

“One Team, Supporting Military Missions and Family Readiness!”



An “insurgent” (left) sets off a live-fire improvised explosive device to provide a realistic scenario for Humvee-mounted Soldiers of the 717th Military Intelligence Battalion’s Low Level Voice Intercept teams.



Photo by Sgt. 1st Class Ismael Padilla

Live-fire IED training pushes 470th MIB Soldiers to extreme

By Spc. Natalie Sampson
 470th MIB Public Affairs

Soldiers from the 470th Military Intelligence Brigade experienced a new dimension in convoy training with real explosives simulating improvised explosive device attacks earlier this

summer at Camp Bullis.

Members of the brigade’s 717th MI Battalion were training to serve on Low Level Voice Intercept teams, mastering the operation of complex equipment; but during the last phase of training, their focus shifted to reacting to IED attacks.

According to Congressional Research Service Reports, there were 7,228 IED attacks in Afghanistan in 2009, a 120 percent increase over 2008 and a record for the war.

Of the 512 foreign soldiers killed in

See 470TH P15

BAMC introduces a new approach for Families visiting inpatients

By Maria Gallegos
 BAMC Public Affairs

Brooke Army Medical Center recently implemented new patient visitation guidelines for Families and visitors of all BAMC inpatients.

This new policy allows the Families to work with the nursing staff to optimize their time and have more flexible visiting hours.

“At BAMC, we encourage a patient- and family-centered care approach. Our new visiting hours are

open and flexible, with respect to sleeping hours, which are based on the patients’ and Families’ needs,” said Brig. Gen. Joseph Carvalho Jr., Brooke Army Medical Center and Southern Regional Medical Command

(Provisional) commander.

“Before visiting a patient, please speak with the nurse or physician to determine the best time to visit,” said Maj. Tamara Funari, BAMC clinical nurse officer in

See BAMC P11

Army employees officially become Air Force employees as JBSA comes online

Joint Base San Antonio becomes fully operationally capable Oct. 1, with a ceremony Sept. 30, 11 a.m. at the Fort Sam Houston Quadrangle.

At FOC, all real property at Fort Sam Houston transfers to the Air Force and more than 1,100 Army civilians formerly assigned to the Fort Sam Houston Garrison become Air Force civilians and part of the new 502nd Mission Support Group.

The Army will also transfer in excess of \$300 million in budget to the Air Force. At JBSA, all three installations will be under one commander for installation support. However, each will maintain its name and heritage.

Appropriated funds employees of the Army will become Air Force APF employees Oct. 10. Non-appropriated funds, or NAF, employees of the Army at Fort Sam Houston will become Air Force NAF employees Oct. 1.

Town hall meetings and workshops have been conducted to inform employees of their changes in benefits. One-on-one briefings have also been conducted to assist employees with completing documentation.

“We are trying to lessen the impact to the employees, so we are looking at transitioning [for APF employees] on Oct. 10 which is a pay period beginning date,” said Meg Reyes, director of Manpower, Personnel and Services for the 502nd ABW, during a Jan. 28 meeting hosted by Col. Mary Garr,

See 502ND P20


Editorial Staff

502nd Air Base Wing Commander
Brig. Gen. Leonard Patrick

502nd Mission Support Group
 Commander
Col. Mary Garr

Public Affairs Officer
Phillip Reidinger

Editor
L. A. Shively

Editor/Writer
Steve Elliott

Staff Writer
Lori Newman

Layout Artist
Joe Funtanilla

News Leader office:

1212 Stanley Road
 Building 124, Suite 4
 Fort Sam Houston
 Texas 78234-5004
 210-221-0615/2030
 DSN 471-0615/2030
 Fax: 210-221-1198

News Leader Advertisements:

Prime Time
 Military Newspapers
 2203 S. Hackberry
 San Antonio, Texas 78210
 Phone: 210-534-8848
 Fax: 210-534-7134

News Leader e-mail:

news.leader@conus.army.mil

News Leader online:

www.samhouston.army.mil/
 PAO

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Voting foundation of democracy, constitutional rights

By **Brig. Gen. Richard P. Muston**
 The Adjutant General

As the Army's Senior Service Voting Representative, I remind you that the 2010 General Election is on Nov. 2. Voting is the foundation of our democracy and one of our most fundamental constitutional rights.

The Secretary of

Defense has designated the week of Sept. 27 – Oct. 4 as Absentee Voting Week.

During this week, all Soldiers, civilians, and eligible Family members are reminded that it is imperative to complete and send in your absentee ballots immediately to ensure they are received by local election officials.

If you are an overseas

voter and have not received your regular absentee ballot 30-45 days prior to your state's deadline, you should complete a Federal Write-in Absentee Ballot and send it to your local election official.

If you receive your regular absentee ballot after completing the FWAB, also complete and send it for processing as

local election officials will ensure only one ballot is counted.

The 2010 General Election is quickly approaching, so please don't wait until the last minute. If you choose to vote, complete and return your ballot to your state election office prior to the state's established deadline.

Mailing guidelines dif-

fer from state to state; therefore, we recommend you check your state's guidelines by contacting your Unit Voting Assistance Officer, or by visiting the Army Voting Assistance Program website at

<http://www.vote.army.mil>.

Honor the past, support the future - vote!

Absentee Voting Week reminds voters their votes count

Absentee Voting Week aims for voters to recognize the military's focus on preserving the right to vote and encouraging

absentee voters to do so.

During Absentee Voting Week, Sept. 27-Oct. 4 voting are encouraged to register and request absentee ballots.

Those who already have registered and received their ballots should complete and return them to their local election

officials to ensure they are received in time to be counted.

Voters can check online for state-specific requirements and deadlines for absentee voting at <https://www.fvap.gov/r3/fpca/home> where

they fill in the Federal Post Card Application using a wizard that assists with filling in the form based on their particular states/counties of residence.

An absentee voter who has not received a regu-

lar state absentee ballot by Oct. 4, should complete a Federal Write-in Absentee Ballot, Standard Form 186, and mail it to the local election officials during

See **VOTERS P15**



Thought of the Week

The older I get, the greater power I seem to have to help the world; I am like a snowball — the further I am rolled, the more I gain. — Susan B. Anthony

(Source: Bits & Pieces)

Weekly Weather Watch

	Sept. 30	Oct. 1	Oct. 2	Oct. 3	Oct. 4	Oct. 5
San Antonio	 88° Clear	 86° Clear	 83° Partly Cloudy	 83° Partly Cloudy	 81 Partly Cloudy	 81° Clear
Kabul Afghanistan	 78° Clear	 78° Clear	 80° Clear	 80° Clear	 78° Clear	 77° Clear
Baghdad Iraq	 100° Clear	 100° Clear	 100° Clear	 102° Clear	 102° Clear	 100° Clear

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

News Briefs

Transfer of Authority Ceremony

A ceremony will be held Sept. 30, 11 a.m. at the FSH Quadrangle. Col. Mary E. Garr, U.S. Army Garrison commander will transfer authority to Frank Blakely, manager of the Army Support Activity.

Garrison/ASA Security Office

Effective Oct. 1 the hours at the Garrison Security Office will be Monday-Friday, 7:30-11:30 a.m. walk-ins and 11:30 a.m.-3:30 p.m. by appointment only. To make an appointment, call 221-2628/221-0811/221-2280 or e-mail SAM-HOUSTON-SECURITY@us.army.mil.

Hispanic-American Celebration

Fort Sam Houston will hold a Hispanic Heritage Month celebration Oct. 1, 11:30 a.m.-1 p.m. at the Sam Houston Club. Call 295-2353.

National Night Out

Fort Sam Houston will celebrate the annual National Night Out on Oct. 5 from 6-8 p.m. Lincoln Military Housing residents are invited to attend the events scheduled at their community centers.

Fire Prevention Week

Fort Sam Houston Fire Prevention Week is Oct. 3-9. The FSH Fire Department will hold an open house Oct. 9 from 9 a.m.-2 p.m. at Building 3830. There will also be fire safety displays and demonstrations on post and at Camp Bullis throughout the week. Call 221-2727, for more information.

Headquarters Company Stand Down

Headquarters Company, Army Support Activity (currently U.S. Army Garrison) will implement mission stand down from Oct. 11-16. This mission stand down is necessary for maintenance and training purposes. Emergency requests for support will be handled on a case by case basis only. Call 221-0177.

CFC Campaign

The Combined Federal Campaign runs through Oct. 25. For more information, call 221-2214.

