

ToA confirms FSH 'Armyness' continues

By Steve Elliott
 FSH Public Affairs

A transfer of authority ceremony at the Quadrangle Sept. 30 confirmed the "Armyness" of Fort Sam Houston would continue. The ceremony symbolized the transfer of the garrison's Army-specific functions to Army Support Activity manager Frank E. Blakely II.

"This ceremony marks the beginning of the numerous things we're going to have to sort out and work through as we make this into a partnership," Blakely said. "We are taking things apart, putting them together into neat piles and seeing how they can work together.

"The best solution was to empower the people who do the jobs every day and they would figure it out," he said. "Since April, I have validated an old Texas axiom: 'If you think you're a person of influence, try ordering someone else's dog around.' At least now as ASA manager, I can claim part of the dog."

"While our title is changing from U.S.

Army Garrison to the 502nd Mission Support Group, we are still providing installation mission readiness and quality of life support to all the same folks," said Col. Mary E. Garr, 502nd MSG commander. "It will just be within the construct of a partnership with Lackland and Randolph Air Force Bases.

"The intent of Congress with joint basing was that services at installations located near each other could be more efficient if they were one," Garr explained. "We are still providing those services and will become more efficient and cost-effective, while not degrading the quality of service."

"I have assured the community this is still Fort Sam Houston. It's not an Air Force Base and you're not going to see the Air Force symbol on the front gate," said Brig. Gen. Len Patrick, 502nd Air Base Wing commander. "You'll see 'Joint Base San Antonio' under 'Fort Sam Houston,' but the heritage and the legacy of the three installations has got to remain solvent. It's my vow that



Photo by Esther Garcia

Civil Engineer Squadron personnel Rich Aguillon, Lead, Roads and Grounds, watches as Jack Thatcher (left) and Rodney McDaniel install the new sign at the west gate entrance on Harry Wurzbach. The news signs, installed at the post entrances, were unveiled on Oct. 1 when Fort Sam Houston officially joined Joint Base San Antonio. "I have assured the community this is still Fort Sam Houston. It's not an Air Force Base and you're not going to see the Air Force symbol on the front gate," said Brig. Gen. Len Patrick, 502nd Air Base Wing commander.

I'll do that."

"Over the past 134 years, a lot of historic events have happened in this Quadrangle. This is an historic change in the way our armed forces and our Army do business and take care of those under our responsibility," said Lt. Gen. Guy C. Swan III, commander, U.S.

Army North and senior commander on Fort Sam Houston. "The Air Force and Army are committed to maintaining the 'Armyness' of Fort Sam as we go forward."

Joint Base San Antonio is one of a

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Headquarters IMCOM moves to San Antonio

The U.S. Army Installation Management Command Headquarters officially transferred from Arlington, Va., to San Antonio during the public uncasing of its unit colors Oct. 5 at its temporary location at 11711 North IH-35.

The uncasing ceremony symbolically marks the command's permanent presence and establishes San Antonio as the

See IMCOM P10



Photo by Martin Callahan

Lt. Gen. Rick Lynch, commander of Installation Management Command, and Dr. Joseph Westphal, Undersecretary of the Army, uncasing the colors of IMCOM.

DBIDS installation on schedule

By L.A. Shively
 FSH Public Affairs

Fort Sam Houston is currently installing the Defense Biometrics Identification System or DBIDS at all gates. An enhanced identity authentication and force protection system, DBIDS was installed at

Lackland and Randolph Air Force Bases last year as mandated by Department of Defense.

Joint Base San Antonio partnered with the Defense Manpower Data Center to install and activate the DBIDS system in four phases.

Phase I, installation, began on Fort Sam

Houston Sept. 26 and is scheduled for completion Oct. 15. Registration, Phase II, slated to begin in January, is planned for three months.

To register in DBIDS, a Common Access Card or other DoD-issued I.D.

See DBIDS P7



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Enjoy Columbus Day, don't throw caution to wind

Lt. Gen. Guy C. Swan III
 Commander, ARNORTH



Lt. Gen. Guy C. Swan III

I want to extend my best wishes for a safe and enjoyable Columbus Day holiday weekend. Many of us will have an extended weekend with Friday designated as a training holiday. This coincides with our tradition of recognizing Columbus Day on the second Monday of October.

The reason for the celebration has always been to honor the great explorer for something he did on a different day altogether.

Oct. 12 marks the 518th anniversary of Christopher Columbus' discovery of the New World. Many centuries later, it is hard to imagine what he and his crew were thinking and feeling when their eyes first caught a glimpse of the tropical shores of the Bahamas.

Their discovery of "America" – as we know it today – was a triumph no less spectacular than when man first landed on the moon.

Columbus exhibited the same strength and courage that I see in the people who serve our nation today. He led from the front in every aspect of his mission to ensure team success – exactly the same expectation we have for leaders today.

Holidays can often mean the potential for increased risks. Those risks can be mitigated by proactive and caring leaders – leading from the front. I expect and know that leaders across the Fort Sam Houston and Joint Base San

Antonio community are engaged and know when their troops are likely to be in peril, that they recognize risk factors, and

are willing to always provide help, assistance and care for their subordinates.

There is a lot to do here in beautiful south Texas and everyone should take advantage of all that this unique region has to offer. But please do not throw caution to the wind and every adventure should be undertaken with a measure of care just like those voyagers of the past.

As our Army and mili-

tary take time this holiday weekend, do the required safety checks and briefings before heading out. Safeguard our most valuable resource – our people.

Look out for each other and do not hesitate to get involved when you

see a fellow Soldier, service member, Family member or friend at risk. We want everyone back as soon as duty requires – we need you!

Again, enjoy this holiday! Strength of the nation!

Thought of the Week

We all live everyday in virtual environments,
 defined by our ideas.

– Michael Crichton
 (Source: Bits & Pieces)

Weekly Weather Watch

	Oct. 7	Oct. 8	Oct. 9	Oct. 10	Oct. 11	Oct. 12
San Antonio	83° Clear	85° Clear	85° Clear	85° Partly Cloudy	86° Partly Cloudy	88° Partly Cloudy
Kabul Afghanistan	82° Clear	77° Clear	75° Clear	73° Clear	73° Clear	73° Clear
Baghdad Iraq	93° Clear	98° Chance of Rain	100° Chance of Rain	91° Clear	95° Scattered Clouds	86° Clear

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

News Briefs

TRICARE Suspicious Calls

Recently there has been a rash of calls to military personnel from individuals who claimed to be with DoD and requested information under the guise of it being a TRICARE national survey.

Personnel have been asked for personal information such as: Social Security Number, home address, date of birth, Deployment status and length of deployments. The national and local TRICARE offices do conduct surveys; however, they never request the above type personal information. If you receive a call from anyone about a TRICARE survey and believe it to be false contact your local TRICARE office.

For more information visit the TRICARE website: <http://www.tricare.mil/mybenefit/home/Medical/RightsAndResponsibilities/ProtectingPersonalInformation>.

Garrison/ASA Security Office

Garrison Security Office will be open Monday-Friday, 7:30-11:30 a.m. for 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 SAMHOUSTON-SECURITY@us.army.mil.

SRMC Activation

The Southern Regional Medical Command activation ceremony will be held Oct. 8, 9 a.m. on MacArthur Parade Field. In the event of inclement weather, the ceremony will be held at Blesse Auditorium, 2250 Stanley Road, Building 2841.

BAMC Reduced Staff

Due to the training holiday Oct. 8, Brooke Army Medical Center will be reduced in staff. Call ahead to confirm your appointment for that date. The outpatient pharmacy will remain open from 8:30 a.m. to 5 p.m.

