



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

201st Military Intelligence Battalion volunteers aid to Bastrop wildfire relief

By Pfc. Shan'Draya Rutherford
201st Military Intelligence Battalion

Nineteen members of the Bravo Company "Broadwords" of the 201st Military Intelligence Battalion volunteered at Bastrop Emergency Management Center donation and distribution locations in Bastrop, Texas, Sept. 14 after wildfires devastated the community.

More than 38,000 acres were consumed in a single week as fires blazed through this central Texas town.

Nearly 2,000 homes and lumber businesses – some dating back to the 1800s – were lost. More than 7,700 residents of Bastrop were displaced.

The 19 Soldiers of the 201st MI Battalion were among the scores of volunteers responding to the situation. Although officially out "on pass," they wore their uniforms as a matter of unit identification and pride.

The volunteers arrived at the site of an established, functioning distribution

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Photo by Sgt. 1st Class Danathan Melton

Soldiers from Bravo Company of 201st Military Intelligence Battalion, sort donated materials at one of the donation centers in Bastrop, Texas.

628th Forward Surgical Team deploying to Afghanistan



Photo by Lori Newman

Beth Bohne, Family Readiness Group leader, gives each member of the 628th Forward Surgical Team a prayer quilt after a ceremony held Sept. 17 at the Army Reserve Center.

By Lori Newman
FSH News Leader

Members of the 628th Forward Surgical Team bid farewell to family and friends Sept. 17 before departing for a year-long deployment to Afghanistan.

"I am confident that this team is fully prepared to execute their mission and return home safely," said Col. John Gouin, commander of the 228th Combat Support Hospital.

Gouin reminded the Soldiers that many lives will depend on their leadership and medical expertise.

"Never forget that you're an American Soldier in the best-trained, strongest and most successful Army in the history of the world," he said.

Family Readiness Group leader Beth Bohne was also on hand to reassure the families that she was available to help them.

"The Family Readiness Group is here to provide information and support to the unit's members and their families, as well as encourage self-reliance necessary during deployments," Bohne said.

"This is a small unit and our families have been very supportive of each other," Bohne added. "During the deployment I know we will all need each other to lean on."

Several members of American Legion Post 593 in Converse were also in attendance to show their support.

"We are here to support the Soldiers," said Paula Johnson, American

Legion member. "The families are also very important. We have to keep the families going while their Soldiers are gone."

"The deployment itself is the easy part," said Spc. Andy Sivilaythong, an Army nurse. "The training to get to the deployment is very difficult and taxing."

This is the first deployment for Spc. Mark Aaron Brown, a surgical technician, who decided to join the Reserves to provide a better future for his wife and two children.

"I'm very proud of him," said his mother, Cindy Brown. "He's doing something for the country."

"I have no doubt we will fulfill our mission," said Lt. Col. John Rinehart, 628th FST commander.



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Making an investment in the future through the CFC

By Lt. Gen. Guy Swan III
ARNORTH Commanding General

The Combined Federal Campaign is our once-a-year opportunity to make an investment in the future by supporting a wide variety of charitable agencies.

Many of these agencies directly assist

military members and their families around the world. It is a service provided to us in our workplace - a chance to make an impact on our community.

The Army North CFC will run from Oct. 3 to Nov. 18. Our objective through the campaign is not focused on a pre-

scribed monetary goal. Instead, we will ensure 100 percent meaningful, personal contact between a trained key-worker and all Soldiers and civilians.

Headquarters personnel will contribute to the greater San Antonio campaign. Personnel in the Army North Liai-

son Offices, the Defense Coordinating Elements, and Civil Support Readiness Group-East will contribute to their local campaigns.

As part of the service provided by CFC, we can make our charitable contributions through payroll deduction. This is the easiest and most

efficient way to make a donation.

A modest amount withheld each pay period adds up to a very meaningful gift over the course of a year. I ask for your support and urge you to consider making a contribution through payroll deduction.

CFC... Supporting a Caring Community.

CFC kicks off: record-breaking year expected

By Deyanira Romo Rossell
502nd FSS MWR Marketing

Fort Sam Houston leaders will be on the front lines in efforts to make the 50th anniversary of the Combined Federal Campaign a banner year.

Lt. Gen. Guy Swan III, U.S. Army North commanding general, reminded his commanders, sergeants major and CFC project officers that the population growth on the post means that the 2011 goal of \$1,343,389 can be reached and easily exceeded.

"We have a great influx of new soldiers, sailors and airmen. We need to exceed goals set in the past," he told his leaders at the CFC kick-off breakfast at the Fort Sam Houston Golf Club Sept. 21.

"The population growth will allow us to contact more people. We need to train young service members on the importance of giving back to our community. I ask for your help on this as leaders."

Fort Sam Houston civilian and military federal employees have the opportunity to make a difference in the campaign from now through Dec. 15, by opting to make a payroll deduction designated for the charity

of their choice.

The San Antonio Area CFC lists 2,800 charitable organizations that federal employees may pledge donations to this year.

Some local CFC statistics: 12,000 federal employees and their families utilize the programs and services of the local CFC charitable organizations.

In 2010, San Antonio's CFC had one of the highest average giving levels nationally at \$274 per donor.

The local CFC is one of the most cost-efficient in the country with 92 cents out of every dollar going directly to the charity designated by the donor.

In 2010, Fort Sam Houston pledged \$1,275,294, which was 31 percent of the goal. 38 percent of the Fort Sam Houston community participated in the CFC in 2010.

"Fort Sam Houston is very important to the San Antonio CFC because of the large increase in

people who have come to the post, including new students, instructors and permanent party," said Jerry Swinarsky, San Antonio CFC director.

"They play a big role in making our campaign goal," Swinarsky added. "We need to reach all of them and give them a chance to take part in the CFC."

For more information, contact the Fort Sam Houston CFC coordinator, Duane Dunkley, at 221-2207.

"We have a great influx of new soldiers, sailors and airmen. We need to exceed goals set in the past."

Lt. Gen. Guy Swan III, U.S. Army North commanding general



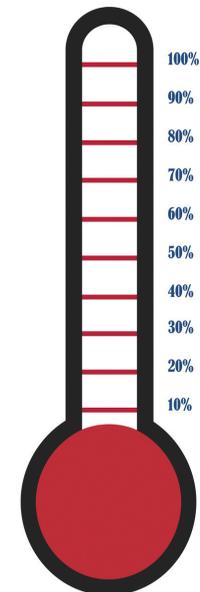
Photo by Staff Sgt. Keith Anderson

Lt. Gen. Guy Swan III, commanding general of U.S. Army North, rallies troops at the 2011 Combined Federal Campaign kick-off breakfast Sept. 21, asking for their help in educating young service members in the value of giving back to their community.

Fort Sam Houston



Our Goal: **\$1,343,389**



Combined Federal Campaign

News Briefs

Military Retiree Appreciation Day

Fort Sam Houston Retiree Services hosts the 2011 Military Retiree Appreciation Day from 8 a.m. to noon Nov. 5 at Blesse Auditorium, Building 2841. The event is open to all military retirees and their dependents. Services provided include a health fair, legal services, TRCARE information, ID card assistance and much more. For more information, call 221-9004.

Lincoln Military Housing National Night Out Oct. 4

Lincoln Military Housing hosts the annual crime prevention National Night Out at Fort Sam Houston Oct. 4. National Night Out is a nationwide crime prevention activity designed to heighten crime prevention awareness; generate support for, and participation in, local anti-crime prevention programs; strengthen neighborhood spirit and police community relations; and send a message to criminals letting them know that our neighborhoods are organized and are fighting back against crime. LMH mayors and staff will be sponsoring a NNO event at each of the post's community centers. FSH family housing residents are encouraged to take part in this special event. Call 270-7638 for more information.