HHC USAG balances tradition with compassion

By Steve Elliott
FSH Public Affairs

They carry out a solemn service, forming a lasting impression the Family has when a Soldier or veteran is interred at the Fort Sam Houston National Cemetery.

And when the flags of the United States and military services flap crisply in the breeze or the cannons roar at a ceremony, it's another job carried out by the Headquarters and Headquarters Company, U.S. Army Garrison at Fort Sam Houston.

Most Soldiers from the HHC USAG are compassionate reassignments because Family situations (severe illness, death or unusual circumstances) necessitate the Soldier's presence with his or her Family.

"This is where Army Families heal and this unit is where Soldiers and their Families heal together," said company commander Capt. Lionel Lowery III. "We take care of the mission and the Family."

Missions can be anywhere in a 63-county region of South Texas.

Building 2186, near the Staff Post area, had been the home of the honors platoon, but deteriorating conditions forced them out in early 2007. The building, originally built in 1908 as a veterinary hospital, re-opened during a ribbon-cutting ceremony Sept. 28.

"What we thought was going to be a quick paint and powder project became something significantly bigger," said Joseph Leblond, company executive officer. "Although it's only renovation, it feels like a new building."

"Now we can get changed and take care of our uniforms in the same place," said Sgt. Manuel Centeno, non commission officer in charge of the honors platoon.



Photo by Steve Elliott

Civilians and military members of Headquarters and Headquarters Company U.S. Army Garrison stand outside their newly renovated building.



Courtesy photo

A funeral detail from the Headquarters and Headquarters Company U.S. Army Garrison takes a military member to their final resting place at the Fort Sam Houston National Cemetery.

"We used to get changed in the bathroom and send our uniforms out to get dry cleaned. Now we have our own lockers, plus a room where we can press and steam uniforms."

In addition to the honors platoon, there are other HHC members who provide ceremonial support to the installation and the San Antonio area.

"These are the people who help us preserve tradition and history at Fort Sam Houston," Lowery said.

Military staff from the legal office and chaplain's office are also assigned to the garrison HHC for administrative purposes, but do not have offices at Building 2186.

"The ops tempo is pretty robust," Leblond said. "Requests for honors come through the post's casualty assistance center. They work directly with funeral

directors and determine if the person is eligible for military honors, and then they'll send it down to us."

Leblond said the company also gets about 250 requests a year for ceremonial support.

"If it's a flag request, we'll get the flags, bring them over there and set them up and then take them down and return them," he said. "It might also be a request for cannon support."

"With BAMC here, we have a larger number of compassionate reassignments," said 1st Sgt. Steven Miller, company first sergeant. "We have a total of 140 personnel assigned to the unit, with 60 of those in our honors and installation support platoons."

"When they come here, their Family is the Soldier's main responsibility," Miller said.

"Our Soldiers have a real appreciation for what they do,"

Leblond added. "The Soldiers say the most touching funerals are the ones where no one shows up. It's just the detail and the funeral director. It could have been a homeless veteran being buried in a pine box. Even though the majority of these guys are rough and tough 11-Bravos (Infantry), they have a softer side as well. It hits pretty close to home for these Soldiers

sometimes."

"Getting the military honors perfect at a funeral means a lot to the Families. This is the last thing they are going to remember about their loved one's life, how he performed, what he did in the service," Centeno said. "For me, the better the military service we provide for the military member, the better the memory is for their family. I feel very proud and honored."

"It is tough sometimes to keep your emotions in check. On viewing guard, we have to stand right next to the coffin at a funeral home. We see the Family members crying and sometimes it's hard for us to maintain our composure," Centeno said.

"The best part of my job is being able to take care of the Soldiers and Families," said Lowery, who is a 71-Echo clinical laboratory scientist. "These Soldiers are in some of the most difficult situations of their lives. Helping a Soldier face their challenges and watching them grow is rewarding."

"We're still Soldiers, and we still have to maintain command and control," the commander said.

"At the same time, we have to let them take care of what they need to do. The most important unit in the Army is the Family unit."

FISHER HOUSE CELEBRATES 20 YEARS



Photo by Chondra Perry

Brooke Army Medical Center celebrated the 100th anniversary of Zachary Fisher's birthday and 20 years of the Fisher House program Sept. 24 with a barbecue, entertainment and food for wounded warriors, their Families and BAMC staff. The Fisher House is a temporary home for military families during medical crises. Command Sgt. Maj. Donna Simmons, Southern Regional Medical Command (Provisional) and Brooke Army Medical Center sergeant major (left), Masae Grutza, 20-year volunteer for BAMC and Fisher House and Col. Mary Garr, 502nd Mission Support Group/Garrison commander, cut the cake to celebrate the 20th anniversary of the Fisher House.

COMPANY B, 232ND MEDICAL BATTALION SOLDIERS WORK HARD, PLAY HARD



Photo by 1st Lt. Shawn Brooks

Soldiers from 2nd Platoon, B Company, 232nd Medical Battalion pose with the unit guidon and Company Commander's Trophy after being recognized as the Company Organizational Day Champions Sept. 16. They were tested in a culminating standardized test for Combat Medics, the National Registry Emergency Medical Technician-Basic, a computer-based test required for designation as an EMT. After testing, the Soldiers participated in an organizational day at Jimmy Brought Fitness Center that included basketball, volleyball, dodge ball and bench press competitions.

U.S. Army Environmental Command welcomes first command sergeant major in 38 year history



Photo by Jeannie Skillman

Command Sgt. Maj. Earlene Lavender (right), who has served in the U.S. Army for 27 years, is the first command sergeant major in the USAEC's 38-year history.

By Laurie Decker
USAEC Public Affairs

The U.S. Army Environmental Command officially welcomed its first command sergeant major with an assumption of responsibility ceremony at Fort Sam Houston's main flagpole Sept. 17.

Command Sgt. Maj. Earlene Lavender, who has served in the U.S. Army for 27 years, is the first command sergeant major in the USAEC's 38-year history. She will represent the command to the noncommissioned officer corps with respect to environmental issues.

In recognition of her arrival, the ceremony included the traditional passing of the NCO sword from Installation Management Command's Command Sgt. Maj. Neil Ciotola, to USAEC commander, Col. Scott Kimmell and then to Lavender.

The NCO sword is a completely functional weapon intended for hard and dedicated use rather than display.

Adopted by the War Department in 1840 as a symbol of the NCOs' loyalty and dedication, the sword is passed to the new command sergeant major to signify the assumption of duties.

Kimmell, in welcoming Lavender, said, "We've waited almost 40 years for you to get here and I can already tell it's been worth the wait. Our singular mission, your job one, is to ensure the Army, our Soldiers, can train; ensure our Soldiers and Families have a safe place to work; and ensure we're being good stewards of the environment."

"In order to do the things that will have the biggest impact, USAEC needed a command sergeant major (like Lavender)," Ciotola said.

211th Regional Support Group conducts MUC ceremony

By Spc. Christopher A. Hernandez
345th PA Detachment

Soldiers assigned to the 211th Regional Support Group participated in a Meritorious Unit Commendation award ceremony Sept. 12 at the Camp Bullis Theater to honor their overseas deployment.

“The 211th Regional Support Group maintained the standards as well as doing an excellent job during the deployment,” said Command Sgt. Maj. Abel Vasquez, the interim command sergeant major of the 211th RSG.

Hailing from Corpus Christi, Texas, the 211th RSG mobilized in December 2008 to Tikrit, Iraq. While stationed at

“The 211th Regional Support Group maintained the standards as well as doing an excellent job during the deployment.”

— *Command Sgt. Maj. Abel Vasquez, the interim command sergeant major of the 211th RSG.*

Contingency Operating Base, Iraq, the 211th RSG performed numerous duties in support of Operation Iraqi Freedom until their return to the U.S. in November 2009.

“This is the best group of Soldiers I served with in 30 years,” said Col. Richard C. Staats, the commander of the 211th RSG. “Many of the

Soldiers were cross-leveled into varying roles, but they immediately embraced their command climate and the senior leadership positions in which they were installed.”

In tribute to the 211th RSG’s outstanding performance during their Iraq deployment, the unit was awarded the



Courtesy photo
Col. Richard Staats awards a Soldier a Meritorious Unit Commendation Medal.

Meritorious Unit Commendation Battle Streamer and MUC Battle Awards. The MUC ribbon and streamer was first established by the Department of the Army to honor any unit’s

exceptionally meritorious conduct regarding excellent service for at least six consecutive months while employed in a wartime environment.

