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FORT SAM HOUSTON
News Leader
NOV. 20, 2008 • VOL. 50, NO. 46
"One Team, Supporting Military Missions and Family Readiness!"

Hands-on training

Photo by Jen Rodriguez

With a belt strapped around his waist and to Maj. Norman Ayotte's thigh, Air Force Capt. Benjamin Hando provides a hip manipulation technique to improve hip range of motion, and to decrease hip stiffness. Five physical therapists are training at Brooke Army Medical Center as part of the U.S. Army-Baylor Universiy doctoral program.

See related story and more photos, Pages 14 and 15

Leaders sign Warrior Health Care Covenant

By Jeff Crawley
Fort Sam Houston Public Affairs Office

Leaders from the Army medical community reaffirmed the service's commitment to provide world-class care to wounded Soldiers and their Families by signing the Army Warrior Health-Care Covenant Nov. 13 at Fort Sam Houston.

Army Surgeon General Lt. Gen. Eric Schoomaker and Command Sgt. Maj. Althea Dixon, CSM of the Medical Command, signed the covenant during a conference with senior medical officials.

"This is not a flash in the pan; it's a sustained pledge," Schoomaker said. "This is going to be here for the duration as long as we are medics, as long as the next generation of medics are around we're going to be taking care of them (wounded, ill and injured Soldiers)

> The covenant pledges sustained care that is commensurate with the sacrifices that Soldiers and their Families have made.
>
> ***Lt. Gen. Eric Schoomaker***
> ***Army Surgeon General***

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New course trains caregivers of wounded warriors

By Jerry Harben
U.S. Army Medical Command

Taking care of Soldiers recovering from wounds, injuries or illness is a job with special challenges and rewards. A new training course is helping people with these special jobs prepare to make a positive impact on the lives of those who have sacrificed much in service to the nation.

"It's not how to fire a weapon or drive a tank, it's a different kind of mission," said Sherri A. Emerich, program director of the Warrior Transition Unit staff training program at the Army Medical Department Center and School here.

The first resident course for Warrior Transition Unit cadre was held Oct. 27 through Nov. 7 in San Antonio. It trained 43 noncommissioned officers assigned as squad leaders or platoon sergeants in WTUs, and 26 nurse case managers.

"The Secretary of Defense has said this is our second most important mission, after winning the war itself. We try to make sure people have the tools they need," said Bethney Davidson, an instructor in health risk communication.

The Army calls wounded, injured or ill Soldiers Warriors in Transition

See CAREGIVERS P7

Child safety seat inspections

Fort Sam Houston is teaming up with Chrysler to host a free SeatCheck safety seat inspection Nov. 20 from 1 to 4 p.m. at the Child Development Center next to Burger King. The event is open to all military, Family members and DoD employees. Trained seat technicians will be on-hand to walk parents through the proper method of seat installation, as well as the do's-and-don'ts of buckling a child into a seat. Bring your children. Preregistration is recommended by calling Sherry Salone at 835-6860 or e-mail sherry.salone@us.army.mil. To locate child safety seat inspection services year-round throughout San Antonio, visit www.SeatCheck.org or call 866-SEAT-CHECK.

E-MAIL NEWS LEADER AT: NEWS.LEADER@CONUS.ARMY.MIL

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Safely fry or barbecue that turkey

While that Louisiana favorite — deep fried turkey can be the most tender, delicious bird you ever tasted, it can also be the source of the nastiest burn or fire you ever experienced.

To ensure the former and avoid the latter, the U.S. Consumer Product Safety Commission suggests the following: **keep fryer in full view while the burner is on; place fryer in an open area away from all walls, fences, or other structures;** never use, in, on, or under a garage, breezeway, carport, porch, or any structure that can catch fire; raise and lower food slowly to reduce splatter and avoid burns; cover bare skin when adding or removing food; check the oil temperature frequently; if oil begins to smoke immediately turn the gas supply off.

Once only thought of as a summer activity, many barbecue year-round, especially in climates like San Antonio. Many of the above tips apply to barbecuing. Here are a few more to ensure it's both fun and safe.

Before barbecuing. Check your grill thoroughly for leaks, cracking or brittleness before using it. Clean out the tubes that lead into the burner. Make sure the grill is at least 10 feet away from your house, garage, or trees. Store and use your grill on a large flat surface that cannot burn, such as concrete or asphalt. Don't use grills in a garage, porch, deck or on top of anything that can catch on fire. Keep children away from fires and grills. Establish a safety zone around the grill and instruct children to remain outside the zone. A chalk line works great for this purpose. Have a fire extinguisher, a garden hose attached to a water supply, or at least 16-quarts of water close by in case of a fire.

During barbecuing. Don't wear loose clothing that might catch fire. Use long-handled barbecue tools and/or flame resistant mitts. Never use any flammable liquid other than a barbecue starter fluid to start or freshen a fire. Never pour or squirt starter fluid onto an open flame. The flames can easily flashback along the fluid's path to the container in your hands. Keep alcoholic beverages away from the grill, they are flammable. Never leave the grill unattended.

After barbecuing. Wet down burning embers before disposing of them. Coals can smolder for hours and can ignite a fire if placed in or with flammable materials. Never place them in plastic, paper or wooden containers unless cold. Never dump in trash cans, dumpsters or any trash receptacle. There have been several fires on Fort Sam Houston because of this.

(Source: Fort Sam Houston Safety Office)

Thought of the Week

"Worry is the interest you pay when you borrow trouble."

(Source: "Quips, Quotes, and Quests," Vern McLellan, Ed.)

Weekly Weather Watch

	Nov. 20	Nov. 21	Nov. 22	Nov. 23	Nov. 24	Nov. 25
San Antonio	Upper 70s Mostly Sunny	Upper 60s Cloudy	Mid 60s Partly Cloudy	Mid 70s Rain Chance	Mid 60s Rain Chance	Upper 60s Partly Cloudy
Kabul Afghanistan	51° Clear	59° Partly Cloudy	60° Partly Cloudy	60° Partly Cloudy	59° Partly Cloudy	59° Clear
Baghdad Iraq	69° Rain Chance	75° Partly Cloudy	75° Partly Cloudy	78° Partly Cloudy	80° Clear	77° Rain Chance

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

News Briefs

Security training today

Subversion and Espionage Directed against the Army and Operations Security training is mandatory for all Department of the Army military and civilian personnel. A SAEDA training session for the garrison will be held Nov. 20 from 10 to 11:30 a.m. in Evans Auditorium, Building 1396, Garden Drive. Personnel should arrive early with their Common Access Card to sign in and be seated.

Army celebrates American Education Week

The Army Continuing Education System will host activities for Americn Education Week through Nov. 21 offering a variety of programs to assist Soldiers in obtaining their college degree, GED, certification or licensure.

- Educational booths will be displayed Nov. 20 from 10 a.m. to 2 p.m. at Army Community Service Center, BAMC lobby, the Commissary and Post Exchange.
- An Open House will be held Nov. 21 from 10 a.m. to 2 p.m. at the Education Center, Building 2248.

For more information, call 221-1738.

Oral, Maxillofacial Clinic closed Nov. 21

The Oral and Maxillofacial Clinic will be closed Nov. 21 for training. All dental sick calls will be seen at Budge Dental Clinic. On Nov. 24 through 26 all dental sick calls and walk-in exams will be seen at Budge Dental Clinic or Rhoades Dental Clinic. Beginning Dec. 1, the new treatment hours for sick call and walk-in exams will be Monday through Friday from 7 to 8:30 a.m. for sick call; and 8:30 to 11:30 a.m. for walk-ins. For more information, call Sgt. Angel Estrada, Oral and Maxillofacial Clinic noncommissioned officer in charge, at 916-0332.

Upcoming road work

Construction along MacArthur Parade Field will run through 26 for the installation of communications lines. Motorists will experience construction zones on Worth and Hardee roads. Traffic on Worth Road (about 200-feet west of Stanley Road) will be reduced to one lane in certain sections. The same thing will happen on Hardee Road (at Stanley Road). For more information, call Mark Boenisch at the Directorate of Public works at 295-4913.

Fort Sam Houston Museum hours during Thanksgiving

The Fort Sam Houston Museum will be closed Thanksgiving Day, but will be open Nov. 28, 29 and 30 from 10 a.m. to 4 pm. For more information, call 221-1886.

See NEWS BRIEFS P4

Warrior, Family Support Center gets upgrade in San Antonio

Story and photo by Fred Baker III
American Forces Press Service

Workers construct a courtyard area in the $4 million Warrior and Family Assistance Center at Brooke Army Medical Center. A covered patio allows for recovering service members to be outside, without subjecting them to the harsh Texas summer sun.

The Warrior and Family Support Center located steps away from Brooke Army Medical Center here is one packed place.

It is stuffed from floor to ceiling with homey decorations, leather furniture, stacks of snacks, baskets of books, computer work stations, a video library and a constant flow of wounded service members and Families.

Every Thursday night, 250 people pack into the 1,200-square-foot room for dinner. Guests spill into the hallways and stairs, and this Thanksgiving dinner promises to be more of the same.

But by Christmas dinner, the feast will feature more leg room.

A new $4 million, 12,000-square-foot facility is slated to open here Dec. 1, boasting its own dining room plus a great room, a classroom, a video game room and, overall, just a lot more room.

And, just like its neighbor, the Center for the Intrepid — a state-of-the-art, multi-million-dollar rehabilitation facility — the new building was entirely privately funded and hasn't cost the Army a dime.

"The sky is the limit when we move into that new facility," said retired Army Lt. Gen. Glynn Mallory, who serves on the board that oversaw the fundraising and building project that has taken a little less than two years to come to fruition.

The project was spearheaded as a charitable project by two brothers who own Huffman Developments, a Texas-based building company. In January 2007, Steve Huffman visited the current center, which is housed on the second floor of a guesthouse that serves the Families of service members receiving care at BAMC.

