

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

MILITARY COMMUNITY HONORS VETERANS



Photo by Esther Garcia

Military senior leaders representing the Army, the Marine Corps, Navy, and Air Force join veteran and civic organizations at a wreath ceremony held in front of the Alamo Nov. 6 as part of the U.S. Military Veterans Parade Association Veterans Parade. The day's activities began with a drill team competition and wreath presentation in front of the Alamo honoring veterans for their service, followed by the 11th annual Veterans Parade through the streets of San Antonio.

First METC grads make history

By Steve Elliott
 FSH Public Affairs

It might have been a small group of Airmen graduating at the Medical Education and Training Campus Nov. 4, but they made a huge historical impact as the first course to complete training at the billion-dollar joint training campus that opened in June.

METC, the crown jewel of the 2005 Base Realignment and Closure Commission's mandates for Fort Sam Houston, is an integrated campus under a single university-style administration, with more than 100 courses taught there.

The quartet of Air

See METC P4



Photo by Steve Elliott

Navy Rear Adm. William R. Kiser, METC commandant, presents a coin to Air Force Staff Sgt. Andrea Stein from Andersen Air Force Base, Guam, at the pharmacy craftsman course graduation Nov. 4.

Keeping the pumps going – BMETs turn to learn at METC

Critical learning series, Part 1

By L.A. Shively
 FSH Public Affairs

When a heart-lung bypass unit loses pressure during surgery – who does the surgeon call?

The BMETs, of course.

BMETs are the Biomedical Engineering Technologists who ensure medical devices and equipment used for diagnostic, monitoring, or therapeutic purposes meet criteria and reliability through testing, maintenance and repair.

If these devices are not working properly, misdiag-

See BMETP P10



Editorial Staff

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

502nd Mission Support Group
Commander
Col. Mary Garr

Public Affairs Officer
Vacant

Editor
L. A. Shively

Associate Editor
Steve Elliott

Writer/Editor
Lori Newman

Layout Artist
Joe Funtanilla

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

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

News Leader e-mail:
news.leader@conus.army.mil

News Leader online:
www.samhouston.army.mil/
PAO

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By Lt. Gen. Guy Swan
CG ARNORTH & FSH

I would like to take this opportunity to thank our friends and neighbors here in Military City U.S.A. for a very memorable Celebrate America's Military week.

The armed forces have a way of bringing together men and women of all types from all across the country each with their own view of the world. One thing we all seem to agree on is that this city really does support its service members.

Veterans Day was born of a promise to "solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom."

That is a call to action that we honor for those who have once sworn an oath of service to our flag; for those who, in their golden years still remind us of past wars against tyranny in Europe and Asia; and, those young citizens who, in time of war, put aside their personal ambitions to serve in our defense today.

I think of our older veterans, some not able to

Demonstrate your patriotism and gratitude to fellow citizens

walk anymore, making their way to reunions at the World War II Memorial in Washington D.C.; the veterans of Korea and Vietnam marching in parades; and the young families reuniting at the end of each deployment.

I also think of our heroes who today are recovering from wounds seen and unseen. They all know very well that freedom is not free.

I encourage you to demonstrate your patriotism and gratitude to fellow citizens in keeping with the original proclamation establishing Veterans Day signed by President Dwight D. Eisenhower in October 1954.

Have a safe and enjoyable holiday. Thank you San Antonio and thank you veterans of our nation.



By Brig. Gen. Leonard A. Patrick
Commander, 502nd ABW

Freedom is never free; there is always a cost to those who defend it

World War II and Korea. So, in 1954, Armistice Day was re-designated Veterans Day in honor of all veterans.

Since that time, American military men and women have served in Vietnam, the Balkans, the countries of Southwest and Central Asia, in numerous skirmishes and countless humanitarian missions around the world.

Many of those men and women gave the last full measure of devotion President Lincoln spoke of so eloquently in his famous Gettysburg Address in November of 1863. On Veterans Day, we should continue to be mindful of our service members serving in Iraq and Afghanistan and also remember the sacrifices

We recognize Veterans Day Nov. 11, an occasion which commemorates the armistice between the allied nations and Germany during World War I. The fighting stopped on the eleventh hour of the eleventh day of the eleventh month in 1918.

While Armistice Day was originally an occasion to honor the veterans of World War I, it soon became clear this was not the "war to end all wars" and there would be many more veterans to honor and thank for service in

See PATRICK P19

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.



News Briefs

IT Fee Schedule Change

The Fort Sam Houston Network Enterprise Center Fiscal Year 2011 IT Fee Schedule has changed. Changes reflect the current mandate by the Network Command to use standardized cost models across CONUS Army Installations. A revised fee schedule can be viewed by accessing the NEC website at <http://www.samhouston.army.mil/nec/policies.aspx>. Call 221-4565.

Veterans Day Ceremony

The Fort Sam Houston National Cemetery will hold a ceremony Nov. 11 at 9:30 a.m. Enjoy a "Musical Salute to the Veterans."

Bexar County Buffalo Soldiers Commemorative Ceremony

The Bexar County Buffalo Soldiers will hold a ceremony Nov. 11 at 1:30 p.m. at the San Antonio National Cemetery, 517 Paso Hondo Street. Visit <http://www.bexarcountrybuffalosoldiers.com>.

Veterans Day Closures

Fort Sam Houston Museum will be closed Nov. 11.
The Fort Sam Houston Claims Office will be closed Nov. 11 and 12.

American Indian Heritage Month Powwow

The 10th annual FSH Powwow is Nov. 13, 10:30 a.m.-4 p.m. at the Fort Sam Houston Quadrangle. In case of inclement weather, location will be the Central Post Gym. Call 221-9543.

LMH Town Hall Meets

Lincoln Military Housing will host quarterly town hall meetings for housing residents Nov. 15 at the Harris Heights Community Center and Nov. 17 at Watkins Terrace Community Center. Meetings are 6-8 p.m. Theme is holiday safety and upcoming FSH events. Pizza and drinks will be provided. Sparky the fire dog and McGruff the crime dog will be on-hand to meet with children. Call 270-7638.

American Education Week

This year's theme is "Service Beyond Expectations: Leading Through Education," and to com-

See NEWS P4

418th MEDLOG Soldiers return home from year-long deployment

By Lori Newman
FSH Public Affairs

Soldiers of the 418th Medical Logistics Company returned home to Fort Sam Houston Nov. 4 after a year-long deployment in Iraq.

"These Soldiers deployed during a very turbulent and ever-changing time in Iraq," said Lt. Col. Kenny Lemons, commander of the 61st Multi-Functional Medical Battalion. "They did their mission with poise, professionalism and dedication to all the units they supported."

The 418th MEDLOG Company provided direct support for Class VIII supplies, single- and multi-vision optical lens fabrication and repair, and medical equipment to corps, division and Joint Task Force organizations within the area of operations.

Carrie Baker-Wells, 2010 chairman of the board for the Greater San Antonio Chamber of Commerce and chamber president Richard Perez showed their support to the Soldiers. Baker-Wells presented them with Celebrate America's Military pins.

"The citizens of this community truly extend a warm welcome to Soldiers, because we know the Soldier goes farther," said Baker-Wells. "It's the Soldier not the reporter, poet or campus organizer who gives us our freedoms."

"One percent [of our population] serves in our armed forces to protect and defend the freedoms of the rest of the 99 percent," Baker-Wells said.