This award shares commonalities with the

criteria and circumstances regarding the Legion of Merit given to individual Soldiers,” said Staats.

First established in September 2006, the unit nonetheless was undaunted by the challenges that they encountered during their deployment. The commander attributed much of their success to the professionalism of their senior leadership.

Staats said he expects equivalent performance and professionalism in the unit for their upcoming deployment.

“I expect [211th RSG] to give the best possible support and serve in the capacity in a overseas mission in the future.”

San Antonio Recruiting Battalion reaches out to business leaders, the public

By Esther Garcia
FSH Public Affairs

Representatives from local, federal, state, civic and business communities, the educational and sports communities, with Army leaders and recruiters gathered for a banquet Sept. 23 at the Petroleum Club rededicating the two-year-old San Antonio Community Action Committee.

Lt. Col. George Sarabia, commander, San Antonio Recruiting Battalion, said during his opening remarks, "When I first heard about the Army's efforts to reach out with local communities I was still in Iraq. When I first arrived here in San Antonio, I saw it was really happening and all I am trying to do is to continue to make great things happen as the Army works with community leaders to help outreach to our communities."

"We call ourselves SACAC, and the key word is action," said retired Army Col. Olin Findley Brewster, chairman.

"We are trying to become more action oriented; more objective driven where we can accomplish more things to assist our recruiters in their area and help them to do their jobs."

Brewster said the committee was divided into four subcommittees.

The business/military subcommittee, chaired by Marty Bartlett, president/CEO, Tri-Starr Personnel, provides a speakers bureau where people are available for recruiting events, provide the civilian perspective and support for recruiting battalions.

The business/military subcommittee also developed a program where a business agrees to partner with one of the 15 local recruiting stations and visits with or assists in whatever the station might need.

The education subcommittee, chaired by Dr. Cyndi W. Porter, virtual dean, University of the Incarnate Word, gets the word out about educational programs offered by the Army. This com-

mittee hosts an annual breakfast for school counselors as an opportunity for the Army to present its educational programs that are available to the public.

The sports subcommittee, chaired by Katie Karuse, San Antonio Spurs and Rampage, works with the Army to host various sports activities in the local area for future Soldiers.

The community subcommittee, chaired by Janice Ricks, encourages people to become a part of the SACAC.

"The most rewarding thing about this group is to be in the company of the men and women in uniform," Ricks said.

Sarabia said we all have a lot in common.

"We want our high school kids to graduate from college, whether they go into the Army or not, be physically fit, and we know nationwide it is a challenge. We know the Army can help. We want our kids to stay out of trouble – in the Army we call it the Army values."

"We are helping peo-



Photo by Esther Garcia

Lt. Col. George Sarabia, commander, U.S. Army San Antonio Recruiting Battalion and Tino Duran, La Prensa publisher, review the "I Pledge to Support" covenant, an agreement between members of the San Antonio Community Action Committee and the SA Recruiting Battalion. Community leaders from the San Antonio community volunteer to support the recruiting efforts of the SA Recruiting Battalion by becoming familiar with the programs and opportunities offered by the Army and helping spread the word to schools and colleges in the community.

ple in Iraq. We are helping people in Afghanistan, in the horn of Africa. We are helping people in Columbia. Why aren't we doing more here in our own backyard? And that, is what you, community leaders do on a regular basis."

Sarabia said there are three goals he requests from the SACAC activi-

ties.

First, find out what is going on in the community – known as situational awareness in the Army – and get involved. Second, create advocates in the community spreading the word about Army programs. Third, help resolve issues, Sarabia said.

Retired Army

Command Sgt. Maj. Martin Wells, keynote speaker, said, "America's Army must maintain a steadfast presence in our nation and other nations committed to the ideals of freedom and democracy. I am speaking about your Army and its place within our society.

"America's military forces are regarded as the most respected in the hearts and minds of the American people," Wells said.

Wells currently serves as the Army Reserve Ambassador Strategic Outreach Coordinator for the 81st Regional Support Command at Fort Jackson, S.C.

Sonny Melendrez officiated as master of ceremonies.

Recruiters Master Sgt. Christopher Stovall delivered the invocation and benediction, and Sgt. 1st Class Michael Minner sang the national anthem.

The ceremony included a special "Salute to Our Nation" narration by Wells as patriotic pictures were accompanied with music for backdrop.

3 X 4.75

3 X 4.75

6 X 4.75

U.S Army South commander presents Bronze Star, Army Commendation Medals to Salvadoran soldiers

By Alex Delgado
ARSOUTH Public Affairs

Five members of El Salvador's military were presented with U.S. Army medals for their actions during their deployment in support of Operation Iraqi Freedom.

Maj. Gen. Simeon Trombitas, commander, U.S. Army South, presented the Bronze Star to Salvadoran Col. Cesar Adonay Acosta Bonilla and Army Commendation Medals to Col. Samuel Ruiz Jimenez, Lt. Col. Pablo Alberto Soriano Cruz, Lt. Col. Juan Carlos Vides Nieves, and Capt. Erick Fernando Fernandez during a ceremony held at the 4th Infantry Brigade headquarters in Chalatenango, El Salvador Sept. 9.

Medal recipients served together with the 41st Fires Brigade

under Multi-National Corps-Iraq from Aug. 26, 2008 to Feb. 28, 2009. El Salvador sent over 3,000 troops to Iraq between 2003 and 2009. In that time five Salvadoran soldiers died and more than 50 were wounded.

Trombitas had the opportunity to visit the recipients in Iraq when he was commander of the Iraq National Counter-Terrorism Force Transition Team between May 2008 and July 2009.

The visit in Iraq allowed Trombitas to witness the contributions the Salvadoran troops were making to the Global War on Terror first hand.

The visit to El Salvador marks the first time Trombitas has traveled to the country since becoming the commander of U.S. Army South. This is not the first time he has been in



Maj. Gen. Simeon Trombitas, commander, U.S. Army South, presents Salvadoran Col. Samuel Ruiz Jimenez with the Army Commendation Medal for his actions during his deployment in support of Operation Iraqi Freedom.

El Salvador, however.

Early in his career, Trombitas worked as a military adviser to the Salvadoran army from

1989 to 1990. "I had the pleasure to witness the high level of professionalism exhibited by the Salvadoran soldiers in



Photos by 1st Lt. Cameron Ek

Maj. Gen. Simeon Trombitas, commander, U.S. Army South, stands with Salvadoran Lt. Col. Juan Carlos Vides Nieves minutes after presenting him with the Army Commendation Medal for his actions during his deployment in support of Operation Iraqi Freedom.

Iraq," said Trombitas.

"Their contributions to the Global War on Terror demonstrate the dedication El Salvador

has to promoting partnership, stability, and peace."

6 X 9.75

6 X 9.75

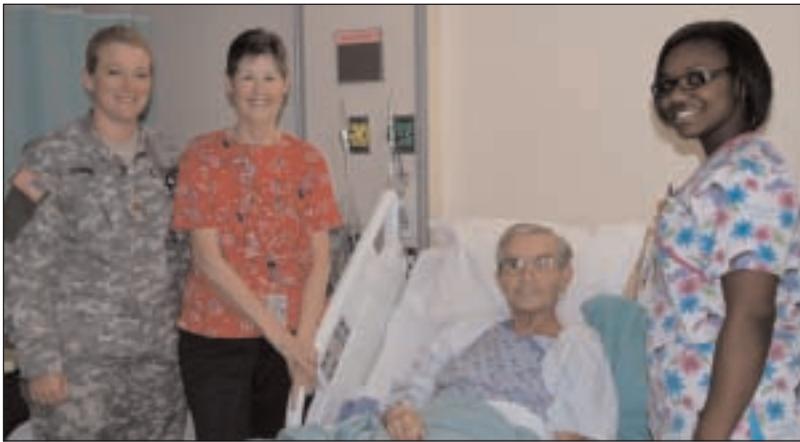


Photo by Maria Gallegos

Allan Petermeier, a BAMC inpatient from Universal City and his wife, Mary, stand next to Maj. Tamara Funari, BAMC clinical nurse OIC, 2 West and Anastasia Arvie, BAMC 2 West nurse. Petermeier has been an inpatient for more than two months and his wife Mary stays with him everyday for more than eight hours a day. BAMC's new flexible hours permits her to come in early and leave when she is ready.

BAMC from P1

charge, 2 West. She said she believes the new visitation policy is going well.

