

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



MEDCOM Band Holiday Concert
 Dec. 11, 7 p.m., Scottish Rite Auditorium

308 Ave. E, Downtown

Concert is free and open to the public
 Santa will make guest appearance

Senator Cornyn honors Purple Heart recipient at WFSC



By Maria Gallegos
 BAMC Public Affairs

Pfc. Kyle Perry was honored for his bravery and selfless sacrifices during a Purple Heart ceremony Nov. 23 by U.S. Sen. John Cornyn (R-Texas), who presented the Purple Heart Medal and certificate to the Soldier.

Col. Thirsa Martinez, deputy commander of Brooke Army

Medical Center Allied Health Services, opened the ceremony at the Warrior and Family Support Center Garden Fountain Purple Heart Terrace, followed by Cornyn, who praised Perry for his courage, dedication and sacrifices for his country.

"This obviously is the week of Thanksgiving, and I think that it's appropriate that we thank ... Perry and everyone

who wears the uniform in the military for serving and protecting us," Cornyn said.

"That's one of the things I'm thankful for this Thanksgiving season."

Perry, an infantryman assigned to Company, 1st Battalion, 27th Infantry, 2nd Brigade Combat Team, 25th

See **PURPLE HEART P8**



Photo by Maria Gallegos

U.S. Sen. John Cornyn (right) applauds Pfc. Kyle Perry after he was presented with his Purple Heart Medal and certificate at the Warrior and Family Support Center Nov. 23.

MISSION THANKSGIVING

(From left) Command Sgt. Maj. Harry Tharp, 32nd Medical Brigade; Command Master Chief Barry Moore and Capt. Raymond Craigmiles, Navy Medical Training Center; Maj. Gen. David Rubenstein, Army Medical Department Center & School commander; Col. Lista Benson, 882nd Training Group commander; Col. William LaChance, 32nd Med. Bde. commander; Command Sgt. Major James Diggs, Army Medical Department Center & School; and Command Chief Master Sgt. Kevin Lambing, Medical Education Training Center, cut the cake at the official opening of Thanksgiving Day activities at Dining Facility #3.

Photo by Phil Reidinger





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Hepburn takes command of 59th Medical Wing

By Maj. Beth Kelley Horine
WHMC Public Affairs

Brig. Gen. (Dr.) Byron C. Hepburn became commander of the 59th Medical Wing Nov. 16, taking charge of the Air Force's medical command for Joint Base San Antonio and the Air Force's largest medical facility, Wilford Hall Medical Center.

One of the Air Force's few pilot-physicians, Hepburn was most recently the deputy surgeon general for Headquarters, U.S. Air Force at Bolling Air Force Base, D.C., where he was responsible for directing all Air Force Medical Service operations.

At AFMS, he managed the Air Force Medical Service's \$5.1 billion, 43,000-person integrated health care delivery system which serves 2.4 million beneficiaries worldwide. Additionally, he previously served as the command surgeon for U.S. European Command and Air Mobility Command.

"For the men and women of the 59 Medical Wing, our mission is a noble one and borders on being a sacred trust," Hepburn said during the ceremony.

"The Soldiers, Sailors, Airmen and Marines that we care for here and abroad expect and deserve state-of-the-art care. The 59th Medical Wing will always deliver that high quality care with compassion and an attention to detail."

As commander of the 59th MDW, Hepburn leads a staff of 6,200 with a \$330 million budget, spread across seven groups and eight locations. The general has

commanded a medical squadron, group and center and is a command pilot with more than 3,000 flying hours in the T-37, T-38, C-9A and C-17A aircraft.

Hepburn also illustrated the importance of the wing's mission in the lives of everyday people, highlighting a wounded warrior from Operation Enduring Freedom in the audience, Staff Sgt. Chris Curtis. Curtis, a CV-22 flight engineer, survived an Osprey helicopter crash over Afghanistan April 9.

