



**OKTOBERFEST**  
 OCT. 16  
 6-11 p.m.  
 OCT. 17  
 10 a.m.-5 p.m.  
 at BG Johnson  
 Track  
 Free admission and parking



(From left) Brenda Berry, director, Child and Youth Services; Vincent Allen, director, Teen Center; Angelica Stewart, representing the middle school; Joseph Kauffman, representing the high school; Col. Mary Garr, commander, U.S. Army Garrison; Paul Matthews, director, Family and Morale, Welfare and Recreation; Kevin Parikh, Lakeshore Engineering Services; and Sgt. Seth Sutherland, Headquarters and Headquarters Company, USAG, cut the ribbon Oct. 7 officially opening the new center for middle and high school teenagers. The new teen center, for eligible youth grades six through 12, will provide age appropriate programs and services.

## FSH Teen Center officially opens

Story and photos by Esther Garcia  
 Fort Sam Houston Public Affairs

A ribbon cutting ceremony held Oct. 7 officially opened the Child and Youth Services Teen Center at Fort Sam Houston.

The ceremony began with the National Anthem followed by an invocation delivered by

Col. Karl Kuckhahn, installation chaplain.

Col. Mary Garr, commander, U.S. Army Garrison; Paul Matthews, director, Family and Morale, Welfare and Recreation; Brenda Berry, director, Child and Youth Services; Vincent Allen, director, Teen Center; Kevin Parikh,

See TEEN CENTER P13

## Brigade anticipates move into new building

By Spc. Natalie Sampson  
 470th Military Intelligence Brigade  
 Public Affairs

As Building 1070 nears completion, the 470th Military Intelligence Brigade anticipates relocating Soldiers and civilians into the new structure on Stanley Road.

Currently the brigade's primary elements are operating from Building 1000,

headquarters for U.S. Army South personnel.

The 470th MIB Command Group with Headquarters and Headquarters Detachment are scheduled to move into the fourth floor late December and early January followed by non-deployed units.

On the third floor will be the 401st MIB, the second

See BUILDING 1070 P9



Photo by Gregory Ripps

Building 1070 nears completion at its location behind Building 1000.

## TxDOT to demolish the existing Walters Street Bridge

The Texas Department of Transportation will issue a full lane closure in both directions for IH-35 between New

Braunfels Avenue to AT&T Parkway in order to demolish the remaining bridge at Walters Street. This closure is

tentatively scheduled for Oct. 16, beginning at 11 p.m. and will be completed Oct. 19, at 5 a.m.

A full closure is necessary in order to protect the traveling public and allow for equipment and materials for the demoli-

tion of the existing bridge. Because of the IH-35 clo-

See WALTERS BRIDGE P4

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# Understanding the link between stress, depression

By Lisa Young

Health Educator  
U.S. Army Center for Health  
Promotion and Preventive  
Medicine

October is designated as National Depression Education and Awareness Month. The Army views this observance as an opportunity to increase awareness of signs and symptoms of depression, treatment and behavioral health resources available to Soldiers, Family members and civilians.

The relationship between stressful situations, the mind and body's reaction to pressure, and clinical depression is complex. Associated with an imbalance of chemicals in the brain that carry communications between nerve cells that control mood and other body systems, clinical depression is defined as a period of sadness that affects an individual's ability to work, sleep, eat and enjoy once-pleasurable activities.

A stressful event is more likely to come before a first depressive episode. Life experiences, medication, rigid thinking patterns, lack of sunlight, personality traits and genetic factors influence clinical depression which may develop after the death of a loved one, loss of a job, end of a relationship or physical illness. Stress can also occur after a positive event such as getting married, moving to a new city or starting a new job.

For those who struggle with chronic depression, the effects of stress may be more complicated. The "kindling effect" theory proposes initial depressive episodes spark changes in the brain's chemistry making it more prone to future depression, just as kindling sparks the flames of a campfire. In other words, early episodes of depression make a person more sensitive, so that even small stressors may lead toward later depressive episodes.

Depression may also

result from chronic stress due to juggling multiple roles at home and work, major changes in lifestyle or finances, deployment issues, or children leaving home.

If a person is under continuous stress, a single difficult event may be more likely to induce a depressive episode. Researchers theorize that when people experience chronic or repeated stressful events, they learn to feel helpless. This feeling of helplessness is strengthened when a person believes

he or she has no control over the stressful situation. When a depressed mood persists for several months and interferes with everyday living, it is likely a sign of serious depression that requires treatment.

With appropriate

treatment, many people can experience improvement in a relatively short period of time and are able to function fully and control the chance of recurrence. Treatment can include medication

See STRESS P14

### Thought of the Week

The more science learns what life is, the more reluctant scientists are to define it. — Leila M. Coyne

(Source: Bits & Pieces, September 2009)

### Weekly Weather Watch

	Oct. 15	Oct. 16	Oct. 17	Oct. 18	Oct. 19	Oct. 20
San Antonio	 <b>90°</b> Chance of Rain	 <b>81°</b> Clear	 <b>76°</b> Clear	 <b>74°</b> Partly Cloudy	 <b>76°</b> Partly Cloudy	 <b>81°</b> Chance of Rain
Kabul Afghanistan	 <b>71°</b> Clear	 <b>69°</b> Partly Cloudy	 <b>68°</b> Scattered Showers	 <b>66°</b> Clear	 <b>66°</b> Scattered Showers	 <b>64°</b> Partly Cloudy
Baghdad Iraq	 <b>96°</b> Scattered Showers	 <b>98°</b> Scattered Showers	 <b>98°</b> Clear	 <b>98°</b> Clear	 <b>98°</b> Clear	 <b>96°</b> Clear

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

## News Briefs

### EEO office has new hours

The Equal Employment Opportunity office has established new hours of operation Monday through Thursday 9 a.m.-3 p.m. for walk-ins and by appointment, and Friday 9 a.m.-3 p.m. by appointment only. Appointments are encouraged, call 221-0218.

### Visual Information work requests

All work requests for Visual Information services and products must be completed online using the Visual Information Ordering Site at [www.vios-west.army.mil](http://www.vios-west.army.mil). The system allows customers to submit DA and command graphics, photography, and video and audio equipment loan requests online. Login requires a Common Access Card and current Army Knowledge Online account. For more information, call 221-5453.

### Hispanic Heritage Month celebration

"Embracing the Fierce Urgency of Now" extravaganza Oct. 15, 10 a.m.-1:30 p.m. at the Jimmy Brought Fitness Center. Event includes dancers, vendors, food tasting and Latino band. For more information call 295-6295/0561.

### BAMC Flu Vaccines

Brooke Army Medical Center will provide flu vaccines to beneficiaries 18 years and older, Oct. 16, 27, 9 a.m.-4:30 p.m. at Army Community Service, Building 2797. The flu vaccine will also be offered Oct. 28 and 30 from 9 a.m.-4:30 p.m. for beneficiaries 5-years-old and above. The flu vaccine will be offered Nov. 13 and 24 for beneficiaries ages 18 years and up, and Nov. 20 for 5-years-old and up, and to retirees only at Retiree Appreciation Day, Nov. 7 at Willis Hall, Building 2840. All beneficiaries may receive their flu vaccine in their enrolled clinic or the BAMC allergy and immunization clinic beginning Dec. 2, during usual clinic immunization walk-in hours. For a complete list of clinic walk-in times and information on the flu fair dates, visit [www.sammc.amedd.army.mil](http://www.sammc.amedd.army.mil) or check with the BAMC information desks, at either side of the main entrances.