"The open visitation allows the nurses the opportunity to assess every situation carefully between the Families to

provide the safest environment possible without compromising the best care for the patients," she said.

Ernest French came to BAMC for treatment from Arkansas. "Everyone here is so wonderful and compassionate," his wife Diane French said.

Our staff has made special accommodations and applied the patient- and Family-centered care approach to make the French's stay comfortable, such as overnights at the hospital, Funari said, adding that communication is essential between the

staff and the Families to optimize the best care for the patients.

"We anticipate BAMC's flexible, open visitation policy will work well for everyone, as we implement our patient- and Family-centered health-care delivery," Carvalho said.

BAMC'S NEW PATIENT VISITOR GUIDELINES:

- Do not visit if you or your children are ill with an infectious disease, such as a cold or flu.
- Wash hands before entering and exiting a patient's room.
- The number of visitors may be limited based on the patient's condition and patient care needs.
- Children must be supervised by an adult at all times.
- Due to a patient's privacy and room size, overnight stays may not be accommodated. Speak with the patient's nurse for further guidance.
- There are special visiting considerations for the Pediatric and Burn Units. Contact the units directly with questions.

USAEC from P4

Lavender said that although the NCO Corps, established in 1967, and the USAEC have traveled on different paths to this point they have appropriately met at the crossroads.

"They both have the same mission - allowing our warriors to train, support the Army's operations, and find ways to sustain not only today's but tomorrow's environment."

Lavender joins USAEC after her last assignment in Korea as command sergeant major at the U.S. Army Garrison Red Cloud. She has served her country for 27 years in many assignments including Iraq, Germany, Alaska, Forts Bragg, Bliss, and Lewis.

She holds a Bachelor of Science degree from the University of

Excelsior and has attended various military schools, to include the Warrior Leaders Course, Drill Sergeant School, and the Sergeants Major Academy.

Her personal awards include the Legion of Merit, the Bronze Star Medal, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal and the Army Drill Sergeant Badge.

Before the colors were retired in the ceremony, Lavender remarked on her immediate plans in her new position.

"I look forward to getting to know each of the staff members personally," Lavender said. "I take my responsibility very seriously and will listen and respond to the needs of our command. It is an honor to serve with the Army Environmental Command."

6 X 4.75

6 X 4.75



Courtesy photo

Maj. Gen. David Rubenstein, commanding general, Army Medical Department Center & School, and his staff review the Combined Federal Campaign booklet that identifies listed agencies during a key leader presentation.

CFC: 100 percent meaningful contact

By Maj. Gen. David Rubenstein
Commander, AMEDDC&S

We've begun the Combined Federal Campaign season. You'll shortly see, on our hallway information screens, photos of our senior military leaders joining me and Command Sgt. Maj. James Diggs in filling out our donation forms in support of this important program.

You'll find in the CFC booklet organizations that span every imaginable activity, program, effort and cause. I'm sure we can all find one or more that would benefit from our donation. I personally use two forms to specify 10 organizations that will receive my donation.

Here's my commander's intent for CFC: 100 percent meaningful contact. Every one of our 2,400 civilian and military teammates will receive meaningful contact by their CFC key person in either a one-on-one or small group setting.

Meaningful contact is not dropping a form and book on someone's desk. Meaningful contact is organizational key persons discussing CFC and its benefits in a one-on-one or small group setting.

Thank you in advance, for supporting the organization(s) you deem worthwhile and important.

AMEDDC&S CFC Key Leaders



32nd Medical Brigade
Project Manager
221-3036/707-975-5182

Alternate Project Manager
221-3020/362-0019

232nd Medical Battalion
221-3880/328-9203

187th Medical Battalion
221-0249/383-6384

264th Medical Battalion
221-0008

TSC
295-8021

NCO Academy
HHC 32nd Medical
221-9260

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VOTERS from P2

Absentee Voting Week.

Voters fill in the FWAB at <https://www.fvap.gov/r3/fwab/home> using a wizard that assists with the form, again based on voters' particular state and county of residence. Once completed, print the form, sign and return it to local election officials.

The online wizards produce PDF packages that include a postage-paid envelope template, a security envelope template, instructions to election officials, state-specific information and submission instructions, a voter's declaration/affirmation, and a write-in ballot pre-populated with the information and candidates the voter entered in the FWAB wizard.

If the state allows

faxed returns, the wizards will also prepare a fax cover sheet with the fax number to the local election official.

If you receive your state absentee ballot after submitting the FWAB, vote and return the state ballot up to and including Election Day; votes will not be counted twice, but the absentee ballot generally includes non-federal offices that are not on the FWAB.

Copies of the FWAB can be obtained from your Unit Voting Assistance Officer or by visiting the Federal Voting Assistance Program website at <http://www.fvap.gov>.

The 2010 General Election is quickly approaching so don't wait until the last minute. If you choose to vote, complete and return your ballot to your state elec-

tion office prior to the state's established deadline.

Mailing guidelines differ from state to state; therefore, we recommend you check your state's guidelines by contacting your Unit Voting Assistance Officer, or by visiting the Army Voting Assistance Program website at <http://www.vote.army.mil>.

Contact information for Installation/Unit Voting Assistance Officers is now available at: <http://www.samhouston.army.mil/hra/vote.aspx>.

Fort Sam Houston's installation voting office is located at 1706 Stanley Rd., Suite 18, Room 205. The phone number is 295-8518 and e-mail is fs.vote@conus.army.mil.

(Source: FSH Human Resources Directorate)

470TH from P1

2009, 448 were killed in action and 290 of those were killed by IEDs.

"Those reports gave us the guidance needed to train our teams as hard as possible," said Sgt. 1st Class Ismael Padilla, lead trainer for the LLVI teams. "Training them on how to react accordingly in case they were involved in an IED attack became our number one priority."

In order to obtain the maximum training effect in limited time, training was divided into two parts: how to return fire and secure an area after attack; and how to react to an IED attack while mounted in a vehicle.

"This method might appear to be a backward approach to this type of training," explained Padilla, "but we knew

that if the teams did not know how to properly dismount a vehicle and engage the enemy, it would be unwise and negligent on our behalf to have them do the mounted section of the exercise first."

After return-fire training, Gordon Lennox, responsible for set-up and detonation of IEDs on Camp Bullis, and the training cadre, gave a detailed class on reacting to an IED attack while mounted in vehicles.

Once the teams performed several dry runs and seemed comfortable with procedures, Lennox set up the live-fire IEDs.

The IEDs were strategically set up along the convoy's planned routes and detonated sporadically to simulate insurgent attacks.

When the first IED exploded, radio commu-

nications erupted with frantic alerts to the rest of the vehicles in the convoy.

Simultaneously, gunners began their attack on "insurgents" as directed by the convoy commander.

The teams either maneuvered or set up a security wall with small arms fire to retrieve the wounded from the "blown-up" vehicle and quickly call for medical evacuation while driving to a safer area.

Similar scenarios unfolded along different points in the convoy route.

Results of the training improved with each iteration and did not stop until all eight members of the team finished and the training cadre was satisfied the team had met the standards, Padilla said.



Using a cadence sing-song skit, the Force Support Group at the AFAP conference donned utility caps to demonstrate the standard black beret be replaced with a patrol cap while in utility uniform. The skit represents one of the issues brought to the AFAP Conference.



Photos by Cheryl Harrison

Lt. Gen. Guy Swan III, commanding general, U.S. Army North, spoke enthusiastically of the importance of the AFAP conference. Swan was one of a number of senior leaders present at the opening and closing of the conference.

Army, Families will benefit from recent AFAP conference, discussion of issues

By Cheryl Harrison
ACS Marketing

More than 54 issues were discussed and prioritized from Family Readiness Groups, ranging from parking for barracks residents, to a post kennel facility for Family pets, during the Fort Sam Houston's Army Family Action Plan Conference Sept. 21-23 at the Sam Houston Club.

At the opening ceremony, 502nd Mission Support Group/Garrison commander Col. Mary Garr said, "We know how important the AFAP is to our service members and their Families and we want to show that commitment here."

Echoing Garr's comments, Lt. Gen. Guy Swan III said, "I am just as enthusiastic about

this program as Col. Garr. This program starts at the unit level through the installation level right up through the department, but does not get done without volunteers. You are volunteering your time and we greatly appreciate that."

The AFAP process allows Soldiers, Department of Defense civilians, retirees and Families to identify and forward issues to Army leadership at all levels.

Allowing input to leadership expresses the Army's desire to continually support and improve the Families' well-being and quality of life.

