1 p.m. the first and third Friday of each month. Registration and Health Assessment forms are available at [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com), under the Soldier and Family services tab. Call 221-4871/1723.

### Driver's Education

Class dates are Sept. 14-Oct. 8 from 5-7 pm at Robert G. Cole High School portable No. 2. Registration

is ongoing through Sept. 21. Classes are open to all DoD I.D. card holders. A course fee will apply of \$344 for the complete course or \$275 for students with a permit who need the driving class only. Call 221-4871.

### The Owl and the Pussycat

The Harlequin Dinner Theatre presents "The Owl and the Pussycat" a comedy by Bill Manhoff 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.

### 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](mailto:samh.afap@conus.army.mil), or call 221-2705.

## Calendar of Events

### SEPT. 10

#### Negotiating Conflict

Negotiating Conflict Sept. 10 and 24, 11 a.m.-12 p.m. at Army Community Service, Building 2797. To register, call 221-0349/2418.

#### Mandatory First PCS Move

Mandatory First PCS Move class, 1-3 p.m. Army Community Service, Building 2797. Military personnel move about every three years, this class will help navigate that first move. To register, call 221-1612.

### SEPT. 11

### Word Level 2

Microsoft Office 2007 will be offer Word Level 2 class, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. To register, call 221-2518/2705.

### FRG Support Assistant Forum

Family Readiness Group Support Assistant Forum, 11:30 a.m.-1 p.m. at Army Community Service, Building 2797. This training provides FRSA's the opportunity to network and share lessons learned in an open forum. To register, call 221-2705.

### SEPT. 12

#### Doggie Dip, Goldfish Scramble

Purina Care Insurance Services, Inc. has partnered with MWR to present a Doggie Dip and Goldfish Scramble, 12 p.m. at the Fort Sam Houston Aquatic Center. Bring your best four-legged friend to enjoy a dip in the pool and children age 6 and under can go 'fishing' for a pet goldfish. Participants must show proof of current pet vaccinations. Call 221-4887 or 221-1234.

### SEPT. 14

#### Excel Level 1

Microsoft Office 2007 Excel Level 1 class, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. Early registration and basic computer skills recommended. To register, call 221-2518/2705.

### Unit Family Readiness Training

Unit Family Readiness Training, 9-10 a.m. at Army Community Service, Building 2797. This training defines the phases of the deployment cycle. To register, call 221-2705 or e-mail [smah.acs.mob.deploy@conus.army.mil](mailto:smah.acs.mob.deploy@conus.army.mil).

### Using Credit Wisely

Using Credit Wisely class, 2-4 p.m. at Army Community Service, Building 2797. To register, call 221-1612 or 221-2705.

### SEPT. 15

#### Key Caller Training

Key Call Training, 9-10:30 a.m. at Army Community Service, Building

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**

2797. To register, call 221-2705.

**B.E.A.M.S. a.m. class**

Building Effective Anger Management Skills class, 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. This six-part class meets Tuesdays. To register, call 221-0349.

**Parent Advisory Council meeting**

Child, Youth and School Services will hold a Parent Advisory Council meeting, 11:30 a.m.-1 p.m. at the Child Development Center, Building 2530 (religious education side). All CYS Service sponsors are invited. Lunch will be provided. Call 221-3381.

**Women Encouraging Women**

Women Encouraging Women lunchtime seminar, 12-1 p.m. at Army Community Service, Building 2797. The topic of discussion will be "Soar like an Eagle." To register, call 221-0349/0600.

**Debt Management**

Debt Management class, 2-4

p.m. at Army Community Service, Building 2797. To register, call 221-1612 or 221-2705.

**FMWR Cash and Carry Sale, Closed Bid Sale**

The Directorate of Family Morale, Welfare and Recreation will hold a Cash and Carry Sale and a closed bid sale for NAF vehicles and property, 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.

**SEPT. 16****Excel Level 2**

Microsoft Office 2007 Excel Level 2 class, 8 a.m.-12 p.m. at the Computer Lab Army Community Service Building 2797. To register, call 221-2518/2705.

