

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



**FRIGHT NIGHT
GAZEBO
CONCERT
OCT. 25
6 P.M. at the
gazebo on
Staff Post
Road**

BRAC CONSTRUCTION: IN FULL SWING

Military construction activity in San Antonio again reaches historic levels with more than \$700 million in contracts in fiscal year 2009.

The Base Realignment and Closure construction program in San Antonio has boosted overall military construction expenditures in the city to historically high levels for the second year in a row. The U.S. Army Corps of Engineers, Fort Worth District and the Air Force Center for Engineering and the Environment awarded 35 BRAC and other military construction contracts worth a

total of \$738 million during fiscal year 2009, which ended on Sept. 30.

Spending on military construction in San Antonio typically averages between \$65 and \$100 million per year. The \$738 million total in fiscal year 2009 is in addition to \$1.2 billion in contract awards in fiscal year 2008.

The contracts awarded during the past year involve new construction and renovation. One of the larger renovation projects is the effort to remodel historic struc-

See CONSTRUCTION P7

GIFT CHAPEL 100TH ANNIVERSARY



Photo by Leslie Shively

Maj. Gen. Russell Czerw (center), commander Fort Sam Houston and Army Medical Department Center and School joins Col. Mary Garr, commander, U.S. Army Garrison, Chaplain (Capt.) Sarah Schechter and Army and civilian community leaders cutting a cake in the shape of the Gift Chapel during the centennial celebration at the chapel. See related article, Pages 14 and 15.

Inspirational speaker addresses challenges, opportunities for individuals with disabilities

Story and photo by Lori Newman
Fort Sam Houston Public Affairs

In honor of National Disability Employment Awareness Month, U.S. Army South hosted a program Oct. 20 for a large crowd of Soldiers, civilians and veterans at Army Community



DUCKWORTH

Service.

"The number of individuals with severe disabilities working in government has dropped every year since 1994. Today individuals with severe disabilities represent only

See DISABILITY P6

Soldier medics compete, test skills at Camp Bullis

By Jerry Harben
U.S. Army Medical Command

Medics from throughout the Army are competing this week in the Expert Field Medical Competition at Camp Bullis. The 28 Soldier medics, in two-person teams selected from divisions, brigades, regional medical commands and other large medical

units, are completing a grueling series of tests, culminating in one team being proclaimed the "Top Medics in the Army" Oct. 23.

Competition began Oct. 20 and includes a physical fitness test, weapons qualification, obstacle course, written test, land navigation,

See EFMC P7

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October is Army Energy Awareness Month

October is designated as National Energy Awareness Month and this year's theme is "A Sustainable Energy Future: We're putting all the pieces together." This theme highlights how the federal government, private sector and the public have a role in shaping our energy future and moving our Nation towards energy independence. Every day, each of us makes decisions that can stimulate a new energy economy and

impact the national goals.

Through legislative actions and executive orders the federal government is charged to implement bold, innovative energy initiatives in order to be less dependent on foreign sources of fuel and better stewards of our Nation's energy resources. The Army Energy Security Implementation Strategy articulates the Army's vision, mission and goals for achieving greater energy security and

ensuring energy is a key consideration in all decision-making, while fostering a culture of awareness and accountability. In addition, the Army is actively supporting advanced technologies and increases in energy efficiencies at our installations, in our weapons systems and in operations. We are pursuing projects such as large scale solar, wind and geothermal power sources; electric and hybrid vehicles; improved

insulation of temporary facilities; and designing new facilities to Leadership in Energy and Environmental Design Silver Standards.

We ask each member of the Army community (Soldiers, Family members, civilian employees and contractors) to promote energy security and improve energy conservation. At a minimum, these actions include turning off interior and exterior lighting when not required, shutting down

equipment when not in use, and limiting the idling of vehicles. Achieving and sustaining energy security requires all of us to be proactive in conserving our precious energy resources.

*Kenneth O. Preston
Sergeant Major of the Army*

*George W. Casey, Jr.
General, United States Army*

*Chief of Staff
John M. McHugh
Secretary of the Army*

BAMC offers two methods for receiving flu vaccinations

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

Lt. Col. Carinne Devlin, chief nurse, Department of Family and Community Medicine estimated a total of approximately 1,800 immunizations were given by her team Oct. 16 at Army Community Service, Army Medical Department Center and School, Blesse Auditorium and Evans Theater.

Both the nasal mist and injections of the vaccine were offered.

"It didn't even hurt," said Kris Draeger.

"I would rather have the needle because I don't like stuff up my nose," Sgt. Matthew Farver said.

"I chose the nasal mist because it's easier," said Frank Pigeon adding that he admits to a fear of needles.

It limits risk of infections, said Spc. Kimberlee Ceballos one of the medics giving the vaccine. "It's two seconds of pain compared to missing pay, endangering family members - it's worth it."



Spc. Clarissa Davis receives her flu immunization via nasal mist.



Sgt. Matthew Farver gets the needle.

Weekly Weather Watch

	Oct. 22	Oct. 23	Oct. 24	Oct. 25	Oct. 26	Oct. 27
San Antonio	76° Chance of T-storms	74° Partly Cloudy	76° Partly Cloudy	81° Partly Cloudy	76° Partly Cloudy	79° Partly Cloudy
Kabul Afghanistan	66° Clear	64° Clear	64° Clear	66° Scattered Clouds	64° Scattered Clouds	59° Scattered Clouds
Baghdad Iraq	89° Partly Cloudy	93° Scattered Clouds	91° Scattered Clouds	93° Partly Cloudy	91° Scattered Clouds	93° Partly Cloudy

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

Thought of the Week

Whether it's the best of times, or the worst of times, it's the only time we've got.

— Art Buchwald

(Source: Bits & Pieces October 2009)

News Briefs

Walters Shoppette expands hours

The Walters Shoppette is expanding hours of operation on a test basis as follows: Monday through Wednesday hours are 5:30 a.m.-11 p.m. and for 24 hours Thursday through Sunday. The Shoppette closes Sundays at 10 p.m. Gasoline service is available 24/7. Call 225-0216 for more information.

Army Family Action Plan Conference

The Army Family Action Plan Conference is being held through Oct. 23 from 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.

National Disability Awareness Month

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.

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.

Warrior Transition Battalion change of responsibility

The Warrior Transition Battalion will hold a change of responsibility ceremony Oct. 26 at 11 a.m. at the Brooke Army Medical Center auditorium. Command Sgt. Maj. Maria Nieto will relinquish responsibility to Command Sgt. Maj. Leonard Ruiz. For more information, call 916-9755.

Quadrangle closure

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

“It’s Not Easy Being Green” conference hopping success

Story and photos by Cheryl Harrison
Army Community Service, Marketing

The first “It’s Not Easy Being Green” Spouse’s Conference was held with about 22 people in attendance seven years ago. This year’s conference, Oct. 15-16 at Dodd Field Chapel, was a hoppin’ good time had by more than 60 attendees.

“It’s Not Easy Being Green” is designed to celebrate spouses’ lives in the military, while also helping them to strengthen community ties, form new friendships and develop skills essential to military life.

As the conference got underway Brig. Gen. Joseph Carvalho Jr., commander, South Regional Medical Command and Brooke Army Medical Center said during his opening remarks, “I’m excited with this agenda.

It is the military spouse who allows us to have a successful Army. Without you we can’t do our mission. ‘We guys’ don’t appreciate the sacrifice you have made in support of the success of the Family unit.”

Following Carvalho’s remarks, Judith Markelz, chairman of the conference, introduced the first day’s keynote speaker.

“We have here among us an incredible supporter of the military,” Markelz said, presenting Barbara Gentry, senior vice president, community affairs at USAA.

“I feel good when I praise or recognize something good in someone else,” Gentry said. “I feel good whether I’m learning something new, getting a compliment, accomplishing a goal,



Barbara Gentry, senior vice president, community affairs at USAA, and Brain Dougherty, director, Army Community Service visit before the start of the “It’s Not Easy Being Green” Spouse’s Conference.

or the two most important things: helping others and giving love. Everyone has something to offer.”

Day two opened with a welcome by Col. Mary Garr, commander, U.S. Army Garrison.

“As spouses you are the glue that holds things together,” she said.

Markelz introduced the keynote speaker for the second day as the “most incredibly optimistic, motivational woman I have ever met.”



Col. Thirsa Martinez, deputy commander for Allied Health Department of Pharmacy, Brooke Army Medical Center spoke during the second day of the “It’s Not Easy Being Green” Spouse’s Conference.



to be called, moved among the group, arms waving in animation, laughing and encouragingly reminding the group, “take responsibility for your own lives, make a difference. At the end of the day nothing is promised to us, so we might as well do it right.”

Following each morning’s session, the ladies attended classes, including digital scrapbooking, several cooking classes, jewelry making, hand stamping, container gardening, yoga, salsa dancing and sign painting.

Door prizes, all with a frog theme, were given throughout each day.