Fire Prevention Week

Fort Sam Houston Fire Prevention Week is Oct. 3-9. The FSH Fire Department will hold an

See NEWS P4

Grant approved for burn survivor research

L.A. Shively
FSH Public Affairs

A grant for \$1.198 million from the Defense Medical Research and Development Program promises advancement in treatment for wounded warriors. The grant covers a three-year study for scar tissue reconstruction on burn survivors using carbon dioxide fractional lasers. Forty-eight patients will be treated under the study.

Research will be conducted jointly by Air Force Lt. Col. (Dr.) Chad Hivnor, associate director of the dermatology residency program at Wilford Hall Medical Center at Lackland Air Force Base, and Dr. Robert Spence, a burn reconstructive surgeon who founded the National Burn Reconstruction Center at Good Samaritan Hospital in Baltimore, Md.

Spence travels to treat patients at Brooke Army Medical Center and consults via telemedicine technology.

Hivnor and Spence will use the carbon dioxide fractional laser in their research. "Use of the laser for burn survivors is so new that it needed to be investigated," Hivnor said.

The CO2 fractional laser, a new technology traditionally used for treating serious acne scarring and cosmetic purposes, breaks the beam into small micro-beams leaving skin intact between the treated areas. The untreated skin promotes more



Photo by Air Force Staff Sgt. Robert Barnett
Air Force Lt. Col. (Dr.) Chad Hivnor uses a carbon dioxide fractional laser to help improve skin texture and flexibility on a wounded warrior's scarred hand.

rapid recovery and healing with less risk of complications.

Resurfacing scar tissue with the CO2 fractional laser improves texture and returns elasticity to large areas of damaged skin for burn survivors – a recent discovery according to Spence; and the healing process

continues for long periods, even after treatment has ceased.

"It's a slow, progressive remodeling [of the scar tissue]," explains Hivnor, who said he has seen improvement with range of motion, citing a patient whose hand he treated. "He wasn't even able to make a fist, or take his fingers past 90 degrees of flexion. After one treatment he was able to touch the base of his thumb."

The second treatment was more dramatic. "The scar tissue between his fingers – like webbing on a frog – was very tight with just millimeters of separation," Hivnor said. "With the laser, literally in front of my eyes, the fingers started to spread apart. It was really amazing."

Research will be with patients who have older scar

See BURN P10

Ribbon cut on BAMC pediatric ward, ICU

By Sue Campbell
59th MW Public Affairs

Army and Air Force medical leaders christened the new Brooke Army Medical Center pediatric ward and intensive care unit during a ribbon-cutting ceremony Sept. 21.

The majority of Wilford Hall Medical Center inpatient pediatric services moved to BAMC in April as part of the Base Realignment and Closure process. BRAC law directs that all WHMC inpatient functions will relocate to Fort Sam Houston by Sept. 15, 2011.

"This was the first inpatient service move from Wilford Hall to BAMC," said Brig. Gen.

Joseph Carvalho Jr., commanding general, BAMC and Southern Regional Medical Command (Provisional).

"Two organizations, steeped in tradition and strong cultures, came together to make this happen."

"Although it took a little time to set up this formal ceremony, the staff haven't missed a beat in providing the highest quality care to their patients since the April move," said Air Force Maj. Gen. Tom Travis, 59th Medical Wing commander, who cut the ribbon with Carvalho.

The majority of Wilford Hall pediatric subspecialty clinics also moved to BAMC at the same time.

"The pediatric department had the easiest job and the hardest," said Col. Ronald Prauner, chief of the Department of Pediatrics at BAMC.

"It was easy in that WHMC and BAMC pediatric residents and staff have been integrated since 1996, with Army and Air Force providers rotating between the two facilities. It was hard in that we had to get BAMC ready to handle these new services that had never been offered here before."

"This would never have come to fruition without the outstanding collaboration we have experienced over the last several years and the continued teamwork to make this a reality," said



Photo by Dewey Mitchell
Col. Ronald Prauner and Air Force Col. Mary Pelszynski (right) help Air Force Maj. Gen. Tom Travis (second from left) and Brig. Gen. Joseph Carvalho Jr. cut the ribbon.

Air Force Col. Mary Pelszynski, chairman of the Department of Pediatrics at WHMC.

In addition to the move, a new pediatric subspecialty was established at BAMC, the Pediatric Sedation Unit; a service that had not been

provided at either facility before.

"The Pediatric Sedation Unit streamlines care for pediatric patients who need sedation for different types of procedures," Pelszynski said.

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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.

NEC Transfer of Authority Ceremony

A ceremony will be held to transfer authority of the Network Enterprise Center for the Fort Sam Houston Garrison to 106th Signal Brigade Oct. 12, 1 p.m. at Lincoln Military Housing Community Center, Building 407. Call 295-5490.

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.

National Disability Employment Awareness

To celebrate National Disability Employment Awareness Month, Joint Base San Antonio EO/EEO will host an event Oct. 28, 11:30 a.m.-1 p.m. at Dodd Field Chapel, 1721 Dodd Blvd. The guest speaker is Gordon Hartman, owner of Morgan's Wonderland. This year's theme is "Talent Has No Boundaries: Workforce Diversity Includes Workers with Disabilities." Call 221-9543.

14th MI Battalion conducts warrior training

By **Spc. Natalie Sampson**
470th MIB Public Affairs

The 14th Military Intelligence Battalion conducted Warrior Tasks and Battle Drill Training Sept. 14-17, the first major training event after a year overseas.

"Our battalion is still in the reset phase after having recently [returned] from Iraq," said Lt. Col. Kris Arnold, the interrogation battalion's commander.

"It was designed to assist Soldiers in mentally transitioning from reset and reintegration to a training environment."

On day one of training, Soldiers moved from station to station for hands-on lessons.

At station one Soldiers learned about different types of grenades, performed safety checks, and employed them from combat positions.

At station two Soldiers learned to identify topographic symbols on military maps,

measure distance, identify terrain features, and navigate using defense advanced GPS receivers.

At station three Soldiers practiced moving as a member of a fire team, during an urban operation under direct fire; and over, through and around obstacles while reacting to indirect fire while dismounted.

On day two, Soldiers performed voice communications operations. They practiced requesting medical evacuation; and preparing and sending situation reports, spot reports and unexploded ordnance reports.

Soldiers learned to use visual signaling techniques, report intelligence information, perform surveillance without the aid of electronic devices and report information of potential intelligence value.

At the third station, Soldiers



Staff Sgt. Alex Rhodes and Sgt. Michael Cooperstein, both of the 14th Military Intelligence Battalion, detain a civilian who attempted to infiltrate a military area in a scenario during Warrior Tasks and Battle Drills Training on Fort Sam Houston Sept. 14.

Photo by
Spc. Natalie Sampson

learned to don protective masks during a Chemical, Biological, Radiological, or Nuclear attack and practiced proper decontamination.

Day three was dedicated to performing life saving measures. Soldiers evaluated each other as casualties; performed first aid to clear objects stuck in the throat of a conscious casualty, performed first aid on bleeding or severed limbs, and transported casualties

dismounted.

The final day of training involved role playing. Soldiers dressed as civilians attempted to infiltrate a military area. They checked press credentials and practiced speaking with the media in situations where civil disturbances became public.

There was also hands-on instruction with searching a privately-owned vehicle and passengers.