"On behalf of the seventh largest city in the nation, we are grateful for your service and your unwavering loyalty to our country. We salute your noble service."

"I think it was good for the chamber of commerce to come out because they are actually acknowledging that there is a military base, there

are Soldiers here and they appreciate us," said Master Sgt. Lamont Crosby. "We thank people who thank us and acknowledge that Soldiers are people and that we are part of the community."

Although the Soldiers arrived home the day before, there was a plethora of signs, hugs and excitement as the Soldiers left the stage to be greeted by Family and friends.

Upon his return from Iraq, Capt. Daryl Hopkins proposed to his girlfriend, Amanda Block.

"I told her it was going to be a hard year, but if she stuck with me, I'd marry her," Hopkins said.

"I'm keeping up my end

See 418TH P12



Capt. Francisco Gumataotao, commander of the 418th Medical Logistics Company, kisses his 5-year-old daughter, Tasi, after she shows him the welcome-home signs she made for him.



Carrie Baker-Wells, 2010 chairman of the board for the Greater San Antonio Chamber of Commerce and Don Taylor, CAM chairman show their support to the Soldiers, presenting them with Celebrate America's Military pins prior to the ceremony at Army Community Service Nov. 4.



Maj. Gen. David Rubenstein, commanding general, Army Medical Department Center & School, greets Families prior to the ceremony Nov. 4 at Army Community Service for the Soldiers of the 418th Medical Logistics Company.

Photos by Lori Newman

NEWS from P3

memorate the week, the Fort Sam Houston Education Center will host two events: Nov. 15, noon-4 p.m. at Army Community Service, Building 2797 and Nov. 18, 9 a.m.-4 p.m. in the Brooke Army Medical Center medical mall. These events give all active-duty service members, retired military, DoD civilians and contractors an opportunity to learn more about area colleges, online programs, financial aid, GI Bill benefits, degree programs and Service member Opportunity Colleges networks. Call 221-1738.

Street Smart Presentations

Nov. 16 at 9 a.m., 11 a.m. and 1 p.m. at Bob Hope Theater, Lackland Air Force Base.

Nov. 17 at 7:30 and 9:30 a.m. at the Randolph AFB theater

Nov. 19 at 9 a.m., 11 a.m. and 1 p.m. at Army Community Service, Building 2797

Firefighter paramedics share work experiences, there will be displays and agencies will be there to answer safety questions.

American Indian Heritage Month

Lt. Gen. Guy Swan III, commanding general, U.S. Army North and Command Sgt. Maj. David Wood will host an American Indian Heritage Month celebration Nov. 19, 11:30 a.m.-1 p.m. at the FSH Quadrangle. In case of inclement weather, location will be the Central Post Gym. Call 221-9543.

Medical Warfighter Forum

The Army Medical Department Center and School, Knowledge Management Directorate would like to announce the Medical Warfighter Forum or MedWFF, a global network behind AKO providing key resources that will transform the way the AMEDD trains, collaborates, shares best practices and ideas. Visit <https://www.us.army.mil/suite/page/131414> and the Medical Warfighter Forum milBook collaboration group at <http://www.intelink.gov/go/cPFmeA>.

METC from P1

Force staff sergeants attended a two-week Pharmacy Craftsman course from Oct. 25 to Nov. 4, which is required for advancement to 7-level Air Force supervisory training in Air Force Specialty Code 4POX1 and also for promotion to technical sergeant.

The course had previously been given at Sheppard Air Force Base in Wichita Falls, Texas, and has now moved to METC where it will be a joint-service course.

"These four Airmen training with us have provided a model for others to follow," said Navy Rear Adm. William R. Kiser, METC commandant. "They were trained not only by Air Force, but by Army and Navy faculty as well. That will be the norm here at METC. This is the future of military medicine."

Air Force Staff Sgts. Cody Cole (Columbus AFB, Miss.), Tamika Isaacs-Powell (Keesler AFB, Miss.), Andrea Stein (Andersen AFB, Guam) and Carrie Villa (Naval Air Station Joint Reserve Base Fort Worth, Texas) made up the class.

"You are what makes the Air Force and the military go. You're the managers," said Master Sgt. Gregory D. Tate, senior enlisted advisor and an instructor for the pharmacy branch. "We gave you the management skills you can use to go back and run your work areas."

"We will have formal graduations when other classes graduate, but the four of you are extraordinary," Kiser told the students. "There's something special about people who do something for the first time. There will be thousands and thousands of people that will graduate from here in the future. Only a few can be the first, so it's an honor for me to stop and reflect on this with you."

"The course helped with our managerial skills and fine-tune what we already knew," Isaacs-Powell said. "Coming here from Keesler, I was expecting it to be

"I want you to remember this day, our first course completion," Kiser told the graduates. "This was an Air Force class graduating from a school on an Army post, run by a Navy admiral. It doesn't get much better than that."



Photo by Steve Elliott

(From left) METC deputy commandant Col. Larry Hanson, Staff Sgt. Carrie Villa, Staff Sgt. Andrea Stein, Staff Sgt. Tamika Isaacs-Powell, Staff Sgt. Cody Cole and METC commandant Rear Adm. William R. Kiser at the pharmacy craftsman course graduation Nov. 4.

a million of us fighting for attention, fighting for an opportunity to share what we do at our base. As the class continued, we really formed a bond and we were always talking and sharing knowledge."

"These four are already practicing pharmacy technicians at their bases and they came here not only for a refresher, but a chance to work on their management and technical skills," said Navy Lt. Cmdr. Chris Lynch, program director for pharmacy training at METC.

"Pharmacy is the only Air Force medical program that requires them to come back for an actual in-residence course, because the Air Force feels it's important for them to have those hands-on skills," Lynch added. "The pharmacy field is always changing, with new

drugs and ways of delivering them."

"Here we can learn with real drugs in the outpatient clinic, not just by using Skittles or M&Ms like we used at Sheppard," Stein said, "In the IV room, they have the same equipment we would use at a deployed location. To be able to practice on that was really awesome."

"Learning in this environment is unique because not only do students get the same course they would have gotten at Sheppard, but they get to experience it in a joint service climate," Lynch said. "It's not only what students learn in the classroom, but what they share between classes, just talking to each other about their experiences at their home bases."

The next pharmacy class

begins Nov. 17 and will have about 60 students, according to Lynch.

"Our classes will go with a maximum of 20 students per instructor, so we will be breaking them into three pods of 20 each," Lynch said.

"They will be mixed across the services, so we'll have Sailors, Soldiers, Airmen and Coast Guardsmen in each pod. Occasionally we'll even get students from the military of other nations. METC really is the melting pot of medical training."

"I want you to remember this day, our first course completion," Kiser told the graduates. "This was an Air Force class graduating from a school on an Army post, run by a Navy admiral. It doesn't get much better than that."

MOUNTAIN LAURELS AT THE QUAD



Ryan Swan (in uniform, right and below), son of Lt. Gen. Guy Swan III, worked with other area Boy Scouts and officials at Army North in a project to beautify the grounds at the historic Quadrangle courtyard, planting five Mountain Laurel shrubs Oct. 30. Swan led the endeavor as part of a community service project to fulfill requirements for the Eagle Scout rank.

**Photos by
Lt. Col. Randy Martin**



Retirees get health screenings, updates on important issues

By L.A. Shively
FSH Public Affairs

Access to quality medical care was the top issue for retirees during the Nov. 6 Retiree Appreciation Day at Willis Hall.