At the end of the conference Markelz said, “I say every year ‘this is the last conference,’ but you are all so excited to be here. And what a tremendous success the conference has been.”

Markelz said she is ready to begin next year’s planning. For more information call 241-0811.

Col. Thirsa Martinez, deputy commander for Allied Health, Department of Pharmacy, BAMC, spoke with enthusiasm and optimism about her Army career and assignments.

“God puts me with just the right people every time, whether it is in Honduras vaccinating donkeys or here at Fort Sam Houston working in a medical field. Because I feel that each of us is called to give, God knows the rest.”

Col. “T,” as Martinez prefers



During the Microwave Cooking class, “grill sergeant” Staff Sgt. Edmund Perez Jr. demonstrated a number of healthy, delicious dishes prepared in the microwave.



Photo by Phil Reidinger

The first Fort Sam Houston Oktoberfest celebrations began Friday night with carnival rides, live music and a German beer garden tent serving authentic German food and beverages.



Photo by Phil Reidinger

Col Mary Garr, U.S. Army Garrison commander presents Councilman John Clamp with an Oktoberfest T-shirt and souvenir beer glass.



Photo by Phil Reidinger

No military event is complete without the popular displays that describe the mission of the post, such as medical training at the Army Medical Department Center and School.



Photo by Phil Reidinger

The Oktoberfest street parade featured Grand Marshall Councilman John Clamp, San Antonio City Council (Dist. 10) who enjoyed meeting the members of the U.S. Army Garrison mounted color guard.



Photo by Phil Reidinger

Soldiers assigned to Headquarters Company, 232nd Medical Battalion joined the fun and demonstrated their marching skills along the parade route.



Photo by Phil Reidinger

The festival offered arts and craft vendors and carnival rides for children and older thrill seekers.

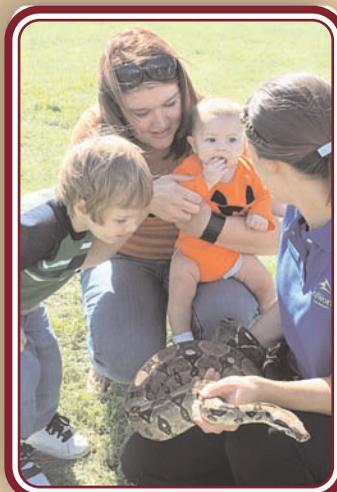


Photo by Tiffany Boulez

Justin Swinton, 3, gets to know a python at the Seaworld booth with Jessica Quale and Madelyn, 5 months. Seaworld also featured a wallaby and crocodile at their booth for festival goers to view.



Photo by Phil Reidinger

Entertainment included live performances by Radio Disney, the SeaWorld animal team, and bands featuring vocalists Granger Smith, Red Dvorak and Matt Poss.



Photo by Phil Reidinger

The Army Medical Command Band, directed by Chief Warrant Officer Jeffrey Price, provided the marching music for the parade.



Photo by Tiffany Boulez

Col. Mary Garr, Army Garrison commander, officially commences Oktoberfest by tapping the ceremonial beer barrel.



Photo by Tiffany Boulez

Hannah Jones, 7, Meredith Kershaw, 8, and Brenda Rolfe create Halloween decorations with Pvts. Wall and Pillingham in the children's tent.



Photo by Tiffany Boulez

Festival goers dance to old-time polkas, waltzes, schottisches and modern German music performed by Oma and the Oompahs.

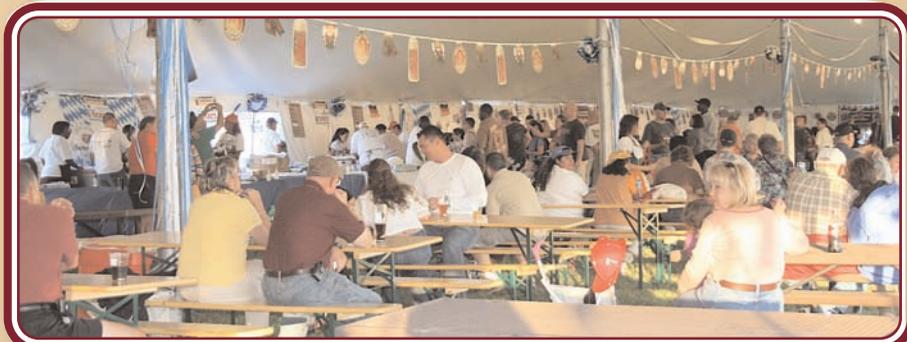


Photo by Tiffany Boulez

Crowds line up in the community tent for authentic German beer, brats, sausages, sauerkraut and potato salad.



Photo by Dallas Mazak

The carnival rides are a big draw for festival goers of all ages.

DISABILITY from P1

one percent of the total population working in government workforce,” said Col. Mary Garr, commander, U.S. Army Garrison, who provided opening remarks for the event. “We can do better, and we must do better.”

“To address these alarming statistics the Army has established an employment goal of two percent representation of individuals with severe disabilities by next year,” Garr said.

According to the Library of Congress Web site, the effort to educate people about issues related to disabilities and employment began in 1945, when Congress enacted Public Law 176, declaring the first week of October as National Employ the Physically Handicapped Week.

In 1962, the word “physical” was removed to acknowledge the employment needs of individuals with all types of disabilities. Twenty-five years later, Congress expanded the week to a month and changed the name to National Disability Employment Awareness Month.

This year’s theme is “Expectation + Opportunity = Full Participation.”



Photo by Robert Ramon

Dan Meyer, chief of staff, U.S. Army South, presents L. Tammie Duckworth a token of appreciation following her speech as Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School, looks on at the National Disability Employment Awareness Month event Oct. 20.

“This is a month that is not just about the disabled, it’s about progress, hope and determination,” said L. Tammy Duckworth, assistant secretary of veterans affairs for public and intergovernmental affairs, and guest speaker at the event.

As a major in the Illinois Army National Guard, Duckworth served as an assistant operations officer and flew combat missions as a Black Hawk helicopter pilot. She was severely injured in Iraq in 2004 when a rocket propelled grenade stuck the helicopter she was co-piloting. As a result of the attack, Duckworth lost both her legs and partial use of one arm.

Duckworth said when she woke up at Walter Reed she was unable to move a single part of her body and thought, “My life will never be the same.”

“Life becomes a new ‘normal,’” she said. “You can get back as much as you need to get back and the military will be there with you to help you.”

“So many of our comrades are coming home with devastating injuries,” said Duckworth. “It will take a lot of time, patience and mental strength for them to cope with their disabilities and adjust to their new lifestyles.”

Our Soldiers should not have to worry about being



Photo by Lori Newman

L. Tammie Duckworth speaks with Isaac Hampton, U.S. Army South, after the National Disability Employment Awareness Month event Oct. 20. Duckworth greeted more of the attendees following her speech.

cared for if they are injured, she said. “The VA’s budget will increase by 25 billion dollars over five years, the largest increase in 30 years.”

Duckworth discussed expanded eligibility for veterans to the VA health care system, virtual lifetime electronic records access, improved access for female veterans and the commitment of the VA to end homelessness among veterans. She answered questions from the audience, and encouraged veterans to sign up for VA health care even if they don’t need its services and benefits right now.



Photo by Jen D. Rodriguez

Kathy Rasmussen of the Center for the Intrepid takes Honorable L. Tammie Duckworth, assistant secretary for public and intergovernmental affairs, U.S. Department of Veterans Affairs and Brig. Gen. Joseph Carvalho, commander, Southern Regional Medical Command (Provisional) and Brooke Army Medical Center on a tour of the facility Oct. 20

Prior to speaking, Duckworth toured the Center for the Intrepid and had lunch with wounded warriors from the Warrior Transition Battalion at Brooke Army Medical Center.

“It is important to recognize the contributions, skills and talents of individuals with disabilities. Not just during this designated month but throughout the year,” said Garr.

CONSTRUCTION from P1

tures on Fort Sam Houston as office space to accommodate the realignment of the Army's Installation Management Command from the Washington, D.C. area. More than 2,000 positions are associated with this move.

Fiscal year 2009 proj-

ects have given the BRAC program additional momentum as it moves toward its legislative completion deadline of September 2011. This fall, the program is passing through its period of peak construction activity. More than 2,200 construction workers are spread across the various project sites.

In fiscal year 2010, 24 projects valued at more than \$300 million are scheduled to be awarded. The construction contractors that receive contracts are continuing to hire many subcontractors from the San Antonio area to help complete their projects.

(Source: U.S. Army Corps of Engineers)

MEDICS from P1

tests on skills from the Soldiers Manual for Common Tasks, combat medic lanes and a forced foot march.

The EFMC is extremely demanding both physically and mentally, surpassing efforts required for any other Army Medical Department competition. Demands placed on competing

teams include 72 hours of continuous operations conducted in a simulated combat environment. All competitors must be recipients of the Expert Field Medical Badge and/or Combat Medical Badge.