### National Disability Awareness Month Events

U.S. Army South will host a National Disability Awareness Month program Oct. 20, 1-2 p.m. at Army Community Service, Building 2797. Guest speaker is Honorable L. Tammy Duckworth, assistant secretary

# Breast Cancer Awareness luncheon honors survivors, brings hope for future

*Close your eyes and count, "1,001, 1,002, 1,003." Every three seconds a woman is diagnosed with breast cancer somewhere in the world.*

Story and photos by Lori Newman  
Fort Sam Houston Public Affairs



Breast cancer survivors lit candles during the Breast Cancer Awareness Luncheon Oct. 9 at the San Antonio Country Club.

The 10th annual Breast Cancer Awareness Luncheon, Oct. 9 at the San Antonio

Country Club, was attended by many breast cancer survivors who advocated early detection.

"Women, 40 and older, should get a routine mammogram once a year. The lifetime

risk for women is one-in-eight and as we get older our risk increases," said Mary Jimenez, emcee and member of the Breast Cancer Awareness Committee.

Keynote speaker for the event, Dr. Maria Theodoulou, attending physician at the Breast Cancer Medicine Service at Memorial Sloan-Kettering Cancer Center and professor at Cornell University, said she became fascinated with breast cancer as an intern because of its diversity in presentation.

See BREAST CANCER P8

## Flu season starting early this year

The 2009 flu season is upon us. What makes this year different than the past is there is widespread flu activity with the addition of the novel H1N1 (or "swine" flu). Paula Gray, Epidemiology and Disease Surveillance, Department of Preventive Medicine at Brooke Army Medical Center said "since I have been at BAMC, I have never seen such an early volume of flu."

This year the Center for Disease Control reports that the majority of confirmed cases are caused by the novel H1N1. However, the H1N1 virus is no more dangerous than regular flu, and experts agree that most infected people will recover from the seasonal flu or the 2009 novel H1N1 within days, without medical treatment. Prevention is still the key for contracting either. People can stop the spread of swine

flu in the same way as seasonal flu:

- Wash your hands frequently
- Use an alcohol based hand sanitizer
- Cover your nose or mouth when you sneeze or cough
- Avoid contact with those who are sick and wear a mask if you are sick
- Get the seasonal and swine flu vaccines

If someone does experience flu symptoms, they should remain home and away from others and take fever-reducing medications such as Tylenol. They should not return to work or school until temperature has returned to normal for at least 24 hours without medication. The local medical and public health communities are also trying to encourage individuals to manage their illness at home to minimize the impact on healthcare services.

According to Dr. Catherine Sauri, M.D., chief, BAMC Family Medicine, "people are being told they cannot return to work without seeing their doctor when they really are not sick enough to require a visit and just need a note. We encourage our patients with mild flu symptoms to stay home and not go out in public and spread the flu to others. They can call our clinic and receive a note back to work or school without being seen."

The public seems to be getting the message. Elena Olmo Rivera, a BAMC FMS enrollee, has already received her seasonal flu shot and her two-year old granddaughter is scheduled for hers next week. Rivera carries hand sanitizer with her and watches the news to get the latest information on the flu. She said "I am still learning about H1N1, but I am doing every-

thing I can to prevent my family from getting sick. If we do, we know how to take care of ourselves at home. I think there is a lot of good information out there, and the stores are also helping to advertise prevention by putting hand sanitizer at the front checkouts."

Dr. Sara Pastoor, M.D., chief of the Department of Family and Community Medicine at BAMC, summed it up, "Hey, flu happens."

"The important thing to know is that in the majority of cases, it amounts to nothing more than a few days of misery," said Pastoor. "Most people don't even need health care or medicines other than over the counter symptom relievers; wash your hands, cover your cough, get vaccinated, and if you get sick, stay home and try not to share it with your neighbors and friends."

(Source: Health Promotion and Education, BAMC)

# ARNORTH, JTFs showcase capabilities during annual AUSA convention

Story and photos by Sgt. Joshua Ford  
U.S. Army North Public Affairs Office

U.S. Army North, Joint Task Force North and Joint Task Force Civil Support partnered at the Army North display booth, joining more than 500 Army and Industry exhibitors in the annual Association of the Army Exposition Oct. 5-7 at the Walter E. Washington Convention Center in Washington D.C.

More than 30,000 people, including senior military and political leaders, attended the conference to learn more about what the Army is doing as well as take advantage of opportunities to talk about their organizations' missions and capabilities.

Army North serves as the Joint Force Land Component Command and the Army Service Component Command to U.S. Northern Command and conducts Homeland Defense, Civil Support operations and Theater Security Cooperation activities in order to protect the American people and way of life.

"Our purpose at AUSA is to advertise the capabilities and mission of Army North," said Command Sgt. Maj. Nieves, senior enlisted leader for Army North.

"I've seen people walk up with questions and walk away with a good understanding as to what ARNORTH, JTF-CS and JTF-N do," said Lt. Col.



Sgt. 1st Class Ray Meline, a communications noncommissioned officer for U.S. Army North's Region VIII Defense Coordinating Element, briefs an Association of the United States Army Exposition participant on the capabilities of an emergency response vehicle at the Army North display booth Oct. 5 at the Walter E. Washington Convention Center.

Kim Chaney, deputy chief of personnel, Army North.

"JTF-CS is relatively unknown so people ask a lot of questions," said Marine Maj. Velveth Lee, exercise division chief.

"Before, I knew all about ARNORTH and NORTHCOM, said B.J. Talley, director for communications at ITT Systems. "But, really seeing it broken out into the two joint task forces and seeing how



U.S. Army North, Joint Task Force Civil Support and Joint Task Force North were all represented under one exhibit at the Association of the United States Army Exposition Oct. 5-7. More than 500 military and industry organizations set up booths at the professional development event.

they function gives you a better idea of what exactly they do. I am excited to see the interaction with the civilian agencies. I think that seems to be a growing mission for the military and I look forward to seeing it evolve."

Army North also used its presence at the convention as a recruiting opportunity for military and civilian personnel.

"We have application handouts and have people interested in working for the command sign a sheet so we can provide info on job openings when they are posted," said Lt. Col. Kim Chaney, deputy chief of personnel, Army North.

"Last year we had 50 personnel receive the job-opening emails and had good feedback."



Walters Street Bridge, illustration courtesy TxDOT

## WALTERS from P1

sure this weekend, it is recommended that all visitors to the Fort Sam Houston Oktoberfest use alternate gates to access the installation such as Wilson, Binz Engleman and the Harry Wurzbach – East Gates. Frontage roads on both sides of IH-35 at Walters will be extremely slow due to the heavy traffic increase.

The southbound entrance ramp from AT&T Parkway and the southbound exit ramp to New Braunfels Street will be closed as well as the northbound entrance ramp from New Braunfels Street. Southbound motorists will detour at Walters to the frontage road, cross Walters and enter IH-35 past Walters Street.

All northbound motorists will detour at

Walters to the frontage road, cross the Walters intersection and enter on the next available ramp past Walters Street.

TxDOT reminds motorists to drive cautiously through the construction zone. For more information call 615-5932.

*(Source: Texas Department of Transportation)*

**NEWS BRIEFS from P3**

for Public and Intergovernmental Affairs, Department of Veterans Affairs. The Brooke Army Medical Center, Equal Opportunity program will host a National Disability Awareness Month event Oct. 22 from 12-1 p.m. in the BAMC Auditorium.

**100th Anniversary of the Gift Chapel**

A ceremony will be held to rededicate the Gift Chapel Oct. 20 at 10 a.m. in front of the chapel, Building 2200 located on Wilson Road.

**Army Family Action Plan Conference**

The Army Family Action Plan Conference will be held Oct. 21-23, 8 a.m.-5 p.m., at the Sam Houston Club. Stop by and watch the process of issues identification and prioritization. For more information, call 221-2611.

**Fright Night Gazebo Concert**

The Army Medical Command Band Fright Night concert, Oct. 25, 6 p.m. at the gazebo on Staff Post Road. Host for the event is Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School. Concert is free and open to the public.