AETC First Sergeants Symposium

Air Education Training Command hosts the First Sergeants' Symposium Nov. 14-18 at the Inter-American Air Forces Academy Auditorium on Lackland Air Force Base. Attendees must complete the online registration at <https://afkm.wpafb.af.mil/community/views/home.aspx?Filter=00-DP-AE-54>. The symposium is open to master sergeants and selects, as well as highly motivated technical sergeants. All registrants should be vetted through their chain of command and first sergeant before signing up. This is a unit-funded temporary duty. Contact Master Sgt. Scott Johnson at 671-6077 for more information.

JBSA NCO Induction Ceremony

The Joint Base San Antonio NCO Induction Ceremony is at 6 p.m.,

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Photo by Deyanira Romo Rossell

Maj. Richard Velazquez, Headquarters and Headquarters Company, 32nd Medical Brigade Commander, dances some traditional Latin steps with Thalia Vazquez of the Semeneya Dance Studio during a Hispanic Heritage celebration at the Hacienda Recreation Center.

32nd Medical Brigade celebrates Hispanic Heritage celebration in style

By Deyanira Romo Rossell
502nd FSS Marketing

Soldiers with the 32nd Medical Brigade picked up some new dance moves Sept. 22 in honor of Hispanic Heritage Month.

Along with interactive performances by two dancers from a San Antonio dance studio, the Hacienda Recreation Center offered a Mexican dinner and hosted a military hero as guest speaker to celebrate the contributions of Hispanics to the military and the United States.

San Antonio Mayor Julian Castro proclaimed Sept. 15 through Oct. 14 as Hispanic Heritage Month. In his proclamation, he said, "Hispanic Americans continue to play increasingly vital roles in our economy. And their entrepreneurial spirit and intense work ethic have

been instrumental in making our country a world leader; and the city council commends the 32nd Medical Brigade as they recognize and celebrate the diversity and contributions of the Hispanic community."

Retired Maj. Gen. Freddie Valenzuela talked to the troops about his experiences as a Hispanic leader in the military despite a rocky start.

"At 17 years old, I was a hoodlum stealing hub caps on the west side of San Antonio and I got caught," Valenzuela said.

Since both his parents worked for the courts, he was given the choice of jail or the Army. "I chose the Army," he said.

Valenzuela served 33 years in the U.S. Army and was awarded the two highest peace time awards upon retirement, the Defense and Army Distinguished Service

Medals.

Presently, he serves on several boards and is the executive director of the Housing Authority of Bexar County.

Valenzuela, who also spends his time as a motivational speaker and supporting the Army in the areas of recruiting, retention and diversity told the troops,

"Some of us don't believe in the old adage that we made you successful, but it is true and now it is time to give back. You owe it."

The evening was capped off with dancers from the Semeneya Dance Studio, who performed and then pulled Soldiers on the stage with them to share traditional Latin dances like the merengue, salsa and bachata.

The 32nd Medical Brigade Equal Opportunity advisor and leaders take time every year to celebrate Hispanic Heritage Month.

Army Medicine seeks to ID, treat Soldiers potentially exposed to rabies virus

A Fort Drum, N.Y. Soldier, who recently returned from Afghanistan, died from rabies after contracting the disease from a feral dog while deployed.

The Army has initiated an investigation to ensure that other service members who may have been exposed to rabies are identified and receive preventive treatment, if needed.

The Army Medical Department along with the Department of Defense, other uniformed services and the national Centers for Disease Control and Prevention are working together to expeditiously identify, evaluate and treat any service members, DOD civilians and contractors who may have been exposed to rabies while deployed.

Individuals who have already been identified as being exposed to the disease while

deployed are currently receiving appropriate evaluation and treatment.

The importance of receiving appropriate medical evaluation following contact with a feral/stray animal cannot be overstated.

Rabies may not show any signs or symptoms in the infected animal until late in the disease, often just days before its death. The animal can, however, still spread the deadly virus while appearing completely normal.

The rabies virus is transmitted to humans by the saliva of infected animals through bite wounds, contact with mucous membranes or broken skin.

Humans can become infected and harbor the virus for weeks to months, and in extremely rare cases, years before becoming ill. During this incubation period,

which averages between one and three months, rabies can be prevented with appropriate treatment, including a series of vaccinations. Once symptoms occur, however, death is almost always certain.

All previously deployed service members (active or Reserve Component, as well as those recently discharged from military service); DOD civilians and contractors who have had contact with a feral/stray animal while deployed should be immediately evaluated by medical personnel.

Army Medicine and the DOD are committed to ensuring that anyone who believes they may have been exposed while deployed is provided with appropriate medical evaluation and care.

The Army Medical Depart-

ment and the DOD is dedicated to ensuring the health and well-being of all service members, DOD civilians and contractors.

We ask the friends and families of those returning from a deployment after March 2010 to encourage anyone that may have been exposed to seek medical attention, even if no symptoms are readily apparent.

Call the Wounded Warrior & Family Hotline at 1-800-984-8523 (DSN 421-3700) for information on obtaining a medical evaluation and, if necessary, treatment.

Get more rabies information by visiting these websites: <http://www.cdc.gov/rabies> or <http://phc.amedd.army.mil/topics/discond/aid/Pages/Rabies.aspx>.

(Source: Army Medicine Public Affairs)

News Briefs

from P3

Oct. 6, at the Lackland Air Force Base Gateway Club. For reservations or more information, call 925-3704.

USAJOBS Downtime Notice

The Office of Personnel Management will assume control of USAJOBS Oct. 6. USAJOBS is the government's official site for posting vacancy announcements and hiring information. During this change in control the timeliness of vacancy announcements and referrals may be delayed as the new system is brought on line. USAJOBS will be offline from Oct. 6 to 12. People seeking federal employment through USAJOBS will be unable to see posted announcements or apply for federal jobs. Announcements opened prior to Oct. 6 may remain open through the moratorium period, but must not close before Oct. 13. Call 221-2526 for more information.

Fire Extinguisher Training

Training will be held Oct. 12-13 at 8:30 a.m., 9:30 a.m., and 10:30 a.m., in Building 4196, Conference Room 5. Fire safety/extinguisher training is required for all personnel on a yearly basis. Call 221-2727/5452.

Hispanic American Heritage Month

The post will celebrate Hispanic American Heritage Month Oct. 14, 11:30 a.m.-1 p.m. at Blesse Auditorium. Call 221-9543 for more information.

Joint Base San Antonio Energy Fair

Joint Base San Antonio and its partners at Defense Transformation Institute and Grainger Industrial Supply are hosting the Joint Base San Antonio Energy Fair at Randolph Air Force Base's Kendrick Club from 10 a.m. to 2 p.m. Oct. 26. The fair will have energy and utility managers from Fort Sam Houston, Lackland and Randolph AFBs discussing the sustainability goals of the installations, their innovations, and relevant technologies. JBSA supports more personnel than any other installation in the Department of Defense and is

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AMEDDC&S reaches out to the community

By Phillip Reidinger
AMEDDC&S Public Affairs Office

The Army Medical Department Center and School hosted several events recently to educate community leaders about its roles and mission.

Maj. Gen David Rubenstein, AMEDDC&S commanding general, hosted a briefing Sept. 7 for 65 members of the annual "Leadership San Antonio Class 36" sponsored by the San Antonio Greater Chamber of Commerce and the San Antonio Hispanic Chamber of Commerce, following a morning at Camp Bullis during which the group of business leaders observed medical training.