Sponsored by the Fort Sam Houston Retiree Council and FSH Transition Services, the event gave approximately 300 retired military personnel updates on health care legislation, growth on post and improvements at the Brooke Army Medical Center.

Various health screenings, lectures and services such as vehicle regis-

tration, I.D. cards updates, flu shots, legal services and Defense Biometric Identification System or DBIDS registration were also available.

BAMC department services were represented throughout the building giving retirees and health care providers a chance to interact.

“Retiree Appreciation Day gives retirees a chance to get educated and get more information about services and spread the word that we’re number one,” said Julia Gonzalez a registered nurse with BAMC Gastroenterology.

Gonzalez explained the majority of retirees are over 50 and need screening for colon cancer.

Brig. Gen. Joseph Carvalho Jr., BAMC and Southern Regional Medical Command commander, discussed his focus on compassionate care, reflected in his goal of achieving a 90-minute time frame for patients from sign-in to disposition; and allowing patients to see their own doctors instead of coming to the emergency room to wait for long periods of time.

“We’re trying to fix that – that’s a long-term

goal,” Carvalho said, adding that he wants the outpatient clinic to provide care instead of the ER.

Carvalho’s plan includes Patient Centered Medical Home, a model of organizing primary care that partners health care providers with Family, and includes a systems-based approach to quality and safety according to the U.S. Department of Health and Human Services.

The PCMH model uses evidence-based medicine, clinical support tools, medical care plans, flexible scheduling and feedback on performance.



Photo by L.A. Shively

Julia Gonzalez (left) a registered nurse with BAMC Gastroenterology, gets her blood pressure taken for a heart disease risk assessment from Jose Villa, a nurse practitioner with BAMC Cardiology. Gonzalez is wearing a balloon head covering representing polyps and the colon as a humorous effort at bringing attention to the need for colonoscopies among the over-50 in the retired community.

An example of a more patient-focused holistic approach at BAMC is meal service for inpatients. Access to a hot meal is no longer limited, Carvalho said.

“We are breaking par-

adigms. We don’t serve dinner only during a two-hour period. We are saying you can eat almost any time of day,” he said. “I want you to have a

See RAD P7

RAD from P6

good experience – you’re not feeling well – and that experience is that someone cares.”

The new paradigm extends to doctors, staff, appointments and visitation policy. Carvalho explained that he wants patients to know who is taking care of them, help them feel that they are in control of their treatment using a team-based approach and ample time for appointments, continuity with follow-up care and open communication.

BAMC introduced new visitation guidelines last month where Families work with the nursing staff to optimize visits without time limitations. Free Valet Parking Service with I.D. was also instituted.

Medical issues were at

the top of the list for retired Sgt. Maj. Victor Lopez, who said he had chosen to use the military treatment facilities for his care and was excited about the transformation at BAMC Carvalho talked about.

“It’s the best I’ve ever seen and I hope that it stays this way. And we have to ensure that all of those individuals that are entitled to care at the military facilities use them,” Lopez said.

Col. Mary Garr, 502nd Mission Support Group commander, updated the audience on changes occurring on Fort Sam Houston. She said the mission has not changed but the environment has grown.

“We are still out there balancing mission-readiness support and quality-of-life support for all of our service members,

“There are over a million retiree annuitants. We’re a pretty strong voice if we choose to us it with our legislature and our folks in Washington, D.C. making the decisions for us.”

*– Sgt. Maj. Leroy Bussells,
assistant director for Retiree & Veteran Affairs,
Association of the United States Army*

our civilians, our retirees, and our Families who work and play here at Fort Sam Houston,” Garr said. “We’re doing now in a bigger context with Joint Base San Antonio.”

Fort Sam Houston is growing exponentially as a result of the 2005 Base

Realignment and Closure Act, bringing new funding and a facelift for historic buildings; plus new units and an infusion of Sailors and Airmen among the Soldiers.

“With BRAC, we’re going from 64 units to over 100 tenant units. During this whole BRAC

timeframe we’ve been able to refurbish old headquarters, old barracks and now they’re here for today’s and future missions.”

Garr covered command reorganization, student training facilities on Fort Sam Houston, forward medical training at Camp Bullis and added benefits of development for retirees.

Guest speaker retired Sgt. Maj. Leroy Bussells, assistant director for Retiree & Veteran Affairs, Association of the United States Army, discussed Medicare coverage, insurance issues, and offered an in-depth assessment of the new health care legislation for active and reserve retired members.

He also suggested that military retirees are instrumental in governmental reform.

“There are over a million retiree annuitants. We’re a pretty strong voice if we choose to us it with our legislature and our folks in Washington, D.C. making the decisions for us,” Bussells said.

“In fact, in 1993 we crossed the threshold where there are more retirees than there are active duty folks.”

“A top issue for me is like any other citizen is what happens in Washington,” agreed retired Command Sgt. Maj. David Sandoval.

“The economy is very important, because if we do not employ people they have no means to support themselves and therefore they become a burden to someone else.”

A TRICARE for Life briefing followed the presentations.

BMET from P1

noses may result in injury, fail to give an alarm during a heart or other organ abnormality, or a defibrillator may not deliver an adequate impulse to save a patient's life.

"The need for BMET training to be cutting edge is paramount," said Navy Chief Hospital Corpsman Art Navarrette, the Navy service lead for BMET.

"The continuous evolution of health care technology demands BMETs to constantly evolve troubleshooting techniques as well as technological skills," he said.

"The medical community is transforming health care through information technology, so should the BMET."

A civilian BMET generally completes a two-year program leading to an Associate of Science degree from an accredited institution, then certifies through testing.

The military biomedical technician program is 41 weeks long for Soldiers and Airmen. Sailors have an additional 20 weeks of training.



Photos by L.A. Shively

Navy Hospital Corpsman 1st Class John Anderson demonstrates operation of an ultra sound machine used for physical therapy that sends out radio-frequency waves, one of the pieces of equipment BMET students troubleshoot.

The BMET program is one of the longest schools in the Department of Defense for enlisted health care service members according to Navarrette.

BMET curriculum recently kicked off its first series of classes at the Medical Education & Training Campus, relocating a tri-service training curriculum from Sheppard Air Force Base in Wichita Falls, Texas.

Currently there are 136 students in the program – split between Fort Sam Houston and Sheppard.

"It's like a giant PCS move for the school-house, but the school-

house doesn't move," Navarrette said, adding that historically, the Army and Navy trained and mentored BMETs together since the 1930s, so a joint environment is already part of training.

With such a long time together, classes develop a cohesive approach toward success - scheduling study groups together to push and challenge each other, aiding completion of the program.

The Air Force has approximately 15 instructors, the Navy has approximately 22 instructors and the Army has approximately 38 instructors.

"As a team we will



Water bounces on the head of the ultrasound machine demonstrating that radio waves are passing through it.

have 22 iterations with 18 students per class which gives us a throughput of 396 personnel. The students begin their training learning about electricity and electronic principles moving on to the basics in troubleshooting," Navarrette said.

Students troubleshoot in the lab where they have hands-on experience with infusion pumps, defibrillators, sterilizers, dental equipment, centrifuges, X-ray machines and several other medical and dental devices.