**Quadrangle closure**

The Fort Sam Houston Quadrangle will be closed Nov. 1-14 to support the U.S. Army North Vigilant Shield exercise.

# Silent Victims: How domestic abuse affects children

**By Sonia Greer**  
Family Advocacy Program  
Educator

Under a definition developed by the Department of Defense, domestic abuse involves a range of different acts by an abuser directed against a person of the opposite sex who is a current or former spouse of the abuser, a person with whom the abuser shares a child in common, or a current or former intimate partner of the abuser with whom the abuser shares or has shared a home. It includes the use, attempted use, or threatened use of force or violence against the victim, threatening to hurt or kill the victim, or using any type of physical force against the victim.

According to recent research, 15.5 million children live in households where domestic abuse has occurred within the past year. These startling statistics further support that military Families who experienced domestic abuse have a higher correlation between child and domestic abuse. Children who experience abuse lack the positive parent and child interaction that fosters feelings of attachment, empathy, expectations and self-worth.

Although children may not always be victims of physical violence, it is important to recognize the emotional and psychological abuse involved and the sustaining effects of domestic abuse.

Studies indicate that

such exposure to domestic abuse may have serious negative effects on children's physical, emotional, social and cognitive development.

Even in the earliest stages of an infant and toddler's life, research shows there are clear associations between exposure to violence, and emotional and behavioral problems. Infants and toddlers who witness domestic abuse, tend to show excessive irritability, sleep disturbances, emotional distress, fears of being alone, and regression in toileting and language.

From generation to generation, domestic abuse has been prevalent worldwide. With educa-



Pinwheels are a symbol of innocence and a reminder of child abuse awareness.

Photo by  
Air Force Senior  
Airman Joanna  
Kresge

tion and support through the Army Community Service Family Advocacy Program, help is available to military Families in an effort to close the generational gap in regards to children and the impact of domestic abuse. For both parent and child involved, there is much healing and nurturing needed. FAP serves to promote the growth and

development of positive qualities and characteristics thru supportive services which include Preventative Education, Victim Advocacy, and New Parent Support Programs.

To schedule an appointment or for more information about services offered, call the Family Advocacy Program at 221-0349.

# Motorcyclists rally 'cross two states for wounded warriors

By Phil Reidinger

Fort Sam Houston Public Affairs

Motorcycles roared through Fort Sam Houston's Binz-Engleman gate when 68 riders representing 18 chapters from New Mexico delivered toothpaste, shampoo, deodorant, and clothing items including sweats, tennis shoes, and children's games and puzzles during their fourth annual visit Oct. 8 to the Warrior and Family Support Center.

Riders also donated items to Fort Sam Houston and Lackland Air force Base Fisher Houses.

Aaron Dean, president of the New Mexico American Legion Riders and ride coordinator, said the group will begin organizing next year's visit beginning Oct. 24.

"We have a committee comprised of members of each chapter," he said, adding that Judith Markelz, program manager for WFSC, advises the committee on items needed by the wounded warriors and their families.

"With her advice we are able to purchase items in bulk

and are confident that we are donating items that are really needed," said Dean.

Riders come from all areas of New Mexico. They start in Carlsbad and Las Cruces and then rally at Fort Stockton, Texas before continuing to San Antonio. It is a long ride that begins Oct. 5 for the Carlsbad riders and Oct. 6 for the Las Cruces riders.

After an overnight stay at Fort Stockton, riders stop again at Comfort, Texas for a barbecue that has been hosted by the community for the last two years.

Dean noted that after talking to wounded warriors and their Family members during previous visits, he responded to requests for Army & Air Force Exchange Service gift cards in addition to traditional store gift cards because the AAFES gift cards are more convenient for use at the FSH Post Exchange.

"We will continue to provide support as long as needed," Dean said. "The American Legion chapters plan the trip and enjoy the ride. Everyone pays their

own way. The new Warrior and Family Support Center is a beautiful building. We had a hard time getting the women

out of the kitchen and the guys enjoyed the comfort of the media room chairs after a hard two-day ride."



Aaron Dean, (left), president of the New Mexico American Legion Riders and Ed Summerall, the New Mexico state committee chairman, present Judith Markelz, Warrior and Family Support Center program manager with donations collected by the organization.

Photos by Heather Allen, Warrior and Family Support Center



Motorcycle engines roar as 68 riders arrive from New Mexico on Oct. 8 accompanied by two trailers and a panel truck filled with donations for the Warrior and Family Support Center. The entourage traveled with American flags and the Gold Star Family flag attached to handlebars and the backs of their motorcycles.



American Legion riders from New Mexico are greeted by Soldiers and Warrior and Family Support Center staff members. Soldiers had the opportunity to inspect and admire the various types of motorcycles and talk to the riders during their four hour visit that included a tour of the new building. The WFSC was under construction during their visit last year.

# 264th Medical Battalion motorcyclists rally 'round safety

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

The 264th Medical Battalion held its quarterly motorcycle safety class Oct. 8 and included a ride to the National Museum of the Pacific War in Fredericksburg, Texas.

"We try to have a quarterly motorcycle safety function or ride for experienced riders for the battalion. We had a mass

safety class, regardless if they ride," said Cpt. Kenneth Rodriguez, safety officer for the battalion.

"The Army has a big problem with motorcycle accidents, motorcycle fatalities – they have risen and with the economy, a lot of folks are getting motorcycles. We want to make sure that our riders are riding safely, doing the right things, their vehicles are safe and it is an opportunity for us to

get out, exercise and do a little bonding," said Lt. Col. Scott Fischer, commander, 264th Medical Battalion, who was joined the ride to.

Before the ride each motorcycle was inspected using an inspection checklist called T-Clocs (tires, controls, lights, oil,

chassis and stands), the official safety checklist for the Motorcycle Safety Foundation.

"We want to make sure the motorcycles are up to standards," said Rodriguez.

"Events like this bring unit cohesion and camaraderie. I am a new rider,

even though I have taken the class, so it helps me out in the long run," said Sgt. 1st Class Elizabeth Escobar, who has been riding for eight months.

"This is also a good way to match our non-experienced riders with the more experienced riders. They can have

someone to call when they want to go out and ride and have their battle buddy in their riding experiences," said 264th Medical Battalion Command Sgt. Maj. Anthony Ashford, who joined the ride to Fredericksburg.



Before the ride to Fredericksburg began, Soldiers assigned in groups using the T-Clocs inspection checklist, inspect a motorcycle's tires and wheels, controls, lights, oil, chassis and stands.



Soldiers assigned to the 264th Medical Battalion begin their motorcycle ride to Fredericksburg, Texas to visit the National Museum of Pacific War. The ride is part of their quarterly Motorcycle Safety Class. Experienced riders are matched with less experienced riders.



Capt. Kenneth Rodriguez, 264th Medical Battalion safety officer, inspects a motorcycle using the T-Clocs inspection checklist, the official safety checklist for the Motorcycle Safety Foundation

**BREAST CANCER from P3**

“It is a heterogeneous mix of multiple diseases under the misnomer breast cancer. In a month I see 20 to 25 different kinds. It’s like playing detective,” she said. It may act very differently in two different women who have two different environments,” said Theodoulou, adding that certain dietary risks exist.

“Caffeine may cause cists in the breast, but multiple studies have shown that alcohol is the number one dietary factor associated with breast cancer. If you drink three drinks a day, no matter what it is, your risk increases by 60 percent.”

Theodoulou advised



Cindy Rodriguez, 5-year breast cancer survivor, holds a candle symbolizing her hope for a cure and lives lost to the disease during the Breast Cancer Awareness luncheon.

regular screenings, a moderate lifestyle, exercise, a healthy diet plus sharing experiences through “Tell a Friend,” an American Cancer Society program designed to help increase breast cancer awareness.

With “Tell a Friend,”

trained volunteers contact five friends or acquaintances to encourage them to get screenings and mammograms.