Rubenstein also hosted a visit and tour on Sept. 8 by Sam Dawson, chairman of the board of the San Antonio Greater Chamber of Commerce, and Carrie Baker-Wells, former board chairperson and local business leaders, for an orientation to include the combat medic training simulated Iraqi bazaar explo-



Photo by Esther Garcia

Maj. Gen. David Rubenstein visits with members of the Leadership San Antonio Class 36 Sept. 7. LSA Class 36 are members from the San Antonio business, civic, educational, medical and political community. LSA Class 36 is a jointly sponsored program of The Greater San Antonio Chamber of Commerce and The San Antonio Hispanic Chamber of Commerce. It provides a learning experience for existing and emerging leaders who live and work in the San Antonio metropolitan area. Participants gain in-depth knowledge of the community, awareness of its institutions, and familiarity with its leadership and structure.

sion and lunch with Soldiers.

The command also hosted 49 members On Sept. 14, the San Antonio Greater Chamber of Commerce Military Affairs Committee and the Healthcare and Biosciences Committee received a hands-on medical

training orientation.

The orientation included a convoy attack and response, as well as time with individual Soldier medics who demonstrated the medical care initiatives responsible for the highest battlefield survival

rate in the history of the Army Medical Department.

The group also had the opportunity to visit with students assigned to the AMEDDC&S Graduate School and learn more about graduate level medical research.

BAMC celebrates Fisher House anniversary

By Maria Gallegos
BAMC Public Affairs

Brooke Army Medical Center celebrated the anniversary of the Fisher Houses on Fort Sam Houston Sept. 23.

The late Zachary Fisher and his wife Elizabeth, founder of the Fisher Houses, were well known for their continuous support and dedication for veterans and their families. This was the 18th year BAMC has celebrated Fisher's birthday.

Since 1990, the Fisher House Foundation has built 55 comfort homes throughout the United States and Germany at veteran's medical centers.

Col. Noel Cardenas, Brooke Army Medical Center deputy commander of administration, stressed how important the Fisher Houses are for wound-

ed warriors and their families.

The Fisher House mission is to support the wounded service members and their families by offering comfortable living situations in their times of medical crisis and utmost needs.

BAMC has four Fisher Houses located near the medical center, helping more than 500 family members per year.

"Fisher House is very important for our wounded warriors and their families," said Inge Godfrey, Fisher House manager. "Staying together is the best medicine for faster healing and there are no costs to the family members staying at the Fisher House. This is a huge relief for families who are having a difficult time financially.

"We do this every year to remember the Fishers



Inge Godfrey, Fisher House manager, and Maj. Gen. M. Ted Wong, commander of Brooke Army Medical Center and Southern Regional Medical Command, cut the cake to celebrate Fisher House's 18th birthday. BAMC has four Fisher Houses located conveniently near the medical center, servicing more than 500 family members per year. Photo by Dwayne Snader

for their generosity and the continued support for our wounded warriors and their families," Godfrey added.

For more information about the Fisher House, click on <http://www.fisherhouse.org> or call 888-294-8560.

IMCOM's chief money manager deploying to Kuwait

By Shayna Brouker
IMCOM Public Affairs

As Oct. 1 ushers in the new fiscal year, the Army Installation Management Command bids farewell to its chief money manager as he heads to a new assignment.

Brig. Gen. Thomas Horlander, outgoing director of resource management, received a Distinguished Service Medal from Lt. Gen. Rick Lynch, IMCOM Commanding General, at a ceremony Sept. 27.

Horlander has served with IMCOM since July 2008 and contributed "immeasurably" to the command's success, particularly by spearheading a streamlined service and enterprise contract management program and guiding G8's transition to the

complex General Fund Enterprise Business System, or GFEBS, accounting system, according to Lynch.

He is deploying to Camp Arifjan, Kuwait, to serve as the resource manager for the 3rd Army/Army Forces Central Command, which funds all operations in the Middle East theater.

"I've never in my 35 years of service found somebody who had the passion, the aggressive approach, the ability to work with difficult issues when it came to garnering resources," Lynch said.

"We as an organization, we as a community, are better because we have been blessed with Thomas Horlander over the last 39 months."

Horlander has supervised the funding of



Photo by Shayna Brouker

Brig. Gen. Thomas Horlander, director of Resource Management, U.S. Army Installation Management Command, speaks to fellow employees Sept. 27 after he was presented the Distinguished Service Medal by Lt. Gen. Rick Lynch, IMCOM commander, at a ceremony at the IMCOM headquarters building at Fort Sam Houston.

IMCOM's 83 garrisons worldwide. He said his time at IMCOM has made him a better military

comptroller, adding, "Your importance to the mission is not necessarily related to your proximity

to the fight."

Taking his place is Brig. Gen. Curt A. Rauhut, formerly the

director of business operation at the Office of Business Transformation at the Office of the Secretary of the Army.

Multiple deployments throughout Rauhut's 27 years in the Army have taught him to "appreciate all the great services that are provided to you by IMCOM when you're back home."

The challenge, of course, is maintaining that level of service under fiscal restraints and a smaller civilian workforce.

"With every challenge comes an opportunity," Rauhut said. "I think these are going to be challenging times but also a time that lends itself to increased opportunities to better serve our Soldiers as well."

Innovative pain techniques taught at tri-service ultrasound course

By Capt. (Dr.) John Gasko
Army Medical Department Center
& School

Army, Air Force and Navy certified registered nurse anesthetists recently learned new and innovative techniques using ultrasound for regional pain management.

The techniques were taught during the "Ultrasound Guided Nerve Block Course for Anesthesia Providers," a course offered through the U.S. Army Graduate Program in Anesthesia Nursing at the Army Medical Department Center & School.

The anesthesia nursing program is rated nationally as number one in its field by U.S. News & World Report and AMEDDC&S is one of two military schools that produce military certified registered nurse anesthetists.

The graduate program also sponsors continuing education workshops to promote continuing education for all military

anesthesia providers.

Acquisition of ultrasound-guided regional skills for nurse anesthetists and the effects of battlefield anesthesia on long-term pain management are among the leading research priorities for Army nurse anesthesia researchers, according to the Army Nursing Research and Evidence Based Practice Priorities list.

This course addresses all three topics and allows the program to play a direct role in the education of nurse anesthesia providers.

Among many professionals, the use of ultrasound for image guidance in regional anesthesia is anticipated to become a standard of care.

"Anesthesia providers agree that direct visualization of internal structures may lead to safer, quicker, and more successful blocks with fewer complications," said Lt. Col. Joseph O'Sullivan, USAGPAN program director.



Photo by Capt. (Dr.) John Gasko

Army Reserve Col. Colleen Kloehn (right) scans classmate Navy Cmdr. Robert Ladd, chief nurse anesthetist, Ft Belvoir, Va., during the Ultrasound Guided Nerve Block Course for Anesthesia Providers Course.

The course focused on the principles of the ultrasound machine and upper and lower extremity anatomy and blocks. Participants from various Army, Air Force and Navy medical treatment facilities performed blocks on cadavers supplied by the graduate program during the

of this course was to ensure that all anesthesia providers have the skill sets necessary to provide the best care for Soldiers downrange," O'Sullivan said.

"This course was great for me. I've done the trauma rotation in Baltimore but we didn't get the regional ultrasound focus like we did here," said Capt. Jeff Gainok, 274th Forward Surgical Team (Airborne), Fort Bragg, N.C.

"I was already pretty familiar with ultrasound guided regional from school but being able to get the hands-on and one-on-one instruction was definitely beneficial," Gainok added.

"This course allowed attendees to augment their knowledge and experiences with ultrasound and anatomy," said Dr. Justin Boge, an anesthesiologist at Wilford Hall Medical Center, Lackland Air Force Base, who also taught and attended the course.

"These opportunities allow the clinicians to return to their medical treatment facilities and share their knowledge and information learned and disseminated throughout the course," Boge added. "This provides an immeasurable impact on the military's mission to provide world-class healthcare."