"Everything here is like stairs. They get the theory, they get the hands-on preventative maintenance and by the time they're done, they'll have built a computer, worked on an X-ray unit and then do the service-

specific," explained Navy Hospital Corpsman 1st Class John Anderson, an instructor with the BMET program.

"We teach them how to troubleshoot and know

what they're doing, and how to read a manual because you'll be in the middle of nowhere – underway on a ship, or out in the desert."

The first machine students troubleshoot is the GOMCO® a basic suction machine found in every operating room explained Anderson.

"You know when you watch "ER" and they say 'More suction!' because the all that little stuff – blood, fluid – stuff is in the way and the doctors can't see and can't sew or whatever. These are the rudimentary suction units they use," he said.

Students troubleshoot removing water, not blood, from a simulated patient using the GOMCO®. Anderson breaks a circuit or removes a wire that causes a problem stu-

dents must find then fix.

"They get to figure out if a fuse is broke. This is the very first time they may actually get to see a transistor work – this is their scratch and sniff," Anderson joked.

BMET students are learning teamwork from an inter-service perspective as well.

"There's definitely more benefits than challenges. Benefits are that Sailors, Soldiers, Airmen who come through here are right from the get-go exposed to all three services and that's the way the military is going," said Navy Chief Hospital Corpsman Russell Gardner, an instructor with BMET.

"Across the pond, in the desert, it's tri-service – quad-service sometimes. They know the rank structure, some of the traditions and history of each of the other services. They see the three services from the instructor's standpoint and with their peers, so they see both sides," Gardner said, adding that the program is an excellent return on investment for students and the services.

Chung receives AMSUS Rising Star Award

By Mike Feeley
USAISR Public Affairs

The Association of Military Surgeons of the United States Rising Star Award was presented to Maj. (Dr.) Kevin Chung, Nov. 3 during the AMSUS 116th Annual Meeting in Phoenix, Ariz.

The award is given to an individual early in his career who has demonstrated success in federal health care delivery or management and is on a path to an executive leadership role.

Chung is currently the medical director for the Burn Intensive Care Unit at the U.S. Army Institute of Surgical Research Burn Center.

His work in continuous renal replacement



Photo by Mike Feeley

Maj. (Dr.) Kevin Chung is medical director for the Burn Intensive Care Unit at the USAISR Burn Center.

therapy, associated with decreased mortality in combat burn patients, has led to a \$3 million American Burn Association multicenter trial under his leader-

ship, was instrumental in his receiving the award.

Chung has also had a direct impact on current battlefield care developing an initial fluid rate known in medical circles as the “ISR Rule of 10” to minimize morbidity associated with over-resuscitation of combat burn casualties.

Chung also authored dozens of articles in peer-reviewed journals and spoke at national and regional medical meetings. He is at the forefront of telemedicine and his work in robotic tele-presence has been featured through multiple media outlets including the Associated Press and CNN.

“Maj. Chung is the epitome of a hard charging, professional medical corps officer,” said Col. Lorne Blackbourne, commander of the USAISR, in his nomination.

“He is always looking to learn, to help others to learn, to improve the care of our wounded warriors and to deliver the very best care possible to his patients.”

“I believe that this award is really about setting a high expectation for things to come,” said Chung, in accepting his award.

“There is so much more to be done in the care of combat wounded. I sincerely hope I can live up to this honor.”



Photo by Lori Newman

Staff Sgt. Roberto Figueroa holds his 4-month-old daughter, Gabriela, as he and his wife, Elizabeth are interviewed by one of several local reporters attending the welcome ceremony.

418th from P3

of that promise.”

Staff Sgt. Roberto Figueroa came home to see his 4-month-old daughter, Gabriela, for the first time.

“I’ve been waiting a long year to be with her, so I was kind of anxious and nervous,” Figueroa said.

“I just thought about the long days my wife had

by herself with the baby. It was very demanding on her. I’m just glad to be home to help her out and spend some quality time with them.”

Capt. Francisco Gumataotao the company commander also arrived home to a new baby, Francisco IV, who was named after him. But it was his 5-year-old daughter, Tasi, who showered him with kisses, saying, “I love you, daddy.”

FLU PREVENTION



Photo by Phillip Reidinger

Melisa Carrasco and Lynn Young administer a flu shot to Maj. Gen. David Rubenstein, Army Medical Department Center & School commanding general. Rubenstein used the opportunity to encourage his staff and faculty to get their flu shot. Military members, DoD civilians and TRICARE beneficiaries can receive the flu vaccine at Army Community Service, Building 2797 on the following dates: Nov. 10, 12, 15, 18, 23, 24 and 29 from 7:30 a.m.-4 p.m. for adults 18 years and older; and Nov. 17 and 30 from 7:30 a.m.-4 p.m. for adults and children 5 years or older.

Local AUSA chapter celebrates America's military at luncheon

By Lori Newman
FSH Public Affairs

The Alamo Chapter of Association of the United States Army held a luncheon Nov. 5 as part of Celebrate America's Military.

CAM, an 11-day series of events, is designed to honor active duty, guard and reserve service members, wounded warriors and veterans for their service to the nation.

The Sam Houston Community Center was filled to capacity with military leaders, service members and corporate sponsors.

The event featured guest speaker Nelson M. Ford, president and CEO of Logistics Management Institute, a non profit strategic consultancy sup-

porting the federal government. Ford also held the position of Undersecretary of the Army from July 2007 to January 2009.

"Today we are celebrating people. People are the heart of America's military," Ford said.

"Our military is not about policies, or budgets, or tactics, or technology," Ford explained. "Those things are important, but only as tools; tools that enable our people – active duty, reservists and civilians to accomplish their missions."

Ford shared his ideas on how the U.S. military needed to progress to meet today's threats.

"We need to re-evaluate the nature of threats and make appropriate adjustments to the design

of our forces. Our military is not built for today's emerging threats," he said.

"We need to begin the process of bringing the military structure to bear on 21st century threats. But, we also need to honor our traditions; it's what roots us in our nation's history of service to our country."

"We carry our history with us for good reason; it's our link to what we have fought for over 230 years," Ford said.

"The 21st century is not as ordered; some threats are new and can't be met with force-on-force. We must evolve to meet those threats," he explained.

"We must develop personnel practices and unit structures that facilitate

putting the right people with the right equipment at the right place and time. We must not allow our reverence for history to limit the effective use of our most precious commodity – the men and women who volunteer to serve our nation," Ford said.

The chapter recognized two Eagle Scouts from the Boy Scouts of America Troop 23 at Fort Sam Houston. Phillip Lenavitt and James Jones were presented with plaques for their accomplish-



Photo by Lori Newman

Retired Col. Bradley Freeman (left), AUSA president and guest speaker Nelson M. Ford (right), president and CEO of Logistics Management Institute, present Judith Markelz, program director of the Warrior and Family Support Center the AUSA 4th Region Civilian of the Year Award Nov. 5 during a luncheon at the Sam Houston Community Center.

ments.

Judith Markelz, program director of the Warrior and Family Support Center was presented the AUSA 4th Region Civilian of the Year

Award and retired Lt. Gen. Steve Speaks was nominated as the new president of the chapter, replacing retired Col. Bradley Freeman.

MILITARY COMMUNITY HONORS VETERANS

Photos by Esther Garcia



The Joint Service Color Guard, led by Staff Sgt. Roxanne Oviedo, Army Medical Department Center and School, lead the Veterans Parade followed closely by the Army Medical Command Band under the direction of Chief Warrant Officer 5 Douglas Paarmann. The band won first place under the Best Band category.