**AFTB Level III**

Army Family Team Building Level III class, Sept. 16, 17 and 18, 9 a.m.-2 p.m. at Army Community

Service, Building 2797. The class will discuss leadership training, understanding needs, leadership styles, and leader assisted problem solving. It is not necessary to have AFTB Level 1 and 2 training. To register, call 221-2611/2418.

**Mandatory Initial First-Termer Financial Readiness**

Mandatory Initial First-Termer Financial Readiness class, 12 p.m. at the Learning Center. To register, call 221-1612.

**Care Team Training**

Care Team training, 1:30 to 3 p.m. at Army Community Service, Building 2797. This training will focus on the Care Team's responsibilities and provide guidance on how to handle issues volunteers will face such as dealing with Family's reactions. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Getting Ready for Childbirth**

Getting Ready for Childbirth class, 5:30-8:30 p.m. at Army Community Service, Building 2797. To register, call 221-0349 or 221-2418.



# Community

**Announcements****Brooke Army Medical Center seeks volunteers**

Volunteers needed to join the Brooke Army Medical Center Volunteer Services workforce. "Staff and patients appreciate our volunteers," said Jessica Veilleux, chief of BAMC's Volunteer Services. Volunteer positions are available for the Caremobile, Kernel Club, Patient Library or Patient Transport Program teams. Caremobile drivers transport patients throughout the parking lots to and from the hospital. Patient Transport volunteers transport patients by wheelchairs within the hospital. The Kernel Club contributes to BAMC hospitality by providing fresh popcorn daily in the medical mall, and Patient Library volunteers distribute reading material throughout the wards. Additionally, volunteer positions are available on the clinic and patient

administration staff. Call 808-4982.

**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.

**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 communi-

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

**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).

**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

See **COMMUNITY P20**

**COMMUNITY from P19**

“Attention Periodontics” at 292-5193 or brought MacKown Dental Clinic on Lackland AFB. Patients will be selected for treatment based on the needs of the periodontal training program. The Department of Periodontics provides treatment of the gums and bone support of teeth; we are unable to schedule appointments for fillings, braces, crowns, or bridgework. Call 292-4773 after 12 p.m. on weekdays.

**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, e-mail bstjohn@stmarytx.edu or lashively@aol.com. Event is free and open to the public.

**Toastmasters are making a difference**

Toastmasters International is a

public organization devoted to helping people improve their speaking, interpersonal and leadership skills through a supportive and friendly learning environment. Members become better listeners, learn to lead teams, conduct meetings, give and receive constructive, helpful evaluations. Toastmasters meet on Fort Sam Houston at noon, the second and fourth Wed. Call 265-7397.

**Calendar of Events****Sept. 10  
Freedom Walk**

Operation Homefront Texas will host Freedom Walk 2009 Sept. 10 at Brackenridge Park, 3700 N. St. Mary's St. Registration is at 4:45 p.m. walk begins at 5:30 p.m. To register, visit [\[front.net/texas\]\(http://front.net/texas\). Free T-shirts will be available on a first-come, first-served basis. Open to the public.](http://www.operationhome-</a></p>
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**SEPT. 12  
Rio Cibolo Ranch Walk**

The LoneStar Walkers volkmarch club is hosting a 5K and 10K walk starting at Zuehl's Hall, Rio Cibolo Ranch, 1101 Ulrich Rd., Marion, Texas from 8 a.m.-1 p.m., finish by 4 p.m. Call 378-4080 or 830-980-5723 or e-mail [swrd@gvvc.com](mailto:swrd@gvvc.com).

**SEPT. 15  
Spouses' Club**

The Spouses' Club of the Fort Sam Houston Area will host a luncheon Sept. 15, 11 a.m. at the Fort Sam Houston Golf Club. Speaker is John Mancuso from the Fort Sam Houston museum. Cost \$14, 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 or e-mail [patcburton@AOL.com](mailto:patcburton@AOL.com).