"I had the honor of meeting Sergeant Curtis a few times at Walter Reed Medical Center. Seeing Chris making such great progress in his recovery is a testament to what we

See HEPBURN P13



Photo by U.S. Air Force Staff Sgt. Robert Barnett

Gen. Stephen R. Lorenz, former Air Education and Training Command Commander (left), presents the unit guidon to Brig. Gen. Byron C. Hepburn (right), officially declaring him commander of the 59th Medical Wing on Nov. 16.

News Briefs

Civilian Jobs.Com Career Expo

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

AMEDDC&S Holiday Ball

The 2010 Army Medical Department Center & School Holiday Ball will be held Dec. 9, 6:30 p.m. to midnight at the Hilton San Antonio Airport Hotel. Dress is formal attire and tickets are \$34 per person. For more information, visit <https://www.cs.amedd.army.mil>.

BAMC Internal Medicine Clinic Move

The internal medicine clinic at Brooke Army Medical Center has moved from the hospital's third floor to C Lot 1 clinical swing space. The new space can be reached by following the raised walkway on the east side of the driveway outside the hospital's medical mall entrance. Call 916-5000 or for appointments 916-9900.

BAMC Neurosurgery Clinic

The neurosurgery clinic at Brooke Army Medical Center has moved from the hospital's fifth floor to C Lot 1 clinical swing space. The new space can be reached by following the raised walkway on the east side of the driveway outside the hospital's medical mall entrance. Call 916-2757.

Withdrawn from Market

The U.S. Food and Drug Administration recently notified health care professionals that pharmaceutical companies have agreed to withdraw propoxyphene (Darvon) and propoxyphene with acetaminophen (Darvocet). These agents are opioid pain relievers used to treat mild to moderate pain. The drug was first introduced in 1957. However, new data has shown that these drugs may

See NEWS P4

All fired up: Fort Sam Houston fire fighters receive flashover training

By Mike Joseph
Lackland AFB Public Affairs

Fort Sam Houston fire crews spent the week of Nov. 15-19 training on fighting flashover, supported by Lackland firefighters.

Flashover occurs when heat from a growing fire is absorbed into the upper walls and contents of a room, heating up the combustible gases and furnishings to their auto-ignition temperature.

Ceiling temperatures can reach above a thousand degrees and floor temperatures can be more than 100 degrees.

The buildup of heat in a room triggers the flashover, which signals major changes in the fire and essentially ends search and rescue in a room.

A flashover also means the end of a fire's growth as it enters the second stage of combustion, moving from a contents fire to a structural fire and the beginning of collapse of the building.

Lackland Fire Chief Lewis Everett explained flashover is the most dangerous type of fire and the training prop used by the firefighters creates a real world scenario.

The flashover prop looks like two heavy metal shipping containers hooked together with a chimney, Everett said. To create the flashover, the sides and ceiling of the prop's raised end is lined with particle board. A large barrel stuffed with wood is lit to start the fire.

Firefighters enter through doors on the lower end, staying low to the fire resistant brick floor in full gear with hoses to practice spraying techniques and observe flashover warning signs.

"(The training) teaches firefighters to recognize those flashover signs," Everett said. "The training is very realistic."

Lackland Assistant Fire Chief Carl Lane said the training takes firefighters through all stages of a burn right up to the flashover point.

"They're seeing the whole process of a fire from the beginning to the flashover stage," Lane said. "Once we start the fire, it takes about 10 minutes before the first flashover. That shows them how fast the fire can progress. This is a very, very



Photos by Robbin Cresswell

Fort Sam Houston firefighter Jason Venzant gets ready for flashover training at Lackland Air Force Base Nov. 16.

good life-saving tool."

Fort Sam Houston station captain Xavier Perea hopes to make flashover training a yearly requirement.

"It's invaluable. The training gives them first-hand knowledge to see what an actual flashover looks like. They can actually see what's coming, and that in turn will save lives."

All three fire departments are not selfish when it comes to sharing training facilities to save

Fort Sam Houston
firefighters train
on handling flashovers
at the Lackland
flashover trainer Nov. 16.

time, money and lives. Lackland has an air rescue and firefighter trainer and structural fire training tower, Fort Sam Houston has a helicopter trainer and structural training tower, and Randolph has a confined space trainer and an air rescue and firefighter trainer.