Beginning at the local installation level, representatives from the community are selected and they then prioritize issues submitted for review.

During the three-day conference, delegates and facilitators, recorders, transcribers and issue support persons look at submitted issues, then prioritize and discuss them. For many of this year's conference attendees and volunteers, this was their first AFAP conference.

Subject matter experts were on hand to provide delegates with information and facts on issues in order for the delegates to make recommendations.

Installation issues submitted to the lead organizations will be reported on at the Commanders' Steering committee. Issues that can be worked locally will remain at the installation.

Those requiring higher command action are forwarded to the major command

level conference. If prioritized then, they are then forwarded to the Department of the Army conference.

Groups were given issues that pertained to medical/dental, community service, recycling, transportation, housing, education and training and personnel services. Each group presented the top two or three issues considered most viable.

The conference culminated with a lively report-out period and discussion by spokespeople from each of the three groups using skits and cadences. During closing remarks, each volunteer and staff member was presented with a certificate of appreciation.

Garr said in conclusion, "Well done! I really appreciate the senior leadership

coming out today, because they validate what you're doing and you are able to present to them the ones that will help make these changes occur. And at some installations you don't see leadership present as well as you do at Fort Sam. They know how important this is.

"We recruit service members, but we retain Family Members. The AFAP exists to help ensure the quality of life is out there to support our service members. Our quality of life directly impacts our ability to do our missions in support of our nations' defense."

Jennifer Slack, acting AFAP program manager encouraged everyone to submit issues now for next year's conference.

Athletes compete in Paralympics Warrior Sports Series

By Lori Newman
FSH Public Affairs

Warriors battled it out during the U.S. Paralympics Warrior Sports Series held Sept. 24-25 at the Jimmy Brought Fitness Center.

Teams from Brooke Army Medical Center Warrior Transition Battalion, the Center for the Intrepid, Walter Reed Army Medical Center in Washington, D.C. and Naval Medical Center San Diego competed in wheelchair basketball and sitting volleyball.

The U.S. Olympic Committee Paralympic Military Program provides post-rehabilitation support and mentoring to service members who have sustained physical injuries such as traumatic brain injury, spinal cord injury, amputation, visual impairment/blindness and

stroke, according to the U.S. Paralympics website.

Service members are introduced to adaptive sports techniques and opportunities through clinics and camps and are also connected with ongoing Paralympic sports programs in their hometowns.

Spc. Kevin Mullen travelled

with his team from WRMC. This was his first Paralympics competition.

“I got into Paralympic sports at a sit-down volleyball camp I went to and I have been playing ever since,” Mullen said. “I really do love the sport.”

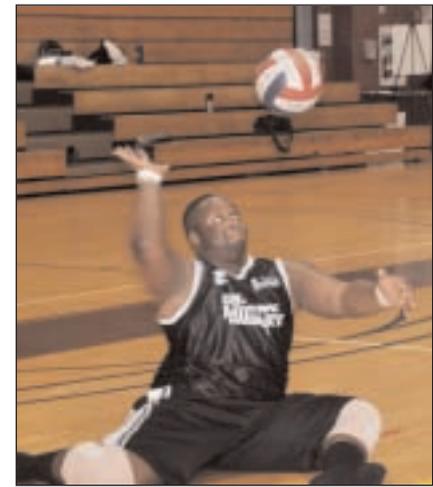
“It’s a great way for me to showcase that even though I’m

injured, I’m not down. I still have the same abilities as regular people do, I just have to do things in my special way and I’m ok with that,” Mullen said.

“You come here and you see people who are worse off than you are and it makes you feel like there is no reason to be down. You have to keep fighting,” said Staff Sgt. Paul Roberts from BAMC.

“Whoever wins this series will receive a trophy and that trophy will travel to the next event,” said Rico Roman, a wounded warrior who works for the U.S. Paralympics Organization.

“CFI took the sitting volleyball championship and WRMC won the wheelchair basketball championship, but the CFI team took the overall championship,”



Photos by Lori Newman

Spc. Kevin Mullen, a wounded warrior from Walter Reed Army Medical Center, serves the ball during a sitting volleyball game as part of the U.S. Paralympics Warrior Sports Series.



Staff Sgts. Paul Roberts and Delvin Maston play one-on-one between games at the Jimmy Brought Fitness Center.

said Wendy Gumbert, from the USOC Paralympic Military Program.

The next U.S. Paralympics Warrior Sports Series will be held at NMCS in February.

BAMC’s WTB staff compete for bragging rights

By Maria Gallegos
BAMC Public Affairs

Brooke Army Medical Center Warrior Transition Battalion staff held its 3rd Annual Dodge Ball Tournament, Sept. 21 at the Fort Sam Houston Jimmy Brought Fitness Center.

Dodge ball is one of many sports offered through WTB Adaptive Sports Network Program to strengthen war-

riors’ physical abilities and promote camaraderie.

The program offers monthly activities and includes one major competitive event each quarter in sports such as goal ball, sitting volleyball, 3-on-3 wheelchair and standard basketball and dodge ball.

“Involving the warriors in our sports activities helps them to see that they can still engage in the same activities as anyone else, and at the

same time it boosts a positive impact of their self esteem as well as a good working relationship between the warriors and staff,” said Master Sgt. Michael Garza, who is with the WTB.

The Paralympics Division of the U.S. Olympic Committee and Fort Sam Houston Morale, Welfare and Recreation are also involved with the program providing trainers, locations and equipment for the weekly adaptive sports training, monthly MWR competitions and the quarterly battalion sporting events.

WTB’s Company C placed first, Company B placed second and Company A placed third.



BAMC Warrior in Transition Battalion staff and Soldiers compete WTU Dodge Ball Tournament.



Photos by Maria Gallegos

Staff Sgt. Michael Lage gets ready to strike opponents in the WTU Dodgeball Tournament.

COHESION RUN



Photo by Staff Sgt. Stephen Pendarvis

Staff from Brooke Army Medical Center take part in the quarterly Cohesion Run at Fort Sam Houston. Brig. Gen. Joseph Carvalho Jr., Brooke Army Medical Center and Southern Regional Medical Command (Provisional) commander hosted the event, Sept. 17, to build morale, cohesion and esprit de corps.



Photo by Maria Gallegos

Brig. Gen. Joseph Carvalho Jr. and Command Sgt. Maj. Donna Simmons, BAMC and SRMC presented a certificate of appreciation award to Fort Sam Houston Defense Commissary Agency and B. Catalani, Inc. staff for their support during the Cohesion Run Sept. 17.

3 X 4.75

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**FORT SAM HOUSTON
INDEPENDENT SCHOOL DISTRICT
WEEKLY CAMPUS ACTIVITIES
OCT. 4-9**

Fort Sam Houston Elementary School
Fire Prevention Week

Oct. 8
Spirit day

Robert G. Cole Middle and High School

Oct. 4
Cole Cougar Pride Club meeting, 5:30 p.m.

Oct. 5
JV/V Volleyball vs. Marion at Cole, 5 and 6:30 p.m.

Oct. 7
Judson ISD meet at Judson Gray Campus, 4:30 p.m.

Oct. 8
Senior Panoramic Picture in front of gym, 1 to 1:15 p.m.
JV/V Volleyball at Randolph, 4:30 and 5:30 p.m.
Varsity Football vs. Randolph at Cole, 7:30 p.m.

Oct. 9
Fall Play rehearsal Moseley gym, 1 to 3 p.m.
Cross Country University of Incarnate Word Invitational, TBA

BOSS END OF SUMMER BASH



Photo by Dimice Perry

The winner of the Domino's Pizza Eating Contest, Spc. Anthony Scott (center), shows his mouth is empty before he is declared the champion. Scott won pizza for a year from Domino's. The Sept. 24 bash was open to Soldiers and all Family and Morale, Welfare and Recreation patrons, held at the Benner Barracks. Participants enjoyed video games, food, music and had the chance to relax and have fun. Drawings for prize packages that included a backpack, video games and a complimentary hotel stay were held every 30 minutes.

Smoke alarms: a sound you can live with

By Sherry Salone
FSH Fire Inspector

Smoke alarms can make the difference between life and death in a fire. The Fort Sam Houston Fire Department will be hosting activities during Fire Prevention Week Oct. 3-9 to promote "Smoke Alarms: A Sound You Can Live With!"

Many homes may not have smoke alarms, enough smoke alarms, alarms that are too old, or ones that aren't working, according to the

National Fire Protection Association.