Breast cancer survivors in the audience did greet each other as old friends, shared stories and lit candles in cele-



Dr. Maria Theodoulou, attending physician, Breast Cancer Medicine Service at Memorial Sloan-Kettering Cancer Center and a professor at Cornell University in New York City spoke at the Breast Cancer Awareness luncheon Oct. 9 at the San Antonio Country Club.

bration of their triumphs over the disease.

Grace James, a 65-year-old breast cancer survivor, said she completed the Danskin Triathlon one year after diagnosis. The triathlon consisted of a half mile swim, a 19K (12 miles) bike ride and a 5K (3.1 miles) run.

“I was one of 12 women over 65-years-old and we all finished,” she said.

**Hospital Tour**

Photo by Kathy Salazar

Members of the 28th General Hospital reminisce about old times while visiting the Army Medical Department Museum Oct. 9 during a tour of Fort Sam Houston. The group also had lunch at the Rocco dining facility, where they got a chance to visit with Soldiers, and toured the Fort Sam Houston Museum.

**CFC Underway**

Joseph Cavanaugh, Recreation Planning Team, Morale, Welfare and Recreation, reviews the 2009 Combined Federal Campaign brochure for his contribution selection. “The Combined Federal Campaign is a humbling experience for me knowing my contributions will in some small way assist my choice organization,” said Cavanaugh. The CFC provides civilian employees the opportunity to make contributions through a one-time donation or payroll deductions, the campaign runs until Dec. 15.



Photo by Kathy Salazar

**BUILDING 1070 from P1**

floor is designated for the 201st MIB and the first floor is reserved for the brigade's language lab, arms room and brigade training room.

The 14th MIB's Rear Detachment is scheduled to be the first to occupy the fifth floor in December. The rest of the 14th MIB, deployed to Iraq, are scheduled to move shortly after their return next year.

Final occupancy for all personnel is early March 2010, said Maj. Ryan Fearnow, 470th MIB logistics staff officer.

Building 1070 was expected to be completed by December

2008 and although construction on the building is running a year and a half behind due to legal and procurement issues, Nicholas Gonzales, the brigade's deputy logistics officer, indicated all that remains is the interior finishing work on the five-story, 155,000-square-foot project.

"A lot of hard work and effort was put into this project," said Lt. Col. Theresa Walsh, deputy commander, 470th MIB. "It feels very satisfying to know that we'll be moving in soon.

This will really help us as a command, being all together under one roof. It's an accom-



Stacks of flooring panels still fill the floor as construction continues on the interior Building 1070.

plishment everyone can be proud of."

The building is surrounded by large windows that allow for panoramic views of downtown San Antonio to the south,

Brooke Army Medical Center to the east, the University of the Incarnate Word's campus to the west, and historical residential neighborhoods to the north.



Photo by Spc. Natalie Sampson

Nicholas Gonzales (center), 470th Military Intelligence Brigade deputy logistics officer, reviews plans with Lt. Col. Theresa Walsh, brigade deputy commander; Dorothy Pritchett, brigade commander's assistant; and Jimmy Pizana, U.S. Army Corps of Engineer assistant project officer for Building 1070.

**COMMUNITY SERVICE****Courtesy Photo**

Eighteen adults and girls from the Cole Girl Scout Service Unit at Fort Sam Houston participate in the National Public Lands Day at Canyon Lake on Sept. 19. The Girl Scouts camped out in tents Friday night at the lake after school and after enjoying a campfire breakfast Saturday morning, pitched in and helped clean up Canyon Lake. The volunteers filled over 50 bags with trash and pulled out at least 36 old tires from the lake. They all worked on their Camp Together and Water Drop badges. The girls had so much fun that they have requested to go camping again in December. The Cole Girl Scouts meet at the Scout Hut on Stanley Road. Adults and girls ages 5 to 18 are welcome to join. For more information, call 646-6617, 904-540-5385 or e-mail [ftsam-girlscouts@yahoo.com](mailto:ftsam-girlscouts@yahoo.com).



#### **AMEDD Band hosts concert at Botanical Gardens**

Spend an evening with Los Curanderos "The Healers," members of the Army Medical Command Band, and enjoy a variety of Jazz, Blues, Latino, R&B and Country music at the San Antonio Botanical Gardens Nov. 5. Doors open at 5 p.m. Tour the gardens and view the "Big Bugs" exhibit until December. The bugs stand as tall as 25 feet. Free and open to the public.

#### **AUSA Luncheon**

The Association of the United States

Army will host a luncheon Nov. 6 at 11:30 a.m. at the Sam Houston Club. For more information, call the Sam Houston Club at 224-2721.

#### **Veterans Day Wreath Laying Ceremony and Day Parade**

A Veterans Day parade and wreath-laying ceremony will be held Nov. 7 at 11 a.m. at the Alamo, 300 Alamo Plaza. The parade begins at noon and marches through downtown San Antonio. For more information, visit [www.usmvpa.org](http://www.usmvpa.org). Free and open to the public.

#### **Randolph Air Show**

Randolph Air Force Base will host an air show Nov. 7-8 from 9 a.m.-5 p.m. Air show is free and open to the public. For DoD cardholders only, Gary Sinise and the Lt. Dan Band will perform at 6 p.m., Nov. 6, at the West Flight Line Ramp. For more

information, call 652-7469.

#### **Tops in Blue**

The U.S. Air Force Services presents Tops in Blue, a musical tribute to 60 years of proud Air Force history, Nov. 10 at 7:30 p.m. in the Municipal Auditorium. Doors open at 6:30 p.m. For more information, call 999-8117 or visit [www.topsinblue.com](http://www.topsinblue.com). Free and open to the public.

#### **FSH Veterans Day Ceremony**

The Fort Sam Houston's Veterans Day ceremony will be Nov. 11 at 9:30 a.m. at the Fort Sam Houston National Cemetery, 1520 Harry Wurzbach Road. Keynote speaker is Reverend Buckner B. Fanning. Ceremony includes a wreath and banner presentation, gun salute, a tribute to veterans from the Native American community, and music from the U.S. Army Medical

Command Band and the Texas Children's Choir. Free and open to the public.

#### **Buffalo Soldier Commemorative Ceremony**

A Buffalo Soldier Commemorative ceremony will be held Nov. 11 at 1:30 p.m. at the San Antonio National Cemetery, 517 Paso Hondo St. Speakers are retired Brig. Gen. Toresaser Steele and Reverend Dr. Curtis Michael. Free and open to the public.

#### **San Antonio Symphony Concert**

A Veteran's Day Concert will be held Nov. 11, 7 p.m. at the Municipal Auditorium, 100 Auditorium Circle, San Antonio. Ken-David Masur will conduct the orchestra. For more information, call the San Antonio Symphony box office at 554-1010. Event is free and open to the public.

# Robert G. Cole High School receives news of AP Scholar Awards

Ten students at Robert G. Cole have earned Advanced Placement Scholar Awards in recognition of their exceptional achievement on AP exams.

The College Board's AP Program provides students with the opportunity to take rigorous college-level courses while still in high school and to earn college credit, advanced placement, or both for successful performance on the AP exams. About 18 percent of the nearly 1.7 million students worldwide who took AP exams performed at sufficiently high levels to also earn an AP Scholar Award.

The College Board recognizes several levels of achievement based on students' performances on AP exams.

Cole graduate Casey Gresenz qualified for the AP Scholar with Distinction Award by earning an average grade of at least 3.5 on all AP exams taken, and grades of 3.0 or higher on five or more of these exams.

Kelsey Charlton, also a Cole graduate, qualified for the AP Scholar with Honor Award by earning an average grade of at least 3.25 on all AP exams taken, and grades 3.0 or higher on four or more of

these exams.