The 32nd Medical Brigade is supervising the event, and many Soldiers from Fort Sam Houston are providing logistical support, evalu-

ating events, portraying patients with simulated wounds or helping any other ways to ensure the competition's success.

The week will conclude with the awards ceremony at 10:30 a.m. Oct. 23 at the Camp Bullis parade field.

Information about the EFMC is on Army Knowledge Online at <https://www.us.army.mil/suite/page/621281>.

Computer emergency notification system

Fort Sam Houston uses a variety of methods to provide emergency notification messages to installation Soldiers and the civilian workforce. These systems include public address systems, mass e-mail messages, and telephone alerts. The latest addition to this group is the Computer Emergency Notification System.

CENS is a software application that allows the Installation Operations Center to send emergency messages to every government desktop computer on the installation.

When a CENS message is sent to your desktop computer, an audible alarm will sound (if your computer speakers are on) and a notification message will fill the entire computer screen.

There are three different types of messages. "Information" messages provide notifications of a routine nature such as scheduled road closures or planned network outages. "Alert" messages are designed to inform the public about more serious events like approaching severe weather or major traffic accidents.

Notifications for incidents such as an imminent terrorist attack or a nearby hazardous materials spill will be provided using an "Emergency" message.

The messages will also provide specific instructions for evacuating or sheltering-in-place as required. Regardless of the message type, clicking on the "close" button at the bottom right-hand corner of your computer

screen will close the message.

CENS should be operational for all desktop users on the garrison domain by Oct. 30. The remaining Fort Sam Houston domains will be added shortly thereafter.

The IOC will periodically test CENS across the installation to validate the system's operational status and to ensure the installation population is familiar with the application and the various types of messages they might receive. Testing will normally be accomplished during non-duty hours. The system will also be widely used during installation exercises.

For more information call 295-0534.

(Source: Installation Operations Center)

NEWS BRIEFS from P3

Vigilant Shield exercise.

4th ESC change of command

The 4th Expeditionary Sustainment Command will hold a change of command ceremony Nov. 7 at 11 a.m. at the post flagpole. The outgoing interim commander is Col. Girard Seitter IV (deputy commander); the incoming commander will be Brig. Gen. Les Carroll. For more information, call 221-5817.

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. The system allows customers to submit DA and command photo, graphics, photography, 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.

BAMC Flu Vaccines

Brooke Army Medical Center will provide flu vaccines to beneficiaries 18 years and older, Oct. 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 who are 5-years-old and above. During November, the flu vaccine will be offered Nov. 13 and 24 for beneficiaries' ages 18 years of age and up, and Nov. 20 for age's 5-years-old and up. The flu vaccine will also be offered 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 immunizations walk-in hours. For a complete list of clinic walk in times and update information on the flu fair dates, visit www.sammc.amedd.army.mil or check with the BAMC information desks, at either side of the main entrances.

Year of the NCO

leadership – what makes a good leader?

Master Sgt. Darin Schartner

“A good leader is a be, know and do person. He or she always leads from the front, along with always having compassion for his or her Soldiers while accomplishing the mission.”

Sgt. 1st Class Irether Gaines

“A leader is someone that exemplifies competence and character. A leader must be driven to do the right things, even when it hurts.”



Courtesy photo

Soldiers train with heavy logs as part of team building. One Soldier cannot lift the log or carry it alone, but as a team Soldiers can move the log great distances. Training led by Sgt. Dennis Grover.

USASMA commandant speaks to changes in NCO development

By Carroll Kim
TRADOC Public Affairs

Command Sgt. Maj. Ray Chandler, commandant of the U.S. Army Sergeants Major Academy, laid out specific changes to noncommissioned officer education curricula during a Sergeants Corner presentation at the Association of the United States Army Annual Meeting in Washington, D.C., Oct. 6.

Titled, "Leader development: developing NCOs in an era of persistent conflict," Chandler spoke to an audience of officers, noncommissioned officers and civilians about how the NCO courses are changing to provide career-long learning.

"We're transitioning from a training-based organization to an education-based organization," he said. "We know that a Soldier that is trained performs well. What we want is a Soldier that is educated and can solve



Command Sgt. Maj. Ray Chandler, commandant of the U.S. Army Sergeants Major Academy, laid-out specific changes to noncommissioned officer education curricula during a Sergeants Corner presentation at the Association of the United States Army Annual Meeting.

problems in a variety of conflicts."

The Warrior Leaders Course will use both performance-based testing and performance evaluations. "In the past, we tested Soldiers on tasks. Now, they're going to have a performance-based assessment and a cognitive module-based assessment," he said.

The Sergeants Major Course will also undergo

improvements aligning the ten-month course to the academic school year, which will accommodate students who bring their Families to Fort Bliss, Texas.

Chandler also mentioned integrating more senior enlisted students from across the services into the school.

"We don't have a directive like the officers to train with internation-

"We want a Soldier that is educated and can solve problems in a variety of conflicts."

— *Command Sgt. Maj. Ray Chandler*

al Soldiers, but we know inherently that NCOs will have to operate in a joint environment. We have to expose them to it earlier," he said.

The biggest change will happen between operational experiences and schoolhouse education through structured self-development. The self-paced, professional development is designed to fill gaps and teach lessons such as ranking systems of other services and conducting drill ceremonies.

"We've had correspondence courses. What we want to do is provide structure and that structure is going to give Soldiers what they need between education and the operation," said Chandler.

Soldiers will complete scheduled modules as a prerequisite to schoolhouse classes. For example, Module 1, teaches the rank system of sister services and drill ceremonies, will be completed after advanced individual training, but

before Warrior Leaders Course. The complete program will be available by September 2010.

Chandler closed the update highlighting the educational accomplishment of today's NCOs.

"Our last two classes, you have started to see the educational impact on NCOs. Ninety-three percent of people who graduated (two classes ago) graduated with a college degree ... we're proud of what we do, and we're proud of where we're going, and we're proud to be a part of TRADOC."

(U.S. Army Training Doctrine Command.)

AMEDD's Kirkpatrick named Capability Developer of the Year

By L.A. Shively
Fort Sam Houston Public Affairs

The Capability Developer of the Year award was presented to Dr. James Kirkpatrick, senior clinical consultant, Directorate of Combat and Doctrine Development, Army Medical Department Center and School Oct. 2, at Fort Monroe, Va.

"Dr. Kirkpatrick won the award for redesigning the Combat Support Hospital and Hospital Augmentation teams and effecting significant improvements in the Army-wide Combat Lifesaver program," said AMEDD Medical Capabilities Integration

Center Director Col. Tim Jones.

Kirkpatrick reduced the number of elements of the CSH from 11 to six. He said it is too large in most cases and as the Army has become more modular, performing missions with smaller units, the CSH must follow suit and evolve into a more flexible entity.

His solution uses the Table of Equipment concept where gear and physicians form Augmentation Teams that can be placed as needed. He suggests thinking of the old CSH as comprised of cinder blocks and the new hospital elements as Lego blocks that can be snapped into place or

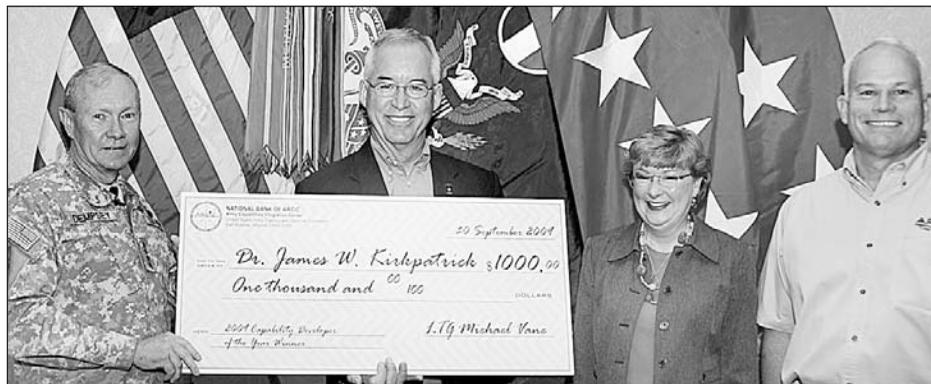


Photo by Frank Brown

Dr. James Kirkpatrick receives a \$1,000 award for winning the Army Capabilities Integration Center Individual Capability Developer Award from Gen. Martin Dempsey, U.S. Army Training and Doctrine Command commander, and Lt. Gen. Michael Vane, ARCIC director during the ARCIC Integration Enterprise Conference in Fort Monroe, Va.

removed as needed.

"For example, if I want to build a trauma center for head injuries, I can put together a head injury center out of TOE pieces. If I need pediatricians, I have an organiza-

tion designed to do that mission, or send in different directions on different missions."

"Dr. Kirkpatrick's work provides the Army with a fully modular and scalable hospital that can be employed across the full spectrum of military operations from stability operations to general war," said Director of Combat and Doctrine Development Col. Larry Conway.