**SEPT. 17  
The Society for the  
Preservation of Historic Fort  
Sam Houston**

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, e-mail [juan.gomez@us.army.mil](mailto:juan.gomez@us.army.mil), or 666-9818, e-mail; [rgonzales879@satx.rr.com](mailto:rgonzales879@satx.rr.com).

**“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).





### Bench Press Contest

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

### 3D Archery Shoot

Camp Bullis will hold a 3-D Archery Shoot Out, Sept 19-20. Registration is 8-10 a.m. with a California Start. Competitive shoot \$15 per day; Non-competitive shoot \$10 per day. Patrons may participate both days. Call 295-7577.

### Army Dillo

The Army Dillo 10- and 20-Miler will be Sept. 20, 7:30 a.m. at the Jimmy Brought Fitness Center. Participants preregister at [Runawayclub.com](http://Runawayclub.com) or register on race day beginning at 6:30 a.m. Pre-registration fees for the 10-Miler are \$35 and \$50 for the 20-Miler until

Sept. 15. Same day registration fees are \$75 for the 20-Miler and \$50 for the 10-Miler.

### 5K Fun Run/Walk

Jimmy Brought Fitness Center will host a monthly Fun Run/Walk, Sept. 26 at 9 a.m. Registration forms will be available on the day of the event. This is a free event open to the community. Event T-shirts may be purchased for \$10. 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 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. Registration deadline is Sept. 20. The registration fee for the event is \$35 for members and \$60 for non-members. To regis-

ter, call 222-9386 or visit [www.fort-samhoustonmwr.com](http://www.fort-samhoustonmwr.com).

### Rambler 120

The fourth annual Rambler 120 Team Challenge, a one-day physical fitness exercise will be held Oct. 17 at Randolph's Recreation Park at Canyon Lake. Teams must negotiate through hostile territory while successfully completing four challenges: a 22-mile bike ride, six mile run, two-mile rafting trip and a mystery event. Registration deadline is Sept. 25. Entry forms can be picked up at the Rambler Fitness Center and online at [www.randolphss.com](http://www.randolphss.com). Entry fee is \$100 per team and awards are presented to the top three teams in each division. Call 652-6508.

### 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. On completion of the course students will be Professional Association of Diving

Instructors or National Association of Underwater Instructors certified. Cost is \$250. Call 221-1234.

## Cole Cougars win second game

In their season opener Aug. 28 the Robert G. Cole High School football team used a big third quarter to put away their opponent. Sept. 5 they did not wait as long. Scoring 28 unanswered points, and rolling to a 49-0 third quarter lead, Cole destroyed the St. Anthony Yellow Jackets 49-13, in a rare Saturday game played at the new University of the Incarnate Word Stadium. Lemon Hodges and Brice King both rushed for over 100 yards; and King scored three times as the Cougars were never challenged. The 2-0 Cougars face the Marion Bulldogs Sept. 11 at 7:30 p.m. at Cougar Stadium.

## Bible Club for Children

Would you like to partner with us to help teaching your children the Bible? Faithweaver Friends is a kid-friendly program with Discovery Center activities and small caring groups that build community.

Faithweaver Friends is for military dependants Kindergarten through Fifth Grade.

From crafts to music to snacks to games - every engaging activity drives the weekly Bible Point home.

Best of all, children see they have a real friend in Jesus! There is fun, friendships, and a chance to meet and grow in Jesus.

FWF is designed to encourage children to focus on a growing relationship with Jesus, to help children

weave their faith into their life.

Program will be held Wednesdays at Dodd Field Chapel beginning Sept. 23 from 3:45 p.m.-5:30 p.m. To sign up for the program, call 221-3749.

### Religious support services positions available

The Mission and Installation Contracting Command, Contracting Center at Fort Sam Houston is soliciting for the following religious support services: pianist, organist, hand-bell, choir director and youth ministry specialist. The solicitations will close Sept. 22. For more information or to obtain a copy of the solicitation, call 295-4453 or 295-4932.