470th MI Brigade speaker talks spiritual resiliency

By **Gregory Rippes**
470th MIB Public Affairs

Members of the 470th Military Intelligence Brigade received a message in spiritual resiliency Sept. 20 from a man who has exemplified the quality for the last four decades.

As part of their spiritual resiliency training, brigade Soldiers and civilians gathered in the Fort Sam Houston Golf Club for an early morning event that featured breakfast and fellowship, Bible verses, live musical entertainment and a guest speaker named David Roever.

A U.S. Navy river boat gunner during the Vietnam War, Roever suffered serious injuries in 1969 from a phosphorus grenade, which left him with extensive burns and included

complete loss of hair, several fingers and an ear. After 14 months of hospitalization and numerous surgeries, he dedicated his life to inspiring and encouraging others.

Roever said that after the Sept. 11, 2001 terrorist attacks, he began receiving calls from military commanders all over the country inviting him to share his story, saying their troops need to know "there's life after injury; life after war."

"Resiliency is not just coming back, but coming back stronger – taking a tragedy and turning

it into a triumph," said Roever, who described life as a triangle of Family, friends and faith, which is the foundation.

"I have been surrounded by family and friends who are

always trying to encourage me."

Resiliency requires certainty today, according to Roever.

"Make the hard choices now," he said. "The truth that makes you mad today will set you free [later]."

Defining "destination" as "where you're going" and "destiny" as "how you get there," Roever said, "Don't let someone else define your hope; your destiny."

Brigade Chaplain (Capt.) Scott Jackson, who coordinated the event, noted that Roever makes regular trips to Fort Sam Houston to visit burn victims in Brooke Army Medical Center.

"We were fortunate to get him to speak with us at this time," said Jackson. "His inspiring message of hope perfectly addressed our spiritual resiliency training."



Photo by Gregory Rippes

Col. Jim Lee, 470th Military Intelligence Brigade commander, presents a challenge coin to Vietnam veteran David Roever following his welcome.

Why is it important to get a flu shot? It could save your life!

By Maria Gallegos
BAMC Public Affairs

According to the Centers for Disease Control and Prevention flu seasons vary in timing, duration and severity. Flu causes mild to severe illness and can lead to death. Each year in the U.S. an average 36,000 people die from flu-related complications and more than 200,000 people are hospitalized.

CDC recommends everyone 6 months and older receive the flu vaccine. The 2010-2011 flu vaccine combined in one shot will protect against the three different flu viruses expected to be circulating this year: an H3N2 virus, an influenza B virus and the H1N1 virus.

The single best way to prevent flu according to CDC is to get vaccinated but good health habits like covering a cough and washing hands stops the spread of germs and respiratory illnesses.



Avoiding contact with someone who is sick, staying home when sick, avoiding touching eyes, nose or mouth, drinking plenty of fluids and getting plenty of sleep also prevents illness.

Department of Defense has authorized all TRICARE beneficiaries to use the TRICARE retail network pharmacies for administration of the flu vaccine without co-pay. To find a network phar-

macy near you, call Express Scripts at 1-877-363-1303 or check online at <http://www.express-scripts.com/TRICARE/pharmacy/>.

If active duty personnel prefer to use a local network pharmacy to get vaccinated before BAMC vaccine arrives, they must bring their receipt or proper documentation to their unit next day to get it entered in their record.

BAMC flu vaccinations are expected to arrive mid-November and staff will be in full force to provide the vaccine to all TRICARE beneficiaries. The flu shot will be given at Army Community Service, Building 2797. Call 916-7FLU (7358).

TIP: Call your local network pharmacy before you go to make sure you and your children can receive the vaccination at the same location. Some locations may have age restrictions.

ToA from P1

dozen such operations around the country and will be the largest joint base in the nation. It will support 211 units around town, including Brooke Army Medical Center, the 59th Medical Wing at Lackland and the Air Education and Training Command at Randolph.

The ceremony also recognized Garr's contributions to U.S. Army Garrison Fort Sam Houston in completing its transformation into the 502nd MSG, which is aligned under the 502nd ABW. Lackland became the 802nd MSG and Randolph the 902nd MSG earlier this year.

"The installation support structure has changed, not the quality of life," Swan said. "You will see a lot of visible changes in the coming



Photo by Steve Elliott

Frank E. Blakely II, manager, Army Support Activity stands at attention during a ceremony at the Fort Sam Houston Quadrangle Sept. 30.

year, like new paint jobs on police cars and signs," Swan said.

"The most significant changes are going on behind the scene to deliver the kinds of municipal and base support services that we expect. The service you have come to rely on and be proud of at Fort Sam Houston is going to continue."

"Joint Base San Antonio will take the best practices of both services and shape all three installations into an even more dynamic asset for the defense of our nation," said J. Randall Robinson, director of the U.S. Army Installation Management Command West region.

DBIDS from P1

card is scanned into the system. The cardholder's information is verified and an electronic fingerprint is taken. The process takes about five minutes.

All DoD identification card holders, ages 16 and older, must register.

The system allows a gate guard to use a handheld wireless scanner to instantly identify who the person is and whether or not he or she is allowed on post. All active duty, reserve, Family members, DoD contractors and retirees – anyone with permanent post access – will register with the system.

A major benefit of DBIDS is that the system notifies guards about lost or stolen I.D. cards, individuals barred from the base, or persons sought for emergency or key response notification.

The system currently recognizes fraudulent cards and will interface with criminal data bases in the future.

"Instead of checking your I.D. card with my eyeballs, explains Derrick Austin, Air Education and Training Command DBIDS Program Manager, responsible for implementing DBIDS at Fort Sam Houston, "I'm checking it with a scanner and it's gleaning the information on that card with what's in the database."

Several registration locations will be identified on the installation to assist with the registration process, such as the Post Exchange, Army Community Center and Brooke Army Medical Center in addition to major post commands with coordination still in process to identify other potential unit locations. Dates and times for regis-

tration will be published in the future.

Registration for Army, Navy and Marine Corps reserve units will be planned during scheduled drill weekends and registration will be available for those Family members at that time as well.

Honorary commanders, civic leaders and business people associated with tenant commands and DoD activities will be issued a DBIDS I.D. card that will allow long-term access for specified periods. Specific individuals will be also identified that will have escort status Austin said.

Contractors and vendors in possession of a DoD CAC will also be registered into the system. Those without credentials must be vetted with a background check and issued an authorized access credential such as

DBIDS card or pass, explained Curtis Hoosier, a physical security specialist with the Directorate of Emergency Services.

"We're going to have a little bit of change with regards to public access explains Al Jorge, director, 502nd Security Forces Squadron (DES).

"Because we don't have a visitor's center, an I.D. gets scanned and the person is allowed access. With Fiesta or other larger events, public access will be the commander's decision."

Jorge said a visitor's center is under construction at Walter's gate, estimated to be finished in October of next year

"The intent is to have visitor's centers at Walters gate, at Harry Wurzebach, at I-35 and a small one at Camp Bullis for routine access to the

museum and that sort of thing. We are still looking at access for schools and for the public to attend games, events and historical sites."

Jorge said Fort Sam Houston is not capable of supporting the procedure Lackland uses for large events such as airshows; where parking is cordoned off outside and the public is bussed onto the base.

"The process we have in place is what the commander would like to remain in place," Jorge said.

Currently, entrance to the post is granted after a DoD-issued I.D. is visually inspected or a non-DoD I.D. is scanned.

"We recommend a driver's license, passport or state I.D. that can be scanned where we can get the information that the card is valid. This

system will be in operation for at least another year so that we can continue to serve the greater Fort Sam Houston community," Jorge said.