Participants have enrolled from as far away as Hawaii while some are attached to U.S. Army Forces Command positions, although most are from major military medical centers.

"We continue to use the team approach in caring for Soldiers, families and retired members of our armed services," O'Sullivan said, adding that faculty felt it so important they volunteered their time to instruct.

The course provided 14 continuing education credits for professional certification and is planned to be an annual event.

course.

A follow-on discussion session gave providers an opportunity to share experiences and anecdotal input. Topics included increased effectiveness and decreased incidence of complications associated with ultrasound guided regional anesthesia.

"The primary goal

USAEC ADOPTS FORT SAM HOUSTON ELEMENTARY SCHOOL



Photo by GERALYN SMITH-NOAH

Tonya Hyde, Fort Sam Houston Elementary School principal, and Col. Scott Kimmell, commander of the U.S. Army Environmental Command, sit at the foot of the commemorative sign along with students, PTO members, Fort Sam Houston Independent School District Superintendent, Dr. Gail Siller, and school board and USAEC members, after the formal Adopt-A-School ceremony Sept. 23. Partnership activities began in March when a dozen readers from the command spent the morning with the kindergarten classes sharing Dr. Seuss' stories on "Read Across America Day." In May, engineers from the command paired with others to mentor a fifth-grade student and future engineer. In September, 20 people joined the students in a Freedom Walk to remember those lost on Sept. 11, 2001. The signing ceremony and installation of the sign formalized the partnership which includes another 10 joint activities planned for during the school year.

MILITARY SPOUSE CONFERENCE



Photo by CHERYL HARRISON

Zumba was just one of the many classes offered at the "It's Not Easy Being Green" spouse's conference held at the Dodd Field Chapel Sept. 22 and 23. Even though not properly attired for a work out, the ladies had a great time sweating to the Latin sound of music. First hosted at Fort Sam Houston in 2002, the conference is a way for military spouses to celebrate their lives in the military and as part of the Army community. This conference was designed to strengthen community ties, form new friendships and develop skills that are essential to military life. Attendees were treated to a variety of guest speakers and other events.

WARRIOR TRANSITION BATTALION CHANGES COMMANDER, CSM

Maj. Gen. M. Ted Wong, commander of Brooke Army Medical Center and Southern Regional Medical Command, passes the Warrior Transition Battalion guidon to incoming Lt. Col. Brian D. Almquist at a change of command ceremony Sept. 20 at Fort Sam Houston's MacArthur Parade Field. Lt. Col. Charles A. Beeks, outgoing commander, leaves the battalion after two years in command. Beeks will continue to care and serve wounded Soldiers at the Nurse Manager at the Audie L. Murphy Memorial Veterans Hospital in San Antonio.

Photo by Kara Carrier



The Warrior Transition Battalion's incoming Command Sgt. Maj. Donna Balderston completes the passing of the guidon as she accepts her new assignment in a change of responsibility ceremony Sept. 19 at Brooke Army Medical Center. Outgoing Command Sgt. Maj. Leonard Ruiz (far middle) and Lt. Col. Charles Beeks (right), commander of WTB, look on. Ruiz leaves the battalion after two years to accept his new position as the next command sergeant major of the Community Based Warrior Transition Unit at Fort Sam Houston.

Photo by Dwayne Snader



ARNORTH WELCOMES INTELLIGENCE AND SUSTAINMENT COMPANY COMMANDER



Photo by Staff Sgt. Keith Anderson

Capt. Loron Grantham (left), outgoing commander, Intelligence and Sustainment Company, Headquarters and Headquarters Battalion, U.S. Army North; along with Lt. Col. Shannon Miller, commander, HHBN; and Capt. Stephen Corpus, incoming commander, I&S Company, render honor to the colors Sept. 23 during a company change of command ceremony in the Quadrangle. Corpus previously served as the collection requirements manager, U.S. Army North.

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center. As fast as volunteers could find a shelf for donated items, more items arrived. When the Soldiers and other volunteers were finished, every item was sorted, labeled and palletized.

Bastrop residents, including firefighters whose homes were

lost in the wildfires, and Salvation Army volunteers, greeted the Soldiers, who went to work sorting through a mound of shoes consisting of more than 1,000 mismatched pairs.

"To see the progress we made and to hear volunteers who worked on site for the last couple of days tell

us the site would have never looked so great without the help we provided made us feel like we had contributed something worthwhile," said Pfc. Shawn Noel.

"It was nice to give back to a community that needed our help, especially one in a state I now call home," said Spc. Andrew Mulheren.

AMEDDC&S Research Day shows cross-section of programs

By Esther Garcia
AMEDDC&S Public Affairs

The Army Medical Department Center and School's Academy of Health Sciences Graduate School held their first Research Day Sept. 14 at Willis Hall as an opportunity for graduate faculty and students to showcase the research that is being done there.

Nine platform presentations and 13 poster presentations by faculty and students represented a cross section of the graduate school programs.

The presentations were followed by an awards ceremony hosted by Maj. Gen. David Rubenstein, AMEDD Center and School commanding general.

The graduate school

research day started last year and was the idea of Lt. Col. Deydre Teyhen, currently the Public Health Command-South commander.

The nine presentations covered topics like "Impact of Foot Type on Cost of Lower Extremity Injury" and "Orthopaedic Manual Physical Therapist Approach for Treating of Primary Acromioclavicular Joint Pain: A Prospective Cohort."

The award for best platform presentation went to Lt. Col. Scott Shaffer with the Doctoral Program in Physical Therapy for his presentation of "Enhancing Efficiency Through Automation for a Comprehensive Injury Screening System."

Shaffer said the idea is to identify indicators of muscular skeletal

injuries that can be used to screen Soldiers and prevent serious injuries.

He said about 80 percent of these type of injuries are seen during sick call and mostly caused by overuse. The research involves looking at predictors to prevent injuries and keep soldiers medically fit.

The 13 poster presentations ranged in topics from "Core Temperature Changes in Service Members With and Without Amputations During the Army Ten Miler" to subjects such as "The Effects Fluid Resuscitation on Rebleeding when BleedArrest is Used in a Porcine Model of Lethal Femoral Injury" by Don Johnson, who won the award for best poster presentation.

The goal of graduate school research day is to



demonstrate the breadth and depth of research that is ongoing within the school.

It also provides a venue for faculty and students to share that research with both the AMEDDC&S and with the U.S. Army Medical Command leadership,

and to provide an opportunity for all students and faculty to attend a scholarly activity and build relationships across the graduate school programs, according to Maj. Forest Kim, assistant professor, Army-Baylor Graduate Program in Health and Business

Maj. Forest Kim (left), assistant professor with the Army-Baylor Graduate Program in Health and Business Administration talks with Don Johnson, who won the award for best poster presentation during the Army Medical Department Center and School's Academy of Health Sciences Graduate School Research Day Sept. 14 held at Blesse Auditorium's Willis Hall.

Photo by Esther Garcia

Administration.

"We plan on having this event every year. Next year, we hope to expand to invite the local universities to participate as well," Kim said.

"It's a venue to promote the research that is taking place within the graduate school."

Joint Base Travel Survey to identify transportation trends in SA area

The expansion of the military missions at Joint Base San Antonio installations has added to increased demand on the San Antonio metropolitan area's transportation systems and resources.

To balance JBSA's needs with the community's transportation needs, it is important for civil engineers to understand the origin and destination of traffic associated with the three installations.

As part of JBSA Master Planning efforts, the 502nd Air Base Wing is conducting a Traffic Points of Origin Study to evaluate and assess the travel patterns of military, retiree, and civilian populations at Fort Sam Houston, Camp Bullis, Lackland and Randolph

Air Force Bases.