When Joint Base San Antonio stood up earlier this year, the Lackland and Randolph Air Force Bases and Fort Sam Houston fire departments weren't strangers to the joint basing concept.

After having trained, shared facilities and coordinated training prop purchases together regularly in years past, the JBSA conversion simplified the coordination process.

"Before we became Joint Base San Antonio, we went through different avenues," said Everett. "Now that we're under the same umbrella, it's much easier.

"We do quite a bit of joint training; it saves time and money," Everett added. "New training props are expensive so we'll talk to (Randolph and Fort Sam Houston) and make sure we all don't buy the same thing."

News Briefs

NEWS from P3

cause an abnormal heart rate. The FDA concluded that the safety risks of propoxyphene outweigh its benefits for pain relief. This medication will no longer be available in the United States.

IHG Army Hotels Open House

An open house will be held Dec. 10, 2-5 p.m. at the Foulou House. See the renovations to Fort Sam Houston's historic DVQ buildings, and expanded list of amenities and services. Refreshments will be served and there will be a chance to win a free night's stay. Shuttle service will be available to the Sam Houston House for an informal tour. Call 357-2705.

Holiday Concert

The U.S. Army Medical Command Band invites everyone to join them in the celebration of the Holiday Season through music Dec. 11 at 7 p.m. at the Scottish Rite Auditorium, 308 Ave. E. Metered parking is free after 6 p.m. Enjoy traditional, swing, rock and country, holiday music. Concert will include a special appearance by Santa Claus.

AFEB Mediation Class

The Alamo Federal Executive Board will host a free week-long mediation class, Feb. 7-11 to recruit volunteers to serve as mediators for our San Antonio Federal Agencies. Being a mediator is a very important and rewarding responsibility. If you are interested and have the qualifications to serve as a mediator, log onto the AFEB website at <http://www.sanantoniofeb.org> to complete the application. Application must be completed by Jan. 14. Call 565-1861 or 652-3749 for more information.

ARSOUTH hosts Peruvian army commander

By Alex Delgado

ARSOUTH Public Affairs

The commanding general and command sergeant major of the Peruvian army and their spouses visited U.S. Army South headquarters Nov. 15 through 18 to promote bilateral efforts, develop professional partnerships and increase interaction between the two armies.

Gen. Otto Napoleon Guibovich Artega, Peruvian army commander, his wife Lourdes Isabel Dolores La Rosa Diez de Guibovich, Command Sgt. Maj. Cesar Ivan Vasquez Garcia, Peruvian army command sergeant major, and his wife Alejandrina Ramos Palacios de Vasquez made up the visiting delegation.

U.S. Army South commander Maj. Gen. Simeon Trombitas greeted the Peruvian delegation at the historic "Old BAMC" building for a command briefing about ARSOUTH's history, capabilities, and challenges.

"The Peruvian army has been a strong ally in our efforts to promote stability and peace in the region," Trombitas said. "We will continue to work together toward a secure future for Central and South America."

Guibovich spoke of the Peruvian army's future ambi-



Photo by Alex Delgado

The commanding general and command sergeant major of the Peruvian army and their spouses visited U.S. Army South headquarters to promote bilateral efforts, develop professional partnerships, and increase interaction between the two armies Nov. 15 through 18. From left to right are Brig. Gen. Manual Ortiz, U.S. Army South deputy commander, Mrs. Trombitas, Maj. Gen. Simeon Trombitas, U.S. Army South commander, Gen. Otto Napoleon Guibovich Artega, Peruvian army commander, Lourdes Isabel Dolores La Rosa Diez de Guibovich, Alejandrina Ramos Palacios de Vasquez, and Command Sgt. Maj. Cesar Ivan Vasquez Garcia, Peruvian army command sergeant major, Command Sgt. Maj. Cervantes, U.S. Army South command sergeant major.

tions not only in the region, but around the globe and also highlighted the importance of strong ties with Army South and the role their relationship will play in the stability of the region.