Huffman had read about the center, and he asked its manager, Judith Markelz, what it needed. Markelz said she replied that the center needed a video game system to replace one that had been stolen. Huffman agreed to replace the system, promised he would be back in two weeks, and said he wanted to know what else the center needed.

"Think big," he told Markelz.

Estimates for the project were just over $3 million when it started, but the contractor solicited service members' and Families' ideas on its construction, and subsequent design changes increased its cost. The building will ring in at about $4 million, and an added therapeutic garden and other landscaping will take the project to nearly $5 million, Markelz said.

One Soldier said he wanted grass — "real" grass, not the brown, coarse kind typical of southern Texas. So, plush St. Augustine grass with a sprinkler system to keep it green was added to the landscaping.

Cookouts are popular, Markelz said, so a barbecue pavilion wired with outdoor stereo speakers now overlooks a harbor and garden.

The Soldiers and Families wanted a fireplace, so a massive fireplace centers the building's open great room, with its chimney stretching to the height of the cathedral ceiling. The open backside of the fireplace faces an outdoor courtyard so it can be enjoyed outside as well. An 18-foot-high, wrought-iron butterfly sculpture, designed by a Soldier recovering here, will spiral up the chimney.

A large video gaming room will feature several large-screen televisions and a drop-down projection screen to accommodate competitions.

A classroom with computers will offer educational opportunities for service members and Families. Markelz has a donor lined up willing to pay tuition and books for anyone wanting to advance their education. Several others have volunteered to teach classes there.

"These classes are important, because in some cases, these wounded warriors are looking for a new career," Mallory said.

And, the new building will have a large kitchen, which Markelz said she expects to be a main gathering place. The current center does not have a kitchen, and the staff must wash dishes in a bathroom. The new space also will offer room for the three administrative staff members, who now share one desk, one computer and one chair, Markelz said.

Large windows and skylights throughout the building allow light to spill into the center. An open floor plan encourages service members to mingle, and parts of the design are intended to aid wounded service member's rehabilitation.

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BAMC hosts Thanksgiving meal

Brooke Army Medical Center will serve a bountiful Thanksgiving meal Nov. 27 in its dining facility in the basement. The serving time for BAMC staff will be from 11 a.m. to noon. All other guests will be served from noon to 1 p.m. The cost is $5.40 for Family members of E-4 and below and $6.35 for all others including civilians, enlisted and officers. Pay cash at the door. No reservations are required. For more information, call Duane Lacey at 916-1003.

Retiree Appreciation Day

The Fort Sam Houston Retiree Appreciation Day will be held Dec. 6 from 8 a.m. to noon at the Blesse Auditorium in Willis Hall on the corner of Stanley and Harry Wurzbach roads. Get a flu shot, latest information on retiree benefits, TRICARE information, Brooke Army Medical Center services, VA benefits, I.D. cards, vehicle registration and much more. For more information, call 221-9004.

Pony Express Courier Run Grand Finale and Fair

The 20th annual Pony Express Courier Run Grand Finale and Fair will be held Dec. 6 from 1 to 5 p.m. at MacArthur Parade Field, at the corner of Harry Wurzbach and Stanley roads. The holiday fair will include a variety of vendors; special displays; American Indian music, dance and displays; pony rides; a temporary U.S. Postal Station with special Pony Express postmarks; and live entertainment to include holiday melodies by the Army Medical Command Band. Special appearances include the Escaramuza Rosas de Castilla, a bareback equestrienne drill team; cadence cloggers; the Garrison Mounted Color Guard; Bexar County Buffalo Soldiers; the Bexar County Sheriff's Mounted Posse, and much more. The highlight of the event is the arrival of more than 120 pony express Christmas couriers following their seven-county run. The event is free and open to the public. The public can enter at the Walters Gate off IH 35 or the Harry Wurzbach entrance off Harry Wurzbach Road.

Army Medical Command Band performs "Sounds of the Season"

The public is invited to a free holiday concert by the Army Medical Command Band Dec. 13 at 7 p.m. at Evans Auditorium on Garden Road. The concert will feature holiday favorite, such as "Silver Bells" and "Silent Night." The public can enter the post at the Walters Gate off IH 35 or the Harry Wurzbach entrance from Harry Wurzbach Road. The concert is hosted by the commanding general of Fort Sam Houston and the Army Medical Department Center and School.

U.S. Army South deputy commander Brig. Gen. Manuel Ortiz, Salvadoran Army chief of staff Brig. Gen. Ruben Oswaldo Rubio, Guatemalan Army Defense Force chief of staff Brig. Gen. Ronald Mauricio Illescas and ARSOUTH commander Maj. Gen. Keith M. Huber work together during the Central American Army Leaders Conference at the ARSOUTH headquarters here Nov. 3.

Army South, Central America work together for Americas

By Robert Ramon
U.S. Army South Public Affairs Office

Senior army leaders representing five countries spent a week "Trabajando juntos para las Américas," or "Working together for the Americas," during the Central American Army Leaders Conference at the U.S. Army South headquarters here from Nov. 2 to 6.

Generals from four Central American partner nations arrived with their spouses for this relaxed forum hosted by ARSOUTH. Representatives included Guatemalan Army Defense Force chief of staff Brig. Gen. Ronald Mauricio Illescas, Honduran Army commander Brig. Gen. Jose Rosa Doblado, Nicaraguan Army chief of staff Maj. Gen. Julio Cesar Aviles, Salvadoran Army chief of staff Brig. Gen. Ruben Oswaldo Rubio and ARSOUTH commander Maj. Gen. Keith Huber.

"This is a better environment than when we are sitting in formal meetings," said Huber. "Sometimes all the protocol involved can be an obstacle."

The informal atmosphere was well received by each attendee and contributed to a constructive exchange of ideas and sharing of knowledge.

"My experience here with U.S. Army South and my fellow Central American generals makes me feel at home — as if I'm among friends," said Illescas.

Conducted completely in Spanish, the conference was designed to increase regional cooperation among partner nations and identify how each can assist in enhancing overall capabilities in the region.

"The interaction is very positive and ultimately helps all the people of the Central American region and the United States," said Doblado. "This conference is a great way to strengthen our relationships and cooperation."

Topics included regional peacekeeping operations, humanitarian-assistance missions, natural-disaster response, capabilities specific to each country, and common threats and challenges faced throughout the region.

"There are a lot of ideas we can share with each other," said Huber. "We are family — it's not a cliché but a feeling that we have in our hearts."

Aviles said "the overall theme, 'Working together for the Americas,' is fitting since our countries have common concerns and our discussion of those concerns will be very productive."

Rubio commented that working together toward common goals by capitalizing on each country's individual strengths is an effective way to meet today's challenges.

"We all have different experiences and bringing those experiences together here makes all of our armies stronger," said Rubio. "With more coordination and effort such as this, we can ensure that future generations will live in a better world."

A focal point for Huber was ensuring that he gained a perspective from each partner nation's point of view rather than focusing solely on a single set of priorities.

"My focus is to try and clearly understand, from your perspective, what is important to you," Huber said to his counterparts. "I have a responsibility and privilege to share ideas with your armies in order to seek better ways to work together and be a member of your team. I have a lot to learn from each of you."

As the conference concluded, participants echoed their commitment to the partnership and pledged to continue the collaborative effort to bring about solutions to common threats in the region.

"We are all facing common threats," said Aviles. "We have been able to identify some of these threats and find ways to fight them together."

This conference is a testament that "we all think about peace, development and the common good of our countries," said Aviles. "Central America is a group of small nations, but like the United States, we have big hearts and common aspirations."

Medical official elaborates on health care improvements

By Jerry Harben
U.S. Army Medical Command

Dr. S. Ward Casscells has served as assistant secretary of defense for health affairs since April 16, 2007. He recently spoke with the Medical Command Mercury while in San Antonio, to attend meetings.

Q. DoD is celebrating November as Warrior Care Month. Why did we designate that and what do you hope is going to be accomplished through that?

A. The Secretary of Defense, Dr. (Robert M.) Gates, designated this Warrior Care Month. I think what he hopes to do is signal that this is an important topic for him and the department. Secondly, make people aware of the progress that has been made, and thirdly, suggestions for further improvement or at least identification of gaps or areas where we haven't done what we think we should have done.

Q. A lot of military healthcare providers have expressed some dissatisfaction with our AHLTA system of electronic health records. What is being done to improve that system so it will be easier for the providers to use?

A. There has been a ton of dissatisfaction with that system, and it's not because people have refused to give it a chance. They have given it a chance over and over again. Expectations have been raised about improvements that either haven't been as much of an improvement as people expected, or they have been late in delivery.

What we did was we went back to square one with a bunch of consultants and with our colleagues at the (Department of Veterans Affairs) and said look at the options.

When we looked at all the costs and the risks to patients of these various approaches, the final recommendation was that we and the VA move to upgrade both systems toward what is called a services-oriented architecture and that immediate focus be on improving interoperability, which is required by Congress by September of '09.

Q. Are we on schedule to meet that deadline, September of next year?

A. Yeah, I think we're OK. It sort of depends on what you mean by interoperability. As I say, it won't be one system. You will be able to see all the information that is clinically relevant on a VA patient, (as will) a VA doctor or nurse that needs information on a DoD patient … that's largely doable today, but not all aspects of the medical record are visible through the Bidirectional Health Information Exchange, the BHIE. That will all be accessible by 10 months from now.

Q. Expanding on that a little bit, beyond the exchange of records, what is DoD doing to make the transfer of patients to the VA from the military system easier and smoother?

A. A year and a half ago not every facility had a VA representative, and even when they did the VA representative may not have been fully trained. The extraordinary emphasis on wounded warrior care won't tolerate that anymore.

People can call in to the hotline or on our Web site, for example, www.health.mil, we field complaints all the time. We have to treat our service members with the honor, respect and cleanliness they deserve. In general, that's getting better.

Q. Do you see more of that in the future, with collaboration between the services, or do you see a need for more centralized command and control in a unified defense health system?