The study will identify areas of traffic flow, installation oriented travel trends, places of origin/destination and primary modes of travel, with an overarching goal of providing a framework for future transportation and land use decisions between the three installations.

As part of the study, a web-based origin-destination survey has been developed to collect important information on JBSA travel patterns.

The targeted population for this survey includes all JBSA personnel (active duty, reservists, DOD civilians/contractor), retirees and dependents 18 years and older that travel on and around the

various installations of Joint Base San Antonio.

People within this population group can go to <https://www.surveymonkey.com/s/JBSAsurvey> to complete the survey. The survey will be activated Oct. 1.

For taking the survey, each respondent will receive a coupon for a free cup of coffee at the JBSA AAFES Express stores (formerly known as the Shoppette), as well as be automatically entered into a raffle to win one of three prizes: a \$100 gas card or \$50 Exchange gift cards.

Results of the survey will be available in January 2012.

(Source: 502nd Air base Wing)

NEWS from P4

one of the largest energy users in the DOD. Participants include Schneider Electric, CPS, General Electric and the Texas A&M Center on Applied Technology. DTI has formed a JBSA Energy Innovation Center which they are bringing together to discuss future potential JBSA projects. Booths will be handled on a first-come, first-serve basis; register booths by calling 394-9430.

Cars with DV Plates Can Park in Handicapped Spaces

According to Fort Sam Houston Regulation 190-8 and Texas Criminal and Traffic Law Manual (Section 681.008), disabled veterans can park in any handicapped space. Section 504.202 of the manual requires the disabled veteran's license plates to display the letters "DV." Law enforcement officers on Fort Sam Houston will look for either the national symbol (wheelchair) or the "DV" letters

on license plates when checking handicapped parking spaces.

National Public Lands Volunteer Day at Camp Bullis

Volunteers are needed to spread mulch, move rocks, plant seeds, help slow erosion and learn good Hill Country stewardship techniques from 8 a.m. to noon Oct. 15 at the Camp Bullis hike and bike trail as part of the National Public Lands Day. Dress for outdoor conditions and bring water, snacks, work gloves and sunscreen. Drive through the entry control point on Military Highway and take first right at Wilkerson (first paved road) and proceed to paved parking lot. Tools will be provided. For more information, call Bryan Hummel at 388-2067 or 295-27761 for more information.

JBSA Holiday Chorus Open Auditions

The USAF Band of the West is holding open auditions for the Joint Base San Antonio

Holiday Chorus. Concerts are at 3 p.m. Dec. 17 and 18 at the Edgewood Theatre for the Performing Arts at 607 SW 34 Street. Rehearsals will be weekly in November. Audition dates and places are:

- Lackland Air Force Base: 9 a.m. to noon and 1 to 4 p.m. Oct. 28 at the Skylark Community Center's Longhorn Room, Building 6576, 1560 Luke Blvd. Call 671-2021 or 3191 for more information.

- Fort Sam Houston: 9 a.m. to noon and 1 to 4 p.m. Nov. 1 at the Dodd Field Chapel, Rooms 139 and 141, Building 1721, 3600 Dodd Blvd. Call 221-5010 or 5666 for more information.

- Randolph AFB: 9 a.m. to noon and 1 to 4 p.m. Nov. 2 at the Randolph Arts and Crafts Center, second floor, Building 895, J Street West. Call 652-2788 for more information.

For more information, visit <http://www.bandofthewest.af.mil> or <http://www.Facebook.com/bandofthewest> or call the audition hotline at 672-5030.



SEPTEMBER IS NATIONAL PROSTATE CANCER AWARENESS MONTH

Fort Sam employee overcomes prostate cancer

By Elaine Wilson
American Forces Press Service

In 2001, Brad Barrett was 41 and retiring from the Air Force. Healthy all his life, he figured his final medical exam prior to separation would be a breeze.

The doctors ordered a full range of tests, including a prostate-specific antigen blood test, which is used to detect prostate cancer. The choice to conduct the test was somewhat out of the ordinary; it's not routine until men reach age 50.

It turned out to be a good choice for Barrett. Test results showed his PSA levels were rising, a possible indicator of a prostate problem.

"My level was higher than usual but not at a level to warrant a biopsy at the time," said Barrett, now the antiterrorism officer for the Army Support Activity on Fort Sam Houston.

Doctors recommended Barrett take the test annually and in 2004, his PSA level was high enough to cause concern and a biopsy was ordered.

"The results showed I had early-stage prostate cancer," Barrett said.

The news was upsetting, particularly when Barrett thought about the consequences if he had not undergone the test as early as he did.

"I was really lucky," he said.

Barrett successfully underwent radiation therapy, one of several options

for treating prostate cancer, and so far the treatment has been effective. However, he still must go for a test every six months for five years.

"It's traumatic the days and weeks before a test," he said. "Before I take the test, I always wonder, will I live or die?"

Although it's not highly publicized, prostate cancer is the most common non-skin cancer in America, affecting one in six men, according to the Prostate Cancer Foundation. The cancer is more commonly seen in older men.

More than 65 percent of all prostate cancers are diagnosed in men over age 65.

The risk of developing prostate cancer is 1 in 10,000 for men under age 40, but shoots up to 1 in 14 for men ages 60 to 69.

Race and Family history play a role in men's risk for prostate cancer.

According to the foundation, African-American men are 61 percent more likely to develop prostate cancer compared with Caucasian men and are nearly 2.5 times as likely to die from the disease. Men with a first-degree relative – father, brother or son – with a history of prostate cancer are also at a higher risk; they are twice as likely to develop the disease.

In its early stages, like with Barrett,

**"Before I take
the test, I always
wonder, will I
live or die?"**

Brad Barrett

many men will not experience any symptoms, underscoring the need for testing.

The American Cancer

Society recommends an annual PSA blood test and digital rectal exam beginning at age 50. Men at high risk should begin testing at age 40 or 45 depending on family history.

An early detection can prove a lifesaver. Nearly 100 percent of men diagnosed when the cancer is in the local and regional stages will be disease-free after five years, according to the foundation.

Barrett hopes to be one of those success stories.

"I didn't have a Family history or other risk factors," he said. "I'm just very grateful my military doctors went the extra mile and ordered that test."

For more information on prostate cancer, visit <http://www.prostatecancerfoundation.org>.

(Editor's note: This story originally appeared in the Fort Sam Houston News Leader in September 2008 and has been updated. Elaine Wilson, who now goes by Elaine Sanchez, was a member of the FSH News Leader staff at the time.)



MEN DON'T TALK ABOUT IT

(but they should)

"With increased public attention to prostate problems, fear or embarrassment should no longer be a barrier to maintaining prostate health as there are many patient-friendly treatments available for common prostate problems."



blueallover.org

It's a guy thing: Know the facts, figures about prostate cancer

By Steve Elliott
FSH News Leader

The American Cancer Society's estimates for prostate cancer in the United States for 2011 call for about 240,890 new cases. There will be about 33,720 deaths from prostate cancer.

One man in 6 will get prostate cancer during his lifetime. One man dies from prostate cancer every hour. One man in 36 will die of this disease.

And 9 out of 10 adults do not even know what the prostate gland does or where it is.

The prostate is a gland located in front of the rectum and underneath the urinary bladder and found only in men. It wraps around the urethra and produces fluid for semen.

In younger men, it is usually the size of a walnut, but it can be much larger in older men.

Prostate cancer is the second most common type of cancer found in American men, behind only skin cancer. It is also the second most common cause of death from cancer in men.

For the general population, a man has about a 17 percent chance of getting prostate cancer in his lifetime and a three percent chance of dying from it.

All men are at risk for prostate cancer, but some are more at risk than others.