#### 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

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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)

## Rocco Dining Facility Menu

Building 2745, Schofield Road

### Friday – Sept. 11

**Lunch – 11 a.m. to 1 p.m.**

Shrimp gumbo, barbecued spareribs, barbecued beef brisket, beef fajita pitas, cheese tortellini, macaroni and cheese, steamed rice, lyonnaised potatoes, seasoned pinto beans, seasoned collard greens, steamed carrots

**Dinner – 5 to 7 p.m.**

Barbecued chicken, herb baked chicken, beef stew, breaded pork fritter, vegetable lasagna, parsley buttered potatoes, steamed rice, mashed potatoes, steamed corn, herb broccoli, French fried okra

### Saturday – Sept. 12

**Lunch – noon to 1:30 p.m.**

Yankee pot roast, Caribbean chicken breast, cheese tortellini, baked sweet Italian sausages, oven glo potatoes, buttered egg noodles, steamed rice, seasoned lima beans, Creole summer squash, steamed cauliflower

**Dinner – 5 to 6:30 p.m.**

Roast pork, spaghetti with meatballs, salmon croquettes, mushroom quiche, mashed potatoes, fried rice, baked potatoes, steamed spinach, steamed Brussels sprouts, steamed mixed vegetables

### Sunday – Sept. 13

**Lunch – noon to 1:30 p.m.**

meat loaf, tuna tetrazzini, breaded pork chops, macaroni and cheese, mashed potatoes, steamed asparagus, corn on the cob, steamed wax beans with pimentos

**Dinner – 5 to 6:30 p.m.**

Baked chicken, barbecued beef cubes, potato frittata, breaded pork fritters, scalloped potatoes and onions, buttered egg noodles, baked potatoes, glazed carrots, steamed cabbage, LA-style smothered squash

### Monday – Sept. 14

**Lunch – 11 a.m. to 1 p.m.**

Italian style veal steaks, chipper perch, honey glazed Cornish hens, beef lasagna, cheese tortellini, parsley tri-colored noodles, seasoned wild rice, garlic roasted potato wedges, baked potatoes, French fried okra, stewed tomatoes, steamed cauliflower

**Dinner – 5 to 6:30 p.m.**

Creole macaroni, baked ham with pineapple sauce, southern fried chicken, cheese ravioli, candied sweet potatoes, red beans and rice, mashed potatoes, steamed asparagus, cauliflower polonaise, seasoned succotash

### Tuesday – Sept. 15

**Lunch – 11 a.m. to 1 p.m.**

beef fajitas, barbecued roast pork, turkey ala king, roast pork, breaded chicken patties, macaroni and cheese, balsamic roasted sweet potato wedges, baked potatoes, fried cabbage, seasoned pinto beans, steamed green beans

**Dinner – 5 to 7 p.m.**

Sweet and sour chicken, pork chops Mexicana, oven roast beef, cheese manicotti, steamed rice, mashed potatoes, baked potatoes, steamed zucchini squash, Mexican corn, steamed carrots

### Wednesday – Sept. 16

**Lunch – 11 a.m. to 1 p.m.**

Jaegerschnitzel, fried chicken, parmesan baked fish, Swiss steak with brown gravy, broccoli quiche, rice and parmesan cheese, parsley tri-colored noodles, parsley buttered potatoes, beets in orange-lemon sauce, steamed peas and carrots, German sauerkraut, steamed wax beans

**Dinner – 5 to 7 p.m.**

Grilled polish sausages, beef yakisoba, salmon croquettes, chicken parmesan, broccoli, rice and cheese casserole, baked potatoes, parsley buttered potatoes, fried cabbage, carrots amandine, seasoned lima beans

### Thursday – Sept. 17

**Lunch – 11 a.m. to 1 p.m.**

Chicken stir-fry, breaded pork chops, spaghetti with meat sauce, honey glazed Cornish hens, cheese ravioli, steamed rice, rice pilaf, O'Brien potatoes, Chinese mixed vegetables, steamed yellow squash, club spinach

**Dinner – 5 to 7 p.m.**

Breaded veal steaks with mushroom gravy, pork chop suey, beef and broccoli, vegetable lasagna, teriyaki chicken, mashed potatoes, steamed rice, fried rice, baked potatoes, steamed cauliflower, steamed green peas, vegetable stir-fry

*Menus are subject to change without notice*

## For Sale Fort Freebies

**For Sale:** Executive style L-shaped desk, dark wood, several drawers, shelves, will e-mail pictures, \$700 obo. Call 385-0415.