During Phase III, the DBIDS system will be utilized at each gate to identify non-registrants and educate the post on procedure. Hoosier said no one will be denied access during this phase.

Phase IV will be enforcement he explained. "Once enforcement begins, those patrons that have not registered will find their access delayed and disrupted until such time they get registered."

The 502d SFS is coordinating a Command and Staff Information Brief to be held early November. Units may submit names and phone numbers of command representatives by calling 221-2756.

SWIOC welcomes warrior citizens home from OEF/OIF

By Phil Reidinger
FSH Public Affairs

More than 20 U.S. Army Reserve Soldiers assigned to the South West Information Operations Center Regional Computer Emergency Response Team, South West Asia, were recognized for their service during a ceremony at Blesse Auditorium Oct. 3.

The Soldiers deployed to both Operations Enduring Freedom and Iraqi Freedom to provide computer network defense for the Department of Defense in the Southwest Asia Theater of Operations from July 2009 until July 2010.

During deployment

members received five Bronze Star Medals, seven Meritorious Service Medals and eight Army Commendation Medals for duty performance in Iraq, Afghanistan, Kuwait and Qatar.

The RCERT-SWA maintained a 24/7 watch over an array of sensors located throughout the theater. The team conducted incident handling and cyber threat analysis, identifying and mitigating many new malware not previously identified anywhere else in the cyber world.

The team also conducted Computer Defense Assistance Program visits to warfighting units down-range to increase the



computer network defensive posture.

Liaison officers at Camp Victory in

Baghdad, Iraq and Bagram Airfield in Afghanistan interfaced with headquarters at

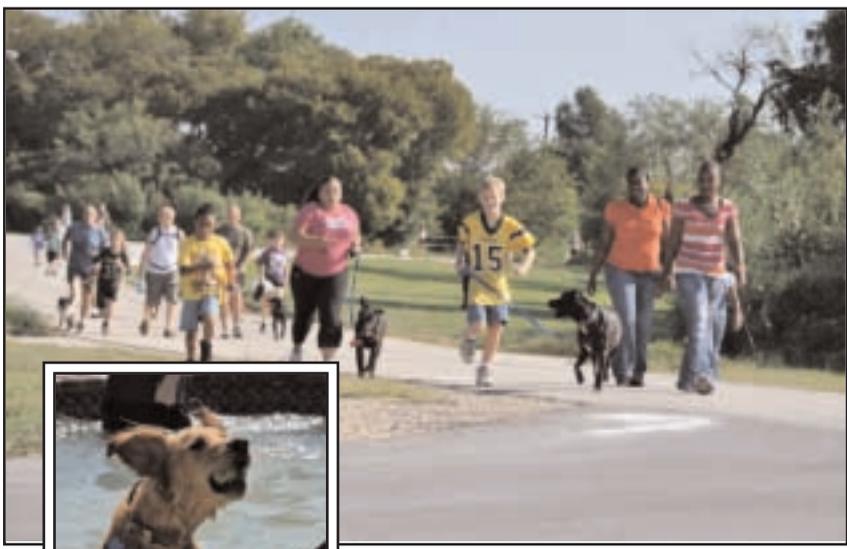
Camp Arifjan, Kuwait. CDAP teams were posted in Balad, Iraq and Bagram Airfield,

Afghanistan, providing "boots on the ground" for theater computer network defense.

Members of the Southwest Information Center received U.S. flags in special casings as an acknowledgement of their successful accomplishments during multiple missions while deployed to Iraq and Afghanistan. The command's Regional Computer Emergency Response Team was responsible for providing theater wide computer network defense for warfighter units.

Photo by
Phillip Reidinger

DOGGIE DASH TO THE DIP



Photos by Dimice Perry

At the start of the Doggie Dash to the Dip. Families and their four-legged friends dash toward the finish line and a dip in the pool, Oct. 2.

Dexter, third place in the cutest puppy photo contest, catches a tennis ball in the pool.

IMCOM from P1

new base of operations for the Army's Installation Management Community.

It also represents final movement and relocation of headquarters, including the U.S. Army Environmental Command and the Family and Morale, Welfare and Recreation Command, both subordinate commands of IMCOM. The transfer of the headquarters was directed by the 2005 Base Realignment and Closure law.

"We're honored to be a part of this great city, its military spirit, its multiculturalism, and proud heritage," said Lt. Gen. Rick Lynch, commanding general of IMCOM.

Lynch views this move as one way the Army can

realize cost savings, enhance operational efficiency and reduce the duplication of installation services. He said he believes the transfer is good for the Army, the country, and San Antonio.

IMCOM's mission is to provide installation capabilities and services in support of Army operations, providing a high quality of life for Soldiers, their families and Army civilians. IMCOM oversees all facets of managing Army installations around the world, including maintenance of the roads, grounds, logistics, public works, security forces, emergency services and everything that makes Army installations self-contained towns.

IMCOM temporarily occupies a leased build-

ing until completion of a new headquarters on Fort Sam Houston in July 2011. The contract to build the state-of-the-art headquarters is approximately \$390 million.

"We join the city of San Antonio in celebrating this historic moment," Lynch said. "With this uncasing ceremony, we honor our own men and women who dedicate themselves to protecting America and supporting installation capabilities and services to support the Army Family in a time of persistent conflict. Their commitment to serve our nation's military is a testament to their courage, their duty to country, and the strength of the nation."

(Source: IMCOM Public Affairs)

BURN from P3

tissue. Burns have to be at least two years old in order to lessen mitigating factors that might cloud the outcome. Hivnor explained that younger scar tissue is still inflamed and may not respond to the same treatment for unknown reasons.

"The basic science of scarring is poorly understood, one of the big dilemmas here. We wanted to narrow our focus to look at whether the laser is working rather than complicate results with aspects of the healing process," Hivnor said.

"I have the advantage of 25 years of experience treating patients with burn scars. I also have the experience and access to a large number of burn survivors with older burn scars," Spence



Photo by Air Force Staff Sgt. Robert Barnett
Air Force Lt. Col. (Dr.) Chad Hivnor uses a CO2 fractional laser to improve scar tissue texture and flexibility on a wounded warrior's arm

said, adding that he is particularly interested as to whether laser treatment affects scar tissue contraction around joints.

"Scars around the mouth that cause people to not open their mouths well, and tight scars at the elbow, preventing people from moving their

arms, are the main areas in particular," Spence said.

Other interesting observations include hair regrowth and hidrosis, or sweat regeneration on laser treated areas.

(Air Force Staff Sgt. Robert Barnett contributed to this story)

6 X 9.75

MULLEN VISITS CENTER FOR THE INTREPID, BAMC



Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, and his wife Deborah, visit with Marine Cpl. Raul Olivares during a visit to the Center for the Intrepid Sept. 30.



Photos by Navy Petty Officer 1st Class Chad J. McNeeley
Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen presents Spc. David R. Reid III with a Purple Heart Medal at Brooke Army Medical Center Sept. 30. Reid, a Ranger assigned to the 75th Ranger Regiment, sustained injuries Sept. 20, when he stepped on an improvised explosive device during combat operations in Afghanistan.

1×3 1×3 1×3 3×3 3×3 3×9.75

Fort Sam celebrates National Night Out

Photos by Phil Reidinger

Sparky, McGruff, Sir Night Out and the D.A.R.E. Lion mascots joined Col. Mary Garr, 502d Mission Support Group commander during a tour of the post to emphasize crime prevention and fire safety Oct. 5.

Police cars and a post fire truck with lights and sirens blaring announced her arrival during visits to several National Night Out events on and off post.