Age is the strongest risk factor for prostate cancer. Almost two out of three prostate cancers are found in men over the age of 65, according to the Centers for Disease Control.

Other risk factors are African-American heritage, or having a father, brother, or son who has had prostate cancer, according to National Cancer Institute statistics.

What are some of the symptoms? The National Institute of Health lists

the following:

- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Inability to urinate
- Weak or interrupted flow of urine
- Painful or burning urination,
- Difficulty in having an erection
- Painful ejaculation
- Blood in urine or semen
- Pain or stiffness in the lower back, hips or upper thighs.

More than 2 million men in the United States who have had prostate cancer at some point are still alive today, and routine preventative check-ups are the key.

When detected early, the 5-year survival rate for prostate cancer is 100 percent, but drops to 32 percent if the cancer was not detected early and has spread to other parts of the body.

The Prostate Cancer Foundation recommends that all men should have an annual medical exam that includes the test for prostate cancer.

An annual exam should include both a prostate specific antigen blood test and a digital rectal exam.

Early detection also allows for much broader treatment options, including several types of radiation and surgeries and other options.

"Most of my patients lack knowledge about prostate health and are afraid of diagnosis and the potential side effects of various treatments including impotence and incontinence," said Leonard S. Marks, M.D., founding medical director of the Urological Sciences Research Foundation and Clinical Associate Professor in the Department of Surgery/Urology at the UCLA School of Medicine.

"With increased public attention to prostate problems, fear or embarrassment should no longer be a barrier to maintaining prostate health as

there are many patient-friendly treatments available for common prostate problems."

The CDC also recommends the following:

- Eat healthy, balanced meals. Eating five or more servings of fruits and vegetables a day and less saturated fat can help improve your health and may reduce the risk of prostate cancer and other chronic diseases.

- Don't overeat. Men who are overweight have an increased risk for prostate cancer.

- Exercise. Thirty minutes of moderate physical activity a day will keep you fit and help prevent disease. Exercise can be cutting the grass or cutting the rug, swimming or just walking. The important thing is to get moving.

- Get routine exams and screenings for high blood pressure, high cholesterol, diabetes, sexually transmitted diseases, prostate cancer and colon cancer. When problems are found early, your chances for treatment and cure are better. Routine exams and screenings can help save lives.

For more information about prostate cancer and its detection and prevention, contact your primary care physician and check the following resources:

American Cancer Society (<http://www.cancer.org/Cancer/ProstateCancer/DetailedGuide/prostate-cancer-what-is-prostate-cancer>);

Prostate Cancer Foundation (<http://www.pcf.org>);

Centers for Disease Control (<http://www.cdc.gov/cancer/prostate/>);

National Institutes of Health (<http://health.nih.gov/topic/Prostate-Cancer>); and the

National Cancer Institute (<http://www.cancer.gov/cancertopics/types/prostate>).

Obama proposes TRICARE changes

By Lisa Daniel
American Forces Press Service

Military retirees would pay an annual fee for TRICARE-for-Life health insurance and TRICARE pharmacy co-payments would be restructured under the deficit reduction plan President Barack Obama released Sept. 19.

"If we're going to meet our responsibilities, we have to do it together," Obama said during a Rose Garden speech to announce the President's Plan for Economic Growth and Deficit Reduction. The plan reduces \$4.4 trillion from the \$14.7 trillion federal deficit over 10 years through a combination of spending cuts and increased tax revenue.

For the military portion, Obama said the

government will save \$1.1 trillion from the draw-down of forces in Iraq and Afghanistan, which are to be complete at the end of this year and in 2014, respectively.

The plan includes savings of \$6.7 billion over 10 years by establishing "modest annual fees" for members of TRICARE-for-Life, which becomes a second-payer insurance to military retirees who transition to the federal Medicare program upon turning age 65. The change would begin with a \$200 annual fee in fiscal 2013.

The plan also includes savings of \$15.1 billion in mandatory funds and \$5.5 billion in discretionary funds over 10 years by restructuring co-payments for TRICARE pharmacy benefits.

To bring the TRICARE

plan more in line with private and other federal plans, the president's proposed plan would eliminate co-pays for generic mail-order drugs, while shifting retail co-pays from a dollar amount to a percentage co-pay. The change would apply to military families and retirees, but not active-duty service members.

These changes will ensure fiscal responsibility without compromising quality care for service members and their families, Pentagon Press Secretary George Little said in a statement released Sept. 19.

Defense Secretary Leon E. Panetta "has consistently emphasized the need to keep faith with our troops and their families," Little said.

"That includes maintaining the highest quality

health care for them," he continued. "We will continue to maintain the highest possible health care, but during this period of fiscal belt tightening, we may see modest cost increases in TRICARE enrollment fees and co-pays to sustain the health system."

The changes are necessary to help reduce the deficit and ensure the long-term strengths of the programs, a White House news release issued after Obama's speech said. The changes also would help to level "a measurable disparity" between military retirees and private sector workers, it says.

The statement notes that the administration has expanded GI Bill benefits, job training and veterans' homeless prevention programs, and proposed tax credits for employers to hire veterans.

The plan also would create a commission to "modernize" military benefits through a process based on that of the 2005 Base Realignment and Closure Commission, the White House release said.

Under the proposal, the Defense Department would make a proposal to the commission, which can alter the proposal before sending it to the president. The president may not alter the proposals, but would decide whether or not to send it to Congress. The Congress would have to approve or disapprove without modifications.

"The administration believes that any major military retirement reforms should include grandfathering provisions that ensure that the country does not break faith with military personnel now serving," the statement said.

Obama said the pro-

posal to save \$4 trillion "finishes what we started last summer" when he and the Congress agreed to \$1 trillion in cost savings. Under the plan, the deficit – the difference between revenue and spending – would level out in 2017 where spending is no longer adding to the nation's debt.

"While we are scouring budget for every dime of waste and inefficiency," Obama said, the proposed plan also closes corporate tax loopholes, raises taxes on millionaires and makes changes to Medicaid and Medicare in an effort to help small businesses and middle class Americans, and protects spending on education, science and infrastructure such as roads and bridges.

"We're asking everybody to do their part so no one has to shoulder too much burden," Obama said.

HIRED! apprenticeship program opens doors

By Deyanira Romo Rossell
502nd FSS Marketing

Three months as a HIRED! apprentice were very valuable to 16-year-old Cameron Sucec, who spent his time at the Fort Sam Houston Auto Craft Shop under the tutelage of shop manager Ralph Riojas.

Sucec now knows how to change his own oil and – if necessary – can resurface his brakes. Learning a good craft was only part of the plan for Sucec.

“My dad gave me a 1994 pickup truck. So, if I’m going to be driving a clunker, I at least want to be able to fix it,” he said.

Sucec’s newfound skills could save him a lot of money.

“I teach them all the basics, customer service,

safety, brakes, parts and even putting cars on lifts,” Riojas said. “If you resurface your brakes here, it will cost you \$7. If someone else does it for you, it’s about \$50.”

For 19-year-old Nicholas Gallegos, the pay off from being an apprentice was also very good.

He is now gainfully employed with Child, Youth & School Services, as a Child Youth Program Specialist. He applied for the position after graduating from high school and completing four terms with HIRED! at both CYS Services and the Harlequin Dinner Theatre.

“I enjoyed being an apprentice. It taught me how to interact with people and youth at different levels,” Gallegos said. “I also learned work force preparation

skills. It has given me the confidence to be successful and manage my money.”

Besides CYS Services and the Auto Craft Shop, apprentices, ages 15 to 18, have their pick of Morale Welfare and Recreation facilities and activities on Fort Sam Houston.