Sgt. Maj. Jeffery Lavender, Academy of Health Sciences Sergeant Major, Army Medical Department Center and School, leads members of the Sgt. Audie Murphy Club through the streets of San Antonio celebrating the Veterans Parade. Participating for the third year in a row, it is now a tradition for Sgt. Audie Murphy Club members to be part of the parade.



Lt. Gen. Guy Swan III, commanding general, Army North, represents the Army as the Honorary Grand Marshal in the 11th annual Veterans Parade. More than 100 entries that included military, veterans and civic organizations participated in the parade. The drivers of the Humvee are Spcs. Tyson Barber and Nellie Letizio assigned to Training Support Center, 32nd Medical Brigade.



Soldiers assigned to the Training Support Company, 32nd Medical Brigade, march down Alamo Street in the parade. TSC also provided Humvees with drivers for senior leaders to ride.



Navy Rear Adm. William Kiser, commandant, Medical Education and Training Campus, receives a plaque from a member of the U.S. Military Veterans Parade Association for his participation in Veterans Parade activities. As an Honorary Grand Marshal, Kiser represented the Navy. More than 30 future Sailors also marched in the parade.



Military ambassadors representing Fort Sam Houston, Lackland and Randolph Air Force Bases and the Air Force Intelligence Surveillance Agency, wave to the crowd during the Veterans Parade as it travels in front of the Alamo.



Lt. Col. Tiley Nunnink, commander 4th Reconnaissance Battalion, accepts a special plaque from the U.S. Military Veterans Parade Association as a thank you for his participation in the parade. As Honorary Grand Marshal, Nunnink represented the Marine Corps.



Col. Mary E. Garr, commander, 502nd Mission Support Group and Command Sgt. Maj. Donald Freeman, wave to the crowd at the annual Veterans Parade Nov. 6. The WWI Ambulance won first place in the most original entry category.



Col. Girard Seitter IV, deputy commander, 4th Sustainment (Expeditionary), waves during the Veterans Parade. As an Honorary Grand Marshal, Seitter represented the Army Reserve during the Veterans Parade activities.



Gen. Stephen Lorenz, commanding general, Air Education Training Command, as the Honorary Grand Marshal for the Air Force, speaks at the wreath ceremony in front of the Alamo prior to participating in the Veterans Parade.

CFC: Small contribution can make big impact in someone's life

By Lt. Gen. Guy Swan III
CG ARNORTH



Our annual Combined Federal Campaign is well underway and I want to thank all of you who have already contributed, but I also want to encourage those of you who are still thinking about it.

While no one is required to contribute to CFC, please know that a

relatively small donation can make a big impact in someone's life.

Each of us has known of men and women who, by fate or chance, were at the right place at the

right time with an act of kindness, generosity, or valor that ultimately proved decisive to another person or cause. Such people are called heroes by some and are living role models for others.

CFC gives us all that unique opportunity to make a difference in our communities. Each year I am amazed at the wide

range of organizations that receive tangible benefit from the CFC campaign. The options and opportunities to give are wide and varied – there is truly “something for everyone.” Each unit at Fort Sam Houston has a trained CFC coordinator who can describe the options available to you for giving.

While Fort Sam Houston has a goal for donations, our most important goal is to inform every service member and civilian employee about this great program.

Please join me making sure that all of our military and civilian teammates have the opportunity to give regardless of

whether they choose to contribute or not.

As we get closer to the holiday season of giving, I want to thank you for all you do here at Fort Sam Houston, Joint Base San Antonio, and the greater San Antonio community. With your help we can make this year's CFC campaign the most successful ever.

PATRICK from P2

their families are making on the home front.

Freedom is never free; there is always a cost to those who defend it.

Brooke Army Medical Center and the Center for the Intrepid on Fort Sam Houston are replete with examples of our brave men and women in uniform who have paid the price, done it willingly and in many cases, want

to get back into the fight.

Many of you assigned to Joint Base San Antonio have served at least one tour “down range.” It is because of you and veterans past and future that our country will remain free.

I thank you and your families, and hope you will take a moment to reflect on your contributions you have made to our nation.

NAVY NIGHT AT THE SAN ANTONIO SPURS

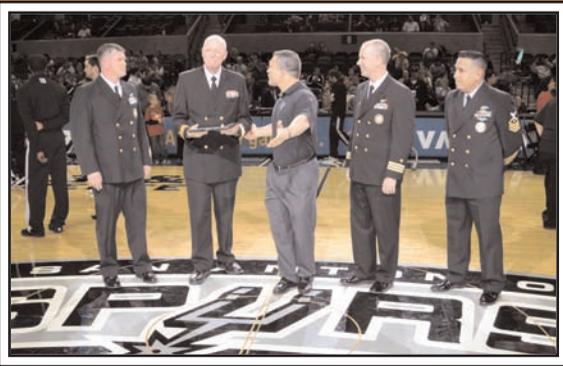


Photo by Barbara Wallerstedt

Navy Rear Adm. William Kiser, commandant of the Medical Education & Training Campus, receives a plaque on behalf of Navy Recruiting District San Antonio from Jack Cuchran, group sales manager for the San Antonio Spurs as thanks for the Future Sailors swear-in at the game. Navy Chief John Rhodes from NRD San Antonio (far left) and Navy Cmdr. Jonathan Lovejoy, commander of NRD San Antonio, and Navy Chief Jesse Garcia from NRD San Antonio joined Kiser on the court for the award presentation.

Cole cadets harvest silver in Corpus Christi

By Cadet 2nd Lt. Ashley Erickson
JROTC Battalion PA

The Robert G. Cole High School Junior ROTC Cougar Battalion Physical Training, Rifle, and Female and Co-ed Color Guards traveled to Corpus Christi Oct. 22-24 to compete in the annual SEAHORNET Sparkling City Inter-Service Drill Meet held at Flour Bluff High School.

The competition was a literal "who's who" of powerhouse 5A JROTC programs from the Army, Navy, Air Force, and Marines.

Fighting blustery wind conditions Oct. 22,

the PT team consisting of Cadets Stephanie Aviles, Kayanna Wade, Ashley Erickson, Lovelia Gomez, Carlton Hogan, Chris Lamoureux, Alex Kane, and Daniel Rodriguez, finished in the top half of competitors.

The following morning, under the ever-present windy conditions, the Female and Co-ed Color Guards hit the drill pad for their events.

Both the female team (Aviles, Wade, Erickson, and Shelby Tallent) and the co-ed team (Rodriguez, Brittaney George, N'Dea Spivey, and Haylee Averett) improved upon their

The Cole Rifle Team (from front) Chris Lamoureux, Carlton Hogan, Dominique Edmonds, and Haylee Averett prepare to compete Oct. 23 in Corpus Christi.

Courtesy photo

previous year's scores.

The real eye-opener was the rifle team, consisting of Averett, Hogan, Lamoureux, and Dominique Edmonds, who finished in second place; bringing home Cole's first trophy in rifle competition from Corpus Christi in 15 years.

Individual honors went to Lamoureux, who shot third place among all competitors in the kneeling position.



"Though Cole is only a 2A school; we make a point of attending the SEAHORNET meet each autumn," said Cole JROTC Senior Army Instructor retired Lt. Col. Bob Hoffmann.