"The beauty of the design is that it allows

CSH commanders and medical planners that latitude to deploy only the capability that is needed without rendering the remainder of the facility ineffective for subsequent follow-on missions."

Kirkpatrick also identified a change in the need for immediate intravenous interventions on trauma patients. As a result the U.S. Army Training and Doctrine Command suspended IV training from CLS in September.

"It's a great thing for the (Army Medical) Center and School because this was looking all of the training and doctrine command elements," Kirkpatrick said adding that he was part of a team that included Jones and Conway.

"The recognition goes to AMEDD Center and School."

"Dr. Kirkpatrick's research will positively impact countless Soldiers on current and future battlefields," Jones said. "He turned every challenge into a stepping stone for success."

"Not only did Dr. Kirkpatrick provide the intellectual underpinnings of the combat support hospital redesign, he provided many of the ideas that help make the design as affordable as possible to the Army," Conway said.

"That's absolutely essential in today's resource-constrained environment."

Warrior surfing dreams come true at Pismo Beach

By Lt. Col. William A. McCaskill
Special to the News Leader

The Beach Boys said it best. "Let's go surfing now, everybody's learning how," and no truer words were spoken for 10 wounded warriors from the Brooke Army Medical Center who fulfilled their dreams of surfing Sept. 3 to 8 at Pismo Beach, Calif.

"Before going to Pismo Beach I had pretty much accepted that there were some things in this world that I would never be able to do as an amputee," said Spc. Robert Ferguson.

"However, by the third day of surfing and actually getting up on a surfboard and surfing properly, my preconceptions that there are things in this world amputees cannot do has been washed away by the waves of the ocean."

"I suffered multiple compound fractures, third degree burns and multiple shrapnel wounds. I have undergone numerous surgeries and intensive physical therapy, but I was worried about my injuries preventing me from surfing. The surf instructors said they have been able to get every single wounded warrior up on a surfboard," said Marine Sgt. Matthew Sondermann.

"The instructors and volunteers in the water were all very positive and patient," said Sandra March, wife of retired wounded warrior Staff Sgt. Jason March.

"Jason was unsure of what he was going to be able to do. They took him one step at a time. (All of) the wounded



Photos courtesy Operation Surf

Spc. Javier Rivera is assisted by Adaptive Surf Instructor Richard Schmidt of Santa Cruz, Calif. during the final phase of Surf School.

warriors were encouraged and cheered on. Every one of them walked away with their goal reached. It is great for them to say I can surf!"

"Exceeding their goals builds willingness to continue on in other challenges in life," said Van Curaza, whose surf shop hosted the wounded warriors. Curaza said he has developed an adaptive surf program that allows Soldiers to experience the thrill of surfing in a safe, constructive environment.

"We begin with comprehensive instruction on land that includes ocean safety, ocean awareness, equipment use and adaptive techniques that cater to each individual's disabilities," Curaza said.

After comprehensive instruction, a three-person team takes a Soldier into



Marine Sgt. Matthew Sondermann is assisted by Adaptive Surf Instructor and Operation Surf cofounder, Van Curaza.

the ocean: a professional adaptive surf instructor for a one-on-one student-to-teacher ratio, and two trained assistants within the participant's surfing zone as additional safety buffers.

"There are several different levels to

recovery and sports play an important part in the process," said Janis Roznowski, Director and Founder of Operation Comfort who sponsored the week-long surfing event.

Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

Eat healthy your way

By Lt. Col. Karen E. Hawkins
Defense Commissary Agency dietitian

You might promise yourself to get healthier: to exercise more, cook more, eat better. The commissary is here to help you take care of yourself and your Family. When it comes to feeding a Family on a budget we all want to make good choices.

As a registered dietitian and mother of two teenagers I know and understand what it takes to make healthy choices for a Family. Let us help you when you have questions about making healthy choices and remember you can help your grocery budget with savings of 30 percent or more at the commissary.

Adam Drewnowski, Ph.D., director of the nutritional sciences program at the University of Washington School of Public

Health and Community Medicine, recommends going back to basics when choosing foods. Here are six nutritious foods you can buy at the commissary:

- Beans: One serving has 7 grams of fiber and 7 grams of protein – good for your heart and your digestive system.
- Eggs: A good source of protein and also contain antioxidants lutein and zeaxanthin, important for healthy eyes.
- Bananas: A good source of potassium, which helps keep blood pressure within a healthy range. They also provide fiber and vitamins C and B6.
- Potatoes: A good source of fiber, potassium, and vitamin C to help your immune system.
- Yogurt: A great source of calcium, which helps keep your bones strong. It also has protein and can make a good meat sub-

stitute. To save even more money, buy it in the large containers and portion it out for meals and snacks.

•Ground beef: Lean beef, around 93 percent, is a great source of protein and iron, a mineral that carries oxygen to cells throughout your body. Ground beef cooks quickly and can be mixed with pasta, vegetables and other foods.

For more information about making healthy choices, visit Ask the Dietitian, www.commissaries.com and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.



Golfers wanted

Looking for golfers of all skill levels to play in a fun weekend group with relaxed golf rules, visit www.dawgfight.org or call 865-5385 for more details.

Combat Medic Run

Family Morale, Welfare and Recreation will host the 29th annual Combat Medic Run/Walk Oct. 31, 6-11 a.m. at the intersection of Worth and Stanley roads. There will be a 5K, 10K, 28-Soldier Formation Run, Five-Soldier Guidon Team Run and 2-mile walk. Event open to the public.

Tower climb challenge

The Jimmy Brought Fitness Center will host a Tower Climb Challenge Nov. 1-14 from 5 a.m.-9 p.m. Open to all DoD I.D. card holders. Participants are challenged to climb some of the tallest buildings in the U. S. Call 221-1234/1532.

Intramural Fall Flag Football

Oct. 14 final standings

TEAM	W	L
1st BAMC	7	1
2nd Co B, 264th		

Med. Bn.	5	3
3rd ARSOUTH	5	3
4th SA Recruiting Bn.	3	5
5th Navy Recruiting	1	7

Intramural Fall Softball

Oct. 15 final standings

TEAM	W	L
1st ARSOUTH	6	2
2nd ARNORTH	6	2
3rd SA Recruiting Bn.	5	3
4th USAMITC	3	5
5th 201st MI Bn.	0	8

Varsity Basketball Schedule

Costal Bend JC vs. Fort Sam Houston Oct 24, 1 p.m., at Jimmy Brought Fitness Center
 Gary Job Corps vs. Fort Sam Houston, Oct 27, 7 p.m., at Jimmy Brought Fitness Center
 Lackland Air Force Base vs. Fort Sam Houston Oct. 31, 2 p.m. and Nov. 1, 12 p.m., at Jimmy Brought Fitness Center
 Fort Sam Houston vs. Temple JC, Nov. 7, 2 p.m., at Temple JC
 Blinn JC vs. Fort Sam Houston, Nov. 12, 7 p.m., at Fort Sam Houston
 Daystar Warriors vs. Fort Sam Houston, Nov. 14, 2 p.m., at Jimmy Brought Fitness Center

How to survive, thrive through Domestic Abuse

By Angela M. Swain
Installation Victim Advocate

Domestic violence can occur within a Family; this includes partner violence between intimate partners, whether they are married or not. An abusive relationship can leave a deep impression on the one who's been abused, as well as children who are exposed to this type of role model. The first episode of violence is like a major shockwave. It tends to be totally unexpected and the victim may wonder what they did to deserve mistreatment.

The Victim Advocacy Program offers support to those who are in abusive relationships. People remain in abusive relationships for various reasons, which makes it difficult to leave. Reasons for staying may include finances, isolation, fear-serious threats' to one's life and that of the children, the hope that the partner will change and there will be an opportunity to pursue healthy love; depression and powerlessness; not knowing where it is safe to go; lifestyle may change, and the hope that the victim can positively influence change.

There are three Installation Victim Advocates available to provide support to indi-

viduals who want help. Some victims gain an understanding about abuse early, and others may remain in denial for a long time and are not ready to leave the relationship. Others just want to get help and work with their partner to restore the relationship. Then there is the spouse who knows their mate doesn't want to end the "cycle of violence" nor give up enforcing "power and control."

Years ago a client who came to the realization that her life was in jeopardy and needed to make a decision to leave the relationship. That client has granted permission to share her story. She will go by the name of "Julie."

Julie said she felt honored when asked to share her experience as a client of the Victim Advocate Program. Julie was engaged in an extremely abusive marriage that to her presented "no hope of rehabilitation." She endured two marital rapes, thought no one would believe her amuch less assist her in efforts to leave the situation.

One morning during an argument, Julie's spouse began to "violently choke her," and it was at that moment she knew that she could no longer stay in that type of home.



She had been kept under strict rules by her spouse. He drove her to work and explicitly told her that if she ever tried to leave him or if she told anyone about what had been going on he would "kill her."