Eight students qualified for the AP Scholar Award by completing three or more AP exams with grades of 3.0 or higher. The AP Scholars are Cole graduates Breanna Andrews, Ryan Brock, William Kirk, Kathleen Mahon, Zoe Storey, and Lauren Swiger; former student Mary Mahon; and current student Amber Wessies.

"Being named as an AP Scholar is quite an accomplishment," said Cole High School Counselor, Rebecca Ownby Smith. "The commitment to excellence

in education by our students and teachers is very evident. I am so proud of these students."

The College Board is a not-for-profit membership organization offering 30 different college-level courses and exams. More than 3,600 colleges and universities annually receive AP grades. Over 90 percent of four-year colleges in the United States provide credit and/or placement for qualifying exam grades.

*(Source: Fort Sam Houston Independent School District)*

## FSH Elementary celebrates Family Night

By Dr. Kathy Maxwell  
Fort Sam Houston  
Independent School District

A "Celebration of Reading" was the theme for Family Night, held Oct. 1, and hosted by the elementary Cougar Cub Parent-Teacher Organization.

Shery McFadden, PTO president and Tonya Hyde, elementary principal, welcomed parents at the PTO's general session meeting. Volunteer of the Month, Krista Kalvaitis, was recognized for her outstanding efforts to support the students, parents, faculty and staff at Fort Sam Houston Elementary School.

The annual Book Fair was open to accommodate parents' schedules and students enjoyed hearing teachers and administrators reading their favorite books.

"Great things are

happening at the elementary school," said Hyde. "Family Night brought Families and the school faculty together in a fun, interactive manner. The students are already talking about the PTO Fall Festival that will take place on Oct. 22."

Students and parents enjoyed demonstrations of classroom activities that could be duplicated or modified for use at home.

Parents especially enjoyed the calendar activities displayed and modeled by the first grade teachers.

Student-created art and classroom activities filled hallway bulletin boards and display cases. Of special interest was ceramic art replicating the colorful pastries found in bakeries all over the world in celebration of Hispanic Heritage month. Andrea Garcia, elementary art teacher, designed lessons where

students learned about the Hispanic culture while working with clay. Students created sweet breads, empanadas and churros which can be found on display in the main hallway.

Parents learned more about the Texas Assessment of Knowledge and Skills and the Student Success Initiative. Fourth and fifth grade teachers provided information to keep parents informed of Texas requirements.

"With our highly mobile community it is important for the school to offer parents the opportunity to attend these informational meetings" said Rebecca Herrera, elementary assistant principal. "Parents moving from state to state want to keep informed of requirements to ensure their child's academic success."

### FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES OCT. 19-24

#### Fort Sam Houston Elementary School

##### Oct. 20

Individual picture day  
Student Council meeting, 3 to 4:30 p.m.

##### Oct. 22

Harvest Day play in cafeteria, 8:30 to 9 a.m.  
Cougar Connection: Become a Stronger Reader, 11:30 a.m. to 12 p.m.  
PTO Fall Festival, 5 to 7 p.m.

##### Oct. 23

End of first nine weeks

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

##### Oct. 19

Band UIL marching contest at East Central High School

##### Oct. 20

Senior TAKS exit level ELA retest  
JV/V Volleyball vs. Comfort at Cole, 5 and 6:30 p.m.

##### Oct. 21

Senior TAKS exit level Math retest  
Picture retake day  
First practice day for girls' basketball

##### Oct. 22

Senior TAKS exit level Science retest

##### Oct. 23

End of first nine weeks  
Senior TAKS exit level Social Studies retest  
Middle School Halloween Dance at Middle School Mall, 7 to 9 p.m.

##### Oct. 24

Fall play dress/tech rehearsal in Moseley Gym, 1 to 4 p.m.  
JROTC Corps Day at Cole Football Field, 8 a.m. to 12 p.m.  
Senior portrait day – note: by appointment only – must be made through the senior English teacher, Ms. Bertran.

## Cole High School Dinner Theatre returns

The Robert G. Cole High School Fifth Annual Dinner Theatre presents the horror/comedy "Night of the Living Dead" based on the original classic film by George Romero and John Russo, as adapted by Lori Allen Ohm.

Performances will be held on the stage of the Moseley Gym Oct. 27-28 and, for the first time, Halloween Night, Oct. 31.

Dinner is served prior to performances. Tickets are \$5 a person with dinner and \$1 at the door without dinner.

Tickets must be purchased in advance from members of the cast and crew, or during the Cole Senior High School lunch period. Performances start at 7 p.m.

Proceeds fund the Cole Senior Theatre/Speech and Family Living Scholarships. Dinner Theatre productions have earned over \$2,600 for Cole graduates.

*(Source: Fort Sam Houston Independent School District)*

**TEEN CENTER from P1**

Lakeshore Engineering Services; Sgt. Seth Sutherland, Headquarters and Headquarters Company, USAG; Joseph Kauffman, representing the high school; and Angelica Stewart, representing the middle school, assisted in the ribbon cutting ceremony.

“In today’s environment we have something called the Army Family Covenant and it is not just words. We recruit Soldiers but we retain Families and the only way to do that is to ensure that they have that quality of life commensurate with the service that our members are providing every single day,” Garr said.

“We are collectively enhancing the needs of our kids and

with the growth we have coming into Fort Sam Houston, this is one more step in that direction,” Garr said.

“The future is bright, because leadership is committed to improving programs, services and facilities and I have little doubt that Fort Sam will be the showcase for the rest of the Army. It is a great

place for our youth to grow, mature, and develop life skills that will serve them better in the years ahead,” said Matthews.

The 20,668 square-foot center is one of the first Base Realignment and Closure facilities to be built for the Department of the Army Child and Youth Services Division. The 60-capacity modular building will provide age-appropriate programming for grades six through 12.

Designed with input from youth, the center features game systems including the Wii, Play Station 2, Nintendo DS, Dance Revolution and X-box, music, board games, art supplies and plenty of sports including a ping pong table, outdoor pool table, and a rock climbing wall.

Dodge balls, tennis balls and scooters are available for use;



The 20,668-square-foot facility, with its colorful décor, features culinary arts, computer technology lab, activity rooms, tutors to help with homework, a multi-purpose room with adjustable basketball goals, art stations, varieties of music and board games, plus much more.

plus computers in the computer technology lab, an area for culinary arts, activity rooms, and a multipurpose room with adjustable basketball goals.

“However, what you see now, the Army has stepped up its game and we are so proud

to be associated with the Army,” said Berry, who was responsible for the interior design of the center.

The new teen center is located in Building 2515, Funston Road. For more information call 241-9516.



(From left) Brenda Berry, director, Child and Youth Services; Paul Matthews, director, Family and Morale, Welfare and Recreation; Angelica Stewart, representing the middle school, Joseph Kauffman, representing the high school; and Vincent Allen, director, Teen Center; cut the cake celebrating the opening of the new teen center.



(From left) 1st Sgt. Rosalba Chambers, Sgt. 1st Class Timothy Harris, and Sgt. Seth Sutherland, try out the Dance Revolution, one of several activities available for teens at the center.



Following the ribbon cutting ceremony, attendees were invited to enter the teen center to tour the facility and enjoy refreshments.



The Army Medical Command Band, under the direction of Chief Warrant Officer Douglas Paarmann, plays the Army Song at the conclusion of the ribbon cutting ceremony for the teen center Oct. 7.



Youth and Child Services staff enjoy refreshments at the new teen center following the ribbon cutting ceremony.