A. I don't know how it's going to go. We have two experiments going on. One is here with (the Air Force's) Wilford Hall and (Brooke Army Medical Center) integration and collocation, and then there's a different model being used in the Washington area, the National Capital Region. The eventual reporting structure of that National Capital Region, called Joint Task Force-Capital Medicine — JTF CAPMED for short — that has yet to be decided. Right now, Admiral Mateczun, the commander there, reports to the deputy secretary of defense. Whether that will be a sustainable model for the future, I don't know.

Dr. S. Ward Casscells

What (Brig. Gen. James K. Gilman) and (Maj. Gen. Thomas W. Travis) are doing in San Antonio is doing a great job pulling these two military cultures together. We're going to get the best of breed from both of them.

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Brave Soldier

Photo by Jen Rodriguez

Brig. Gen. James K. Gilman, commander of Great Plains Regional Medical Command and Brooke Army Medical Center, congratulates Cpl. James Rosencrans during a Purple Heart ceremony Nov. 6, in the Center for the Intrepid. An indirect fire infantryman assigned to Task Force Currahee, Rosencrans was injured May 30 in Afghanistan. While in convoy, his vehicle was struck by an improvised explosive device resulting in his combat injuries. More than 20 people attended the ceremony including Rosencrans' wife, Molly (pictured) and children Scott, Elizabeth and Norah; and father-in-law Patrick Conway.

News Leader survey online

Submit your feedback to help improve the News Leader. The survey is available online at http://www.samhouston.army.mil/publicaffairs. For more information, call 221-0615 or 221-1031.

BAMC focuses on warrior, Family care year-round

By Maria Gallegos
Brooke Army Medical Center Public Affairs

Brooke Army Medical Center is highlighting Warrior Care Month this November with articles about wounded warriors and the care they receive.

Warrior Care Month is designed to raise awareness of programs and resources available to the wounded, ill and injured service members and their Families. The Department of the Defense and the Military Health System are constantly working together to provide and promote the highest quality of care for wounded Soldiers and their Families.

The BAMC staff is dedicated to making their patients their top priority to provide excellent medical care for Soldiers and their Families during their treatment at the facility. The medical center has received more than 4,043 service members including Soldiers, Marines, Sailors and Airmen, who were injured in Operation Iraqi Freedom and Operation Enduring Freedom.

The Warrior Care System was designed for severely injured service members who often required prolonged treatment, time to heal, and rehabilitative care before a decision can be made on their medical ability to remain on active duty. The MHS is meeting this challenge by improving coordination of health care for service members and veterans with the Veterans Affairs. MHS is dedicated to ensuring that service members are provided outstanding clinical care and streamlined administrative processes to return them to duty status or to transition them from MHS care to the VA Health Care System in an effective manner.

One of the newest warriors to arrive at BAMC, 1st Lt. Terry Bourgoyne continues to receive medical care at the center.

"Everyone here is top notch; they provided excellent care for me and my Family," Bougoyne said. "Not only am I receiving great care, Sgt. 1st Class Dexter Butler and his members from the Warrior in Transition Unit have taken care of my Family needs. Transportation, lodging and per diem was paid by the Army for my dad, mom and my sister."

"It's a great feeling not worrying about their expenses while they were here to see me," he said. "I have been with the National Guard for over 11 years and I did not realize the Army was this engaged in supporting the Soldier and their Families. I am very impressed."

The Army has developed an effective network of Warrior Transition Units for almost 12,000 active and reserve component Warriors in Transition and their Families. Nurse case managers, platoon sergeants and squad leaders are being added to WTU staff to provide more one-on-one and support to Warriors in Transition complexes. Soldier's satisfaction within WTU has increased to nearly 80 percent during the past 12 months.

"It's all about helping Soldiers and their Families," said Sgt. 1st Class Dexter Butler, Warrior in Transition Unit, at BAMC.

For more information about the Warrior Care System, visit www.WarriorCare.mil, www.woundedwarriorresourcecenter.com or call 800-342-9647, Monday through Friday, 24 hours a day.

CAREGIVERS from P1

as they recover, rehabilitate and prepare to either return to duty or leave the service for civilian life. They are assigned to Warrior Transition Units, where they work with a "triad of care" consisting of a primary-care medical professional, a nurse case manager and a squad leader. This triad not only ensures they receive the medical treatments they need, but also attends to details such as ensuring they make medical appointments, visiting Families have housing and transportation, pay and benefits continue, and paperwork is properly completed and filed.

Before this course, WTU cadre were trained through an online orientation and on site by mobile training teams or local leaders.

"With this course it will now be possible to provide all WTU cadre both the common training they require to prepare them to work with this most special group of Soldiers and their Families, as well as receive specialized training related to their specific responsibilities as social workers, nurse case managers, squad leaders, etc.," said Brig. Gen. Gary H. Cheek, assistant surgeon general for warrior care and transition and director of the Department of the Army Warrior Care and Transition Office.

> "With this course it will now be possible to provide all WTU cadre both the common training they require to prepare them to work with this most special group of Soldiers and their Families, as well as receive specialized training related to their specific responsibilities as social workers, nurse case managers, squad leaders, etc."
>
> ***Brig. Gen. Gary H. Cheek***
> ***Asistant Surgeon General for warrior care and transition and director of the Department of the Army Warrior Care and Transition Office***

Other benefits of this training will be the ability to reliably ensure uniform care and treatment of Warriors in Transition and their Family members, Cheek said. Also, completion of the resident course will make it possible to recognize the special role squad leaders and platoon sergeants play in the success of the Warrior Care and Transition program and qualify them to receive special duty pay, he said.

"As NCOs we go through our leadership courses. All of them prepare us for leadership situations, but none provide the kind of skills needed to lead Warriors in Transition. You have to know when to push, when to pull; when to put your arm around someone; do what works. It's almost like a life-skill coach," said Master Sgt. Brian S. Thomas, operations NCO for the course.

In addition to classroom instruction, the class toured the Soldier and Family Assistance Center, Warrior Assistance Center and Center for the Intrepid rehabilitation facility at Brooke Army Medical Center. They listened to an injured Soldier, and to an experience triad of care describing their lessons learned.

Case manager Lt. Col. Carol Fox works for the Community-Based Warrior Transition Unit in Utah, where she primarily helps reservists who often are otherwise isolated from the military support system. She formerly served at Landstuhl Regional Medical Center in Germany, the first stop in evacuation of wounded from Iraq and Afghanistan. She said wounded patients usually stay at Landstuhl only a few days, and staff there seldom know what becomes of them after transfer to hospitals in the United States.

"This job is full circle for me. It gives closure. Caregivers need that," she said.

"The essence of case management is to develop a comprehensive clinical plan for Warriors in Transition. Their principle job is to coordinate to develop that plan with a multidisplinary team," said Col. Rebecca Baker, deputy director of the Warrior Transition Office in the Office of The Army Surgeon General, who taught the case managers during three days when they and the NCOs split for separate tracks of instruction.

"We have case managers with six months of experience and with two weeks of experience. Even those with months of experience think it is essential to have centralized training," Baker added.

Emerich expects the course to be held six times a year, and all newly assigned triad members should attend.

"We want them to develop the head and the heart for their mission," said Emerich.

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COVENANT from P1

and their Families."

The covenant pledges sustained care that is commensurate with the sacrifices that Soldiers and their Families have made, Schoomaker said. It provides for first-rate care in a healing environment for recovery, rehabilitation and reintegration.

Wounded warrior Staff Sgt. Jason March and his wife, Sandra, who represented all Warriors in Transition and their Families for the ceremony, also signed the covenant.

Sgt. March, who suffered a traumatic brain injury after he was shot in the head by a sniper while in Iraq, said he was told he might never walk, talk or see again.

"I want to thank all of BAMC (Brooke Army Medical Center). They have done a remarkable job," said Sgt. March, a combat engineer. "I have been here almost three years. I made it up that flight of stairs, I see every single one of you and I'm telling you my story."

Sandra March, who quit working as a dental assistant to become a caregiver for her husband, said the covenant should be beneficial.

"Any improvements to make things better for wounded warriors and their Families is a good thing," she said.

Warrior Care Month, November, is a chance for the DoD and Army to focus on the wounded, ill and injured Soldiers and their Families, Schoomaker said.

"It's an opportunity how we, the total Army community and U.S. community, can be innovative and supportive of these great Americans," he said.

Afterward, the 40 attendees at the Major Medical Subordinate Command Commander's Conference signed the covenant and thanked the Marches for their service.

Photo by Jeff Crawley

Wounded warrior Staff Sgt. Jason March signs the Army Warrior Health-Care Covenant Nov. 13 at Fort Sam Houston as his wife, Sandra, holds the covenant steady. The Marches represented all Warriors in Transition and their Families at the signing ceremony. Army Surgeon General Lt. Gen. Eric Schoomaker was the first to sign the covenant, which reaffirmed the Army's commitment to provide world-class health care to wounded, injured and ill Soldiers and their Families.

The Army Warrior Health-Care Covenant

- We are grateful for the contributions of warriors and their Families.
- We will provide warriors and their Families the highest quality of care and services possible to honor their contributions to our nation.
- We will provide the assistance needed by warriors and their Families during the healing process.
- We will provide initiatives and programs for warriors and their Families that support their transition back to duty or their continued service to our nation as a veteran.
- We will provide an environment that is conducive to healing by focusing on body, mind, heart and spirit.

BAMC staff recognized for reintegration of former captives

Story and photo by Jen D. Rodriguez
Brooke Army Medical Center

Brooke Army Medical Center staff is proud to have hosted Marc, Tom and Keith, during their first day of freedom.

Brig. Gen. James K. Gilman, commander of Great Plains Regional Medical Command and BAMC, shared those sentiments Oct. 29, during a coin presentation by Navy Adm. James Stavridis, commander of U.S. Southern Command.

Stavridis recognized more than 45 BAMC medical staff, Soldiers and civilians for their dedication and warrior service during the Reintegration Mission for Marc Gonsalves, Thomas Howes and Keith Stansell.