"Being able to observe and compete against the 'best of the best' is a great learning experience for all of the cadets."

Elementary Library transformed into Literary Pumpkin Patch

By Dr. Kathy Maxwell
FSH Elementary School

Fort Sam Houston Elementary School hosted the 11th Annual Literary Pumpkin Decorating Contest with over 50 student participants from prekindergarten through fifth grade.

"This was an opportunity for parents and students to spend time together while transforming a pumpkin or gourd into a character from children's literature" said librarian Sarah Worten.

"The students were so excited about their works of art and are already generating ideas for next year."

Fifty-five students submitted pumpkins of every description and size covered with paint, fur, yarn,

fabric, and other adornments.

Characters from "The Very Hungry Caterpillar" to "Hedgey the Hedgehog" and from "Rumpelstiltskin" to "Flat Stanley" decorated the library.

Whether completed by individual student effort or cooperatively by parent-and-child, each pumpkin character was a sight to behold and the result of a personal literary experience. Each pumpkin character was truly a work of art.

"This is an opportunity for families to work together on something special while focused on reading and creating a love of literature," said Dr. Gail Siller, FSHISD superintendent and Literary Pumpkin contest judge.

Hispanic Heritage Month celebrated at Cole High School

By Robert Hoffmann
Robert G. Cole High School

Robert G. Cole High School celebrated Hispanic Heritage Month with a festival showcasing the work of students enrolled in geometry, fashion marketing, principles of hospitality and tourism, culinary arts, instructional practices in education and training, art, choir and Spanish II classes Oct. 20.

Spanish III students Ruby Gibson and Luis González

served as masters of ceremony.

The event began with a performance of "Cielito Lindo" by the Cole Choir directed by Dan Vásquez; followed with Mariachi Las Alteñas, an all-female mariachi group, who entertained the crowd and even serenaded one student on stage.

"Their singing was riveting and inspiring," junior Perri Sweed said.

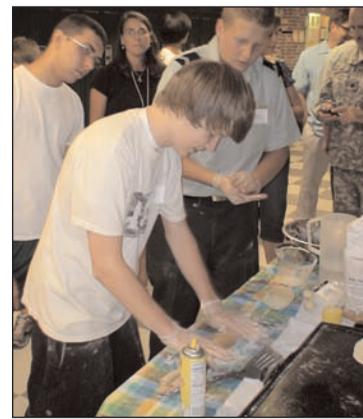
Juniors Brittaney George and J.C. Salazar said, "When the singer held that long note,

everyone was shocked and impressed."

Displays were presented by students to teach parents, teachers and fellow students about the Hispanic culture. Sophomores Chris Dinkle and Tyler Ebeler made flour tortillas from scratch.

"I loved it," said junior Chris Lamoureux. "It was a fun learning experience."

Cole teacher Sandra Whittaker called the program, "entertaining, informative and professional."



Courtesy photo

Tyler Ebeler and Chris Dinkle make tortillas from scratch during Cole High School's annual Hispanic Heritage Month celebration.

Elementary fall festival enjoyed by all

By Dr. Kathy Maxwell
FSH Elementary School

Parents, students and teachers enjoyed the annual fall festival hosted by the Fort Sam Houston Elementary Cougar Cub Parent-Teacher

Organization Oct. 21.

"Hundreds of parents and students attended the festival this year," said Elementary Principal Tonya Hyde. "It's great to see parents, students and teachers at this interactive event."

Parents Jennifer Tucker and Carrie Smith, as well as the PTO Board and elementary staff spent several weeks planning and organizing activities.

Teachers or grade-level teams hosted events to include a cake walk, donut-eating contest, gym maze, penny toss, face painting, basketball toss, and

an opportunity to be a physical education teacher for the day.

A main attraction was the dunking booth with the school principal as a target.

"Our goal was to design an event that would be fund for everyone – parents, students, and staff," said PTO President Jennifer Tucker.

FSHISD WEEKLY CAMPUS ACTIVITIES NOV. 15-20

Fort Sam Houston Elementary School

Nov. 16
Turkey Run, 2 p.m.

Nov. 17
Family Feast during lunch periods

Nov. 19
Spirit day

Robert G. Cole Middle and High School

Nov. 16
JV/V Boys Basketball at Ingram, 5, 6:30 and 8 p.m.
JV/V Girls Basketball vs. Somerset at Cole, 5:30 and 7 p.m.

Nov. 18
Cole cafeteria Thanksgiving dinner all three lunch periods
Principal's Corner and Parent-2-Parent presentation "Learning Styles" in Cole High School conference room, 3 p.m.

Nov. 19
Varsity Boys Basketball at Knippa, 7:30 p.m.
Varsity Girls Basketball at Knippa, 6 p.m.



Announcements

Microsoft Office

Nov. 11 – Veteran's Day, no class
 Nov. 16 – Excel Level 3
 Nov. 17 – PowerPoint Level 2
 Nov. 18 – Word Level 1
 Nov. 23 – Introduction to Computers
 Nov. 30 – Word Level 2
 Classes are held 8 a.m.-noon at Army Community Service, Building 2797. Registration is required. Call 221-2518/2705.

Fort Sam Houston Boxing Team Needs Members

The Jimmy Brought Fitness Center is looking for patrons to build a competitive boxing team for Fort Sam Houston and Brooke Army Medical Center. No experience is necessary; however a competitive attitude is needed. Males and females are encouraged to participate. Call 314-6345 for more information.

“Driving Miss Daisy” at the Harlequin Dinner Theater

Every Thursday, Friday and Saturday through Dec. 18. Dinner is served at 6:15 p.m. with an 8 p.m. curtain. Tickets are \$33/civilians, \$30/military, \$26/students, and \$16.50/children 12 and under. Call 222-9694.

Kids on Site

Child, Youth & School Services has made it easier for parents to squeeze in a workout by offering on-site child care, known as Kids On Site Monday-Friday, 5 a.m.-2 p.m. and 3:30-8:30 p.m. at the Jimmy Brought Fitness Center. To participate in the program, children must be 6 weeks to 12 years old and registered with CY&SS Services. Call 221-4871, for more information.

Survivor Outreach Services

SOS ensures surviving Family members are connected with local support services that include, but are not limited to, grief counseling, support groups and social events. The SOS staff will assist survivors with understanding and applying for benefits; investing, estate planning; long term life skills education and support. Call 221-1841.

Army Kids Study Strong

Army is offering free resources

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

Off-Post After School Pick-Up Service

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

Calendar of Events

Nov. 12

Care Team Training

The training is 1:30-3 p.m. at ACS, Building 2797. To register, call 221-1829/2705.

English as a Second Language

The class is 5-8 p.m. at ACS, Building 2797, use back entrance. Call 221-1681/9698.

Nov. 15

Unit Victim Advocate

The training is Nov. 15-19, 8 a.m.-4:30 p.m. at the 32nd Medical Brigade, Building 902. Call 221-0918/1505.

Insurance class

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

Nov. 16

H.U.G.S. playgroup

The playgroup for parents and children birth to 5 years old meets Tuesdays, 9-11 a.m. at the Middle School Teen Center, Funston Road, Building 2515. Registration is not required. Call 221-0349/2418.

Building Effective Anger Management Skills

The six-part series meets Tuesdays, 11 a.m.-12:30 p.m. at ACS, Building 2797. Call 221-0349/0600.