Julie contemplated whether or not to tell anyone the truth. She finally decided to confide in her first sergeant and commander all that had happened.

Julie went to the Victim Advocate Program and was given "Safe Haven." Her marriage ultimately ended in divorce and Julie became a better, more complete person and Soldier. She credits the support services she received from the Fort Sam Houston Victim Advocacy Program.

The Brooke Army Medical Center Department of Social Work provided counseling to her as a means to

repair the damage done to the relationship. The support she received helped encourage her to "stand strong," not only as a woman, but as a person. Julie realized she deserved to be loved, cared for and respected.

She said she would forever be indebted to the phenomenal care she received through the Victim Advocate Program. She not only recommended the program services to others, but has become an ambassador to everyone

who will listen.

This client's story is reflective of many women and men, who feel they are trapped in an abusive relationship. They usually fear leaving but this particular client chose to get help. Her courage allowed the cycle of abuse to be broken.

Anyone knowing someone in this situation or if you feel trapped, consider contacting the Victim Advocacy Program, or contact the crisis hotline at 722-4920. General inquiries can be made by calling 221-0349, or the Social Work Services Department at BAMC at 916-3020.

Today is the first day of the rest of your life, now is the time, seize the opportunity and get help.

Domestic Abuse Prevention Awareness Month Activities

Army Community Service-Family Advocacy Program

Oct. 22

Military One Source and EFMP Resource Fair for Soldiers and Families, Army Community Service, 8:30 a.m.-4 p.m.

Oct. 23

Military One Source and Laurel Ridge Treatment Center Conference, Laurel Ridge, 8:30 a.m.-4 p.m.

Oct. 26, 27, 28

UVA Refresher Training (must attend all three days), 8 a.m.-4:30 p.m.

Oct. 30

Couples Retreat-Dodd Field Chapel, 9 a.m.-4 p.m.

Oct. 31

ACS and Child, Youth and School Services Halloween Festival and Movie Night, 10 a.m.-4 p.m.

Call Dodd Field at
221-2418/0349

News Leader survey online

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

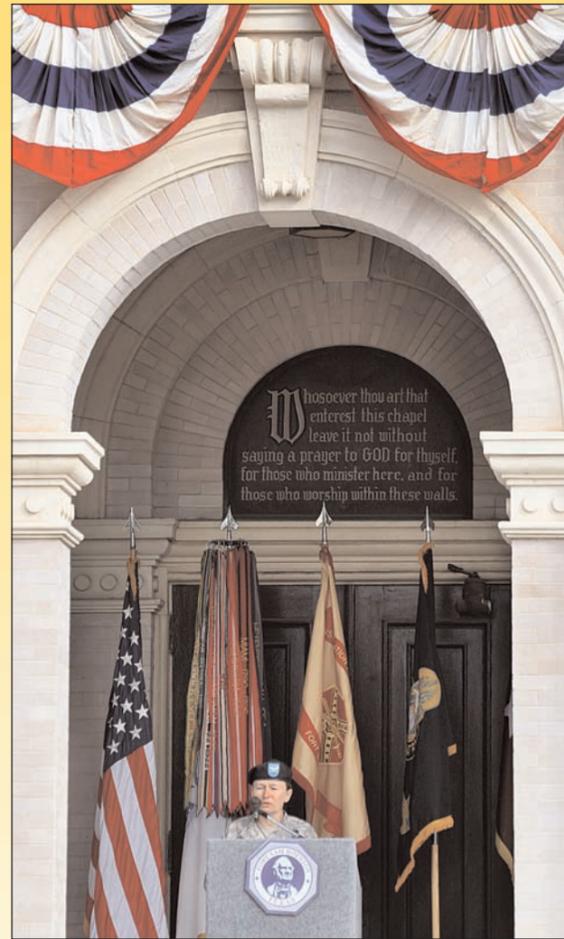
Gift Chapel centennial highlights bond between Fort Sam, city of San Antonio



Der San Antonio Liederkrans sang Schäfers Sonntagslied and Grosser Gott in German. Gift Chapel architect Leo Dielmann had been a member of the choral group, which was founded in 1892.



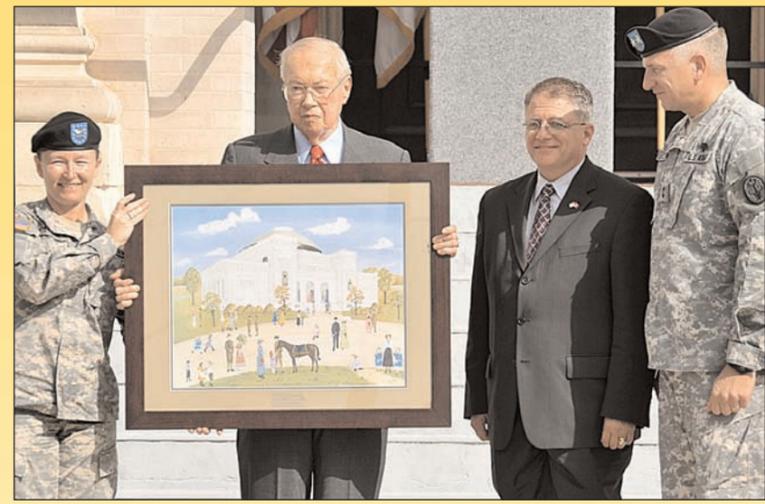
Maj. Gen. Russell Czerw, commander Fort Sam Houston and Army Medical Department Center and School introduces keynote speaker State Rep. Frank Corte Jr.



Col. Mary Garr, commander, U.S. Army Garrison welcomes the gathering at the Gift Chapel centennial. Garr was married at the chapel in 1987.



Keynote speaker State Rep. Frank Corte Jr. highlights the heritage and culture connecting Fort Sam Houston, the Gift Chapel and the community of San Antonio.



Col. Mary Garr, commander, U.S. Army Garrison (left) presents T.R. Fehrenbach with a reproduction of an original painting of the Gift Chapel as thank you for his participation in the centennial celebration. Maj. Gen. Russell Czerw (right), commander, Fort Sam Houston and Army Medical Department Center and School also presented Rep. Frank Corte Jr. with the chapel portrait.

Story and photos by L.A. Shively

The Gift Chapel's 100th anniversary Oct. 20 commemorated a centennial of community between Fort Sam Houston and residents of the city of San Antonio.

Flags from each of the states waved in the breeze, patriotic bunting adorned the building's façade and a pleasantly noisy crowd of about 250 civilian and military assembled at the front entrance of the chapel reminiscent of a typical American main-street festivity.

Formerly known as Maverick Park, the property on which the chapel stands was donated by the city and construction funds were donated by community leaders as well as military personnel according to the Historic Buildings Survey of the National Parks Service, where the Gift Chapel is registered.

Until the chapel was completed, services had been conducted in temporary shelters, open-air encampments and at St. Paul's Episcopal Church on Grayson Street, located off post. The Gift Chapel was the first permanent religious institution built for Soldiers and their Families.

Dedicated in 1909 by U.S. President William Howard Taft, the chapel was designed by architect Leo Dielmann, who was born and raised in San Antonio and constructed under the supervision of John Dielmann, the architect's father.

"Very few military posts claim a stronger connection to their community than ours," said Col. Mary Garr, commander, U.S. Army Garrison, who was married at the chapel in 1987.

"The Gift Chapel, a fitting name, serves as a reminder of the long, historic covenant between the citizens of San Antonio and Soldiers, who with their Families, have served at the post through the decades."

"It's central to what we're doing today – involvement of the community with the military," said retired Army Lt. Col. T.R. Fehrenbach, currently an editorial columnist. Fehrenbach served in WWII and Korea.

He said city forefathers saw supporting the military as good business, thwarting the Army's efforts to locate its headquarters in Austin by donating large plots of land.

"It was an offer they could not refuse." The military in turn supported the community he said, its presence creating a multi-billion dollar enterprise.

"The bricks (of the Gift Chapel) represent our diverse community and those who choose to live here," said Leo Dielmann III, whose father and grandfather were involved in the chapel's construction. He spoke about the similarity of relationships between his family and the city, and Fort Sam and San Antonio. "Our fathers worked

together and our families socialized together."

Maj. Gen. Russell Czerw, commander Fort Sam Houston and Army Medical Department Center and School, introduced keynote speaker, State Rep. Frank Corte Jr. (R-San), saying the representative understands Family readiness and the programs that sustain the Army Family. Corte is a small business owner and serves as a Colonel with the U.S. Marine Corps Reserve.

"This occasion is about our heritage and culture," Corte said, adding that the history of the Gift Chapel is phenomenal and important.

Corte said the connection between the post and San Antonio began before the city was built, but that the Army has always taken responsibility for the city's growth and development.