For five years, Gonsalves, Howes and Stansell were held captive in Colombia, until their July 2 rescue by Colombia's military. The men were captured in February 2003, after their drug-surveillance plane crashed in the jungles of southern Colombia.

In July, BAMC medical, support and operation teams were instrumental in providing medical evaluations for the men, and helped to ease their transition back to normalcy following their captivity.

Stavridis said BAMC is on everyone's tongue – whether Soldier, Marine, Airman, Coast Guardsman or Sailor – that this is the place for critical care; the salvation for the body.

The admiral noted a significant chapter of the three men's care happened at BAMC.

"Thank you for what you do everyday. You did what you do. You brought them back to life, their salvation. One said they were reborn at BAMC. You do us proud, very proud," Stavridis added.

According to Stavridis, Gonsalves, Howes and Stansell have integrated well, and are pleased to tell their ongoing story.

"They are all writing a book and looking forward to participating in the Freedom Ride, a motorcycle ride across America to get reacquainted, and to publicly bring the plight of the other 600 hostages," he said.

Navy Adm. James Stavridis, commander of U.S. Southern Command, presents a coin to Sharol Ramirez of the Brooke Army Medical Center Dental Activity for her dedication and warrior service during the Reintegration Mission in July. More than 45 BAMC staff members were recognized at the ceremony Oct. 29 in the hospital's fourth floor auditorium.

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CENTER from P3

A new $4 million, 12,000-square-foot facility is slated to open here Dec. 1, boasting its own dining room plus a great room, a classroom, a video game room and, overall, just a lot more room.

A covered patio allows for recovering service members to be outside without subjecting them to the harsh Texas summer sun. To aid service members' therapy, the outdoor garden will offer varied surface types, ramps with no rails, uneven surfaces and inclines that service members must maneuver through.

"What we're trying to do is emulate things they are going to see at home," said Jennifer Golden, of Golden construction, a subcontractor on the project.

The overall design is built with a Hill Country theme, with rock and stucco throughout and a large star as a centerpiece on the front of the building.

"It's very Texas," Mallory said.

Mallory said he was asked to sit on the board because he was always at the center "hugging wounded warriors all the time."

As an infantryman, he served two combat tours in Vietnam. Mallory said this project completes the BAMC complex and is worthy of the sacrifices of the service members and their Families.

"They've got two world-class facilities here, in the hospital and the rehabilitation center, and they deserve a world-class facility for socializing and … doing what they need to do to rehabilitate," he said.

The center opened in 2003 when Army officials saw a need for a place that focused on helping Family members as they arrive to be with their wounded service members.

Markelz said many family members panic when they get the news that their service member has been injured, regardless of the severity, and they leave immediately for the hospital. Some arrive even before the service member.

"I had a mother get off the airplane the other day with two left shoes on, because when she got that phone call … she put on something and got on that airplane," Markelz said. "She brought no money. No credit card. She brought the clothes on her back."

As of September, nearly 250,000 visitors had used the center.

Markelz said she took the job initially as part of a temporary, six-month deal. Her husband served as the deputy commander of BAMC. Nicknamed "Judith Miracle" by Mallory, Markelz keeps the center running and open every day. It is open for 13 hours daily now, but will expand to 15 hours when it moves to the new facility, she said. Her cell phone is on 24 hours a day.

"We do not close," she said.

Markelz is a former teacher, evidenced by her penchant for the decorations that blanket the room and dangle from the ceilings. An eight-foot-tall inflated turkey rests in the corner.

"We wanted to make it junky and comfortable," she said of her current space. And even though her new space is much larger and somewhat cold right now, she said, she doesn't anticipate it will take her long to redecorate.

The Army pays the salaries of Markelz and her three staff members. Everything else is bought with donated funds, she said. She refers to many of the Soldiers as her "kids," and said that helping the Families is critical to the recovery of the service members.

"Without these Families, these Soldiers won't heal. Support is everything," she said.

And while Markelz admitted she will miss her old space, she agreed with Mallory that the service members and Families deserve the new building.

"We owe them. They deserve it. It's the right thing to do," she said.

ACAP offers new classes

By Dr. Kat Harris
Army Career and Alumni Program Counselor

The Fort Sam Houston Army Career and Alumni Program has created two new classes to assist transitioning clients. Many ACAP clients want to apply for federal positions but, until now, have had no idea how to go about the process. The on-line format is very specific, and if clients are not familiar with the application process, then the application is incomplete, and rejected.

The Basic, and Advanced Federal Resume classes were designed to take the mystery out of the federal application process. The Basic class provides an overview of the general process covering such topics as veterans' preference, finding federal positions, matching skills and experience to the job description, preparing resumes and qualifying statements and submitting application documents. The Advanced class is a follow-up to the Basic class, which is a prerequisite. Clients bring in the resume they created and job announcement desired. Counselors and clients go through the resume in detail to highlight work experience and accomplishments, the position description and the job announcement.

Classes are open to ACAP clients by appointment. For more information or to register, contact ACAP, 1706 Stanley Road, Building 2263, Room B-99 or call 221-1213.

2008 Schedule

Basic Class, Dec. 5 from 1 to 4 p.m., "How to Apply for a Federal Job"

Advanced Class Dec. 19 from 1 to 4 p.m., a detailed review for a federal job

2009 Schedule

Basic Class, 1 to 4 p.m., Jan. 9, Feb. 13, April 10, May 15, June 12, July 10, Aug. 14, Sept. 11, Oct. 9, Nov. 6 and Dec. 4.

Advanced Class, 1 to 4 p.m. Jan. 23, Feb. 27, April 24, May 29, June 26, July 24, Aug. 28, Sept. 25, Oct. 23, Nov. 20 and Dec. 18.

Welcome to the Neighborhood

Photo by Phil Reidinger

Lt. Col. Thomas Delk unfurls the U.S. Army Center for Health Promotion and Preventive Medicine - South colors during an uncasing ceremony Nov. 14 at the command's new headquarters on Schofield Road. The command relocated to Fort Sam Houston because of the 2005 Base Realignment and Closure recommendation to close Fort McPherson, Ga., its former location. USACHPPM-South is moving forward determined to be a world-class center for excellence for the systematic prevention of environmental, occupational and disease threats to the military's most valuable resources: the warfighters, their Families and civilian workforce. At Fort Sam Houston, USACHPPM-South continues to make advancements to meet this goal by enhancing laboratory capabilities to include public health surveillance, epidemiological and outbreak investigation support, and hosting the only Department of Defense Cholinesterase Reference Laboratory. The ceremony's keynote speaker was Col. Thomas Logan, commander, USACHPPM, headquartered at Aberdeen Proving Ground, Md.

Sports

Personal trainers at Jimmy Brought

The fitness center offers one-on-one personal training and small group (two to five people) training. Personal trainers are certified by the Cooper's Institute of Aerobics, with a few trainers specializing in running and swimming. In addition, comprehensive physical assessments in body mass index, tapings and cardiovascular and strength as well as basic nutritional information are available. For additional information, call 221-1234.

U.S. Army All-American Bowl tickets

The 2009 U.S. Army All-American Bowl will be held Jan. 3, 2009, at noon at the Alamodome in San Antonio. The All-American Bowl is an East vs. West showdown that features the top 90 high school senior football players from across the country. It is considered by players, coaches and fans to be the premier high school football game in the nation. Free tickets are available at the Directorate of Family and Morale Welfare and Recreation ticket office located at the Sam Houston Club, Building 1395, for military personnel with a military ID card and civilians with a Department of Defense ID card. For more information, call the ticket office at 226-1663.

Intramural bowling league

The Fort Sam Houston Garrison Intramural Bowling League will begin Jan. 6. Send team letters of intent to participate no later than Dec. 4. Letters can be mailed to Earl Young, 1212 Stanley Road. Building 124, Ste. 20, Fort Sam Houston, TX, 78234 or dropped by the Brigade Gym. A coaches' meeting will be held Dec. 11 at 1 p.m. at the Fort Sam Houston Bowling Center. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

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Early celebration

Jean Whitlock and Camilla Weeks, 470th Military Intelligence Brigade civilians, place a turkey platter on the serving table at the brigade's Thanksgiving luncheon Nov. 6. Brigade Soldiers, civilians and Family members joined together in the Army Community Service center to share the spirit of the holiday at an early opportunity.

Photo by Gregory Ripps

American Indian celebration enthralls youth Soldiers

By Ben Paniagua
Hacienda Recreation Center

More than 150 Initial Entry Training Soldiers from the 32nd Medical Brigade were treated to a night of cultural awareness during the annual Native American Heritage Month celebration Nov. 13 at the Hacienda Recreation Center. An array of Authentic American Indian dances were performed for the Soldiers and left them fully enthralled.

Dressed in ceremonial garb, the performers, Great Promise, danced and played American Indian musical instruments and chanted their way into the hearts of the Soldier audience.

The guest speaker was Earl McMannis, a retired Vietnam veteran, a member of the Choctaw Nation of Oklahoma and a Lakota sun dancer. He served for 20 years in the Air Force.

McMannis spoke on the contributions of American Indians and American eskimos to society and the importance of learning other cultures in this multi-racial country.

"Once we understand others, the barrier is broken and we begin to eliminate prejudice and racial discrimination," said McMannis.

"Really cool," said Pvt. Crystal Turner from A Company, 264th Medical Battalion, referring to the ceremony. "I thought the little boy who danced is so cute. I really liked it, you should do it more often," she said.

McMannis spoke on the contributions of American Indians and American eskimos to society and the importance of learning other cultures in this multi-racial country.

The Soldiers were treated to fried bread and three sisters stew, both popular delicacies in American Indian cuisine. They also munched on cake and punch.

"Awesome, I thought it was really beautiful," said Pfc. Steven Mobley from C Company, 232nd Med. Bn. "It was really great how the little one can learn the steps being so young," he said.