Baby Talk

The group meets Tuesdays 1-2:30 p.m. at Dodd Field Chapel. Call 221-0349/0655.

Credit Reports

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

Heroes' Tree Celebration

The Keith A. Campbell Memorial Library will host a closing ceremony at 2:30 p.m. for Heroes' Tree Celebration to recognize the significance of the selfless service of all service members. Call 221-4387.

Nov. 17

Exceptional Family Member Program Support Group

The group meets Wednesdays 6-7:30 p.m. at the School Age Services, Building 1705, Dodd Boulevard. To register, call 221-2604.

Key Caller Training

The training is 8 a.m.-4 p.m. at ACS, Building 2797. To register, call 221-1829/2705.

Mandatory Initial First Termer Financial Readiness

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

Nov. 19

Federal Resume Writing

The class is 9 a.m.-noon at ACS, Building 2797. To register, call 221-0427/2705.

Texas Hold 'Em

A tournament will begin at 6 p.m. at the Sam Houston Community Center.

Nov. 20

5K Run/Walk

The event begins at 9 a.m. at the Jimmy Brought Fitness Center.

Dec. 1

Holiday Tree Lighting Ceremony

The ceremony is 6-8 p.m. at the 502nd Mission Support Group flag-pole on Stanley Road.

Dec. 31

New Years Eve 5K Run/Walk
 Runners should arrive at Jimmy Brought Fitness Center at 11:30 p.m. Registration is free.

“See it, Send it”

- Texting: 834-4531
- E-mail: FtSamHoustonPolice@conus.army.mil
- Phone: 221-CLUE (2583) Leave a Message
- Phone: 221-2222 Military Police Desk

Take the Dare and Be Aware

SURPRISE VISIT

Cole Senior Wesley McGhee raps with Justin Bieber on drums at a special guest appearance at Cole Middle and High School Nov. 5 during a surprise visit by the pop star. Twenty-three randomly-selected Middle and High School students also received tickets to Bieber's concert held later that night.

Courtesy photo



Announcements

Adopt-A-School/Classroom

JBSA School Liaison Offices Adopt-A-School/Classroom Program fosters a better understanding of the community's school system, strengthens and improves school programs and curricula, and creates a sense of personal involvement and interaction between JBSA and our schools. Schools/classrooms can be adopted by a Squadron/Battalion, private organization, office or individual. Call 221-2256/2214.

Mentoring Opportunities

JBSA School Liaison Offices are

in need of responsible, consistent adult role models to serve as mentors for students in local elementary, middle and high schools. Mentors will receive sufficient training and support to ensure that they and their mentees have a positive experience. Mentors may participate in a number of activities with students, such as helping with homework, playing games, reading together, playing sports, or just hanging out and talking. Call 221-2256/2214.

Calendar of Events

NOV. 11 Free Meal for Military/Veterans

Applebee's restaurants will offer a free meal to military veterans and active duty military. Proof of service required.

NOV. 12 Family Flashlight Night

Bring a flashlight and explore the Botanical Garden from 6-8 p.m.

Weekly Weather Watch

	Nov. 11	Nov. 12	Nov. 13	Nov. 14	Nov. 15	Nov. 16
San Antonio	 79° Partly Cloudy	 81° Partly Cloudy	 74° Chance of T-storm	 70° Clear	 68° Partly Cloudy	 65° Chance of T-storm
Kabul Afghanistan	 68° Clear	 69° Clear	 68° Clear	 66° Clear	 66° Clear	 66° Clear
Baghdad Iraq	 84° Clear	 84° Clear	 82° Clear	 80° Clear	 80° Clear	 80° Clear

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

with a guide. Play Bat-and-Moth, hear Star Stories, learn about night-blooming plants, nocturnal animals, and more. Admission is \$8 adult, \$5 child, \$6 students/seniors/military.

NOV. 13 **Fredericksburg, Texas, Walk**

The Selma Pathfinders volk-march club will host a 5K and 10K walk starting at the Rancho Ponte Vineyard, 315 Ranch Rd 1376, in Fredericksburg. Walks start between 8 a.m. and 11 a.m., finish by 2 p.m. Call 496-1402.

Community Yard Sale

Esplanade Gardens Assisted Living, 10790 Toepperwein Rd in Converse will hold a yard sale 8 a.m.-1 p.m. Individuals or organizations can rent a sales space for \$30-\$55. Call 566-7600 to reserve space.

Fall Festival

The VFW Post No. 2059, 3202 Ackerman Road/Binz Engleman Road in Kirby will host a Fall Festival, Noon-8 p.m. Event includes

a custom/classic car show, cake walk, game booths, prize drawings, a variety of food and drink as well as a live band and DJ for your musical entertainment.

NOV. 15 **Free Meal for Military/Veterans**

Golden Coral restaurants will offer free buffet meal to all military veterans and active-duty military 5-9 p.m. No proof is required. Visit <http://goldencoral.com/military/faq.asp>.

Warrant Officer Association

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. All active duty, retired, reserve, National Guard warrant officers and Family members of current or retired warrant officers invited. Call 375-9895 or 666-9818.

NOV. 16 **Spouses' Club**

The Spouses' Club of the Fort

Sam Houston Area is having their monthly luncheon at 11 a.m. at the San Antonio Food Bank. Please RSVP by Nov. 10 to patcburton@aol.com.

NOV. 18 **FSH Preservation Society**

The Society for the Preservation of Historic Fort Sam Houston meets for a light lunch at 11 a.m. and the movie "Soldiers in White" will be shown at noon. Visitors are welcome. Call 527-9513, 824-1917 or 646-5704.

MOAA Meeting

Social starts at 11 a.m., with lunch at 11:45 a.m. at the Army Residence Center. Cost is \$15, menu choices are Orange Roughy or Ribeye steak, Guest speaker is Sig Christenson, military correspondent, San Antonio Express News. Reserve by Nov. 15. Call 228-9955.

NOV. 19 **Neanderthal Trail Run**

Run starts at 6:30 a.m. at Building 5130 on Camp Bullis. The event is open to military and

DA civilians. Call 295-7620 for information.

22nd Annual **Weihnachtsmarkt**

A German Christmas market will be held Nov. 19-20, 10 a.m.-6 p.m. and Nov. 21, 11 a.m.-5 p.m. in New Braunfels at the Downtown Civic Center, 380 S. Seguin Ave.

Nov. 21 **Costco issues special invitation to military**

The Costco Wholesale store in Selma, Texas invites Fort Sam Houston military members and their Families to shop at that location 10 a.m.-6 p.m. by showing a military I.D. card. For more information, call 332-1082.

DEC. 2 **Civilian Jobs.Com Career Expo**

The Expo is 10 a.m.-2 p.m. at the Sam Houston Club, 1395 Chaffee Rd. All military and prior military can register online at <http://www.civilianjobs.com>. Call 678-819-4170.

REMINDER CALENDAR

- 
- Nov. 11** Veterans Day Ceremony, 9:30 a.m., Fort Sam Houston National Cemetery
 - Nov. 11** Buffalo Soldiers Commemorative Ceremony, 1:30 p.m., San Antonio National Cemetery
 - Nov. 13** 10th Annual Fort Sam Houston Pow-Wow, 10:30 a.m.-4 p.m., FSH Quadrangle
 - Nov. 18** Consolidated Monthly Retirement Ceremony, 11 a.m., FSH Quadrangle
 - Nov. 19** National American Indian Heritage Month Celebration, 11:30 a.m.-1 p.m., FSH Quadrangle
 - Nov. 20** 5K Fun Run/Walk, 9 a.m., Jimmy Brought Fitness Center
 - Nov. 25** Thanksgiving
 - Nov. 30** Newcomers Extravaganza, 9:30-11 a.m., Sam Houston Community Center

Thought of the Week

When a person cannot deceive himself the chances are against his being able to deceive other people.