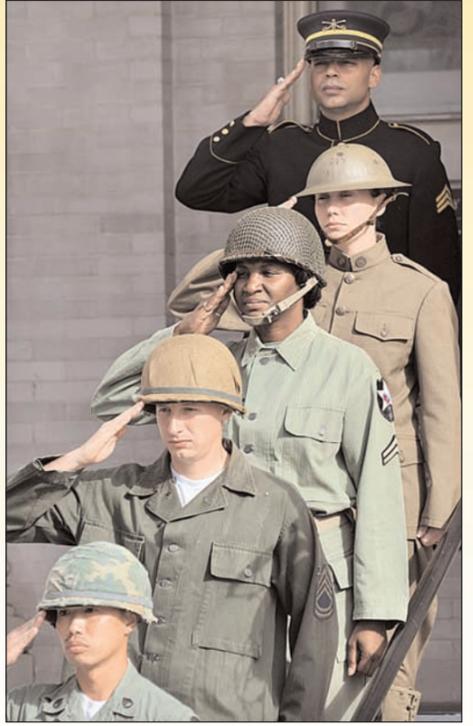
"The Army was the first curator of the Alamo and tourism is tied to the Alamo."

He echoed Fehrenbach in that the city's early acceptance of the Army's need for railroads cultivated a strong business development echoed in today expansion of the post under the Base Realignment and Closure act.

The celebration was rounded out with selections by the Strike Force Trombone Quartet, a scripture reading sung in Hebrew by Chaplain (Capt.) Sarah Schechter and Choral Music by Der Liederkrans.



Master Sgt. Steve Baxter and Spc. Donald Pierce, members of the Strike Force Trombone Quartet, entertain the gathering at the centennial celebration.



Soldiers don U.S. Army uniforms spanning different eras reflecting the historical time line during which the Gift Chapel has stood.



Chaplain (Lt. Col.) James Caraway cleans the memorial to Gift Chapel architect Leo Dielmann outside the Gift Chapel prior to the centennial celebration.

Photo by Esther Garcia



Sgt. 1st Class Miguel Verdinez hangs bunting on the façade of the Gift Chapel in preparation for the centennial celebration.

Photo by Lori Newman

Red Ribbon Week helps parents recognize, prevent prescription drug abuse in children

By Leslie Noel

Prevention Coordinator, Fort Sam Houston Alcohol and Substance Abuse Program

Red Ribbon Week is the oldest and largest drug prevention program in the nation reaching millions of Americans during the last week of October every year.

"Drug Free is the Key," is this year's theme and the focus will be keeping Families and communities safe, healthy and drug-free, through parent training.

The Fort Sam Houston Alcohol and Substance Abuse Program assists parents with indentifying prescription drug abuse and the "lingo" that is used among teens.

According to Substance Abuse and Mental Health Services Administration, more than 3.1 million teens ages 12-17 abuse prescription drugs. Every day 3,300 more children begin experimenting with prescription

drugs and 70 percent of children who abuse prescription drugs admit to getting them from family or friends.

Prescription drug abuse is defined as taking prescription drugs for nonmedical use, using to self medicate, using other people's prescription or distributing prescription drugs to others.

The most common prescription drugs abused are opioids, central nervous system depressants and stimulants.

Opioids, also known as narcotics and opiates, are used to treat pain. Examples of opioids are morphine, codeine and Vicodin.

Depressants, known as tranquilizers or sedatives, are used to treat anxiety and sleep disorders. Examples of depressants are Xanax (referred to as bars), Valium and Nembutal.

Stimulants are prescribed to treat the sleep disorder narcolepsy and attention-deficit hyperactivity disorder.

The most commonly abused stimulants are Ritalin and Adderall.

There are several steps that a parent can take to reduce the chances of their child abusing prescription drugs:

Lock Your Meds

Prevent your children from abusing your own medication by securing them in places your child cannot access and properly dispose of old and unused medications.

Take Inventory

Write down the name and amount of medications your currently have and regularly check to see that nothing is missing.

Educate Yourself and Your Child

Learn about the most commonly abused types of prescription medications. Then, communicate the dangers to your child regularly; once is not enough.

Set Clear Rules and Monitor Behavior

Express your disapproval of using prescription drugs without a prescription. Monitor your child's behavior to ensure that the rules are being followed.

Pass It On

Share your knowledge, experiences and support with the parents of your child's friends. Together, you can create a tipping point for change and raise safe, healthy and drug-free children.

If your child already has a problem, do not wait to do something about it. Call the Army Substance Abuse Program, 221-2988.

Other resources include the San Antonio Council on Alcohol and Drug Abuse 225-4741 or Poison Control 1-800-222-1222.

(Source: National Family Partnership and Drug Free.org Parent Resource Center)

Understanding the Lingo of Teen Prescription Drug Abuse

Knowing the vocabulary surrounding prescription drug abuse can help parents take a proactive approach in communicating with your teen.

Big Boys, cotton, kicker

Various slang for prescription pain relievers.

Chill pills, French fries, tranqs

Various slang for prescription sedatives and tranquilizers.

Pharming (pronounced "farming")

From the word pharmaceutical, it means kids getting high by raiding their parents' medicine cabinets for prescription drugs.

Pharm parties

Parties where teens bring prescription drugs from home, mix them together into a big bowl, called trail mix, and grab a handful. Not surprisingly, "pharm" parties are usually arranged while parents are out.

Pilz (pronounced pills)

A popular term used to describe prescription medications; can also include over-the-counter medications.

Recipe

Prescription drugs mixed with alcoholic or other beverages.

Trail mix

A mixture of various prescription drugs, usually served in a big bag or bowl at "pharm" parties.

HISPANIC HERITAGE MONTH GRAND FINALES

Cole Essay Contest Winner



Photo by Maj. Lyndon Jones

Jamie Douglas, ninth grade student from Robert G. Cole High School, daughter of Maj. Monica Douglas, Army Medical Department Personnel Proponent Directorate, receives the 1st place award for her ninth grade Hispanic Heritage essay, Oct. 15. The students were asked to write an essay explaining the contributions Hispanics have made to America's history. The winners were:

Sixth Grade:

First place: Mayceo Wilson
Second Place: Ryan Stankiewicz
Third place: Andriana J. Ibanez deLeon

Seventh Grade:

First place: Brandon McClellan

Eighth Grade:

First place: Isabelle Lougee

Ninth Grade:

First place: Jamie Douglas
Second place: Rashad White
Third place: Andrew Guerrero

10th Grade:

First place: Cheyenne Havel
Second place: Amanda Gonzales
Third place: Michael Scott

11th Grade:

First place: Tony Gonzalez
Second place: Rachelle Green
Third place: Ashley Erickson

12th Grade:

First place: Cristal Long

Ballet Del Cielo was one of many entertainers that were represented at the Hispanic Heritage Month event hosted by Brooke Army Medical Center Equal Opportunity Office Oct. 8 in the medical mall.

Photo by Dwayne Snader

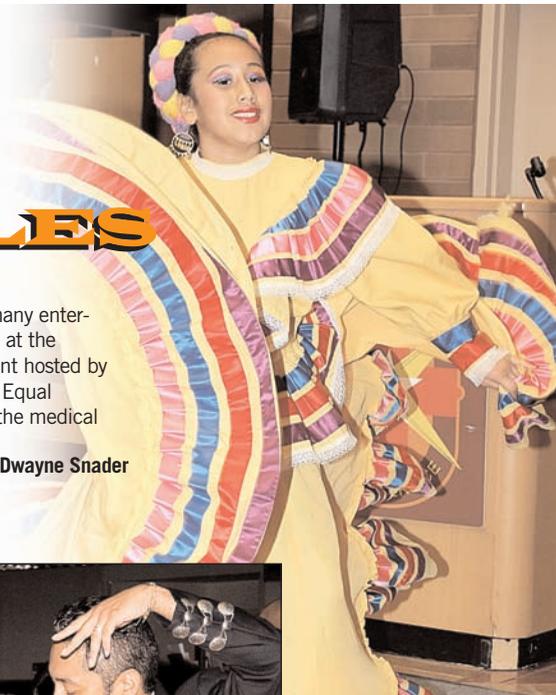


Photo by Arwen Consaul

A member of the mariachis band shows a Brooke Army Medical Center staff-member some traditional dance moves during the Hispanic Heritage Month Event Oct. 8 in the medical mall. Mariachis and other bands showed the history and richness of the Hispanic culture and everyone was invited to enjoy and sample a traditional Hispanic meal.

Dancers



Staff Sgt. Lizette Gomez, from Brooke Army Medical Center, and Sgt. Michael Ford, Army South's 470th Military Intelligence Brigade, performs the Salsa at the Army South Hispanic Heritage Extravaganza Oct. 15 at the Jimmy Brought Fitness Center. Local vendors such as El Maracumbe, a Mexican restaurant, and Yolanda's Cakes provided food for the event.

Photo by Dwayne Snader

TRAVELING SHOW

The USA Express touring Army band rocked the Hacienda Oct. 20 for members of the 32nd Medical Brigade. USA Express is the Army Entertainment Division's deployable musical performance group comprised of active duty, National Guard and Reserve military musicians and singers chosen for their outstanding military performance, attitude, musical ability, and versatility. The band travels to installations around the world.