Residents on and off post need to understand that working smoke alarms are needed in every home; on every level (including the basement); outside each sleeping area and inside each bedroom.

NFPA statistics show that a working smoke alarm cuts the chances of dying in a fire nearly in half, but they must be working. The association's data shows that smoke alarms in many

homes aren't working or maintained properly, usually because of missing, disconnected or dead batteries.

Roughly two-thirds of all home-fire deaths occur in homes with no or non-working smoke alarms according to statistics found at <http://www.nfpa.org>.

Officials at NFPA and Fort Sam Houston Fire Department agree that interconnected smoke alarms offer the best protection; when one sounds, they all do. This

is particularly important in larger or multi-story homes, where the sound from distant smoke alarms may be reduced to the point that it may not provide proper warning, especially for sleeping individuals.

Most people have a sense of complacency about smoke alarms because they already



have one in their homes. Fire Prevention Week provides an excellent opportunity to re-educate people about smoke alarms, new technologies and expanded options for installation and maintenance.

This year's campaign serves as a call to action for households nationwide to inspect their homes to ensure that their families have full smoke-alarm protection

that's recommended.

The FSH Fire Department offers the following tips for making sure smoke alarms are maintained and working properly:

- Test smoke alarms at least once a month using the test button, and make sure everyone in your home knows their sound.

- If an alarm "chirps," this means the battery is low and needs to be replaced right away.

- Never remove or disable a smoke alarm.

To find out more about Fire Prevention Week programs, call 221-2727.

502ND from P1

502 Mission Support Group/Garrison commander.

"Your pay is not going to change. Your benefits are not going to change," Garr said. "Your duty location will not change unless you decide to take a job elsewhere. What will change is your employing agency."

Army employees will transfer into the Air Force system "as-is." Most people will retain their current jobs; pay

plan, series and grade; and benefits.

A person's supervisory chain, job title and/or duty location may change as the mission warrants.

Certain changes include:

- Civilian Personnel Advisory Center becomes the Air Force Personnel Center.

- Pay dates change. Army civilians are paid on the second Thursday after a pay period begins; Air Force employees are paid the first Friday after a pay period begins.

- New Common Access Cards will be issued.

Reyes emphasized that there will be no reductions in force and annual leave, sick leave and compensatory time for travel will transfer. Credit time and regular compensatory time will be paid after transfer, Reyes said. Time off awards will not be paid or transferred.

Joint Base San Antonio is a 2005 Base Realignment and Closure mandate to consolidate installation support func-

tions or "municipal services" at adjacent and nearby installations under one military service.

Additional FAQs can be found at <http://www.502abw.af.mil> or <http://www.samhouston.army.mil/pao/joint-base.aspx>.

Army APF employees may call 808-7527; and Army NAF employees may call 221-0321 for information. Employees with pay issues call 221-0774.

(Source: FSH Public Affairs)

COMMANDER'S PROCLAMATION

FIRE PREVENTION WEEK 2010 – JOINT BASE SAN ANTONIO



Whereas, the 502nd Air Base Wing is committed to ensuring the safety and security of all those living in and visiting our bases; and

Whereas, fire is a serious public safety concern both locally and nationally, and homes are the locations where people are at greatest risk from fire; and

Whereas, nearly 3,000 people die each year as a result of home fires each year; and

Whereas, roughly two-thirds of home fire deaths resulted in from home fires in which no working smoke alarms were present; and

Whereas, working smoke alarms cut the chance of dying in a reported fire in half; and

Whereas, the National Fire Protection Association recommends at least one smoke alarm on every level of the home (including the basement) outside all sleeping areas, and in all bedrooms; and

Whereas, informing the public about the importance of smoke alarm installation and maintenance serves an essential step toward increasing the public's safety from home fires; and

Whereas, 502nd Air Base Wing first responders are dedicated to reducing home fires and home fire deaths and injuries through prevention and proper education; and

Whereas, 502nd Air Base Wing residents are responsive to public education measures and are able to take personal steps to increase their safety from fire; especially in their homes; and

Whereas, the Fire Prevention Week 2010, October 3-9 theme, "Smoke Alarms: A Sound You Can Live With!" actively works to motivate 502nd Air Base Wing residents to implement smoke alarm recommendations in their homes;

Therefore, I, as installation commander, do hereby proclaim Oct. 3-9, 2010, as Fire Prevention Week and urge all the people of Lackland, Randolph and Fort Sam Houston to protect their homes and families by heeding the potentially life-saving messages of Fire Prevention Week 2010, and to support the many public safety activities and efforts of Joint Base San Antonio's Fire and Emergency Services.

LEONARD A. PATRICK
Brigadier General, USAF
Commander, 502nd Air Base Wing



FIRE SAFETY WEEK EVENT SCHEDULE

Static Displays

Army Medical Department Center & School

Oct. 4 – 8-11 a.m. in the lobby
Brooke Army Medical Center
Clinic

Oct. 5 – 8-11 a.m. in the lobby
Army & Air Force Exchange
Service

Oct. 7 – 8-11 a.m. at the PXTRA

Fire Trucks on Display

Oct. 5 – 9-9:30 a.m.,
Marvin R. Wood Playground

Oct. 5 – 9:30-10 a.m.,
Building 1720

Oct. 5 – 10:45 a.m., Watkins
Terrace Community Center

Fire Extinguisher Trainings

Oct. 4 – 9 a.m., 10 a.m., 1 p.m.,

Camp Bullis Fire Station

Oct. 5 – 8:30 a.m., Building
4196, Room 7

Oct. 5 – 8:30 a.m., Camp Stanley
Oct. 6 – 8:30, 9:30, 10:30 a.m.,
Building 4196, Room 7

Oct. 7 – 8:30, 9:30, 10:30 a.m.,
Building 4196, Room 7

Fire Safety House Tours

Oct. 4 – 8:30 a.m.-2 p.m.,
Child Development Center,
Building 2530

Oct. 6 – 3:30-4 p.m., Dodd Field

Fire Safety Open House

Oct. 7 – 11 a.m.-1 p.m.,
Camp Bullis Fire Station

Oct. 9 – 9 a.m.-2 p.m.
FSH Fire Station, Building
3830

Aquatic Center hosts Doggie Dash to the Dip

By Dimice Perry
FMWR Marketing

Dogs of many sizes, shapes and breeds will be pampered and played with at the Doggie Dash to the Dip.

The one-mile, Family-friendly fun run/walk will get pets and their owners warmed up, then pups can cool off with a dip in the Aquatic Center kiddie pool, play catch in the grass or enjoy one of the many other pet-friendly activities Oct. 2, 10 a.m. to noon at the Aquatic Center on Williams Road.

The Doggie Dash will begin and end at the Aquatic Center. Due to construction on Williams Road, access to the Aquatic Center is only available via Nursery Road.

“Our Doggie Dash to the Dip is an opportunity to bring Families together to include physical fitness while partaking in

our wonderful MWR activities,” said Col. Mary Garr, 502nd Mission Support Group/Garrison commander.

“It’s been a lot of fun for those who have participated in previous events and we expect this event to be even better. Come join the fun. Do one or both events.”

Participants in the Doggie Dash will receive T-shirts, free food and prizes. Humans may bring photos of their pets to enter into the puppy photo contest.

Complimentary nail clipping and information on community pet resources will be available.

Army policy states that dogs deemed “aggressive or potentially aggressive” are not allowed on any Army Installation.

The following breeds have specifically been identified and prohibit-

ed: Pit Bull, American Staffordshire Terrier, English Staffordshire Bull Terrier, Rottweiler and Wolf or Wolf Hybrid.

Owners of any dog(s) demonstrating aggressive behavior at any time will be asked to remove their pet(s) and leave immediately.

Pre-registration can be done online through

WebTrac at <http://www.FortSamHoustonMWR.com>.

Event day registration for runners and vaccination verification will begin at 9:30 a.m. at the Aquatic Center. All dogs must have proof of distemper combo, leptospirosis and rabies to be permitted in the pool. Call 221-4887 or for more information.



Photos by Tiffany Boulez

A pup leaps into the water to catch a flying disk at last spring's Doggie Dip.



Ready, set, WOOF! Family and MWR patrons and their pooches run or walk at last year's Doggie Dash.

FSH Rangers take second at soccer tourney

By Capt. Ricky Mitchell
Fort Sam Houston

A soccer team of Soldiers, retirees, Family members and civilian employees from Fort Sam Houston roared through a tournament of all Air Force teams to take second place during the Labor Day weekend.