The annual campaign involves neighborhood residents working with law enforcement agencies to promote police and fire community partnerships with neighborhood organizations.

Fort Sam Houston Watkins Terrace mayor, Crystal Pettay said, "This event brings everyone together and builds camaraderie in the neighborhood."



Government Hill Neighborhood Association board members, members of the area business association and residents welcome Col. Mary Garr at their NNO celebration hosted by the Drop Zone Café on Carson Street.

Col. Mary Garr presents Col. Randall Anderson with an NNO certificate of appreciation for hosting his neighborhood's NNO ice cream social.



Col. Mary Garr presents Lincoln Military Housing representative Tralise Barton with the certification of appreciation for organizing Harris Heights NNO activities.



Paul Hightower, Harris Heights neighborhood National Night Out celebration D.J., shares the entertainment spotlight with Sparky, the firefighter's mascot. Hightower volunteered his talents as a member of the Youth Services Teen Club.



Navy Lt. Cdr. Christopher Lynch and his wife Jennifer and residents of the Graham Wheaton neighborhood welcome Col. Mary Garr and the NNO team. The Lynch family hosted the event for the neighborhood at the Artillery Post community center.



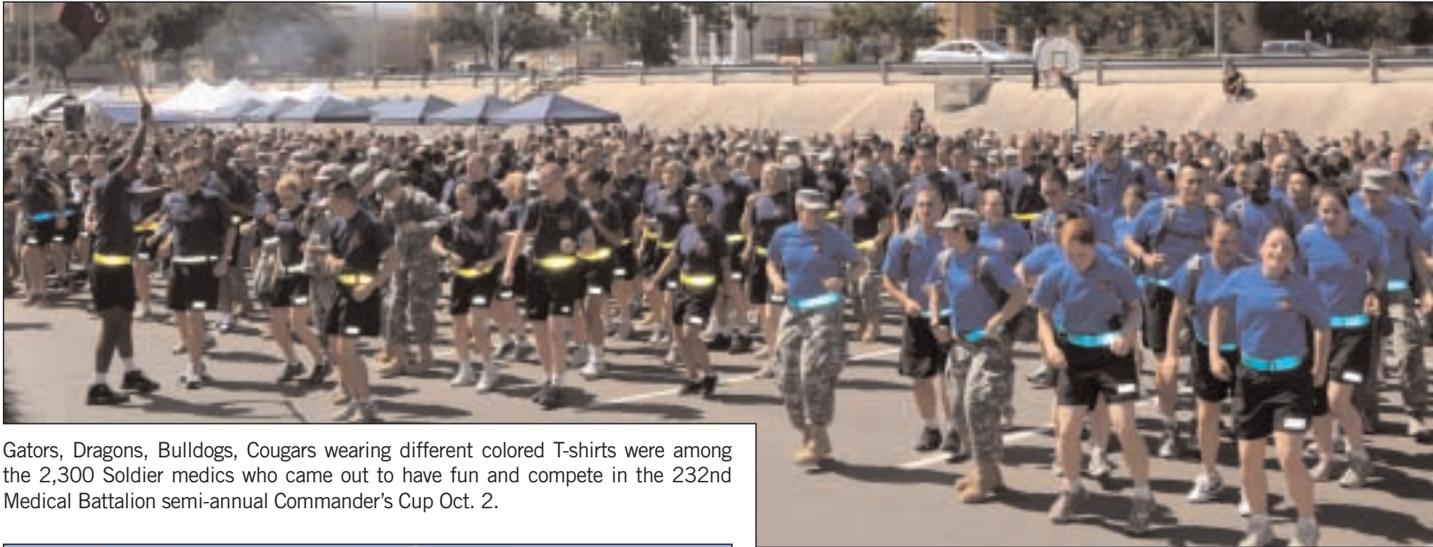
Post police officers and firefighters meet with Watkins Terrace residents during their NNO celebration.



Crime prevention mascot McGruff applauds as Watkins Terrace mayor, Crystal Pettay, and husband Dale, accept the National Night Out appreciate certificate from Col. Mary Garr. Pettay has served as resident mayor for two years.

Soldier medics enjoy a day of fun, competitions

Photos by
Esther Garcia



Gators, Dragons, Bulldogs, Cougars wearing different colored T-shirts were among the 2,300 Soldier medics who came out to have fun and compete in the 232nd Medical Battalion semi-annual Commander's Cup Oct. 2.



Soldier medics competed in basketball, volleyball, ultimate football, litter relay, LMTV Pull, road march, Game 2 U Video, and madden football, a computer game.



Charlie Company "Cougars" dominated the football field and won first place in the ultimate football competition

A circle forms around dancers like Pvt. John Flores from Ocean Side, Calif., who demonstrates his skill at b-boying with other dancers.



A close competition, Alpha Company, "Gators," won first place in the volleyball competition.



Command Sgt. Maj. Marlo Montes (standing, left) and 232nd Med. Bn. Commander Lt. Col. Peter Lehning (standing, right) presents Bravo Company "Bulldogs" the overall Commander's Cup for the second time this year. Accepting is company commander Capt. Lovie Abraham and 1st Sgt. Bonnie Holtz.



A very tight race, Charlie Company "Cougars" won first place for the commander's cup. The LMTV pull decided the race when Company C has the opportunity to pull twice and won first place twice.



A variety of food was available for Soldiers to enjoy from roasted corn, funnel cakes and grilled shrimp. Soldiers who did not compete could enjoy a game of chess, dominoes, cards, ping pong, and horse shoes and an opportunity to dunk the battalion commander at the dunking booth.

Fort Sam Houston looks forward to Oktoberfest

By Dimice Perry
FMWR Marketing

In the spirit of the annual festival that started in Munich, Germany some 200 years ago, Fort Sam Houston's two-day Oktoberfest celebration brings the sounds of oompah bands with the traditional tastes of sauerkraut and pretzels onto Fort Sam Houston Oct.15-16.

The festival will feature Bavarian dancing, games and activities for kids of all ages, pony rides, a petting zoo, souvenir glassware and carnival rides. A root beer keg and an appearance by the SeaWorld Animal Team will entertain youth.

Country music star

Darryl Worley will perform Oct. 16 at 8:30 p.m. Other events include a car show, traditional live music, a pizza-eating contest, and a text-to-win campaign. In the evenings, a large inflatable screen will serve as a texting wall where comments, questions, or quotes can be seen as they appear online.

And, of course, there will be German beer in an authentic biergarten.

"It's real German beer," said Col. Mary Garr, 502nd Mission Support Group commander, who tapped the keg last year as part of the opening ceremonies and said she's looking forward to tapping it again this year.



Photo by Tiffany Boulez

O'zapft is!! (The keg is tapped!) Col. Mary Garr, taps the first keg at last year's Oktoberfest.

"Folks last year showed up in lederhosen and dirndls and we'd love to see that again. We're going to have a contest."

Garr explained that recognizing the rich cultural heritages in the area is important for Soldiers and Families and the Oktoberfest is a great

way to invite the public on post and experience the German culture that has influenced San Antonio and many other cities in Texas.

Oktoberfest is open to the public and includes free admission and parking. Visitors without a Department of Defense identification card enter through

four authorized gates: Walters Street gate off of I-35, Binz Engleman gate off of I-35, Wilson gate off of Broadway or the Harry Wurzbach gate off of Loop 410 and Harry Wurzbach Road. Everyone 16 and older must present a valid photo ID.

Current updates on Oktoberfest or any other Family and MWR events are available on Facebook and Twitter.