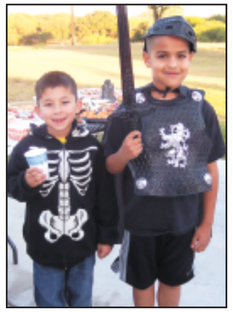
The program was presented in partnership between the 32nd Medical Brigade Equal Opportunity Adviser and the Hacienda Recreation Center. The 232nd Medical Battalion hosted the event. The program was designed to teach young Soldiers about cultural awareness and to entertain them.

RCI hosts Halloween events

More than 100 residents attended the Harris Heights 3rd annual Halloween party hosted by Harris Heights Mayor Jennifer Koranyi and Wheaton-Graham Mayor Monica Wiersma Oct. 25.

Events included a make-a-word contest, pumpkin decorating, and pin-the-tail on the cat. A costume contest was held; prizes were given out for cutest costume, scariest costume, most original and best in show. The highlighted event was the haunted garage. Children ran a gamut of scary happenings in a spider web-coated, fog-filled garage. Lots of baked goodies, which were donated by residents, a cauldron of eye of newt and bloodworm punch, hot dogs and candy were gobbled up.

Not to be out-done, 290 children and their parents attended Staff Sgt. Alvaro Garcia, and his wife, Sonia's Halloween event in Watkins Terrace Oct. 31. The Garcia's event has grown from the front and side yards to include the haunted garage. Families went through a maze in the garage with several scary features including Hannibal Lector, witches, a vampire, a headless bride, the grim reaper and bio-hazard monster in a 50-gallon vat of chemicals. There were motion sensors that activated lights and sounds making the event scary. All the children received goodie bags made by Sonia Garcia. Many residents thought the event was better than "Nightmare on Grayson" and that it was truly awesome.



Courtesy photo

Alex Gonzalez and Dario Eubanks dressed up for their neighborhood Halloween party on Fort Sam Houston. More than 300 Families attended two neighborhood Halloween events to celebrate the season.

Thanks to Koranyi, Wiersma and the Garcias for hosting their events for Halloween. More than 300 Families attended the two events. All the Fort Sam Houston Family housing residents who attended had a phenomenal time.

For photos and upcoming activities, residents can log onto Lincoln Military Housing's interactive Web site, www.samhoustonlpc.com. For any questions or additional information, contact LMH at 270-7638.

(Source: Residential Communities Initiatives)

Army South deputy commander commemorates Veterans Day

By Eric Atkisson
U.S. Army South Public Affairs

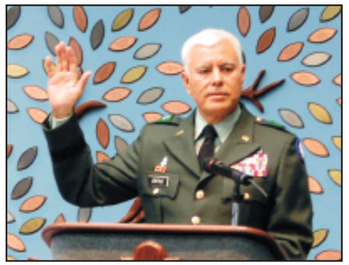
Brig. Gen. Manuel Ortiz Jr., the U.S. Army South deputy commander, spoke at San Antonio's St. Philip's College Nov. 10 to an audience of about 75 students, faculty and staff who were gathered to commemorate Veterans Day.

"This is the land of freedom and opportunity," Ortiz told the audience, but "these freedoms are not automatic. We have to continuously defend and fight for them. (Millions) of veterans have served, endured, sacrificed, and fought our wars for these freedoms."

"Veteran," he emphasized, is "a title endowed by a grateful nation on its citizens, both men and women, who raised their right hands and took an oath and pledged to serve in uniform wherever the United States needed them, in war, overseas, or stateside. It's a title that speaks of love of country and a belief in America's goodness, freedoms and strength."

It is a title of respect that must be earned, Ortiz added.

Ortiz was joined on stage by Dr. Patricia Candia, vice president of Student Success, and retired Air Force Col. John Westerbeck, coordinator of Veterans Affairs, who each paid tribute to veterans.



Courtesy Photo

Army South Deputy Commander Brig. Gen. Manuel Ortiz Jr. makes a point during a Veterans Day speech at St. Philip's College Nov. 10.

Ortiz, 57, enlisted in 1970 and served four years on active duty before joining the Texas Army National Guard, where he continues to serve. His son and daughter both serve in the Army, and his son, a combat medic, is deployed to Southwest Asia.

St. Philip's College, founded in 1898, enjoys the distinction of being the nation's only historically black college and Hispanic-serving institution. It has a student population of about 10 percent veterans and 5 percent active-duty military.

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Doctoral physical therapists set to graduate

Story and photos by Jen Rodriguez
Brooke Army Medical Center Public Affairs

Since July 2007, five physical therapists have been perfecting their skills through research and caring for wounded warriors at Brooke Army Medical Center to help define the future of physical therapy.

Capt. Daniel Rhon and Maj. Norman Ayotte of the Army; Air Force Capt. Ben Hando; Navy Lt. Cmdr. Leslie Hair and Lt. Cmdr. Duneley Rochino, are students in the U.S. Army-Baylor University doctoral program in orthopaedic manual physical therapy.

"We are taught to be an advanced clinician which is an important skill to have when dealing with the complex patient," Hair said. "This program is the pinnacle of being a clinician."

The only program of its kind in the Department of Defense, the training combines the doctor of science degree with fellowship training in a full-time residence program. It focuses on a rigorous and formal academic curriculum with intensive clinical training in the advanced management of complex orthopaedic conditions.

"There are only 14 other programs in the nation that provide this type of clinical fellowship experience, but few of them are full-time programs and fewer still have the academic and research rigor," said Maj. (Dr.) Skip Gill, graduate program director and associate professor of the program.

The fellowship is credentialed by the American Physical Therapy Association and overseen by BAMC Graduate Medical Education. The degree is accredited by Baylor University Graduate School.

"At BAMC, we have a challenging patient population that spans the spectrum of musculoskeletal diagnoses, and faculty with clinical expertise to guide the students during mentorship," Gill said. "Being in close proximity to the AMEDD Center and School offers the ability to share faculty between programs and coordinate on research efforts."

To be considered for the program, applicants must be active-duty physical therapists with at least a master's degree in physical therapy. Candidates are competitively selected from the Army, Navy, Air Force and Public Health Service. Slots are allocated to each service depending on availability.

"Academically, the program builds upon the entry-level professional training of each candidate, typically 60 or more graduate credit hours beyond the master's level," said Dr. Gail Deyle, deputy director of the program, associate professor and the program's founder. "The doctor of science degree is considered a terminal degree by most universities for the purpose of determining tenure status and rank."

Army selected candidates must apply to a long-term civilian training selection board that ranks applicants by their military records and their letters of intent for the training opportunity, Gill said.

"Each of the services has a similar competitive process. Only the more competitive applicants actually apply to the board," he said.

When Rochino applied, he was worried about getting in, because of being stationed on the USS Nimitz and then in Naples, Italy, isolated from mainstream physical therapy for six years.

"I did as much as I could on my own to be a good clinician, a good officer and be competitive," Rochino said, "but I knew I was going up against people who have had a lot more exposure to the latest and greatest ideas. I had heard this was going to be tough, but everything I heard was an understatement."

With a month to go before graduation, Rochino is optimistic.

"This is probably the best program for physical therapy in the United States period," said Rochino. "The clinical skills learned by the students are placed within a flexible framework of thinking, allowing us to make the best decisions for our patients as quickly as possible."

Like Rochino, Hando had some doubts about being accepted in the program. But, he applied, because the doctoral program was one of the reasons why he joined the military.

"I was realistic about my chances of getting in … that they were low. I applied once and was rejected," Hando said. "But I kept applying and became fairly optimistic that if I persevered I would eventually get accepted."

Maj. (Dr.) Skip Gill, graduate program director of the doctoral-fellowship program, uses spinal manipulation on Navy Lt. Cmdr. Duneley Rochino to explain which way the vertebra moves on a patient to Air Force Capt. Benjamin Hando, Capt. Daniel Rhon, Maj. Norman Ayotte and Navy Lt. Cmdr. Leslie Hair.

The success of the program derives from the faculty, a group of national and international recognized leaders in the field, who serve as academic professors and clinical mentors. The students see patients half-days with intensive one-on-one mentorship four to five hours per week. The rest of the day students are taught courses, such as anatomy, biomechanics, physiology, statistics, lab and practical courses or conduct research. Sometimes training consists of 16- to 18-hour days.

"A physical therapist, who does not attend this type of program, will never have their practice scrutinized and analyzed for the better after leaving their initial entry-level training," Rhon said. "The meticulous daily mentorship from a group with such vast knowledge and experience is priceless."

The program provides an ideal training environment to develop physical therapy skills as clinicians, researchers, teachers and leaders, Hando said.

"We have many of the leaders of our profession teaching us and passing on their expertise," Hando said. "We are involved in high-level research that will change the way our profession is practiced in the future. We are also offered the opportunity to contribute to this in a meaningful way."

The research that Hando speaks about is the capstone project of the program. Each student is required to develop a topic, conduct research and write a manuscript for publication. In addition to individual research projects, students participate in large group-projects, many of which have won national awards.

This year's clinical research topics ranged from the treatment of lumbar spinal stenosis by Rochino to the effects of manipulative treatment for hip arthritis by Hando to investigating the role of the low back muscles contraction in people with low back pain by Hair.

Each student's research will be published in a peer-reviewed medical journal.

"As difficult as it has gotten, and as little time as I have had with my Family over the last 18 months, even with the frustrations involved with a strenuous work schedule, I have never regretted coming to this program," said Rhon. "I think I will always look back on my career and realize that this was a huge pivotal and strategic point in my life that laid out the foundation for the rest of my career."

On Dec. 18, Rhon, Ayotte, Hando, Rochino and Hair will be the seventh class to graduate. After graduation, these uniquely trained physical therapists will be used as clinical experts and mentors, who are capable of being independent researchers and aligning clinical practice with the best research evidence for orthopaedic physical therapy.