The Rangers – the FSH men's soccer team – took part in the Defender's Cup, a military soccer tournament hosted by Lackland Air Force Base.

The tournament included 18 teams representing various military installations across the United States.

Fort Sam Houston was the only Army team and the Rangers came out of group play by winning their bracket and ranking third for the elimination round.

In the preliminary round, the Rangers started slow, but defeated the Barksdale AFB team from Louisiana by a 3-2 score.



Courtesy photo

The Rangers, Fort Sam Houston men's soccer team, took part in the Defender's Cup, a military soccer tournament hosted by Lackland Air Force Base over Labor Day weekend.

James Guerrero and Ferdy Ramirez scored for Fort Sam Houston, with the winning goal coming from Dwaine Maynard with five minutes in the game.

The Rangers then defeated the Tinker AFB team from Oklahoma, 3-2, in the quarterfinals with two goals scored in the final 10 minutes of play. Lee McPhatter scored the game winner for the Rangers.

In semi-final play, FSH topped Columbus AFB

(from Ohio), 3-2, with the winning goal scored by Joseph Ichull with three minutes left to play.

The finals was a hard-played game against Eglin AFB, Fla. The Eglin scored the only goal they would need 10 minutes into the game.

In the second half, the Rangers continued to press with many opportunities by Ramirez, McPhatter, and Ichull, but Elgin's goalkeeper kept FSH scoreless.

Strong defense by

Maynard, Davidson Nji, Kevin Boss, Luis Ibarra, Andrew Edwards, Daniel de Robles and solid goal-keeping by Randy King kept Eglin at bay until the final five minutes when Eglin scored an insurance goal, putting the game out of reach for the Rangers.

The Rangers play in the second division of the San Antonio Men's Soccer Association and are 2-0 this season. The Rangers have had four consecutive winning seasons.

FSH SPORTS UPDATES

<http://www.portsamhoustonmwr.com/vcm/page.asp?pid=239>



Announcements

NOTICE

Due to Joint Base transition, American Express will not be accepted in any Family and MWR facility after Oct. 1 Visa and Mastercard will continue to be honored.

Microsoft Office

Oct. 5 – Introduction to Computers
Oct. 6 – Access Level 2
Oct. 7 – Publisher
Class will not be held Oct. 12, 13, and 14.

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

ACS Computer Lab

The computer will not be open until 4:30 p.m. on the following dates: Oct. 4, 13 and 14.

Poetry Slam Workshop and Mixers

A Poetry Slam for Domestic Violence Awareness will be held Oct. 23. To prepare workshops will be held Oct. 5, 3-5:30 p.m. at the Warrior and Family Support Center; Oct. 16, 1-3 p.m. at ACS; and Oct. 19, 6:30-8 p.m. at the 232nd Barracks (232 only). Anyone who wants to try their hand at poetry writing and speaking can attend. To register online, visit <http://poetryslam.wufoo.com/forms/stand-speak-listen-registration/>. Call 221-2055.

“Legends of the Golden Oldies”

Every Thursday, Friday and Saturday now through Nov. 6 at Harlequin Dinner Theater. Dinner is served at 6:15 p.m. with an 8 p.m. curtain. Tickets are \$33 civilians, \$30/military, \$26/students and \$16.50/children 12 and under. Call 222-9694.

Army Kids Study Strong

Army is offering free resources and tutoring for children of active, wounded, reserve component, National Guard and Army civilians. Visit <http://www.tutor.com> for real-time 24/7 help in math, English, science, history, book reports, SAT, ACT and more.

Off-Post After School Pick-Up Service

School Age Services in conjunction with the Army Family Covenant, now offers off-post, after-school pick-up services from the following schools: Royal Ridge, Wilshire Elementary, St. Pius X and East Terrell Hills Elementary. Children must be registered with Child, Youth & School Services for the After-School Program. Fees are assessed according to a Total Family Income category. To register, call 221-4871/4466.

Register early for the Combat Medic Run

The 30th Annual Combat Medic Run will be held Oct. 30 on MacArthur Parade Field. This run is

open to all DoD I.D. cardholders and the general public. To register, download the brochure at <http://www.fortsamhoustonmwr.com>, register at <http://www.active.com> or pick up a brochure at the Jimmy Brought Fitness Center. Registration deadline is Oct. 29. Call 221-1234 or 385-8248.

Calendar of Events

Oct. 1 Domestic Abuse Prevention Awareness Month

The kick-off ceremony is 9:30-10:30 a.m. at ACS, Building 2797. Call 221-0349/2418.

Getting Ready for Childbirth

The class is 1-4 p.m. at ACS, Building 2797. Call 221-0349.

Warrior Scramble

There will be a Shotgun start at 1 p.m. at the FSH Golf Club. To register, call 222-9386.

Neighborhood Night Out

Come join the Patch Shoppette, together with Family and MWR and

store vendors for a neighborhood night out, 4-7 p.m. at the Patch Shoppette, Building 890 Patch Road. There will be a coloring contest, spin the wheel for prizes, vendor demonstrations and give-a-ways. Call 225-3589.

Oct. 2 Doggie Dash to the Dip

The event is 10 a.m.-noon at the Aquatic Center, Building 3300 on Williams Road. The event will start with a one-mile fun run for both dogs and owners (dogs must be on a leash). After the run, all dogs are invited to take a dip in the kiddie pool. Call 221-4887.

EFMP Movie Day

The Exception Family Member Program will have a free movie day, 11:30 a.m. at the Alamo Quarry Theater, 255 East Basse Road. Check-in is 10:40-11:15 a.m. The movie will be either “Alpha and Omega” or “Legend of the Guardian: The Owls of Ga’ahole.” Registration is mandatory, space is limited. Call 221-0285/2962.

Big Bucks Bingo

The first round of bingo starts at 12:45 p.m. at ACS, Building 2797. Chance to win \$13,000. Call 221-2721.

Oct. 4 Unit Family Readiness

The training is 10-11 a.m. at ACS, Building 2797. To register, call 221-1829/2705.

Bank Account Management

The class is 2-4 p.m. at ACS, Building 2797. To register, call 221-1612.

Dad’s Difference

The class is 5:30-7 p.m. at ACS, Building 2797. This four-part series shows dads how to be involved with their babies. Call 221-0349/0221.

Oct. 5 Virtual Family Readiness Group Training

The training is 9-11 a.m. at ACS, Building 2797. To register, call 221-1829/2705.

See MWR P25

MWR from P24

B.E.A.M.S. class

A new Building Effective Anger Management Skills begins Oct. 5, 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. This class is a six-part series held Tuesdays. To register, call 221-0349/2418.

Movie Nights

Oct. 8 - "Knight & Day," post flagpole
 Oct. 9 - "Night at the Museum 2: Battle at the Smithsonian," Dodd Field
 Oct. 29 - "The Tooth Fairy," post flagpole
 Oct. 30 - "How to Train Your Dragon," Dodd Field
 Movie begins around 8:30 p.m., admission, popcorn, candy and snow cones are free. In case of inclement weather, movies will be shown at ACS, Building 2797. Call 221-2418/2705.

Women Encouraging Women

This group meets noon-1 p.m. at ACS, Building 2797. The topic of discussion will be "The Basics of Fair Fighting: How to Make it Work." Bring your lunch and a friend. Call 295-0667/0349.

Basics of Breastfeeding

The class is 12:30-2 p.m. at ACS, Building 2797. To register, call 221-0326/0349.

Budget Development

The class is 2-4 p.m. at ACS, Building 2797. Work through a simple one page budget. To register, call 221-1612.

Post-deployment Planning

The training is 5:30-7:30 p.m. at ACS, Building 2797. To register, call 221-1829/2705.

Poetry Slam Workshop

A workshop will be held 3-5:30 p.m. at the Warrior and Family Support Center for anyone interested in poetry writing and speaking.

Call 221-2055.

Family Readiness Group Leader's/Support Assistant Forum

The training is 6-7:30 p.m. at ACS, Building 2797. To register, call 221-1829/2705.

Precious Minds

The class is 6-8 p.m. at Dodd Field Chapel. This eight-week program focuses the development of children from birth to 36 months. To register, call 221-0326/0349.

Oct. 6 Single Parenting

The class is Oct. 6 and 13, 11 a.m.-12:30 p.m. at ACS, Building 2797. To register, call 221-0349/2418.

Five Love Languages of Teens

Classes are Oct. 6, 13 and 20, 5:30-7:30 p.m. at ACS Building 2797. This is a three-part series for teens and their parents. To register, call 221-0349/9425.