Photo by Amanda Stephenson

Cougars romp in wild shootout

In a game where you thought you were witnessing Texas Tech vs. Oklahoma State, the Robert G. Cole Cougars beat the Johnson City Eagles 56-42, Oct. 16 at Cougar Stadium.

Led by Lemon Hodges' 176 yards rushing and four touchdowns, Cole raked up

over 400 yards on the ground and 21 first downs.

Cole quarterback, Ronnel Jordan threw two touchdown passes to Zach Schell; and Nelson Sepulveda added another rushing score for the 5-3 Cougars.

Following a bye week, Cole will next face off

against the district 27-2A leading Blanco Panthers Oct. 30 at 7:30 p.m. at Blanco.

(Source: Fort Sam Houston Independent School District)



FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES OCT. 26 TO 31 RED RIBBON WEEK

Fort Sam Houston Elementary School

Oct. 26

Second nine weeks
Pumpkin decorating contest in library

Oct. 27

FSHISD School Board meeting in Professional Development Center, 11 a.m.

Oct. 29

Report cards go home

Oct. 30

Pick up pumpkins from library

Robert G. Cole Middle and High School

Oct. 26

Second nine weeks
Student of the month breakfast in middle school conference room, 8:30 a.m.
Swim meet at San Antonio Natatorium, 5 p.m.

Oct. 27

FSHISD School Board meeting in Professional Development Center, 11 a.m.
JV/V volleyball vs. Brooks at Cole, 5 and 6:30 p.m.
Fall play performance "Night of the Living Dead" in Moseley gym, 7 p.m.

Oct. 28

Cross country district meet at Comfort high school, 1:30 p.m.
DECA fall leadership conference at T Bar M in New Braunfels
Josten presentation to freshmen class during freshmen readiness in Moseley gym
First practice day for boy's basketball
Fall play performance "Night of the Living Dead" in Moseley gym, 7 p.m.

Oct. 29

JV football vs. Blanco at Cole, 6 p.m.
Swim meet at San Antonio Natatorium, 5 p.m.

Oct. 30

Varsity football at Blanco, 7:30 p.m.

Oct. 31

Fall play performance "Night of the Living Dead" in Moseley gym, 7 p.m.



Announcements

Teen Poetry Slam postponed

The Teen Poetry Slam scheduled for Oct. 24 by the Family Advocacy Program has been postponed to a later date. Call 221-0349/2418.

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. cardholders. The game will be held Jan. 9 at the Alamo Dome. There will be a limit amount of four tickets per person, on a first-come, first-served basis. Call 226-1663.

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.

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.

You're Hired program

Child, Youth and School Services is now accepting applications at the central registration office for the HIRED! apprenticeship program. The program provides high school students 15- to 18-years-old career exploration opportunities and valuable work experience in Family and Morale, Welfare and Recreation operations. A cash prize is awarded upon completion of the program. Candidates must be a child of an active duty military member, DoD civilian, DoD contractor, active duty reservist or retiree, currently attending high school, and possess and maintain at least a 2.0 grade point average throughout the 12-week term. For more information, call 221-3164/3386.

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.

CYSS Basketball registration

Child, Youth and School Services will hold 2009 basketball registration for children 3- to 15-years-old on Nov. 2-20, 8 a.m.-4 p.m. in Building 2797. Registration is \$50 and participants must be up to date on their physicals and shot records in order to register. Children unable to register during regular business hours may register Nov. 14, 10 a.m.-4 p.m. CYSS basketball is also looking for volunteer coaches. Call 221-4871.

Heroes' Tree Celebration

Keith A. Campbell Memorial Library will host a Heroes' Tree Celebration through Nov. 12. The celebration will be held to recognize the significance of the selfless service of Soldiers, Sailors, Airmen and Marines. Individuals wishing to participate by placing an ornament on the tree may bring a photo with a brief story describing the hero. The photos cannot be larger than 3 inches by 3 inches. Call 221-4702.

CYSS Central Registration

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

Spooktacular performance

Center Stage Academy will present "Shadows of the night" Oct. 23, 24, 25, 30 and 31 at the Harlequin Dinner Theatre, Building 2652. This spooktacular Halloween revue features ghoulish vampires, zombies, witches and ghosts in a fright-filled night of devilish tunes. Performances are Fridays 6:30 p.m., Saturdays 2:30 p.m. and Sundays 6:30 p.m. Tickets are \$10 for adults and \$6 for children with a military I.D. Call 222-9694.

Calendar of Events

OCT. 22 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.

Mandatory Initial First-Term Financial Readiness

Mandatory Initial First-Term Financial Readiness class, Oct. 22, 10 a.m. at Army Community Service, Building 2797. Class space is limited. To register, call 221-1612.

OCT. 23 Rodeo round-up

Put on your boots and cowboy hats. Child, Youth and school

Services will host a Parents As Teachers – Heroes At Home open house Oct. 23, 5:30-7 p.m. at the Harris Heights Community Center for expecting moms and Families with children age 3 and under. The rodeo-themed event will feature dinner, beverages and western inspired activities, including a "Best Rodeo Dress" contest. Reserve by Oct. 21. Call 771-2148.

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, decorating on a military budget and more. To register, call 221-1829.

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.

ACS Outdoor Movie Night

Oct. 30 "Monsters vs. Aliens"

8 p.m. at the post flagpole

Oct. 31 "The Spiderwick Chronicles"

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.

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.

OCT. 26 Unit Trauma Training

Unit Trauma Training, Oct. 26, 9 a.m.-2 p.m. at Army Community Service, Building 2797. The intent of this training is to assist unit leader-

See MWR P21



Community

Announcements

NCO Wives Club

The NCO Wives Club meets the first Tuesday of each month at 10:30 a.m. at the Sam Houston Club. Active duty and retired spouses are

welcome to join. Call 386-8265 or 314-6377.

Foster homes needed for military working dogs

Department of Defense Military Working Dog Breeding Program seeks foster homes for military work-

ing dogs. Call 671-3686 or visit www.lackland.af.mil/units/341stmw4/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 on BAMC volunteer opportunities, call 808-4982.

Toastmasters

Toastmasters meet on Fort Sam Houston at noon, the second and fourth Wednesday, Call 265-7397.

Texas Challenge Academy

Texas Challenge Academy, an education program of the Texas National Guard, gives youth 16-19 years-old who have dropped out, or are in danger of dropping out of high school, a second chance at success. This quasi-military high school focuses on helping cadets recapture high school credits, earn their GED, or, in some cases, earn their high school diploma. The 17-month program is sponsored by the state and federal government; there is no cost to the family. Applications are now being taken for the January class. Visit www.ngycp.org/state/tx to apply.

Outward Bound offers free outdoor adventures to Soldiers

Outward Bound offers war veteran Soldiers free outdoor adventure expeditions, thanks to support from the Sierra Club, the Anschutz Foundation and the Disabled

American Veterans. Expeditions are five to eight days and include rafting, backpacking, rock climbing and more. Airfare is also covered. Soldiers must complete an application and pass a medical examination. Call 866-820-9577 Monday through Friday between 9 a.m.-6:30 p.m. or visit www.outwardbound.org.

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.texan-cultures.com.

Calendar of Events

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 year old are allowed on site. Call 671-3570.

Waring, Texas Walk

The Hill Country Volkssportverein volksmarch club will host a 5k, 10k, and 15k walks Oct. 24-25 starting at the Waring, Texas VFD Hall. Start the walk Saturday between 8 a.m. and 1 p.m., finish by 4 p.m. and Sunday start between 8 a.m. and noon, finish by 3 p.m. Call 830-995-2421, e-mail txtrailhead@gmail.com or visit <http://web.me.com/txtrailhead/GG/Comfort.html>.

2009 Founders Day Walk

The Trinity Trekkers volksmarch club will host a 5k and 10k walk Oct. 24 starting at Alamo Plaza in San Antonio. Start the walk between 8 a.m. to noon, finish by 3 p.m. Call 521-8684, on event day call 313-8684 or e-mail trintrek@sbcglobal.net.

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 or call 866-685-0277.

OCT. 29 USO Halloween party

The United Service Organizations will host a Halloween party Oct. 29, 6-8 p.m. at 203 W. Market St. There

will be a costume contest, games, prizes and food. Open to all military I.D. cardholders. To register, call 227-9373 ext. 11 or e-mail dshultz@uso.org.

NOV. 6 Lebanese Festival

A Lebanese Festival will be held Nov. 6-8 on the grounds of St. George Maronite Church, 6070 Babcock Road. Activities include food, music, dancing, games and kids activities, a bazaar, raffles and door prizes. Festival hours are Friday 6-11 p.m., Saturday noon-11 p.m. and Sunday noon-6 p.m. Tickets are \$3, children under 12 years old \$1 and parking is free. Call 690-9569 or visit www.stgeorgesga.org.