Text FORTSAM to 839863 or visit <http://www.FortSamHoustonMobile.com> to get text message updates. For more information on Oktoberfest call 221-0012 or visit <http://www.FortSamHoustonMWR.com>.

(L.A. Shively contributed to this story)

**Joint Base San Antonio
Fort Sam Houston Legal Assistance Program**
Legal assistance Services (Wills, Divorce, and other legal consultations) will be provided at 2270 Rattlesnake, temporary Building No. 2, off Wilson Street

Notary Services and Powers of Attorney - Monday-Friday 8 a.m.-4 p.m.

Appointments are available Mondays, Wednesdays and Fridays

Walk-ins open to all eligible clients - Tuesdays

Walk-ins for active duty in uniform only - Thursdays

Walk-in procedure: sign in between 8:30-10:30 a.m. and you will be seen by an attorney that day. Wills are only available by appointment only except for active duty in uniform. Tax services will be provided by appointment only.

Divorce Information Session - Tuesday 8-8:30 a.m.

Not sure which legal office you need to go to?

**Call for questions or appointments:
808-0169**

Appointments will be booked at this number.

Army adverse action advice will continue to be provided at Building 134. Call 221-2282/2353.

Directions:

From the Walters gate, turn left on Wilson Street, pass Jimmy Brought Fitness Center turn left into field with 502 Air Base Wing Headquarters gray temporary buildings. The legal office is the second building from the parking lot.

From the Wilson gate, proceed straight. Go through stop sign at N. New Braunfels, turn right into field with 502 ABW Headquarters gray temporary buildings. The legal office is the second building from the parking lot.

3 X 3

October is Domestic Abuse Prevention Awareness Month

By Cheryl Harrison
ACS Marketing

The Domestic Abuse Prevention Awareness Month opening ceremony at Army Community Service Oct. 1 began with the proclamation reading by Col. Robert Bridgford, 502nd Air Base Wing vice commander, stating that “members of all service branches, who hope to end the occurrence of domestic violence should participate in prevention and awareness efforts, to cultivate healthy relationships, both in our community and society as a whole.”

Guest speaker Maj. Gen. Perry Wiggins, deputy commanding general, U.S. Army North, said, “The 2010 campaign will focus on the power of the bystander. The bystander can prevent and end domestic abuse. Preventing domestic abuse is everyone’s responsibility.”

“Our Families are important. And the pres-

ence of violence and abuse not only hurts women and men, but also the children who carry those scars. Domestic violence transcends all genders, social economic and educational boundaries,” said retired Air Force Maj. Gen. Susan Pamerleau.

Concluding the agenda, Chaplain George Hamill, Family Life chaplain, led the audience in prayer and a candlelight vigil saying, “We see, we are aware and we won’t turn away, but we will act to prevent violence.”

“The crisis hotline is available 24/7 for victims of domestic abuse needing assistance,” said LaShonda Bogan, a victim advocate.

During October, classes, events and programs are held to educate troops, Family members and commanders on domestic abuse issues. Call 221-0349 for more information. Call the crisis hotline at 722-4920.



Photo by Cheryl Harrison

An unidentified Army Soldier holds his candle high during the vigil.

FSH implements new child care fees in accordance with DoD policy

By Dimice Perry
FMWR Marketing

On Oct. 1, the U.S. Army launched the Fee Policy for School Year 2010/2011, as required by the recently released Department of Defense Child Care Fee Policy.

Although there hasn't been a change in the DoD child care fees since 2005, inflation and salary growth in the past five years, as well as the increased cost of providing care, are driving this change.

"With the Army Family Covenant and other operational tempo issues over the last few years, a lot of the rates have crept up on the lower end of the scale," explained Col. Mary Garr, 502nd Mission Support

Group commander.

"With Joint Base San Antonio, Lackland and Randolph have been at the higher end of the rate fee changes. We've been at the low end so they want us to standardize across the board," Garr said.

But Fort Sam Houston parents have a support system to help them. The Army subsidizes every patron, regardless of rank or income. By law, child care fees are based on total family income, not military rank or civilian grade.

TFI includes basic pays, many special pays, bonuses and housing allowances. It does not, however, count in Family separation allowance, hardship pay, imminent danger pay, clothing

allowance, cost of living allowance received in high cost living areas, alimony and child support, temporary duty allowances or reimbursements for educational expense.

Changes include three new TFI categories to further stratify the income ranges. Although most Families may see an increase in their fees, some will have no change.

Families who refuse to show proof of income will be charged the Category 9, or highest income level, fees. Commanders will maintain the authority to grant hardship waivers to Families on a case-by-case basis.

Each installation is responsible for implementing the current fee

schedules with the goal that all Child Care Facilities will have the same fee structure, adjusted for cost of living for the area. As a joint base, Fort Sam Houston is in compliance as of Oct. 1.

CYS Services is a National Association for the Education of Young Children Accredited program. CYS Services maintains hospital cleanliness standards and each facility is subject to scheduled and surprise health and safety inspections.

Fifty-two percent of CYS Services staff have an associate's degree or higher in child development. In addition to the 18 months of training for certification that providers receive, they are all required to attend

yearly training to maintain their knowledge base and skills.

Beyond basic certification, there are 13 additional training modules providers take including: food handlers, child abuse prevention and identification, medication dispensing, hazmat, special needs training and redirection training.

"I've been very satisfied with the services of CYS. Whatever the increases in fees, it will be worth it because the services are excellent," said Urenena Horton, a CYS services mom. "Even when I was having financial difficulties, they were always willing to work with me and provide hardship waivers.

"I've seen how they work with my children -

on their level, whatever it is," Horton added. "It's important to have professionals observing our children and guiding them at their individual levels."

"When you factor in all the professionalism, the state of the art equipment and low ratio of child to caregiver, Military Child Care patrons still get the most for their money," said Brenda Berry, chief of CYS Services.

"You don't always find that off post. They do exist and if people choose to use the off-post services, we've got programs such as the 'In Your Neighborhood' that will allow us to help support our parents with finding

See CYS P20

**NOTICE OF PUBLIC MEETING TO DISCUSS
FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT'S
State Financial Accountability Rating**

Fort Sam Houston Independent School District will hold a public meeting on Oct. 28 at 11 a.m. in the Professional Development Center at 1908 Winans Rd.

The purpose of this meeting is to discuss the Fort Sam Houston Independent School District's Superior Achievement Rating on the state's financial accountability system.

COLE HONORS STUDENTS OF THE MONTH



Courtesy photo

Each month Cole Middle and High School recognize one student from each grade level for his or her outstanding attitude, citizenship, and overall contribution to the schools. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The recipients for September are (back row, from left) Joel Castro, ninth grade; Moses Villescas, 11th grade; Ryan Wiersma, 12th grade; Genesis King, sixth grade; Olivia Oliver, eighth grade; Morgan Oliver, 10th grade; and Hannah Wafford, seventh grade.

**FORT SAM HOUSTON
INDEPENDENT SCHOOL DISTRICT
WEEKLY CAMPUS ACTIVITIES OCT. 11-16**

**Fort Sam Houston Elementary
School**

National School Lunch Week

Oct. 11

School holiday/teacher staff development day

Oct. 13

Hispanic Heritage Luncheon – join your child for lunch as we honor and celebrate Hispanic Heritage Month

Oct. 14

Cougar Connections: Hands on English as a Second Language (ESL) Fun, 11:30 a.m.-noon

Oct. 15

Spirit day

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

Oct. 11

School holiday/teacher staff development day

Oct. 12

Principal's Corner and Parent 2 Parent presentation in high school conference room -Topic: Your Course for High School, 3 p.m.
JV/V Volleyball at Brooks, 5 and 6:30 p.m.