He also addressed common

threats and mutual challenges, such as narco-terrorism, which threatens the peace and stability of the region.

"We have witnessed the great success our neighbors have enjoyed in dealing with

narco-terrorism with the support of the United States," Guibovich said. "We would like to work together with Army South and our neighbors in a unified effort to eliminate this threat."

Posters written by USAISR nurses receive awards

By Michael Feeley

USAISR Public Affairs

Two posters written by U.S. Army Institute of Surgical Research nurses were named award winners at the 22nd Annual Karen Rieder Research Poster Session and Federal Nursing Poster Session in Phoenix, Ariz., Nov. 2, in conjunction with the 116th Annual Meeting of the Association of Military Surgeons of the United States.

The poster, "Value of Oral Care in the Reduction of Ventilator Associated Pneumonia in Burn Intensive Care Patients" written by Cpts. Amy Bray, Kylee Foy and by Mayra Castillo received first place in the Karen Rieder Research Poster Session.

Bray, Foy and Castillo outlined how an aggressive education campaign to improve oral care can significantly reduce VAP in burn patients.



The poster, "Clinical Satisfaction with Computer Decision Support in the Burn Intensive Care Unit," written by Maj. David Allen, Elizabeth Mann and Lt. Col. Maria Serio-Melvin received a third place award at the Federal Nursing Poster Session.

The poster outlines the level

of satisfaction experienced at the USAISR – Burn Center with two computer decision support systems that have demonstrated improved patient outcomes.

Karen Rieder Research posters are dedicated to the dissemination of scientific nursing research findings.

Federal Nursing posters focus on sharing professional nursing knowledge and improving the delivery of health care services.

24/7 Outreach Center links troubled troops, others with needed help

By Cheryl Pellerin

American Forces Press Service

Troubled troops, veterans and family members have a round-the-clock, free resource for locating the help they need to deal with psychological health problems and traumatic brain injury.

The 24/7 Outreach Center is part of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury. The center is always staffed with trained, professional health-resource consultants.

“The DCoE call center provides specific subject-matter expertise on psychological health and traumatic brain injury,” said Lolita O’Donnell, DCoE acting director for clearinghouse, outreach and advocacy, in a joint interview with the Pentagon Channel and American Forces Press Service Nov. 9.

“That’s what makes us unique,” she added. “We

try to zero in on a narrow area” – psychological health and traumatic brain injury – that is a current concern of deployed troops, veterans and their families.

Callers can use the telephone, e-mail or online chat to get help for

and information about everything from administrative discharge to combat stress signs and symptoms to the latest treatment options for psychological health concerns and brain injury.

See OUTREACH P18



Photo courtesy of Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

Callers can use the phone, e-mail or chat online to get help.

Many levels go into caring for wounded warriors

By Maria Gallegos
BAMC Public Affairs

Healing and rehabilitation are top priorities for patients at the Warrior Transition Battalion, and it takes people at every level taking on a variety of tasks to provide the best non-medical service for patients and their Families.

The WTB's mission is to facilitate the healing and rehabilitation of service members, returning them to active duty when possible or preparing them to successfully rejoin the civilian community. A WTB is for any service member who has suffered an illness or injury in the defense of this nation, on or off the

battlefield.

At Fort Sam Houston, every warrior is given a triad of staff consisting of a primary care manager, who is a physician; a nurse case manager, who is a registered nurse; and a squad leader, usually a non-commissioned officer, to promote timely recovery.

Sgt. 1st Class Jessica Perez, platoon sergeant and squad leader with the Warrior Transition Battalion's Bravo Company, starts her day with an early morning formation with the warriors in her unit. The rest of the day is dedicated to the staff, wounded warriors and their Families.

Some days are filled with training updates and monthly counseling,



Photo by Maria Gallegos

Harvey Langford the Warrior Transition Battalion's tasking and event coordinator, stands with Spc. Inelda Carr, who recently came back from a weekend trip to Kemah, Texas. This trip was her first trip since arriving at the WTB in 2009.

while other days she's in the emergency room with service members or escorting them to

appointments.