Some other popular apprenticeships include the Keith A. Campbell Memorial Library, the Fort Sam Houston Fire Department, the EDGE! program and the Equestrian Center.

Breanna Sivil spent her summer with the Fort Sam Houston Bowling Center and the EDGE! Program, enjoying adventures like kayaking and field trips in San Antonio and even beyond the city limits.

“It was awesome and

a very good learning experience,” Sivil said.

Sivil and Sucec were among 58 apprentices who just completed the summer term. They were given a cash award ranging from \$500 to \$1,000 depending on how many total terms they serve as a HIRED! apprentice.

“HIRED! serves as a catalyst for teens to prepare for life after high school with viable career choices for their future,” said Kelly Allbright, the Workforce Preparation Specialist with the HIRED! Apprenticeship Program.

HIRED! was implemented in Germany in 2007 and at Fort Sam Houston in June 2009. Apprentices commit to 15 hours a week to complete the 12-week apprenticeship term.



Photos by Deyanira Romo Rossell

Nicholas Gallegos teaches Tanner Morris some bowling techniques during a field trip to the Fort Sam Houston Bowling Center. Gallegos served several terms as an apprentice during his high school days and is now a Child Youth Program Specialist with Child Youth & School Services.

A new crop of 17 apprentices recently reported for duty for the fall

term and applications for the winter term will be accepted in October.

Force Support Squadron

Family & MWR

Announcements

Rambler 120 Team Challenge

The Rambler will begin at 6 a.m. Oct. 15 at Joint Base San Antonio Recreation Park at Canyon Lake. Event includes a 22-mile bike ride, six-mile run, two-mile raft trip and a mystery event, register by Sept. 30. Call 652-6508 or visit <http://randolphfss.com>.

Noises Off at Harlequin

The Harlequin Dinner Theatre presents "Noises Off" every Thursday, Friday and Saturday through Oct. 1. Dinner is at 6:15 p.m. and the show begins at 8 p.m. Call 222-9694.

Driver's Education Class

SKIESUnlimited will offer a driver's education class for youth 14-18 years old Oct. 17-Nov. 10, Monday-Thursday 5-7 p.m. at Cole High School in Room 5, 4001 Winans Road. Call 221-3381 or 771-2148.

Army Digital Photography Contest

Submit your photos of people, military life, nature and landscapes, animals, still life, design elements, digital darkroom and monochrome through Oct. 16 Visit <https://apps.imcom.army.mil/APPTRAC>.

Microsoft Office Classes

Oct. 4 - Introduction to Computers
Oct. 5 - Excel Level 1
Oct. 6 - PowerPoint Level 2
Oct. 11 - Word Level 1
Oct. 12 - Excel Level 2

Oct. 13 - Word Level 2
Classes are held at the Roadrunner Community Center, Building 2797 from 8 a.m.-noon. Registration is required. To register, call 221-2518/2705.

Bow Hunting

Bow hunting for deer, hogs and turkeys begins Oct. 1, Mondays and Thursdays, 5:30-10 a.m., and Friday through Sunday, 5:30 a.m. until late evening. Call 295-7529/7577.

See MWR, P18

Edwards Aquifer Level

in feet above sea level
as of Sept. 28

CURRENT LEVEL* = 644.1'

*determines JBSA water conservation stage

Normal - above 660'

Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'



Announcements

Employment Initiative Program Job Fairs

The South Texas Employment Initiative Program, a coalition of the Department of Defense's Employer Support of the Guard and Reserve, the Department of Labor/Veterans' Employment and Training Service, the Texas

Veterans Commission and the Alliance for Veterans and Families, assists veterans with immediate assistance and/or training and then connecting them with employers who are ready to hire. The EIP is supporting three career fairs: the Military Officers Association of America Career Fair and Workshop at the Marriott Riverwalk Oct. 26-27; and the Non Commissioned Officers Association Career Fair and Workshop at the Norris Convention Center Nov. 15.

Neanderthal Trail Run

Register now for the Neanderthal Trail Run sponsored by Troop Support Company. The 11-kilometer (about 7.1 miles) run will be held Dec. 2 beginning 6:30 a.m. from Building 5130 Wilkerson Road on Camp Bullis. Must register prior to race day, cost is \$30/civilian and \$20/military with ID card, fee includes T-shirt. Call 295-7697.

Calendar of Events

Oct. 1
Palo Alto College Walk & Bike

The BTC Oddsports volksmarch club will host a 5K and 10K walk and 26K bike event starting at the Palo Alto College Gym/Natorium, 1400 W. Villaret Blvd. Events begin between 8 a.m. and noon, finish by 3 p.m. Call 204-9301 or print the brochure at http://faculty.sulross.edu/cbaulch/index_files/Page615.htm.

Oct. 12 Fire Extinguisher Training

Training will be held Oct. 12-13 at 8:30 a.m., 9:30 a.m. and 10:30 a.m. in Building 4196,

Conference Room 5. Fire safety/extinguisher training is required for all personnel on a yearly basis. Call 221-2727/5452.

Oct. 13 Tell Me A Story

"Giraffes Can't Dance" will be read at 5:30 p.m. at the Fort Sam Houston Elementary School Gymnasium. Admission is free. To reserve a spot email PtoPSamHouston@MilitaryChild.org, include name, phone number and email address.

Oct. 15 Volunteers Needed at Camp Bullis

Looking for volunteers to spread mulch, move rocks and plant wildflowers at Camp Bullis along a 1.35 mile hiking and biking trail from 8 a.m.-noon. Once on Camp Bullis take a right onto Walkerson Road and drive straight to the paved park lot. Volunteers must have a DOD ID card to get on Camp Bullis. Bring drinking water, snacks, work gloves and sunscreen. Call 295-7761 or 388-2067 for more information.

Rocco Dining Facility Menu Building 2745, Schofield Road

Dining Room Breakfast Hours:

Monday-Friday 6:15-8:15 a.m.,
weekends and holidays 8-9:30 a.m.

Friday – Sept. 23

Lunch – 11 a.m. to 1 p.m.

Chicken gumbo soup, cream of potato soup, jaegerschnitzel with mushroom gravy, breaded catfish, chicken cordon bleu, grilled citrus chicken breasts, vegetable stuffed peppers, noodles Jefferson, parslied egg noodles, German potato cakes

Dinner – 5 to 7 p.m.

Bombay chicken, barbecued beef cubes, grilled pork chops, red beans and rice, oven-browned potatoes, steamed rice, honey-Dijon vegetables, yellow squash

Saturday – Sept. 24

Lunch – noon to 1:30 p.m.

Beef noodle soup, cream of mushroom soup, Greek lemon turkey pasta, tropical pork chops, Cajun catfish fillets, mashed potatoes, macaroni and cheese, hopping john

rice, cauliflower, collard greens

Dinner – 5 to 6:30 p.m.

Herb baked chicken, meat loaf, baked stuffed fish, manicotti with sauce, rice pilaf, potato au gratin, carrots, asparagus

Sunday – Sept. 25

Lunch – noon to 1:30 p.m.

Vegetable soup, cream of broccoli soup, orange chicken stir fry, hamburger yakisoba, vegetable egg rolls, vegan pierogy with marinara, spaghetti with meat sauce, steamed rice, mashed potatoes, green beans with mushrooms, vegetable stir fry

Dinner – 5 to 6:30 p.m.

Sauteed shrimp, steak ranchero, hamburgers, cheeseburgers, barbecued pork sandwiches, grilled cheese sandwiches, vegetable burgers, mashed potatoes, baked beans, steamed rice, broccoli, sauteed mushrooms and onions, baked sweet potatoes, corn on the cob

Monday – Sept. 26

Lunch – 11 a.m. to 1 p.m.