Oct. 13

12th grade ASVAB testing
10th and 11th grades PSAT testing

Oct. 14

JV Football at Natalia, 6 p.m.

Oct. 15

Varsity Football vs. Natalia at Cole, 7:30 p.m.

Oct. 16

Cheer Team breakfast fundraiser at Applebee's, 8-10:30 a.m.
Fall play rehearsal Moseley gym, 1-3 p.m.
Cross Country at Sequin Starcke Park, TBA

CYS from P19

accredited programs and help to balance out the cost if needed," Garr said.

"Fees [on post] are still much less expensive than a neighborhood baby sitter who may have little to no training or a private day care off post," Barry said.

Visit the Parent Central at <http://www.FortSamHoustonMWR.com> for more information and a detailed fee schedule or <http://www.armyonesource.com>. Click on the "Army OneSource" button in the right navigation pane and visit the Child, Youth & School Services tab to post questions.

(L.A. Shively contributed to this story)



Announcements

ASMC Scholarship Award

American Society of Military Comptrollers Alamo City Chapter will participate in the Bexar County Scholarship Clearing House to award two \$500 scholarships to eligible high school seniors. Students must be in the top 25 percent of their class, be a dependent of an active or retired DoD employee and plan to pursue a degree in a financial management discipline. Applications are available from the student's high school counselor. The deadline is Nov. 15. Call 659-6242.

Hispanic Heritage Events

JBSA 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.

Calendar of Events

OCT. 9

Jimmy Fortune

Free concert, 7 p.m. at Village Parkway Baptist Church, 8400 Culebra Rd. Seating is limited - doors open at 6 p.m. Visit <http://www.vpbc.net> for information.

OCT. 16

Jackson Nature Park Walk

The Fort Sam Houston Texas Wanderers volksmarch club will host a 5k and 10k walk starting at the Jackson Nature Park, 9284 CR-401, Stockdale, Texas. Walks start between 8 a.m. and noon, finish by 3 p.m. Pets are not allowed in the park. Call 658-2160 or visit <http://www.walktx.org/TexasWanderers>.

OCT. 17

Canine Cookout

Austin Boxer Rescue - San Antonio Chapter will host a Canine Cookout 10 a.m.-2 p.m. at McAllister Dog Park. Visit <http://www.austinboxerrescue.com>.

OCT. 21

American Society of Military Comptrollers

The ASMC Alamo Chapter will hold a luncheon 11 a.m.-1 p.m. at the Kendrick Club, Randolph Air Force Base. Topic is "Visual Thinking." Reserve by Oct. 19, call 652-4408.

OCT. 24

BOOtanica! Fall Festival

The San Antonio Botanical Garden will hold the BOOtanica! Fall Festival 9 a.m.-5 p.m. Plant sale, 9 a.m.-4 p.m., entertainment and a variety of activities for the family. There is a \$2 discount on admission to the garden that day. Call 829-5100.

OCT. 28-29

Breast Health Summit

The summit will be held at the United Way, 50 Waugh Drive in Houston. The summit is open to anyone with an interest in breast health: physicians, health care providers, health educators and survivors. To register, visit <http://www.breast-healthcollaborativeoftexas.org>.

OCT. 30

Suicide Prevention Walk

An Out of the Darkness Community Walk will be held at Eisenhower Park, 19399 N.W. Military Hwy. There will be a program beginning at 9 a.m. followed by a three mile walk at 10 a.m. Register online at <http://www.outofthedarkness.org>.

Heritage Museum's 3rd Annual Show & Tell

The event is 10 a.m.-4 p.m. at the actual Paleo Indian Archeological Site, 2015 Stockdale Hwy, in Seguin. The Seguin Heritage Museum, 114 N. River St., will be open 11 a.m.-4 p.m. for a special viewing of the artifacts recovered from the site. Admission to the museum is free. Call 830-372-0965.

NOV. 2-4

CBRN Course

The Chemical, Biological, Radiological/Nuclear course will be conducted at the AMSUS 116th annual meeting Nov. 2-4 at the Phoenix Convention Center, Room 127C, 100 North Third Street,

REMINDER CALENDAR

-
- Oct. 8** Movie Night, "Knight & Day," 8 p.m., Post Flagpole
 - Oct. 9** Movie Night, "Night at the Museum 2: Battle of the Smithsonian," 8 p.m., Dodd Field
 - Oct. 11** Columbus Day
 - Oct. 12** Network Enterprise Center Transfer of Authority Ceremony, 1 p.m., Building 407
 - Oct. 15-16** Fort Sam Houston Oktoberfest
 - Oct. 16** Rambler 120 Team Challenge, 6:15 a.m., Randolph Recreation Area, Canyon Lake
 - Oct. 21** Primary Care Clinic Ribbon Cutting Ceremony, 9:30 a.m.
 - Oct. 22-23** Child, Youth & School Services Haunted House, 6-10 p.m., Youth Center

Phoenix, Ariz. This course is an abbreviated version of a five-day course offered at the U.S. Army Medical Research Institute of Chemical Defense at the Edgewood Area of Aberdeen Proving Ground in Maryland. Military and civilian health care providers, hospital administra-

tors, and municipal disaster-response elements should find this course particularly relevant. To register, visit https://ccc.apgea.army.mil/courses/In_house/amsus_Reg_form.pdf. For more information, call DSN 584-2230/3393 or 410-436-2230/3393.



Announcements

Notice to AMEX users

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

Heroes' Tree Celebration

The Keith A. Campbell Memorial Library is hosting a Heroes' Tree Celebration, Oct. 12-Nov. 16 to recognize the significance of the selfless service of all service members. The Celebrate Our Heroes opening ceremony is Oct. 12 at 3 p.m. Participants may place an ornament on the tree or bring a photo with a brief story on their hero. Photos cannot be larger than 3 x 3 inches. Call 221-4387.

Single Soldiers Survey

The Better Opportunities for Single Soldiers program would like to know your thoughts on how to improve your quality of life, give

back to the community and provide the best recreation and leisure activities. Log onto <http://www.boss.armymwr.com> and share your thoughts. Survey closes Nov. 30.

CY&SS Haunted House

Child, Youth & School Services will host a haunted house Oct. 22, 23, 29 and 30 from 6-10 p.m. at the Youth Center, Building 1630A on Watkins Road. For children under 6 years old and for those who like things a little less spooky, we will have a Casper's Fun House. Cost is \$3/adults, \$2 children ages 6-18 and \$1/children 6 and under. Volunteers are needed for set up, room design and character roles. Call 221-3502.

Microsoft Office

Class will not be held Oct. 12, 13, and 14.

Oct. 19 – Word Level 1

Oct. 20 – Excel Level 1

Oct. 21 – PowerPoint Level 1

Oct. 26 – Word Level 2

Oct. 27 – Excel Level 2

Oct. 28 – PowerPoint Level 2

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. 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. 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 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.

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.

Caregivers Appreciation

In recognition of National Caregivers Month, Armed Forces Recreation Centers are giving a lucky caregiver a year of free house cleaning. Nominate a caregiver through Oct. 24 to win this and other great prizes. Visit <http://www.armymwr.com/travel/recreationcenters>.

Calendar of Events

Oct. 7

Mandatory Initial First Termer Financial Readiness

The class is 10 a.m.-noon, at ACS, Building 2797. Call 221-1612.