When Perez joined the WTB in June 2009, it was to gain leadership experi-

ence as a WTB squad leader. She later realized there was more to it than just getting work experience as it evolved into a selfless service, ensuring her people received the best care possible.

"I help those in need every day," Perez said. "Since I was a squad leader before being promoted to a platoon sergeant, I have made connections with some of the warriors and have placed their needs first. This could mean picking up medications, being on call 24 hours or helping their Families for whatever they need."

Perez was named Squad Leader of the Quarter and has received the CARES award and was nominated for

Southern Regional Medical Command Squad Leader of the Year. She said her job is not about winning awards, but about helping wounded service members and their Families in a critical time of need.

"My biggest accomplishment is helping wounded warriors and their Families," Perez said. "I had a Purple Heart recipient who was to receive his medal at the WTB. We wanted to get his family here from California for the ceremony, but his father was quadriplegic, couldn't speak and needed special accommodations for his travel and stay.

"I worked with the

See WTB P17

PURPLE HEART from P1

Infantry Division, was injured in Iraq Sept. 7 while on patrol when he was struck by enemy small arms fire, resulting

in his combat injuries to his leg and hip.

Perry said he's hoping for a quick recovery so he can get back to the Army and also do the things he enjoys, like

playing basketball and football.

Maj. Gen. David Rubenstein, commanding general of the Army Medical Department Center & School and

Army Medical Service Corps chief, also attended the ceremony to honor and recognize Perry for his bravery, courage and selfless service.

The Purple Heart is

awarded to members of the Armed Forces of the United States who are wounded by an instrument of war in the hands of the enemy and posthumously to the next of kin

in the name of those who are killed in action or die of wounds received in action. It is a combat decoration and the oldest military honor in the world still in use.



Maj. Gen. David Rubenstein (left) and U.S. Sen. John Cornyn help serve Thanksgiving lunch to wounded warriors at the Warrior and Family Support Center Nov. 23.



Maj. Gen. David Rubenstein (right) talks with Pfc. Kyle Perry during the Thanksgiving lunch Nov. 23 at the Warrior and Family Support Center.

Photos by Maria Gallegos

AIRMEN, SAILORS JOIN SOLDIERS IN EARLY MORNING RUN

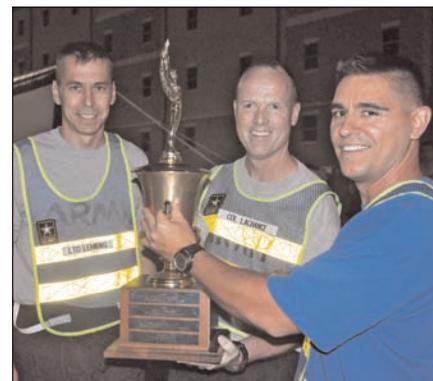
More than 3,000 32nd Medical Brigade Soldiers joined by Airmen and Sailors met on the track field behind the Navy dorms for their early morning run.



Photos by Esther Garcia

Maj. Gen. David Rubenstein, commanding general, Army Medical Department Center & School, greets Sailors as they complete the final leg of the 32nd Medical Brigade run Nov. 24. Rubenstein spoke to the troops and reminded them to have a safe Thanksgiving and thanked the students, staff and faculty for all they do.

Leaders representing the Air Force, Navy, and Army join together for an early morning run Nov. 24 on the new Navy track.



Col. William Lachance, commander, 32nd Medical Brigade, presents Lt. Col. Pete Lehning, commander, 232nd Medical Battalion and Capt. Adrian Danczyk, the 32nd Medical Brigade Commander's Sports Cup. The battalion received the cup for garnishing the most points while participating in intramural sports throughout the year.

Two local football players headed for U.S. Army All-American Bowl

Running back Malcolm Brown and defensive tackle Marquis Anderson of Byron P. Steele II High School in Cibolo, Texas, have been selected to play in the 2011 U.S. Army All-American Bowl, joining an elite group of student-athletes from across the country.

Those selected will play in the game Jan. 8, 2011, at San Antonio's own Alamodome. The annual East vs. West match-up will be televised live on NBC at noon and will feature the nation's top 90 high school football players.