## Rocco Dining Facility Menu Building 2745, Schofield Road

### Friday – Oct. 23

#### Lunch – 11 a.m. to 1 p.m.

Beef pot pie with biscuits, barbecued spareribs, baked kielbasa sausage, grilled chicken breast with sauteed onions, mustard dill baked fish, macaroni and cheese, steamed new potatoes, seasoned pinto beans, fried cabbage, steamed green beans, corn on the cob

#### Dinner – 5 to 7 p.m.

Meat loaf, fried chicken, baked stuffed fish, tuna and noodles casserole, cheese tortellini, mashed potatoes, steamed rice, paprika-buttered potatoes, glazed carrots, LA-style smothered squash, steamed green peas

### Saturday – Oct. 24

#### Lunch – noon to 1:30 p.m.

Roast pork, lemon garlic baked fish, spaghetti with meat sauce, cheese

manicotti, baked potatoes, mashed potatoes, rice pilaf, season lima beans, steamed asparagus, French-fried okra

#### Dinner – 5 to 6:30 p.m.

Chicken tetrazzini, breaded veal steaks, baked chicken, mushroom quiche, cottage fried potatoes, steamed rice, baked potatoes, steamed peas and carrots, southern-style turnip greens, steamed cauliflower combo

### Sunday – Oct. 25

#### Lunch – noon to 1:30 p.m.

Swiss steaks with brown gravy, spinach lasagna, chicken fajitas, grilled pork chops, Spanish rice, mashed potatoes, steamed rice, okra and tomato gumbo, seasoned lima beans, seasoned wax beans

#### Dinner – 5 to 6:30 p.m.

Chili macaroni, salmon croquettes, herbed Cornish hens, cheese ravioli, rissole potatoes, baked potatoes, steamed wild rice, Harvard beets, steamed broccoli, steamed corn

### Monday – Oct. 26

#### Lunch – 11 a.m. to 1 p.m.

Buffalo chicken, shrimp scampi, cheese manicotti, baked ham with pineapple sauce, chicken fajita pitas, fresh baked sweet potatoes, steamed rice, fettuccini alfredo, lyonnaised green beans, cauliflower polonaise, French-fried okra

#### Dinner – 5 to 7 p.m.

Stuffed bell peppers, beef lasagna, vegetable three cheese lasagna, cranberry glazed chicken breast, breaded pork fritters, O'Brien potatoes, baked potatoes, lyonnaise rice, steamed mixed vegetables, seasoned collard

greens, steamed asparagus

### Tuesday – Oct. 27

#### Lunch – 11 a.m. to 1 p.m.

Beef fajitas, honey ginger chicken breast, spaghetti and meat sauce, grilled liver and onions, fried catfish, baked macaroni and cheese, supreme oven roasted potatoes, Spanish rice, steamed rice, Spanish-style beans, Mexican corn, fried cabbage

#### Dinner – 5 to 7 p.m.

Cheese enchiladas, meat loaf, fiesta chicken and rice, onion-lemon baked fish, grilled ham steaks, refried beans, lyonnaised potatoes, steamed rice, glazed carrots, steamed zucchini squash, seasoned lima beans

### Wednesday – Oct. 28

#### Lunch – 11 a.m. to 1 p.m.

Stuffed cabbage rolls, roast turkey, veal parmesan steaks, blackened catfish, cheese manicotti, cornbread dressing, mashed potatoes, parsley buttered potatoes, baked potatoes,

seasoned turnip greens, steamed asparagus, seasoned black-eyed peas

#### Dinner – 5 to 7 p.m.

Braised beef and noodles, roast pork, barbecued chicken, mushroom quiche, country-fried steaks, scalloped potatoes, steamed rice, baked potatoes, steamed cabbage, steamed green peas, Harvard beets

### Thursday – Oct. 29

#### Lunch – 11 a.m. to 1 p.m.

Pork chop suey, barbecued spareribs, Swedish meatballs, cranberry glazed chicken breast, broccoli quiche, au gratin potatoes, steamed rice, fried rice, Japanese stir-fry vegetables, seasoned collard greens, corn on the cob, steamed green beans with mushrooms

#### Dinner – 5 to 7 p.m.

Szechwan chicken, ginger pot roast, baked kielbasa sausage, lemon baked fish, cheese ravioli, fried rice, mashed potatoes, baked potatoes, steamed green peas, steamed yellow squash

### STRESS from P2

and talk therapy. Medication helps to balance chemicals in the brain and talk therapy helps identify and correct common errors in thinking. Without treatment, the costs of depression can be very high, including loss of employment, destroyed relationships, isolation from community and reduced physical or mental health.

The Army's theme "One of the bravest acts ... is to ask for help when you need it" helps Soldiers and Families combat the stigma associated with depression and get help when needed.

#### For more information go to:

**CDC**

[www.cdc.gov/](http://www.cdc.gov/)

[features/depression/](http://features/depression/)

**Military OneSource**

[www.militaryonesource.com](http://www.militaryonesource.com)

**Defense Center**

**of Excellence Outreach Center**

[www.dcoe.health.mil/ph\\_stress\\_res.aspx](http://www.dcoe.health.mil/ph_stress_res.aspx)

**Real Warriors Campaign**

[www.realwarriors.net/](http://www.realwarriors.net/)





## Announcements

### Free U.S. Army All American Bowl tickets

The Sam Houston Club will be distributing a limited amount of free tickets for the U.S. Army All American Bowl to authorized DoD I.D. card holders. The game will be held Jan. 9 at the Alamo Dome. There will be a limit of four tickets per person, on a first-come, first-served basis. Call 226-1663.

### Free AT&T Championship one day passes

Family Morale, Welfare and Recreation Marketing, Building 124, has received a limited amount of free one day passes to the PGA Champion's Tour AT&T

Championship at Oak Hills Country Club Oct. 23-25. Tickets are available to authorized DoD I.D. card holders. There will be a limit of four tickets per person, on a first-come, first-served basis. Call 221-0012 for more information.

### Basketball instruction clinic

Child, Youth and School Services, Schools of Knowledge, Inspiration, Exploration and Skills program will hold a basketball instructional clinic Oct. 31, 9 a.m.-1 p.m. at Youth Services, Building 1630, for children ages 6- to 18-years-old with a valid DoD I.D. card. Designed to enhance players' skills and strengthen their knowledge of game rules, the cost for the clinic is \$30 and no sports physical is required. Register before Oct. 31 at Central Enrollment Registration, 2010 Stanley Road, building 2797, between 8 a.m.-4 p.m. Participants should wear shorts and basketball T-shirts and arrive at the clinic ready to work hard and play hard. For more information, call 221-3381.

### Notre Dame Football tickets

The MWR Ticket Office will sell tickets for the Notre Dame vs. Washington State Football game

held Oct. 31. Tickets are \$20 for lower level end zone seats. Call 226-1663 or 224-2721.

### EDGE Program

The EDGE Program offers out-of-school opportunities for children 6 to 18-years-old to experience, develop, grow and excel through participation in cutting-edge art, fitness, life skills and adventure activities. The program is open to children of all branches of the military, DoD civilians, government contractors and retirees. Activities are free for 11 to 18-year-olds and fees are assessed according to DoD fee policy for 6 to 10-year-olds. To register, call 221-4871 or stop by the Child Youth and School Services Central Enrollment, Building 2797. For more information on the EDGE Program, call a CYS Services representative at 771-2148 or 954-2088.

### Baby Talk

New Parent Support Program will offer "Baby Talk" Tuesdays, 2-3:30 p.m. at Dodd Field Chapel. This class is an informative discussion group for parents with babies to 12-months-old. The discussions and support is parent-driven centering on developmental and behavioral

changes going on in your newborn's life. Call 221-0349/0655.

### Have you been to the Sam Houston Club Lately?

The Sam Houston Club is free and open to all DoD I.D. card holders. A buffet-style, all-you-can-eat lunch is available Tuesdays through Fridays from 11 a.m.-1 p.m. and includes Mexican Fiesta Wednesdays and Soul Food Thursdays. Doors open for bingo Thursdays and Fridays at 5 p.m. and Saturdays at 11 a.m. Big Bucks Bingo, held the first Saturday of every month, gives players a chance to win larger cash prizes with a guaranteed payout of \$13,000. Sam's Sports Bar is open Fridays from 5-6 p.m. with free appetizers, pool tables and plenty of TVs tuned to the game. Special events include Texas Hold 'em tournaments, the Newcomer's Extravaganza and this month's Zombie's Night Out, Oct., 7 p.m. with music, food and drinks. Call 226-1663. Hosting your own function? The club can be rented for parties of up to 900 people and offers full-service catering and assistance. Contact the Club directly at 224-2721.