Announcements

Diabetes Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients," even if you have not been a candidate for weight loss surgery before. Military medical beneficiaries, age 18 to 65 with Type 2 diabetes are eligible to participate. Active duty military members are unable to participate. For more information, call the Wilford Hall Medical Center Bariatric Clinic at 292-2210.

Hispanic Heritage Events

Hispanic-American Celebration, Oct. 1, 11:30 a.m.-1 p.m. at the Sam Houston Club.

JBSA HHOM Luncheon, Oct. 7, 11 a.m.-1 p.m., Kendrick Club, Randolph AFB.

Interfaith Service and Potluck, Oct. 14, 10 a.m., Freedom Chapel, Lackland AFB.

Lose Something?

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

Calendar of Events

Oct. 2

Cherry Spring Historical School Walk

The Volkssportverein Friedrichsburg volksmarch club will host 5K, 10K and 13K walks starting at the Cherry Spring Historical School, 5973 Ranch Road 2323 in Fredericksburg. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 830-992-2053.

Oct. 6

Square Dance Lessons

Lessons will begin at 7:30 p.m.

at St. Joseph's Society Hall, 420 E. Durango. Open to ages 10 and up, couples and singles welcome. Call 698-0827 or 659-1227.

Oct. 7 RecruitMilitary Opportunity Expo

A free employment, entrepreneurship, and educational opportunity event for veterans, personnel who are transitioning from active duty, reserves, guard and military spouses will be held 11 a.m.-3 p.m. at the Frank C. Jr. Erwin Events Center in Austin. For more information or to register as a job-seeker, visit <http://www.recruitmilitary.com>.

Oct. 9-10

Bike MS: Valero 2010 Alamo Ride

The National Multiple Sclerosis Society: Lone Star will offer free registration for all active and retired military for Bike MS: Valero 2010 Alamo Ride to the River, to be held Oct. 9-10. Visit <http://www.nationalmssociety.org/chapters/valero2010/index.aspx>.

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 – Oct. 1

Lunch – 11 a.m. to 1 p.m.

Southern fried catfish, smothered chicken and gravy, meatloaf, grilled liver and onions, mashed potatoes, macaroni and cheese, green beans

Dinner – 5 to 7 p.m.

Mushroom quiche, spaghetti with meat sauce, grilled ham steaks with fruit cocktail sauce, Creole shrimp, hopping John rice, baked sweet potatoes, steamed rice, asparagus

Saturday – Oct. 2

Lunch – noon to 1:30 p.m.

Breaded pork fritters, stuffed bell peppers, Aztec beans and rice, ginger barbecued chicken, new potatoes, mashed potatoes, black-eyed peas

Dinner – 5 to 6:30 p.m.

Roast turkey, cheese tortellini,

Salisbury steak, brown rice, mashed potatoes, cornbread dressing, peas and carrots, Brussels sprouts

Sunday – Oct. 3

Lunch – noon to 1:30 p.m.

Barbecued chicken, beef yakisoba, Mexican pork chops, Spanish rice, pinto beans, macaroni and cheese, spinach, corn, broccoli

Dinner – 5 to 6:30 p.m.

Roast beef, broccoli quiche, chicken cordon bleu, spaghetti with meat sauce, parsley-buttered potatoes, steamed rice, mixed vegetables

Monday – Oct. 4

Lunch – 11 a.m. to 1 p.m.

Savory baked chicken, veal parmesan, hot Italian sausages with peppers and onions, potato frittata, baked fish, brown rice, spaghetti noodles, baked potatoes, garlic-lemon roasted potato wedges, succotash, carrots

Dinner – 5 to 7 p.m.

Spaghetti and meatballs, grilled

chicken breast with onions, roast pork loin, eggplant parmesan, steamed rice, red potatoes, baked potatoes,

Tuesday – Oct. 5

Lunch – 11 a.m. to 1 p.m.

Chicken fajitas, Mexican pork chops, beef enchiladas verdes, cheese enchiladas, Mexican chicken, Mexican rice, cottage fried potatoes with green onions, Mexican corn, corn, Spanish beans, alabasitas squash

Dinner – 5 to 7 p.m.

Chicken enchiladas, cheese quesadilla, fried fish, stir fry beef, rice pilaf, refried beans with cheese, oven-glo potatoes, peas and carrots

Wednesday – Oct. 6

Lunch – 11 a.m. to 1 p.m.

Chili macaroni, teriyaki baked chicken, jaegersnitzel, broccoli quiche, fried fish, hopping John rice, mashed potatoes, hot German potato salad, corn, broccoli, peas and carrots, sweet and sour red cabbage

Dinner – 5 to 7 p.m.

Turkey yakisoba, Swedish meatballs, grilled tuna patties, broccoli-rice-cheese casserole, baked chicken, mashed potatoes, macaroni and cheese, broccoli, carrots, cauliflower combo, fried okra

Thursday – Oct. 7

Lunch – 11 a.m. to 1 p.m.

Barbecued spareribs, Caribbean catfish, beef stew, cheese tortellini, baked chicken, baked potatoes, garlic-roasted potatoes, rice pilaf, glazed carrots, navy beans, sweet corn and peppers, green beans

Dinner – 5 to 7 p.m.

Sweet and sour pork, oven roast beef, spicy breaded chicken patties, potato frittata, fish almandine, harvest five-grain rice, mashed potatoes, oriental mixed vegetables, fried okra

Menus are subject to change without notice

REMINDER CALENDAR

- Sept. 30** Consolidated Monthly Retirement Ceremony, 9 a.m., FSH Quadrangle
- Sept. 30** Transition of Authority, Army Support Activity, 11 a.m., FSH Quadrangle
- Oct. 1** 502nd Air Base Wing Full Operational Capability
- Oct. 1** Hispanic Heritage Month Celebration, 11:30 a.m., Sam Houston Club
- Oct. 1** Warrior Monthly Scramble Golf Tournament, 12:30 p.m., FSH Golf Course
- Oct. 2** Doggie Dash to the Dip, 10 a.m., FSH Aquatic Center
- Oct. 5** National Night Out, 6-8 p.m.
- Oct. 5** IMCOM Uncasing Ceremony, 10 a.m., 11711 North IH-35
- Oct. 8** Movie Night, "Knight & Day," 8:30 p.m., Post Flagpole
- Oct. 9** Movie Night, "Night at the Museum 2: Battle of the Smithsonian," 8:30 p.m., Dodd Field



For Sale: Lumber, 4 inches by 6 inches by 8 feet, \$4.25; 2 inches by 6 inches by 14 feet, \$2.50; gas barbecue grill, glass and metal cover, \$48; ceiling fan, five blades with lights, \$23; new bike helmet, \$20; new television, black and white, AM/FM radio, \$27; fur jacket, \$42; large wall and beveled mirrors, \$23-\$42; new Oakley sun glasses with hard case, \$73; new moving cartons, \$1; color television with 150 channels, \$48. Call 313-0061

For Sale: Men's bicycle Jeep Renegade Epoch Sport, \$90; full-size Serta Perfect Sleeper mattress set,

\$150; young men's clothing, shirts, jeans, T-shirts from American Eagle, Pac Sun and Express, brown boots with buckles, prices range \$5-\$25; pet entry for patio sliding door, \$50. Call 887-1856 or 927-6114.

For Sale: New Jeep Liberty spare tire cover, says "Life is Good," \$25. Call 490-5240 or 213-2182.

For Sale: 2007 Toyota Yarus, 61K miles, automatic, power steering, power brakes, power windows and locks, remote key and AM/FM/CD, very good condition, \$6,999.99, below Kelley Blue Book. Call 954-5794.

Group Sale: Oct. 2, 9 a.m.-3 p.m., 4311 Dysart St., behind HEB on WW White Rd. and MLK St. Most items \$1-\$5, GE electric glass top stove, \$350; white Whirlpool dryer, \$45; shorts, jeans, skirts, purses, shoes, books and more.

Religious Briefs

Protestant Women of the Chapel Weekly Meetings

PWOC will hold weekly Bible studies. Morning studies meet Wednesdays, 9:30-11:30 a.m. and evening studies meet Thursdays, 6:30-8 p.m. at Dodd Field Chapel, 1721 Dodd Blvd. The chapel provides free child care for children up to 5 years old and a home school facilitator during PWOC. All children must be registered with the Child Development Center. Call 863-6361 or e-mail samhouston@pwoc.org.