— Mark Twain *on Deception*

FSH SPORTS UPDATES

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

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.



Rocco Dining Facility Menu

Building 2745, Schofield Road

*Dining Room Breakfast Hours:
Monday-Friday 6:15-8:15 a.m.,
weekends and holidays 8-9:30 a.m.*

Friday – Nov. 12

Lunch – 11 a.m. to 1 p.m.

Creole shrimp, chili macaroni, fried fish, baked fish with garlic butter, lyonnaised potatoes, wild rice, rigatoni and cheese, asparagus, collard greens with ham hocks, smothered squash with onions, yellow squash

Dinner – 5 to 7 p.m.

Beef yakisoba, meat loaf, chicken and dumplings, cheese ravioli, hopping john rice, candied sweet potatoes, mashed potatoes, turnip greens, cauliflower, fried okra

Saturday – Nov. 13

Lunch – noon to 1:30 p.m.

Spaghetti with meat sauce, rice fritata, baked chicken, salmon croquettes, parsley-buttered potatoes, mashed potatoes, rice pilaf, collard greens, Brussels sprouts, black-eyed peas

Dinner – 5 to 6:30 p.m.

Beef enchiladas, chicken pot pie with biscuits, roast turkey, cheese enchiladas, mashed potatoes, Spanish rice, cornbread dressing, fried cabbage, corn, green beans

Sunday – Nov. 14

Lunch – noon to 1:30 p.m.

Mexican pork chops, turkey patties

with onions, vegetable lasagna, roast beef, mashed potatoes, Spanish rice, corn, yellow squash, spinach

Dinner – 5 to 6:30 p.m.

Barbecued spareribs, spaghetti with meat sauce, lemon-baked fish, broccoli-cheese-rice casserole, oven glo potatoes, steamed rice, broccoli, zucchini squash, carrots

Monday – Nov. 15

Lunch – 11 a.m. to 1 p.m.

Creole macaroni, baked fish, fried fish, Montreal baked chicken, potatoes and green onions, red beans and rice, baked potatoes, black-eyed peas with okra and tomatoes, carrots, mustard greens

Dinner – 5 to 7 p.m.

Tuna noodle casserole, roast pork loin, Swiss steak with brown gravy, baked potatoes, macaroni and cheese, peas and carrots, green beans, cauliflower polonaise, cauliflower combo

Tuesday – Nov. 16

Lunch – 11 a.m. to 1 p.m.

Chicken pot pie, Mexican pepper steak, cheese enchiladas, beef stir fry, tamale pie, Spanish rice, rice pilaf, O'Brien potatoes, pinto beans, flame roasted sweet corn and peppers, green beans

Dinner – 5 to 7 p.m.

Chicken enchiladas, cheese tortelli-

ni, fried catfish, Mexican chicken, Spanish beans, red beans and rice, oven browned potatoes, corn, spinach

Wednesday – Nov. 17

Lunch – 11 a.m. to 1 p.m.

Pork schnitzel with mushroom gravy, herb-baked chicken, ginger pot roast, eggplant parmesan, mashed potatoes, lyonnaised rice, carrots, broccoli, yellow and zucchini squash

Dinner – 5 to 7 p.m.

Baked fish, braised beef and noodles, grilled turkey patties, vegetarian chili macaroni, rice pilaf, mashed potatoes, broccoli, corn, Harvard beets, peas & carrots

Thursday – Nov. 18

Lunch – 11 a.m. to 1 p.m.

Szechwan chicken, pepper steak, fish almandine, chipper fish, vegetable stuffed peppers, steamed rice, fried rice, parsley-buttered potatoes, cabbage, vegetable stir fry

Dinner – 5 to 7 p.m.

Baked chicken, spicy Italian pork chops, vegetable lasagna, chopstick tuna, mashed potatoes, steamed rice, mixed vegetables, cauliflower combo, green beans

Menus are subject to change without notice

VISIT NEWS LEADER ONLINE:

[HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/pao)



For Sale: New and weathered lumber various lengths and prices; hydraulic car jack \$6; vacuum cleaner \$30; color TV, 150 channels \$48; gas barbecue grill, glass/metal cover, \$48; 5-blade ceiling fan with lights, \$23; new moving cartons, \$1; new

portable B/W TV w/AM/FM radio, \$27; fur jacket, \$42; new bike helmet, \$20; new Oakley sunglasses, hard case, \$73; plate glass mirrors. Call 313-0061.

For Sale: Extra-large dog door for sliding patio door, \$60, cost \$200 new. Call 478-1831.

For Sale: Sears Craftsman riding lawnmower, 42" deck, 11.5 horsepower, has oil seal leak, needs carburetor work, original paperwork/manual included, \$150 obo; converted boat trailer,

now a 4'x8' flatbed tilt trailer, with winch, \$350; 1994 F150 extended cab pickup, captain's chairs, new Michelin tires, two gas tanks, 306 V8, auto, trailer brakes, camper top with sliding glass window, approximately 220K miles. \$4,500; 1993

Nissan pickup, 4 cylinder, AC, radio/CD, new tires, 214K miles, reliable. \$2,000. Call 221-0830

For Sale: Oak corner computer desk, printer cart, black chair with wheels, \$175; bedspread

with two pillows, lilac, fits full or queen, \$10. Call 697-9261

For Sale: 10-inch radial arm saw, \$175; kid's bike, \$30; kid's plastic desk, \$10; oak coffee table. \$75, knick-knack table, \$12. Call 219-4327.

For Sale: Baby monitor, \$20; Trends stroller, \$15; clothes for boys size 3 and women's size 18.

Call 412-2151.

For sale: Female Chihuahua, tiny, 9 months old, has shots, \$350; 7.5-foot Christmas tree, \$35; optic light Christmas tree, \$10. Call 221-2690.

For sale: 1983 extended cab Toyota truck, new parts, \$4,200; memory foam sofa, \$175; front grill for regular-size truck, \$375;

Call 633-3859.

For Sale: 2005 Chevy Aveo, needs engine work, \$600 obo as is. Call 464-6761.

For Sale: His and hers right-handed golf sets, with bag and dozen golf balls, \$35 each; Becker car stereo from 1989-91 Mercedes; Kirby vacuum cleaner. Call 646-6563.

Religious Briefs

Family Advent Workshop

The workshop is Nov. 28, 3-5 p.m. at Dodd Field Chapel. The annual event highlights hand-crafting activities such as Advent wreaths and seasonal gifts. This year, people will be treated to the Christmas Story and a great session on celebrating Advent as a military family. This event is sponsored by the 502nd Mission Support Group Chaplain's Office. A suggested donation of \$5 each, or \$20 per family is requested. All Soldiers, their families, retirees, and DoD civilians are invited. For more information, call 221-3749.

W O R S H I P SCHEDULE

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

11:30 a.m. - Mass - Sundays

Protestant Services:

10 a.m. - Worship Service - 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: <http://www.samhouston.army.mil/chaplain>