## Calendar of Events

### OCT. 15

#### Word Level 3

Microsoft Word Level 3 class, 8 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Basic computer skills, Word Level 2 and registration required. Call 221-2518 or e-mail jennifer.lobos@us.army.mil.

#### Mandatory Initial First-Termer Financial Readiness

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

#### DVA Lunchtime Movie

For Domestic Violence Awareness Month, Family Advocacy Program will offer a lunchtime movie, 11 a.m.-1 p.m. at Army Community Service, Building 2797. The movie will be "Fireproof." A short discussion will be held following the movie and a light lunch will be provided. To register, call 221-0349/2418.

#### Using Credit Wisely

Using Credit Wisely class, 2-4

### ACS Outdoor Movie Night

#### Oct. 16 "Scooby-Doo"

8 p.m. at the post flagpole

#### Oct. 17 "Lemony Snicket's, A Series of Unfortunate Events"

8 p.m. at the field between Youth Services and Dodd Field Chapel

Bring the Family out for these Family-friendly films and don't forget the lawn chairs. Free popcorn, snow cones and cotton candy will be available. For more information, call 221-2418. In the event of inclement weather the movie will be shown in the ACS auditorium at 8 p.m.

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

See MWR P17

**MWR from P16****Couple's Enrichment**

Couple's Enrichment class, Oct. 15, 22 and 29, 5:30-7 p.m. at Army Community Service, Building 2797. This three part class centers on reconnecting with your partner. Part one will discuss gender differences and communicating effectively, part two focuses on commitment and part three strives to enhance intimacy. To register, call 221-0349/2418.

**OCT. 15-16****It's Not Easy Being Green**

The 2009 spouse conference will be held Oct. 15-16, 8:30 a.m.-2:15 p.m. at Dodd field Chapel. The purpose of this conference is to uplift, enlighten, motivate, and strengthen the military spouses. The cost is \$5 and child care is available on a first-come, first-served basis. Open to all military I.D. card holders. Call 241-0811 or 437-2788.

**OCT. 19****Pre-deployment Planning training**

Pre-deployment Planning training, 9 a.m.-3 p.m. at Army Community Service, Building 2797. This training is designed to increase the spouse's ability to face deployment with resilience and strength, allowing easier separations. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Stress Management**

Stress Management class, 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. This class provides valuable tips to help manage stress. To register, call 221-0349/2418.

**Bank Account Management**

Bank Account Management class, 2-4 p.m. at Army Community Service, Building 2797. This class will help you understand different types of financial institutions and services and which one is best for you. To register, call 221-1612.

**OCT. 20****Access Level 1**

Microsoft Access Level 1 class, 8 a.m.-12 p.m. at Army Community Service, Building 2797, for all interested active duty Soldiers, spouses, civilian employees and retirees. Some basic computer skills and registration required. Call 221-2518 or e-mail jennifer.lobos@us.army.mil.

**Key Caller training**

Key Caller training, 10-11:30 a.m. at Army Community Service, Building 2797. This training will define the responsibilities of the Family Readiness Group Key Caller and provide information on performing this role. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Women Encouraging Women**

Women Encouraging Women lunchtime seminar, 12-1 p.m. at Army Community Service, Building 2797. The topic will be, "How to Strengthen Your Relationship." To register, call 221-0349/0600.

**Debt Management**

Debt Management class, 2-4 p.m. at Army Community Service, Building 2797. The class deals with getting out of debt in the most productive manner, developing a bud-

get and reducing the stress that comes with being in debt. To register, call 221-1612.

**OCT. 21****Army Family Action Plan conference**

The Army Family Action Plan conference will be held Oct. 21 to 23, 8 a.m.-5 p.m. at the Sam Houston Club. Observers are welcome to stop by and watch the process of issues being identified and prioritized. For more information, call 221-2611.

**Access Level 2**

Microsoft Access Level 2 class, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. Some basic computer skills, completion of Access Level 1 and registration required. Call 221-2518 or e-mail jennifer.lobos@us.army.mil.

**Mandatory Initial First-Term Financial Readiness**

Mandatory Initial First-Term Financial Readiness class, 12 p.m. at the Learning Center. Class space is limited. To register, call 221-1612.

**Care team training**

Care team training, 1:30-3 p.m. at Army Community Service, Building 2797. This training is recommended for casualty assistance officers, casualty notification officers and battalion care team volunteers. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**OCT. 22****Introduction to computers**

Introduction to computers class,

8 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Learn basic computer skills that can help with everyday life, school and work. Registration is required. Call 221-2518 or e-mail jennifer.lobos@us.army.mil.

**EFMP resource fair**

The Exceptional Family Member Program and Military One Source will hold a resource fair, 9 a.m.-3 p.m. at Army Community Service, Building 2797. The second annual resource fair will offer informational booths, counselors, parents, children and professional staff an opportunity to meet and greet. Light refreshments will be served. Everyone is encouraged to attend. Call, 221-0285/2705.

**OCT. 23****Parents As Teachers – Heroes At Home Open House**

Child, Youth and School Services will host a rodeo-inspired Parents As Teachers – Heroes At Home open house for expecting moms and Families with children age 3 and under Oct. 23, 5:30-7 p.m. at the Harris Heights Community Center.

There will be Western themed activities, dinner and Families are encouraged to dress in their Western best for a chance to win the "Best Rodeo Dress" contest. Register before Oct. 21 by calling 221-2336.

**OCT. 24****Aerobathon**

The Jimmy Brought Center will host an Aerobathon at 9 a.m. Call 221-1234/2020.

**Moving Spaces**

"Moving Spaces" or designing a home where the military sends you, 1-3 p.m. at 103 Artillery Post Road. Enjoy demonstrations, meeting new people, refreshments, information handouts, and a tour of this historic home. Learn about must have pantry contents, color schemes, seasonal accessories, decoration on a military budget and more. To register, call 221-1829.

**Teen Poetry Slam**

Teen Poetry Slam, 5:30-9 p.m. at the Harlequin Dinner Theater. "Stand, Speak, Listen" is the theme and the poetry is original works by military dependent teens in the ninth through 12th grade. The subject matter is healthy and or unhealthy

relationships such as teen dating violence or domestic violence. Join the young writers and hear what they have to say with their own renditions of poetry, hip-hop, monologues, or power raps. To register, call 221-0349/2418.

**Weight Room Triathlon**

The Jimmy Brought Center will host a Weight Room Triathlon. This is a timed event to complete bicep curls, bench presses, and leg presses. There is a \$10 entry fee, check-in begins at 6 p.m. Call 221-1234/1532.

**Boss Halloween Bash**

Members of Better Opportunities for Single Soldiers will host a Halloween Bash, 7-11 p.m. at the Fort Sam Houston Bowling Center. Participants can enjoy two free games of bowling during that time. This is a free event open to all patrons. Call 221-2810

**OCT. 25****Halloween story time at the library**

Keith A. Campbell Memorial Library will host a Halloween story time, 2 p.m.-3 p.m. Call 221-4702.