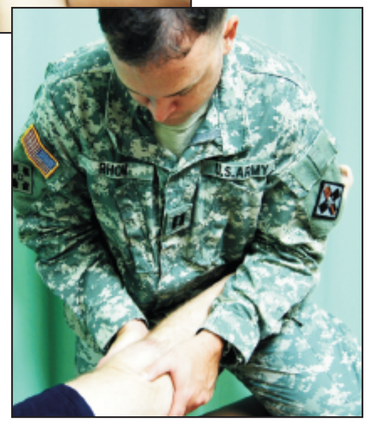
Typically, graduates of the program are assigned to larger military clinical settings to increase interaction with other physical therapists. In the past, several graduates have deployed, become faculty for the AMEDDC&S entry-level program, or completed a postdoctoral research fellowship, said Deyle.

"My experience in the program and since has convinced me there in no better program in the nation," said Gill, a 2004 graduate. "The students are great, too, always striving for the best out of their minds and hands, but always with the best out of their hearts in caring for the patients."

Navy Lt. Cmdr. Leslie Hair mobilizes Navy Lt. Cmdr. Duneley Rochino's shoulder to help improve movement in the shoulder, during a classroom exercise. This type of therapy is used primarily to decrease shoulder pain and increase movement.

In the program classroom, physical therapists Capt. Daniel Rhon, Navy Lt. Cmdr. Leslie Hair, Maj. Norman Ayotte, Navy Lt. Cmdr. Duneley Rochino and Air Force Capt. Benjamin Hando discuss the research design for an osteoarthritis study, under the direction of Maj. (Dr.) Skip Gill, graduate program director of the doctoral-fellowship program.

Navy Lt. Cmdr. Leslie Hair uses rehabilitative ultrasound imaging for biofeedback and the measurement of the low back muscles with Navy Lt. Cmdr. Duneley Rochino as the patient. Hair's clinical research topic will investigate the role of spinal manipulation and muscle contractions in people with low back pain.



During a knee treatment, Capt. Daniel Rhon uses a knee extension mobilization to reduce knee pain, provide more joint movement and improve walking.

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Cole JROTC competes at Corpus Christi

By Cadet 2nd Lt. Samantha Costello
Cole Cougar Battalion Public Affairs Officer

Courtesy Photo
Robert G. Cole High School Junior ROTC cadets celebrate a very competitive finish at the Sea-Hornet Drill meet Oct. 24 through 25 in Corpus Christi, Texas.

The Robert G. Cole High School Junior ROTC boys' and girls' color guards, rifle team and coed physical training team spent Oct. 24 and 25 in Corpus Christi, Texas, competing at the Sea-Hornet Invitational Drill Meet.

The evening of Oct. 24, the PT team competed in sit-ups, push-ups and a two-mile relay. The team consisted of Richard Well, Patrick Lewis, Corey Liker, Ryan Well, Stephanie Avilies, Kayanna Wade, Mary Mahon and Samantha Costello. They finished a strong second place in the two-mile relay, only eight seconds behind the winning team with a time of 9:38. Overall, the team finished in fifth place out of 18 teams.

The rifle team competed in the early morning Oct. 25. This team consisted of Richard Well, Patrick Lewis, Ryan Brock and Ryan Well. Even with one member sick, the team finished in fifth place; scoring more a 1,000 out of 1,200 points.

The girls' and boys' color guard competed later that morning. The girls' had some equipment trouble; however, they finished in sixth place out of 27 teams.

The girls' color guard was commanded by Kayla Barber. Also on the team were Kayanna Wade, Shelby Talent and Stephanie Aviles. The boys' color guard consisted of Colby Register, Corey Liker, Ryan Brock and Tyler Wakeley.

Overall, the teams did very well. The teams improved in the PT, rifle and girl's color guard competitions from last year.

Robert G. Cole Middle and High School honor roll

"A" Honor Roll
1st nine weeks

6th Grade
Brown, Emma
Chavez, Kassandra
Hayes, Domonique
Jordan, Steven
Purcell, Aaron
Ramos, Marc
7th Grade
Howell, Carter
Lougee, Isabelle
Steiman, Brittany
Ware, Grace
8th Grade
Brock, Julia
Cenney, Teresa
Darbyshire, Kayla
Gibson, Ruby
Hagan, Dana
Morrill, Hayley
Renz, Marlene
Rodarmer, Alexia
Smith, Megan
Starnes, Mason
Stout, Amber
9th Grade
Estrada-Chapman, Mikel
Gresenz, Molly
Herel, Alexandra
Larvins, Kayla
Mercado, Francesca
Well, Ryan
Wessies, Savannah
10th Grade
Juni, Katelyn
Kelly, Connor
Newcomer, Gretchen
Renz, Megan
Walton, Lucas
11th Grade
Prasek, Matthew
Wafford, Lindsey
Wessies, Amber
12th Grade
Davis, Catherine
Gresenz, Casey

"A" and "B" Honor Roll
1st nine weeks

6th Grade
Andrews, Davion
Arechiga, Vanessa
Butterworth,Brooke
Casey, Angelo
Castillo, Jr.,Enrique
Coleman, Kelli
Field, Jenna
Gallegos, Tae
Garcia-Sanchez, Jonathan
Gomez, Brando
Griggs, Dazia
Harris, Ambrosia
Henkes, Bethany
Juni, Colleen
Kupec, Dennis
Kurek, Zachary
Lemay, Deandre
Leonard, Brittany
Lomax, Chanelle
Lopez, Ariel
Lynch, Ryan
Mack, Vaniah
Marquez, Anthony
Mazak, Emily
Montoya, Alyssia
Morales, Geneva
Mudd, Tyler
Nettles, Nygil
Overstreet, Kathryn
Pace, Chelsea
Porter, Emily
Ream, Gabriel
Rush, Cody
Schmidt, Corey
Schuster, Kealoha
Singleton, Alyssa
Sonera, Moses
Soto-Velez, Nathaly
Taylor, Ethan
Vincent, Alexandria
Wade, Makenzie
7th Grade
Brooks, Hannah
Chavez-Gates,Deanna
Cooper, Suzanne
Dion, Mikayla
Emry, Lindsey
Eubanks, Bianca
Fix, David
Garr, Robert
Gonzalez Carrero, Luis
Harmon, Shanice
Jeffords, Mariah
Johnson, Jasmine
Kelly, Ethan
Lewis, Morgen
Mahon, Francis
Martinez, Annette
Mason, Kayla
Mathews, Austin
Medellin, Brandon
Nichols, Alexandra
Ochoa, Lucas
Ota, Rose-Marie
Pappas, Joseph
Ramos, Eric
Richardson, Teryn
Robinson, Malik
Sauer, Megan
Spivey, D'mia
Storey, Abigail
Washington, James
Webster, Sarah
Whiteley, Ethan
8th Grade
Baird, David
Bray, Aj
Brinson, Jasmine
Brown, Destiny
Butterworth, Taylor
Cessna, Mikela
Christman, Cameron
Colon, Yenesis
Costello, Sarah
Daugherty, Robin
Fia, Rachael
Gallegos, Zachary
Guerrero, Andrew
Hallstrom, Kayla
Hernandez-Rivera, Daniely
Hobbs, Jordyn
Horner, Hannah
Howell, Brent
Huggins, Jonte
Huys, Nicholas
Kane, Alexander
Larsen, Grace
Livecchi, Brianna
Miller, Zachary
Nagies, Kenneth
Pace, Sybellen
Paulino, Megan
Prothero, Calvin
Rainwater, Aric
Ramirez, Jeana
Reyes, Ivan
Schell, Jacob
Scott, Jaida
Strunk, Reba
Sucec, Cameron
Suszko, Christopher
Wafford, Grace
White, Rashad
Williams, Enrique
Williams, Olivia
9th Grade
Abin, Derek
Abrego, Genesis
Boothe, Jasmine
Catema, Kayla
Dean, Kelsey
Dochna, L Aidan
Garcia, Meagan
Gonzales, Amanda
Guymon, Cameren
Jefferson, Catherine
Lamoureux, Christopher
Mojica, Aida
Nagies, Thomas
Overstreet, Katelyn
Potts, Tayler
Rodarmer, Nicholas
Sakata, William
Santiago, William
Storey, Seth
Taliaferro, William
Thompson, Chance
10th Grade
Aviles, Stephanie
Bell, Jordan
Berrios-Miranda, Jose
Christman, Charles
Edmonds, Dominique
Hallstrom, Tyler
Hogan, Carlton
Kane, Taylor
Lagutchik, Ashton
Larsen, James
Mapu, Luamalae
Michna, Valeri
Ramirez, Joel
Rigsbee, Katrina
Rush, Meagan
Starnes, Mollie
Terrell, Devante
Wade, Kayanna
Wiersma, Ryan
Williams, Taylor
11th Grade
Battenfield, Elizabeth
Carillo, Brea
Draper, Melanie
Fee, Nicole
Freeman, Jasmine
Gardner, Diondra
Mahon, Mary
Miller, Jamecia
Mudie, Kathleen
Nation, Jesse
Peregory, Joshua
Peters, Michael
Porter, Alec
Reyes, Javier
Richardson, Trevor
Rinehart, Matthew
Rinehart, Michael
Rolfe, Eric
Ruiz, Daniel
Sees, Michael
Sheridan, Kaitlin
Staton, Christopher
Storey, Zoe
Villarrea, Austin
Wakely-Hines, Tyler
Washington, Rebecca
Wong, Jameson
12th Grade
Boykins, Alexandria
Cadd, Otis
Costello, Samantha
Hillman, Desiree
Quintana, Zachary
Starks, Antonika
Tatum, Rachel
Wiley, Marquis
Williams, Ricky

Fort Sam Houston Independent School District

Weekly Campus Activities – Nov. 24 through 29

Thanksgiving break Nov. 27 to 30, school resumes Dec. 1.

Robert G. Cole Middle/High School
Nov. 25
Boys' JV/V basketball vs. Devine at Cole, 5 and 6:30 p.m.
Nov. 26
Girls' V basketball vs. Hondo at Cole, 4 and 5:30 p.m.
Nov. 29
Girls' JV/V basketball at Devine, 11 a.m. and 12:30 p.m.