NOV. 8 20th Anniversary: Fall of the Berlin Wall

A celebration commemorating the 20th Anniversary of the fall of the Berlin Wall and the 60th anniversary of the Berlin airlift will be held Nov. 8 from 11 a.m.-5 p.m. at the Beethoven Maennerchor Garten and Halle, 422 Pereida, San Antonio. For more information, call 454-7742.

DEC. 3 CivilianJobs.com Career Expo

The CivilianJobs.com Career Expo will be held Dec. 3, 10 a.m.-2 p.m. at the Sam Houston Club, 1395 Chaffee Road. All military and prior military may pre-register at www.civilian-jobs.com to be matched with companies based on career goals and geographical preferences. For more information, call 1-678-819-4172 or visit www.civilianjobs.com.

REMINDER CALENDAR

- 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
- Oct. 27** Fort Sam Houston Newcomers Extravaganza
- Oct. 29** Lincoln Military Housing Mayor's Meeting, 10:30-11:30 a.m., Building 407
- Oct. 29** Consolidated Retirement Ceremony, 7:45 a.m., post flagpole
- Oct. 29** Disability Conference, 8 a.m., Sam Houston Club
- Oct. 30** Outdoor Movie Night, “Monsters vs. Aliens,” 8 p.m., post flagpole
- Oct. 31** Combat Medic Run, 7 a.m.-12 p.m., MacArthur Parade Field
- Oct. 31** Halloween Party and Haunted House, 5-9 p.m., Youth Center
- Oct. 31** Outdoor Movie Night, “The Spiderwick Chronicles,” 8 p.m., Dodd Field

MWR from P19

ship, Family Readiness Group leaders, care teams, casualty assistance officers, casualty notification officers and community agencies in knowing how to help Soldiers, Families and the unit when different trauma events occur. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Using Credit Wisely

Using Credit Wisely class, 2-4 p.m. at Army Community Service, Building 2797. Learn how to manage credit cards and debt, and the importance of protecting credit history. To register, call 221-1612.

OCT. 27**PowerPoint Level 1**

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

Family Readiness Group Leadership Academy

Family Readiness Group Leadership Academy Oct. 27-28, 8 a.m.-4 p.m. This training is provided

for FRG key positions on roles and responsibilities and the communication network through the chain of command. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil

Newcomers' Extravaganza

The mandatory Newcomers' Extravaganza, 9:30-11 a.m. at the Sam Houston Club for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston. The extravaganza is an opportunity to learn about Fort Sam Houston and the San Antonio area and meet representatives from many different organizations, programs and businesses. For more information, call 221-2705/2418.

Savings and Investing

Savings and Investing class, 2-4 p.m. at Army Community Service, Building 2797. This class explores the options of savings and investing as well as the problems associated with each. To register, call 221-1612.

OCT. 28**UVA refresher training**

Unit Victim Advocate annual

refresher training, Oct. 28-30, 8 a.m.-4:30 p.m. at the 32nd Medical Brigade classroom, Building 902. The first day of this training is mandatory for all UVAs. Day two and three are mandatory if UVA training was received prior to January 2009. To register, call 221-1505 or e-mail Theresa.anderson6@us.army.mil.

PowerPoint Level 2

Microsoft PowerPoint 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 PowerPoint Level 1 and registration required. Call 221-2518 or e-mail jennifer.lobo@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.

OCT. 30**Couples Retreat**

Family Advocacy Program will offer a second Couple's Retreat, 9 a.m.-4 p.m. at Dodd Field Chapel in conjunction with Domestic Violence Awareness and Prevention Month.

The topic will be "Prevention and Relationship Enhancement Program." PREP for Strong Bonds is for couples who want to make their relationship the best it can be. The retreat is free and open to all I.D. card holders. Lunch and childcare is provided and registration is required. Call 221-0349/2418.

Family Fun Day Carnival

The Child Development Center will host a Family Fun Day Carnival, 2-5 p.m. for Families who attend the CDC. Activities include indoor games, pony rides, moon jumps and a DJ. Refreshments will be sold during the event. Call 221-5002.

Battlemind Pre-Training for Families

Battlemind Pre-Training for Families, 2:30-4:30 p.m. at Army Community Service, Building 2797. This training is part of the Battlemind Training System and will focus on helping Soldiers and Families prepare for deployment. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil

Zombie's Night Out

Sam's Sports bar, located inside

the Sam Houston Club, will host a Zombies' Night Out beginning at 7 p.m. DJ music will be provided by FUNTIMEDJ-KARAOKE with Bill and Fran Murdock. A buffet will be provided. Must be 21 years or older. Call 226-1663 or 224-2721.

OCT. 31**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. For more information, call 221-3381.

Halloween Fun Night at Dodd Field

Army Community Service and Child, Youth and School Services are planning a Halloween of fun, food

and festive Family time Oct. 31. The fun begins at 5 p.m. on Dodd Field and CYSS, Building 1630, with bouncers, kid's arts and crafts, hot dogs and of course candy! From 7 to 10 p.m. visit the Haunted House in the CYSS Gym. The cost is \$1 for children and \$2 for adults. For the grand finale at 8 p.m. the Outdoor Movie Night will feature "The Spiderwick Chronicles." Dress in costume, bring a bucket and plan to trick-or-treat before the movie. 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.

NOV. 7**Post-wide garage sale**

A post-wide garage sale will be held 7 a.m.-1 p.m. Items will be sold from individual homes as well as the MacArthur Parade Field parking lot at Worth and Stanley roads. All sellers must register through the Morale, Welfare and Recreation Outdoor Equipment Center. Participants may rent tables and chairs from the Outdoor Equipment Center on a first-come, first-served basis. For more information or to register, call 221-5224/5225.

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 sautéed onions, mustard dill baked fish, macaroni and cheese, new potatoes, seasoned pinto beans, fried cabbage, 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, 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, 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, peas and carrots, southern-style turnip greens, 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, wild rice, Harvard beets, broccoli, 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, baked sweet potatoes, steamed rice, fettuccine 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, lyonnaised rice, mixed vegetables, seasoned collard greens, 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, 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, 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, asparagus, season 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, cabbage, 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, 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, green peas, yellow squash, mixed vegetables

Menus are subject to change without notice



Religious Briefs

Cadence youth program

Cadence Responding to God's Call is a Fort Sam Houston Youth Ministry program for children sixth to 12th grade. This ministry is ecumenically based and focuses on faith development, fellowship and fun. The middle school group meets Tuesdays from 4-5:30 p.m. and the high school group meets Wednesdays from 7-8:30 p.m. at Dodd Field Chapel, Room 146. There are also monthly and quarterly activities for youth and Families. For more information, call 221-5943 or e-mail FortSamYouth@aol.com.

Journey to Bethlehem volunteers needed

Journey to Bethlehem is an exciting Christmas activity hosted by the Fort Sam Houston Chapel Community on the grounds of the Main Post Chapel Dec. 17-19, 5:30-8:30 p.m. We invite all members of our community to join us for an interactive experience of what Bethlehem Village might have been like around the time of Jesus' birth. Planning and training has started, but it takes many volunteers to make this event successful. We need your help. If you would like to help, call 221-5006 or e-mail wafford1@aol.com.



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 Juma: 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

News Leader survey online

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



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. 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. 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.

For Sale Fort Freebies

For Sale: Little Tykes desk and chair, \$9; Little Tykes table and two chairs, \$9; Little Tykes Barbie doll-house with furniture, \$25; Little Tykes shopping cart, \$9. Call 281-8687.

For Sale: Microwave, \$15; Christmas tree, lights and decorations, \$35; chandelier, new, \$40; ladies leather jacket, size medium, new, \$75; black metal corner shelf, \$10. Call 241-1291.

For Sale: BlackBerry Curve 8350i Smartphone (NEXTEL/Sprint) includes battery, AC travel charger, Sync cable, stereo headset, microSD memory card, swivel holster and SIM card plus Motorola Universal Bluetooth in-car headset H620, won at Oktoberfest, prize No. 4, \$600 value, selling for \$250 (firm) cash

only. Call 725-7552 leave message. **For Sale:** Kitchen dinette set with four chairs, wood, good condition, spot on one chair cushion, \$50; Army Combat Uniform tops and bottoms, size large-long, \$40 set or \$15 each; Body by Jake machine, \$25. Call 823-9312.

For Sale: Wood-grain wall unit entertainment center, 6 feet high by 5 feet wide by 17 inches deep, \$150; pillow back sofa sleeper and loveseat, earth tones, \$225 obo; 1983 Winnebago, sleeps five, A/C, diesel, needs minor maintenance, \$2,500 obo; washer and dryer, \$175. Call 371-7833.

For Sale: Farouk Chi 2-in-1 ceramic curling iron and flat iron, retails for \$199.95, asking \$79. Call 295-9516.

E-mail ad to News.Leader@conus.army.mil or fax 221-1198.