As a result of Brown and Anderson being selected to the U.S. Army All-American Bowl, their head coach Mike Jinks is invited to attend the U.S. Army Coaches Academy in San Antonio, an elite three-day learning experience featuring NFL and NCAA coaches, as well as participate in game-week

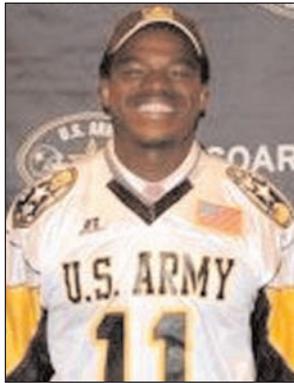


Marquis Anderson

activities.

According to the USAAAB selection committee, Brown may be the best downhill runner in the country and is most dangerous in the red zone (inside the 20-yard line). He is described as having good balance and will not come down with a simple arm tackle.

At 6 feet and 220 pounds, Brown also carries a 3.4 grade point average and is ranked first in Texas and eighth



Malcolm Brown

nationally at his position. The senior has also committed to play for the Longhorns at the University of Texas at Austin in the fall of 2011.

"Brown has the size, power and strength to play early in his career," said Rivals.com football recruiting analyst Barry Every. Rivals.com is a consortium of more than 300 sports writers, reporters and publishers providing team-specific college sports information. "He is the type of

back that will wear out defenses in the second half and eat up a lot of clock. Expect him to eventually become an all-conference performer."

Anderson is a 6-3, 280-pound senior who has a 3.0 GPA and has committed to play for the Sooners at Oklahoma University in the fall of 2011. He plays at both the defensive tackle and end positions for Steele and is considered to be versatile enough to perform these positions in college as well.

Anderson comes off the ball low and quick while shooting his hands out fast, according to the USAAAB selection committee. He also has excellent lateral movement,

giving him the ability to run sideline to sideline. Anderson is an interior pass-rushing threat because he is quick and uses his hands well, according to the selection committee.

"Anderson has the perfect body style to be a hybrid strong-side defensive end/defensive tackle," Every noted. "He could start out playing some defensive end at the next level as he grows into his frame and the defensive tackle position. He has the tools and the athletic ability to become an all-conference performer."

For more than 10 years, the U.S. Army All-American Bowl has been the nation's premier high

school football game, serving as a launching pad for America's future college and NFL stars.

Last year, the U.S. Army All-American Bowl drew more than 34,000 fans to the Alamodome, and was the most watched sporting event on television over the weekend, other than the NFL Playoffs. A record 37 U.S. Army All-American Bowl alumni were selected in the 2010 NFL Draft, including a record-tying eight in the first round.

For more information about the game, click on <http://usarmyallamericanbowl.com>.

(Sources: Rivals.com, U.S. Army All-American Bowl)

FSH SPORTS UPDATES

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

Center for the Intrepid becomes 'Battleship' movie set for a day

By Dewey Mitchell
BAMC Public Affairs

For 12 hours on Nov. 20, the Center for the Intrepid became a movie set for the upcoming science fiction naval war film "Battleship."

Shot mostly in the Physical Therapy Gym on the third floor, the scene featured Army Col. Greg Gadson as "Mick," a rehabilitating wounded warrior, with actress and model Brooklyn Decker as "Sam," his physical therapist.

A major motion picture by Universal Studios, "Battleship" is based on the classic naval combat board game from Milton Bradley which has been around in one form or another since the 1930s. It also stars Liam Neeson, Rihanna and Taylor Kitsch and is scheduled for release in May 2012. It is directed by Peter Berg, known for his work

on the films "Friday Night Lights" and "Hancock."

Gadson is a U.S. Military Academy graduate and was appointed as Director of the Army Wounded Warrior Program this summer. He lost both legs to a roadside bomb in Iraq in 2007.

A second scene was filmed in the computer assisted rehabilitation environment (CAREN), which uses a treadmill and dome to simulate scenes that rehabilitating warriors can walk through.