Cole harriers distinguish themselves at state meet

The Robert G. Cole High School boys cross country team competed in the Texas state UIL 2A Cross Country championships Nov. 15 in Round Rock. Dealing with cold and extremely windy conditions, the team of Richard Well, Seth Lougee, Ryan Well, Wesley McGhee, Evan Garr, Jameson Wong and Taylor Williams finished eighth. The team advanced to the state meet by finishing third in regional competition Nov. 8 at Brooks City Base. "The course was brutal," said senior Well, a senior, after finishing in 10th place. "I bettered my best time on the 3.1 mile course by 42 seconds; and if I had run five seconds faster, I would have been fifth overall." This was Well's second straight year at the state meet. He prepared for the state run by placing first place at the 27-2A district meet and second at regionals.

(Source: FSHISD)

Courtesy Photo
Carlos Rodriguez, 3, rides a horse during the Fort Sam Houston Child Development Center Family Fun Carnival Nov. 7 at the CDC.

FMWR events around post, community

By Tiffany Boulez
Directorate of Family and Morale, Welfare and Recreation, Marketing

The Fort Sam Houston Child Development Center hosted a Family Fun Day Carnival Nov. 7 for Families who attend the CDC. The carnival offered a variety of fun and entertainment. Children lined up for horse rides, face paintings, inflatable play areas and a live DJ. It was an opportunity for parents to have fun with their children and to see them interacting with their peers.

Sea World opened its doors extending a free invitation to all of San Antonio's active-duty military and their Families Nov. 9 for a private concert featuring country musician Kevin Fowler. About 200 military Families showed up for a fun-filled day of rides, activities and games. Following a power-packed show, Fowler signed autographs and took photos with the crowd.

Fort Sam Houston's Directorate of Family and Morale, Welfare and Recreation hosted a Texas Hold'em Tournament Nov. 14 at 6 p.m. at the Sam Houston Club. The event was co-sponsored by the Fort Sam Houston Better Opportunities for Single Soldiers program and other local sponsors. Thirty-two contestants filled seven tables to make up the field. Action began heating up quickly with the first contestant eliminated after only 10 minutes. The competition moved quickly leaving only one player at 11 p.m. Kevin Williams took home the first place prize, a $150 gift card. Starlan Childers took 2nd place, a $100 gift card, followed by Guy March taking 3rd place, a $50 gift card. The other five finalists each received Texas Hold'em poker sets.

Families of fallen Soldiers continue to receive support

By Cheryl Harrison
Army Community Service, Marketing

> "We need that long-term support. This lets spouses know what is available and there when they are ready. I could not have survived the first month without the Army."
>
> ***Joann Bowen***
> ***Spouse of fallen Soldier***

The first quarterly face-to-face focus group for Families of fallen Soldiers was held Nov. 5 at Army Community Service Mobilization and Deployment Program. With a small group meeting for the first time, the group voiced concerns and experiences, providing guidance in an effort to meet their needs in an ongoing basis.

The meeting was an opportunity to express specific needs and assist the Army in implementing processes and ensuring the continued commitment to the Families of the fallen is delivered. The outreach went beyond Operations Iraqi Freedom and Enduring Freedom.

Rhonda DeVries, program manager for Mobilization and Deployment said, "With assistance from casualty affairs, we contacted all Families in the surrounding community who have lost loved ones. We wanted to know if they would be interested in participating in a face-to-face focus group that would allow them to provide feedback."

"We want to ensure we continue to deliver on our commitment to Families of the fallen. The Secretary of the Army has asked ACS to conduct quarterly face-to-face focus groups. The goal is to contact all surviving Family members, across all Army components, to better understand concerns and incorporate these experiences into an improved delivery of services," said Floyd Davison, chief, ACS.

During the group, four areas were addressed: pre-deployment, casualty assistance and notification, benefits and entitlements, and long-term support. These interview processes allow feedback on how well the Army supports the Families of fallen Soldiers.

Casualty assistance officers make themselves available to Families through a fallen Soldier's interment and the early stages of the mourning process. But in the months and years that follow the loss of a loved one, issues and questions often surface about benefits and support services.

"Casualty assistance was wonderful. My husband got a real heroes ceremony," said spouse Elizabeth Lewis.

Spouse Joann Bowen said, "We need that long-term support. This lets spouses know what is available and there when they are ready. I could not have survived the first month without the Army."

"For me, this is wonderful. I have gotten good support," said Teresa Thomas.

The next face-to-face focus group will meet Feb. 6. For more information or to register, call ACS Mobilization and Deployment Program at 221-2705.

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Dining and Entertainment

Harlequin Dinner Theatre

The Harlequin Dinner Theatre presents "Christmas Belles," a comedy by Jessie Jones, Nicholas Hope and Jamie Wooten, now through Dec. 13. The hilarious holiday journey through a misadventure-filled Christmas Eve is guaranteed to bring a smile. Tickets are $31 for Friday and Saturday performances and $28 for Wednesday and Thursday performances. Discounts are available for military and students. The house opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m., and show-time is at 8 p.m. For more information or to make reservations, call the Harlequin Dinner Theatre at 222-9694. The box office is open from noon to 5 p.m. weekdays and 1 to 5 p.m. Saturdays.

Auditions at Harlequin

The Harlequin Dinner Theatre will hold open auditions Nov. 24 and 25 for "The Unexpected Guest," a mystery by Agatha Christie. Auditions will be from 7 to 8:30 p.m. both nights with William Champlin directing. This mystery has roles for seven men and three women. Volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew. Performances will be held Jan. 14 through Feb. 21. For more information, call the theater at 222-9694.

Sam Houston Club

Big Bucks Bingo

Big Bucks Bingo will be held Dec. 6 at the Sam Houston Club. There is a guaranteed $13,000 payout. Bingo will begin at noon with a free buffet served for all bingo players. For more information, call 224-2721.

Thanksgiving Day dinner

The Sam Houston Club will hold a Thanksgiving Day dinner Nov. 27 from 10:30 a.m. to 3 p.m. The price per person will be $21.95 for non-members, $18.95 for members, $8.95 for children ages 6 to 11, children 5 and under eat free. Menus may be picked up at the club prior to the event. For reservations, call 226-1663 or 224-2721.

Recreation and Leisure

All-Army digital photography contest

Enter your favorite images to compete against the best photographers in the Army. This Web-based contest requires a valid AKO e-mail account to participate. The submission period is now through Dec. 7. Visit https://artscrafts.fmwrc.army.mil for contest rules and regulations. Contest information and assistance is also available at the local community recreation center.

Fort Sam Houston Golf Club

The Fort Sam Houston Golf Club annual Christmas sale runs Nov. 28 through Jan. 9. For every $25 purchased, patrons will be eligible to draw for discounts ranging from 5 to 50 percent. The sale applies to all merchandise with the exclusion of Karstan Golf Products. Gift-wrapping will be provided for all purchases of $25 or more. The Pro Shop is open until 8 p.m. throughout the holiday season. For more information, call 221-4388.

Bowling Center

Turkey Bowl

Members of the Better Opportunities for Single Soldiers will host a Turkey Bowl Nov. 22 from 7 to 11 p.m. at the Fort Sam Houston Bowling Center. Participants can enjoy two free games of bowling. This event is open to all FMWR patrons. For more information, call 224-7250 or 221-3683.

Soldier Appreciation Day

Soldier Appreciation Day will be held every Saturday from 1 to 7 p.m. at the Fort Sam Houston Bowling Center. Games are $2 and shoe rental is $1.75. For more information, call 221-4740.

Cyber Bowl

The Fort Sam Houston Bowling Center hosts Cyber Bowl every Saturday from 7 to 10 p.m. with music, black lights, and tons of fun. The cost is $3 per game and $2 shoe rental or $10 per person with free shoe rental. For more information call 221-4740.

All you can bowl night

Friday is all-you-can-bowl night at the Fort Sam Houston Bowling Center from 9 p.m. to midnight. The cost is $7.95 , which includes shoe rental. For more information, call 221-4740.

Thanksgiving luau

Better Opportunities for Single Soldiers will hold a Thanksgiving luau Nov. 21 from 6 to 10 p.m. at Benner Barracks, Building 272. Activities will include authentic Hawaiian food and entertainment, live band, free throw competition, Segway challenge course, pull-up competition, inflatable rock climbing wall, inflatable velcro wall and a dunking booth. Come join the fun.

Managing your money classes

The Soldiers and Family Assistance Center will hold classes on money management at the SFAC, Building 3644. Classes will be held on selected Mondays beginning Nov. 24 at 9 a.m. with "The Basics of Investing" at 2 p.m. "Building a Better Credit Portfolio." Dec. 1 at 9

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a.m. "The Financial Planning Process" and a "Car Buying Seminar" will be held at 2 p.m. Classes are open to Warriors in Transition, their Family and the WTB. For more class information or to register, call 916-7322 or 916-8719.

Parenting class in Spanish

The 1,2,3,4 Padres class held Nov. 25 and Dec. 2 from noon to 1 p.m. is a parenting program taught in Spanish, designed to support parents of children ages 1 to 4 years of age. The parents learn through videos and group discussions, what normal behavior is during the child's stages of growth and how to help their children during these stages of growth. To register or for more information, call 221-0349.

First PCS move class offered

Financial Readiness Program at Fort Sam Houston Army Community service will hold a Financial Planning for Initial Permanent Change of station moves Nov. 25 from 2 to 4 p.m. at ACS Building 2797. This is a mandatory class for all junior enlisted Soldiers, E-1 to E-4 preparing to PCS for the first time. This class will cover costs, allowances and entitlements associated with a PCS move. This class must be taken no later than 60 days before out processing from your unit. For more information, call Doris Planas, at 221-1612.

AER scholarships available

Army Emergency Relief scholarships for academic year 2009-2010 are available online through March 1. For the Dependent Children Scholarship Program or MG James Ursano Scholarship Program, applicants must be dependant children of active, retired or deceased Soldiers, must be registered in DEERS, and must be full-time or planning to be a fulltime undergraduate student at a college or university, community college or vocational school. For the Stateside Spouse Education Assistance Program, applicants must be the spouse of an active or retired Army Soldier, or the widow(er) of an active or retired Army Soldier and must reside in the United States. The scholarships are a need-based program. For more information visit www.aerhq.org .