**For Sale:** Sansui 27-inch color television with remote, \$50; solid wood television armoire with storage drawer and shelf, fits standard 27-32 inch flat screen televisions, \$300; tan chaise lounge, \$100; 2005 Suzuki Boulevard C50, 1,309 miles, black and silver, like new, \$5,000. Call 566-4614.

**For Sale:** Philips stereo with detachable speakers, pink and white, \$50; Pentair II pool cleaner, good condition, \$175. Call 697-9261 or 363-4056.

**For Sale:** 2007 Weekend Warrior RV, model FB2100 with two bike toy haulers, 23 foot pull-behind, fully loaded, excellent condition, take over loan, \$20K. Call 830-534-3123.

**For Sale:** Large IKEA wardrobe with mirrors, three sets of cabinet doors, two for hanging clothes and one with shelves and three drawers, 82 inches high by 89 inches wide by 23 inches deep, excellent condition, \$150; glass top rectangular patio table with six floral and white padded folding chairs, great condition, \$75; IPOD, 1 GB, black and chrome, \$40; IPOD, 2 GB, silver \$60, both \$80. Other miscellaneous items. Call 364-0619.

**For Sale:** Baby backpack on frame, \$30; porcelain dog dolls with clothing,

\$95; Whirlpool beige side-by-side refrigerator with water and ice dispensers, \$295; Maytag beige stove with self-cleaning oven, \$195; Maytag dishwasher, \$195. Call 633-3859.

**For Sale:** Tahoe cargo security shade, like new, \$65 obo; 90s Volvo dashmat, \$25; 4 foot wide truck bed extender, \$225; Stetson brown felt hat, size 7, \$75; stroller, \$12. Call 221-2690.

**For Sale:** 1962 Nova, four-door, new parts, engine runs, \$1,200 obo; 1996

Ford F150 pickup truck, uses gas or propane, new tires and grill, \$3,500; powerwasher, 2,350 psi, 6.5 hp, new condition, \$175; 80-gallon air compressor, \$875; antique Honda project motorcycle, \$300 obo. Call 440-5062.

**For Sale:** sturdy wood coffee table, \$95; riding lawnmower, \$495; bikes, \$35 each; Cardioglider, new, \$175; giant pet house, custom-made, \$150 obo. Call 633-2247.

## REMINDER CALENDAR

- Sept. 10** SAEDA/OPSEC training, 10 a.m., Evans Theater
- Sept. 11** Fort Sam Houston Elementary School Freedom Walk, 8:45-9:11 a.m.
- Sept. 11** Outdoor Movie Night, "Peter Pan," 8:30 p.m., post flagpole
- Sept. 12** Outdoor Movie Night, "Underdog," 8:30 p.m., Dodd Field
- Sept. 12** Doggie Dip and Gold Fish Scramble, 2 p.m., Aquatic Center
- Sept. 13** 321st Civil Affair Brigade change of command
- Sept. 15** Suicide Prevention Awareness Open House, 9 a.m.-3 p.m., Army Community Service
- Sept. 15** Wounded Warriors Paralympics Sports Camp
- Sept. 15** Wounded Warriors Amazing Race, 9 a.m., Equestrian Center
- Sept. 15** FMWR Cash and Carry Sale, 9 a.m.-3 p.m., Building 4192
- Sept. 16** Quarterly Garrison Commanders Town Hall meeting, 6-7:30 p.m., Harris Heights Community Center
- Sept. 18** Village ice cream giveaway 3-5 p.m., housing areas