Cream of chicken soup, French onion soup, beef pot pie with biscuits, honey chicken wings, baked cod, bean burritos, chicken lasagna, jalapeno potato wedges, Kansas medley, calico cabbage, mixed vegetables

Dinner – 5 to 7 p.m.

Asian barbecued turkey, roast turkey, beef enchiladas, beef ravioli, Italian broccoli pasta, refried beans, mashed potatoes, steamed rice, carrots, green beans

Tuesday – Sept. 27

Lunch – 11 a.m. to 1 p.m.

Tortilla soup, cream of mushroom soup, chicken enchiladas, cheese enchiladas, beef burritos, beef tacos, roast pork tenderloin, chicken vega, Spanish rice, parslied red potatoes, Spanish-style beans, Mexican corn, lyonaised green beans, glazed carrots

Dinner – 5 to 7 p.m.

Oven fried chicken, roast beef, Mexican chicken, vegetarian nuggets, redskin potatoes, steamed rice, Spanish rice, yellow squash, turnip greens, refried beans with cheese

Lunch – 11 a.m. to 1 p.m.

Potato chowder soup, beef noodle soup, savory chicken, Italian rice and beef, apple-glazed corned beef, pasta primavera, caviar medley rice, parslied red potatoes, cabbage, broccoli, carrots

Dinner – 5 to 7 p.m.

Braised beef and noodles, ginger teriyaki salmon, buffalo chicken wings, rice frittata, potatoes and herbs, brown rice, green bean combo, asparagus, yellow and zucchini squash

Thursday- Sept. 29

Lunch – 11 a.m. to 1 p.m.

Asian stir fry soup, cream of chicken soup, Cantonese spareribs, barbecued chicken, Swedish meatballs, grilled turkey patties, cheese enchiladas, steamed rice, paprika potatoes, fried rice, hacienda corn and black beans, vegetable stir fry

Dinner – 5 to 7 p.m.

Chicken parmesan, baked spaghetti, spinach lasagna, sweet and sour chicken, whole wheat pepperoni pizza, spaghetti, rice pilaf, Italian baked beans, succotash, broccoli, cauliflower au gratin

*Menus are subject to change
without notice*

Thought of the Week

*Anger and intolerance are the twin enemies of
correct understanding.*

— Mahatma Gandhi

MWR from P16

Combatives Conditioning

Mondays and Fridays, 3:30 p.m. at the Fort Sam Houston Fitness Center at the METC Campus. Call 808-5708/5709.

Catfish Pond

The catfish pond is closed.

Gun Stand Drawing

A drawing for gun stands will be held Oct. 15, at 9 a.m. Call 295-7529/7577.

Calendar of Events

Sept. 29

Unit Trauma Training

The class is 9 a.m.-2 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Sept. 30

San Antonio Walking Tour

Participants meet at the Roadrunner Community Center, Building 2797 at 8:45 a.m. and depart for

Movie Schedule

Oct. 7, "Shrek: Forever After," rated PG at the flagpole

Oct. 8, "Soul Surfer," rated PG at Dodd Field
Movies begin at dusk, around 8:30 p.m. Bring lawn chairs or blankets and enjoy free popcorn, snow cones and cotton candy. Call 221-2418/2704.

the city at 9 a.m. The tour includes the Riverwalk, La Villita, Alamo and Hemisfair Plaza. Lunch will be at the Market Square. Reservations are required. Call 221-1681/2705.

Oct. 1

Doggie Dip

The doggie dip is 10 a.m. at the Fort Sam Houston Aquatic Center, Building 3300 Williams Road. Call 221-4887.

Oct. 3

Nurturing Parenting

The class is 11 a.m.-12:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349.

Bank Account Management

The class is 2 to 4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1612.

Oct. 4

HUGS playgroup

The group for parents and children up to age 5 meets Tuesdays, 9-11 a.m. at the Middle School and Teen Center. Call 221-0349/2418.

Unit Family Readiness

The training is 10-11 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Post-Deployment Planning

The class is 1-3 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.



FOR SALE: 2008 Itasca Navion motor home, 9,400 miles, 250 hp, Mercedes gasoline engine and 5-speed transmission, 24.5 feet long, slide out in dinette, like new, reduced from \$68,000 to \$55,000. Call 437-0042 for more information.
FOR SALE: Rascal electric leg lift wheelchair, price negotiable. Call 661-3765.

YARD SALE: Sept. 30 and Oct. 1, 9 a.m. to 6 p.m. at 3119 Leyte, San Antonio. Everything must go.

Budget Development

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1612.

Baby Talk

This new parents support group meets Tuesdays, 1-2:30 p.m. at Dodd Field Chapel. Light snacks and drinks provided. Call 221-0349/0655.

Oct. 5

Virtual Family Readiness Group

The class is 9-11 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Talk is Cheap

This two-part class will be held

REMINDER CALENDAR

- Oct. 1** Doggie Dip, 10 a.m., FSH Aquatic Center
- Oct. 4** National Night Out, 6-8 p.m., LMH Community Centers
- Oct. 14** Hispanic American Heritage Month Event, 11:30 a.m.-1 p.m., Blesse Auditorium
- Oct. 14** Octoberfest, 5-11p.m., MacArthur Field
- Oct. 15** Octoberfest, noon-1 p.m., MacArthur Field



Oct. 5 and 12, from 10:30-11:30 a.m. at the San Antonio Credit Union on Stanley Road. To register, call 221-0349.

Mandatory Initial First Termer Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

Family Readiness Group Leader's/FRSA Forum

The class is 6-7:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Oct. 14-15

Oktoberfest

The festival will be held Oct. 14 from 5-11 p.m. and Oct. 15,

Jewish High Holy Days Services

Services at Fort Sam Houston for the High Holy Days of Rosh Hashanah and Yom Kippur of 5772/2011 are scheduled as follows:

- Erev Rosh Hashanah, First Day, 8 p.m. Sept. 28**
- Rosh Hashanah, First Day, 9 a.m. Sept. 29**
- Erev Rosh Hashanah, Second Day, 8 p.m. Sept. 29**
- Rosh Hashanah, Second Day, 9 a.m. Sept. 30**
- Shabbat Shuvah, 8 p.m. Sept. 30**
- Kol Nidre, 6:45 p.m. Oct 7**
- Yom Kippur, 9 a.m. Oct. 8**
- Yom Kippur 5772 ends 7:47 p.m. Oct. 8**

All services will take place in the Fort Sam Houston Main Post Gift Chapel, Building 2200, on Wilson Street. For more information, call 379-8666 or 493-6660.

Weekly Weather Watch

	Sept 29	Sept 30	Oct 1	Oct 2	Oct 3	Oct 4
San Antonio Texas	 98° PM T-Storms	 96° Isolated T-Storms	 89° Partly Cloudy	 88° Mostly Sunny	 89° Mostly Sunny	 89° Sunny
Kabul Afghanistan	 81° Sunny	 83° Sunny	 83° Sunny	 85° Sunny	 86° Sunny	 83° Sunny
Baghdad Iraq	 102° Sunny	 103° Sunny	 97° Sunny	 93° Sunny	 94° Sunny	 94° Sunny

(Source: The Weather Channel at www.weather.com)

noon-11 p.m. at MacArthur Parade Field. Oktoberfest is fall family fun with a tent full of children's activities, an authentic biergarten and all the schnitzel you can eat. Call 221-9904.

Oct. 29 Combat Medic Run

The event will begin at 7:30

a.m. at the Command Pavilion on MacArthur Parade Field. Cost is \$15/5K and \$20/10K for online registration through Oct. 26 and \$20/5K and \$25/10K for online late registration Oct. 27-28. One day waived late fee, Oct. 27 10 a.m.-5 p.m. Packet pick at the Jimmy Brought Fitness Center. Call 221-1234.