Teen Talk

The Family Advocacy Program will hold Teen Talk every other Wednesday from 4:30 to 5 p.m. at the Child and Youth Services. This is an opportunity for teens to discuss issues of interest. Incentives for participation will be available. For more information, call 221-2055 or 221-2705.

Military, Family Life Consultant available

Army Community Service now offers a Military and Family Life Consultant Program for service members and their Families. The MFLC Program addresses issues that occur across the military lifestyle and helps Service members and Families cope with normal reactions to the stressful events created by deployments, war and reintegration. For more information, call the local MFLC consultant at 376-7824.

AFAP Conference delegates needed

The Installation Commander's annual Army Family Action Plan Conference will be held in February. Delegates and volunteers are needed for planning, submitting issues and providing assistance for this important event. This is the time to let your voice be heard and represent the Army Family. To participate or submit an issue, call the AFAP program manager at 221-2705.

H.U.G.S. playgroup

Army Community Service Family Advocacy Program offers a Helping us Grow Securely (HUGS) playgroup each Tuesday from 9 to 11 a.m. at Dodd Field Chapel, Building 1721. This weekly interactive fun playgroup for parents and children ages infant to 5 years, is a great way for meeting new people, learning new ideas, all while the children are having a fun time as well. For more information call, 221-0349 or 221-2418.

Child, Youth and School Services

Parent Advisory Council

A Child, Youth and School Services Parent Advisory Council meeting will be held Dec. 16 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. All CYSS patrons are encouraged to attend. PAC meetings are held the third Tuesday of each month. For more information, call 221-4871 or 221-1723.

Basketball registration

Child, Youth and School Services will conduct basketball registration through Nov. 26 from 8:30 a.m. to 4 p.m. Registration will be held in Building 2797. Cost is $45 for the first child and $40 for each additional child. All participants must have a current sports physicals to register. For more information, contact CYSS Central Registration at 221-4871 or Youth Sports and Fitness at 221-3502.

SKIES

The Schools of Knowledge, Inspiration, Exploration and Skills offers instructional programs for youth in step and hip hop dance, hitting and pitching, martial arts, tennis and piano. Upcoming fall classes include: cooking, drivers' education, gymnastics (tumbling), tutoring, football and basketball camps, and drum lessons. For more information, call 221-4871 or 471-9548.

Helpful information

The Garrison School Liaison Services Office is available to help make transitions for youth in school as trouble-free as possible. Visit www.fortsamhoustonmwr.com and check out the School Liaison Services page for a list of Web sites that contain helpful information for transitioning military Families. For more information, call 295-4806 or 221-2214.

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.

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Community

Events

Rio Cibolo Ranch Walk

The Lone Star Walkers Volksmarch Club will host a 6K and 11K walk Nov. 22 from 8 a.m. to noon, finish by 3 p.m. at the Lazy Lily River House at the Rio Cibolo Ranch, 1101 Ulrich Road, Marion, Texas. For information, call Bill Radigan at 882-8527, e-mail billradigan@yahoo.com or call Heinz Johnson at 378-4080, e-mail swrd@gvtx.com.

Wrestlers needed

Lone Star Sumo is seeking men, women and children to represent Fort Sam Houston in an upcoming tournament in January. No experience is necessary. If you are interested in trying a new sport, Sumo wrestling may just be the ticket. Lessons are free and taught by retired Master Sgt. Tom Zabel, a three-time medal winner at the U.S. National Sumo Championships and 3rd degree black belt. For more information, call 977-3202 or 478-2267.

Winter formal

The Army Medical Department Center and School and Fort Sam Houston will holds its winter formal Dec. 12 at 6:30 p.m. at the Sam Houston Club. The social hour for the "Evening of Elegance" begins at 5:30 p.m. Entree choices are London Broil or Penne pasta. Tickets are $40 per person. Formal attire. To purchase tickets, contact the following unit reps. NCOA, Sgt. 1st Class Roberta Hutson at 221-3437; 187th Med BN, Sgt. 1st Class Jonathan Caro at 295-8558; 264th Med BN, Staff Sgt. Juan Chavez at 295-4916; 232nd Med BN, Staff Sgt. Kevin O'Brien at 221-3098; DCMT, Master Sgt. Daniel Keely at 221-3378 or 667-7179; HQ Co. 32nd Med BDE, 1st Sgt. Michael Tate at 221-1639; AMEDDC&S, Sgt. 1st Class Tracy Bean at 221-6397; and MEDCOM, Capt. Bridget Washington at 221-8445. For all other units, call Sgt. 1st Class Diana Istre at 221-9948. To donate a ticket, call Pete Altman at 221-9920. For more information, call Lt. Col. Sara Spielmann at 221-9941.

Meetings

American Society of Military Comptrollers

The Alamo Chapter of the American Society of Military Comptrollers invites all members and non-members to attend a luncheon Nov. 20 from 11 a.m. to 1 p.m. at the Fort Sam Houston Golf Club. Col. Mary Garr, commander, U.S. Army Garrison, will speak on the topic, "Fort Sam Houston Update – Projected Growth and Future Plans." For more information or reservations by Nov. 17, call Angela Crawford at 536-3549.

Fort Sam Preservation Society meets

The Fort Sam Houston Preservation Society will meet Nov. 20 at the Stilwell House at N. New Braunfels Avenue just east of the Quadrangle. Light refreshments will be served at 11:30 a.m. and a presentation will begin at noon. Retired Navy Cmdr. Hank Williams will speak on the Normandy invasion as seen by a 19 year-old ensign. The presentation is open to the public. For more information, call Jean Heard at 822-6034 or Joan Gaither at 824-1917.

Customer survey results available in December

The results of the first Fort Sam Houston Customer Assessment Survey are being compiled at Installation Management Command and should be posted by mid December on the Fort Sam Houston Customer Management Services Web sites. For on-post access, visit https://fsh-intranet.amedd.army.mil/cms/index.asp. Off post, visit http://www.samhouston.army.mil/cms/. These two sites are employees' link to all garrison customer service activities based on three critical areas. The Interactive Customer Evaluation for immediate resolution/response on rating products and services provided on post based on performance and importance to customers; the Community FIRST (Feedback, Issues, Resolutions, Solutions, Today) for issues constituents are providing through focus groups to improve the fort; and Customer Assessment for how commanders, leaders, Soldiers, retirees, veterans, Family members and civilian employees rate Fort Sam Houston from a mission and or personal use perspective.

For Sale
Fort Freebies

Submission guidelines:
Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies can only be ran twice. Limit of five items per entry. For more information, call 221-0546.

For Sale: Polish pottery, three trinket boxes, $8 each; two candlestick holders, $10; eight matching cup and saucer sets, $5 each or $20 for the set, excellent condition. Call 249-1675.

For Sale: Bookcase, 45 inches wide by 48 inches long, $45; Sony DVD player, $40. Call 662-8887.

For Sale: Programmable Honeywell digistat thermostat for home A/C and heat, $30. Call 221-3549.

For Sale: Power Shred PS30, paper shredder, $10; Compaq keyboard and mouse, model SDM45 40ul, $10; two Compaq speakers, $10. Call 653-5302.

For Sale: Giant dog house, custom-made, sturdy, $250; rowing exercise equipment, $200; dining buffet, $50; oak desk, $45; four tires, $50. Call 633-2247.

For Sale: Tent, $75; Resistol hat, size 7.25, $75; apartment/dorm fridge, $125; Pekinese, laphso mix puppies, male and female, $295. Call 633-3859.

For Sale: Rally scooter, vinyl seat, owner's manual, good condition, $300 obo. Call Kathy at 691-3503.

For Sale: Alltrade five-speed drill press on wood stand, $80 obo; 11 hard-back Anne Rice books, $5 each; antique cameras, $20 for all. Call 719-640-6254.

For Sale: Three-piece pine entertainment unit, 90 inches wide by 72 inches long by 16 inches wide, $500; projection TV, 50 inch, $300; chaise lounge, light beige, new, $175; black sofa/sleeper for childs room, $150; French provincial dining table with six chairs, two-piece hutch, buffet, cream color, $900. Call 697-9261 or 363-4056.

For Sale: Bobby T. Jones classic golf clubs with bag and pull cart, $175; left-handed hybrid golf clubs, 2-3-4-5 woods, $150; new drivers, $100 and up. Call 227-6590.

For Sale: Razor electric scooter, great condition, $100; Craftsman 4.5 Hp, 22 inch cut, lawnmower, $75 obo; Rival automatic white crock pot, $10; three sets of dishes, various prices; ladies two-piece suits and semi formal, size 10/12, $25 each. Call 826-0882 leave message.

For Sale: 2008 Cannondale CAAD9 R5 road bike, size 54 cm, excellent condition with Gator Skins tires, $950. Call Mike at 887-4630.

For Sale: Toddler bed with rails, 27 inches wide by 51 inches long, includes fitted sheets, $50. Call 496-9304.

For Sale: Wood-grain wall unit entertainment center, 5 inches wide by 6 inches high by 17 inches deep, $150; pillow back sofa sleeper and loveseat, $225; wood-grain with glass top insert coffee table, two end tables and sofa table, $125 for all or $30 each, coffee table needs work. Call Toni at 852-9927.

For Sale: Johann Haviland Blue Garland China, 12 place settings and eight serving pieces, $100; stereo tower light wood, $15; DVD/CD rack with five shelves, $10; cassette/CD boom box, $10; two bike rack for a hitch, $75. Call 538-5397.

Wanted: Trailor, 12 to 16 foot, any condition. Call 896-6708.

Religion

PWOC meetings

The Protestant Women of the Chapel group meets Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m. at Dodd Field Chapel. Child care is provided. For more information, call 221-5007.