# REMINDER CALENDAR

- Oct. 15-16** "It's Not Easy Being Green" 2009 Spouse's Conference  
8:30 a.m.-2:15 p.m., Dodd Field Chapel
- Oct. 16** Outdoor Movie Night, "Scooby Doo," 8 p.m., at the post flagpole
- Oct. 16** Oktoberfest, 6-11 p.m., MacArthur Parade Field
- Oct. 17** Oktoberfest, 10 a.m.-5 p.m., MacArthur Parade Field
- Oct. 17** Outdoor Movie Night, "Lemony Snicket's: A Series of Unfortunate Events," 8 p.m., at Dodd Field
- Oct. 20** Gift Chapel Centennial Anniversary, 10-11 a.m., at the Main Post Chapel
- Oct. 20** National Disability Employment Awareness Month event, 1-2 p.m. at Army Community Service
- Oct. 21-23** Army Family Action Plan conference, Sam Houston Club
- Oct. 21** Crime prevention meeting, 5:30 p.m., Harris Heights Community Center
- Oct. 22** Crime prevention meeting, 5:30 p.m., Watkins Terrace Community Center
- Oct. 23-24** Haunted House, 5-9 p.m., Community Youth Center
- Oct. 24** 5K Fun Run/Walk, 9 a.m., at the Jimmy Brought Fitness Center
- Oct. 24** Weight room Triathlon, 6 a.m.-3 p.m., at the Jimmy Brought Fitness Center
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# Community

## Announcements

### Foster homes needed for military working dogs

Department of Defense Military Working Dog Breeding Program seeks foster homes for military working dogs. Call 671-3686 or visit [www.lackland.af.mil/units/341stmw/d/index.asp](http://www.lackland.af.mil/units/341stmw/d/index.asp).

### BAMC seeks volunteers

Volunteer positions are available for the Caremobile, Kernel Club, Patient Library or Patient Transport Program teams. Additionally, volunteer positions are available on the clinic and patient administration staff. For more information, call 808-4982.

### Adolescent Weight Loss Program

Are you an overweight teen? The Brooke Army and Wilford Hall Medical

Centers seek overweight military dependent adolescents between the ages of 12 and 18 to participate in a free weight management intervention study. The 12-month adolescent obesity study incorporates professional medical attention, behavioral therapy, nutritional counseling and medication for weight loss at no cost to participants. For more information, call 916-0607.

### "Salute to Military Flight" exhibit

A "Salute to Military Flight" exhibit will be held through July 4, 2010 at the Institute of Texan Cultures, 801E Durango Blvd. The hours are Monday-Saturday, 10 a.m.-5 p.m. and Sunday 12-5 p.m. Cost is \$8/Adult, \$7/Seniors 65 and older, \$6/Children 3 to 11-years old. Call 458-2300 or visit [www.texas-cultures.com](http://www.texas-cultures.com).

## Calendar of Events

### OCT. 15

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

The Society for the Preservation of Historic Fort Sam Houston will meet Oct. 15 at 11:30 a.m. at the Stilwell House. J.B. Crowther will speak about "The End of the Unknown Soldier: Casualty Identification in the United States Military." The event is free and open to the public. For more information, call 224-4030 or 527-9513.

### OCT. 17

#### Guadalupe River State Park Walk

The Texas Wanderers volksmarch club will host a 5k and 10k walk Oct. 17 starting at the Guadalupe River State Park day use area 3350 Park Road 31, Spring Branch, Texas. Start the walk between 8 a.m. to noon, finish by 3 p.m. Call 658-2160, e-mail [GeraldK726@aol.com](mailto:GeraldK726@aol.com) or visit [www.walktx.org/TexasWanderers/](http://www.walktx.org/TexasWanderers/).

### OCT. 19

#### Warrant Officer Association meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer

Association will meet Oct. 19 at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. (near Loop 410). All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call 295-6596 or 666-9818.

### OCT. 24

#### American Society of Military Comptrollers

The American Society of Military Comptrollers members will lend a hand to Habitat for Humanity Oct. 24, 7:45 a.m.-3:30 p.m. They will be assisting in the construction of a new community of 17 homes in the Palo Alto Heights area. Friends and Family members are welcome to help, due to safety concerns no children under 14-years old are allowed on site. Call 671-3570.

#### Vital Alliance Run/Walk

The 12th Annual Vital Alliance Donate Life 5K Run/Walk will be held Oct. 24, 8 a.m. at Brackenridge Park, 3910 N. St. Mary's St. at Joske's Pavilion. To register, visit [www.vitalalliancetexas.org](http://www.vitalalliancetexas.org) or call 866-685-0277.


**Main Post Chapel, Building 2200,  
221-2754**
**Catholic Services:**

4:45 p.m. - Reconciliation - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

**Protestant Services - Sundays:**

8 a.m. - Collective Protestant

11 a.m. - Collective Protestant

**Jewish Services:** 379-8666 or 493-6660

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

Oneg Shabbat

**Dodd Field Chapel, Building  
1721, 221-5010 or 221-5432**
**Catholic Services:**

9:15 to 11:15 a.m. - Catholic Women of

the Chapel Enrichment or Bible Study -

Mondays

12:30 p.m. - Mass - Sundays

**Protestant Services:**

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

9:30 to 11:30 a.m. - Protestant Women of

the Chapel meeting - Wednesdays, child

care is provided

6:30 to 7:30 p.m. - Protestant Women of

the Chapel meeting - Thursdays, child

care is provided

**Samoan Protestant Service:**

8:30 a.m. - Sundays

**Brooke Army Medical Center  
Chapel, Building 3600, 916-1105**
**Catholic Services:**

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

**Protestant Services:**

10 a.m. - Worship Service - Sundays

**Episcopal/Lutheran Rite services:**

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

**Center for the Intrepid, first  
floor, 916-1105**
**Christ for the Intrepid services:**

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

6 p.m. - Contemporary worship - Sundays

**AMEDD Regimental Chapel,  
Building 1398, 221-4362**
**32nd Medical Brigade Student services**

**Catholic Mass:** 8 a.m. - Sundays

**Contemporary Protestant Service:**

9:30 a.m. and 11:01 a.m. - Sundays

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

**Installation Chaplain Office,  
Building 2530, 221-5007**
**Church of Jesus Christ of Latter Day**

**Saints:**

8:30 a.m. - Sundays

**Web site: [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)**


**Submission guidelines:**

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment ads will not be published. To submit a Fort Freebie, e-mail [news.leader@conus.army.mil](mailto:news.leader@conus.army.mil) or fax to 221-1198.

Freebies can only be run twice. Limit of five items per entry. For more information, call 221-0546.

**For Sale:** Bowflex Ultimate includes leg attachment, aerobic rower, squat station and adjustable main pulley system, \$400 obo, will deliver. Call 481-1981.

**For Sale:** 2002 Subaru, automatic, 62K miles, fully loaded, alarm system, excellent condition, \$8,900 obo. Call 274-6593.

**For Sale:** Hatichi 36-inch Ultravision television, great picture with other options, \$120 obo. Call 221-1546.

**For Sale:** Full-size reversible

Croskill comforter set, beige and floral pattern, includes two pillow shams and dust ruffle, \$40; queen-size reversible comforter set, navy and floral pattern, includes two pillow shams and dust ruffle, \$35; Eureka upright vacuum, Powerline model with attachments, \$25; Little Tykes outdoor hanging swing for a child 9 to 48-months-old, never used, \$15. Call 495-2296.

**For Sale:** Washer and dryer, \$100 each; coffee table, \$35; large television stand, black with glass, \$40; Extremer exerciser, like new, \$55; small dresser, \$35. Call 241-1291.

**Free to a good home:** Purebred lilac point Himalayan cat, half Persian and half Siamese, 4-years-old. Call 347-6275 or 670-9167.

**For Sale:** Little Tykes desk and chair for 1 to 5-year-olds, \$9; Little Tykes table and two chairs, \$9; Little Tykes Barbie dollhouse with furniture for 4 to 8-year-olds, \$25. Call 281-8687.

**For Sale:** Sectional sleeper sofa, with recliner and massage chair, \$700. Call 631-805-6820.

**News Leader survey online**

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