Infant Massage

The class is 10-11:30 a.m. at Dodd Field Chapel. Call 221-0349.

Oct. 10

EFMP field trip to Sea World

The Exceptional Family Member Program will host a field trip to Sea World San Antonio Oct. 10. Entrance is free for EFMP member and three sponsored Family members. Families must be enrolled in EFMP to participate. Meet at the Sea World front gate between noon-12:30 p.m. Registration is mandatory to attend, call ACS EFMP at 221-2418/0285.

Oct. 12

Using Credit Wisely

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

B.E.A.M.S.

A new Building Effective Anger Management Skills series begins Oct. 12, 5:30-7 p.m. at the Red Cross, Building 2650. This class is a six-part series held each Tuesdays and Thursdays. Call 221-0349/2418.

Lunch and Learn

Family Advocacy Program for Domestic Abuse Prevention/Awareness month will present a lunch and learn film entitled "Amy's Story," 11:30-2 p.m. at the Red Cross, Building 2650. Call 221-0349.

Oct. 13

FAP Commander/Senior Leader Training

The training is 8-10 a.m. at ACS, Building 2797. This training is in accordance with AR 608-18 and is required for commanders and first sergeants within 45 days following assumption of command also fulfills the annual commander refresher training. Call 221-0349/2418.

Immigration Services

Relocation Readiness Program will offer immigration services, noon-2 p.m. at ACS, Building 2797.

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 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.

Call 221-2418/2705.

Bringing Baby Home

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

Mandatory Initial First Termer Financial Readiness

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

Battlemind Pre-Training for Families

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

Religious Briefs

Living by Faith

Living by Faith, a midweek study group, meets Wednesdays at Dodd Field Chapel. Dinner is provided and served at 5:30 p.m., followed by a variety of classes for all age groups. Classes include topics on marriage, being single, Catholic life and Financial Peace University. Financial Peace is a 12-week video-based personal money-management training program taught by Dave Ramsey on

DVD, followed by small group discussion. Call 221-5006.

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.

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. 8

Lunch – 11 a.m. to 1 p.m.

Pork chops with gravy, fried fish, beef lasagna, macaroni and cheese, mashed potatoes, broccoli, cauliflower parmesan, collard greens

Dinner – 5 to 7 p.m.

Barbecued chicken, ginger pot roast, baked chicken, cheese tortellini, harvest wild and brown rice, au gratin potatoes, stewed tomatoes, carrots, broccoli

Saturday – Oct. 9

Lunch – noon to 1:30 p.m.

Spaghetti with meat sauce, grilled ham steaks, oven-fried fish, broccoli-cheese-rice casserole, spaghetti noodles, red beans and rice, sweet potatoes, broccoli sweet potatoes, Brussels sprouts, mixed vegetables

Dinner – 5 to 6:30 p.m.

Grilled tuna patties, barbecued beef

cubes, cheese manicotti, parsley-buttered noodles, fried rice, cauliflower, corn

Sunday – Oct. 10

Lunch – noon to 1:30 p.m.

Caribbean baked chicken, stuffed cabbage rolls, hot Italian sausages, cheese tortellini, baked chicken, brown rice, garlic-herb potato wedges, baked potatoes, peas with mushrooms, broccoli, carrots, green bean combo

Dinner – 5 to 6:30 p.m.

Chicken Alfredo, roast pork loin, mushroom quiche, Aztec red beans and rice, parsley-buttered potatoes, baked potato halves, collard greens, carrots, corn

Monday – Oct. 11

Columbus Day

Lunch – noon to 1:30 p.m.

Roast turkey, meatballs with brown gravy, spaghetti vegetable quiche, wild rice, mashed potatoes, corn, French-style green beans, cauliflower, collard greens

Dinner – 5 to 7 p.m.

Swiss steak with brown gravy, Cantonese spareribs, vegetable lasagna, scalloped potatoes, fried rice, brown rice, asparagus, Creole summer squash

Tuesday – Oct. 12

Lunch – 11 a.m. to 1 p.m.

Southern fried fish, lemon chicken, Cajun meat loaf, broccoli-cheese-rice casserole, scalloped potatoes, red beans and rice, black-eyed peas with okra and tomatoes, corn, cauliflower, broccoli

Dinner – 5 to 7 p.m.

Chicken cacciatore, cheese manicotti, charbroiled meatballs with brown gravy, barbecued ham steaks, baked fish, O'Brien potatoes, rice pilaf, baked potatoes, glazed carrots, green beans, spinach

Wednesday – Oct. 13

Lunch – 11 a.m. to 1 p.m.

Chicken tetrazzini, rosemary roast pork loin, beef lasagna, cheese ravioli, parsley red potatoes, brown rice with asparagus, green beans, club

spinach, cauliflower combo

Dinner – 5 to 7 p.m.

Beef yakisoba, Italian Salisbury steaks, lemon-herb chicken, baked chicken, cheese and egg noodle casserole, oven glo potatoes, baked sweet potatoes, broccoli, succotash, mixed vegetables

Thursday – Oct. 14

Lunch – 11 a.m. to 1 p.m.

Caribbean jerk chicken, Cantonese spareribs, beef stir-fry, potato frittata, steamed rice, fried rice, cottage fried potatoes, Chinese fried cabbage, yellow and zucchini squash, peas with onions and mushrooms

Dinner – 5 to 7 p.m.

Chicken chow mein, breaded pork fritters, spaghetti with meat sauce, cheese ravioli, baked fish, steamed rice, au gratin potatoes, cauliflower combo, mixed vegetables, zucchini squash

Menus are subject to change without notice



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Collective Protestant

11 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays

12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays

9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided

6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoan Protestant Service:

8:30 a.m. - Sundays

Web site: <http://www.samhouston.army.mil/chaplain>

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - Sundays

Protestant Services:

10 a.m. - Worship Service - Sundays

Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays

6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays

Contemporary Protestant Service: 9:30 a.m. and 11:01 a.m. - Sundays

Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

Church of Jesus Christ of Latter Day Saints:

8:30 a.m. - Sundays



For Sale: Solid wood pecan coffee table and two end tables, \$135 set; pecan rocking chair, six spindles, refinished, \$95; two twin beds with

mattress and box spring, \$135 each or \$250 for both; six cushion sofa, early American wood, steel frame, seats three, \$165; white spindle crib, no mattress, not on recall list, \$45. Call 655-7417.

For Sale: 2008 Itasca Navion Class C motor home, 9,200 miles, like new, \$68,000. For details and photos, call 437-0042.

For Sale: 2005 Chrysler Town and Country LX, 31K original miles, V-6, automatic, stow and go seats, power

everything, temperature and compass, navigation system, less than 500 miles on new tires. \$8,000 obo. Call 630-3936.

For Sale: Safety First red and pink apple travel system car seat and stroller, new in box, \$100; Haynes auto repair manuals for Toyota pickups ('79-'95) and 4Runners ('84-'95), GM Chevy Cavalier and Pontiac Sunfire ('95-'04), \$7 each. Call 248-4937.

For Sale: Small- to medium-size dog

carrier, \$15; 30-volume Encyclopedia Britannica with shelf, \$45; 54-volume set of "Great Books of the Western World" with shelf, \$59; four drawer large mahogany desk, 19 inches wide by 58 inches long by 32 inches high, \$39. Call 733-0200 (daytime) or 490-3048 (evenings).

For Sale: Heavy metal folding cart, excellent condition, used twice; \$175; men's bowling ball, \$5; Smith Corona typewriter, problem with return and index, \$50. Call 656-7840.