Other wounded warriors and BAMC staff members were recruited by the film's casting director, Judy Bouley, to serve as "extras" in the film, lending realism to the scene. Col. Jennifer Menetrez served as technical adviser to the director and Capt. Terrance Fee coached Decker about physical therapy.

More than 55 service members from all the military services and staff

from the CFI spent the day with Berg going over the scenes to the direc-

tor's satisfaction. The extras also enjoyed two catered meals provided

by Universal Studios at the basketball court adjacent to the CFI.



Photo by Judy Bouley

Members of the "Battleship" film crew film U.S. Marine Staff Sgt. Chuy Vasquez (left) and Spc. Ryan Buckley going through rehabilitation during a scene at the Center for the Intrepid Nov. 20.

HEPBURN from P2

do, how we do it, and why we must do it to perfection every time,” Hephburn said.

“He is a clear reminder to all in the medical service that it is a distinct honor to care for all our beneficiaries – active and retired.”

The new 59 MDW commander also emphasized the San Antonio-wide partnership in developing Joint Base San Antonio’s military medical care system.

“Over the next months, we will continue to build on our partnership with our Army colleagues as we establish a premier San Antonio military health system,” the general said.

“Every member of the 59th Medical Wing must continue to demonstrate a strong team spirit and

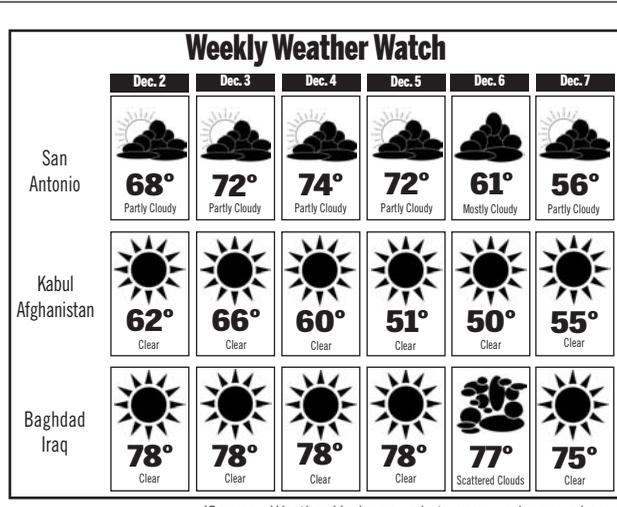
willingness to implement positive change and process improvement.”

Gen. Stephen R. Lorenz, commander of Air Education and Training Command, presided at the ceremony.

“I want to express my pride in the men and women of the 59th Medical Wing for your dedication and commit-

ment to service. The United States Air Force can confidently fight today’s wars and provide needed humanitarian relief around the world, knowing you are there to care for them if needed,” Lorenz said.

“You have proven yourself when our nation calls, and continue to do so every day.”



Mission Thanksgiving

"Soldiers training here volunteered to serve their country for a variety of reasons. This is the time of the year to reflect on what we can be thankful for. We are proud to share our Soldiers with you as you share your homes with us,"

- Maj. Gen. David Rubenstein

More than 400 students from the 264th Medical Battalion attended the 6th annual Thanksgiving meal hosted by Valero Corporation on Thanksgiving day. The day's activities included a live band, games, prizes and TV screens to relax and watch the Thanksgiving parade.

Photo by Esther Garcia



Photo by Phil Reidinger

Maj. Gen. David Rubenstein, commanding general, Army Medical Department Center & School, welcomes retired Air Force Master Sgt. Travis Briggs during the Mission Thanksgiving reception for San Antonio families Nov. 25.



Photo by Esther Garcia

Maj. Gen. David Rubenstein presents Laura Vaccaro, president of the Valero Volunteer Council, with a memento in appreciation for her efforts in coordinating the 6th annual Thanksgiving luncheon for Fort Sam Houston Soldiers. "We are thankful for our Soldiers, for you, for Valero and for the employees," the general said.



Photo by Phil Reidinger

Workers at Dining Facility #3 prepare decorations and menu items for the Thanksgiving Day meal. It was the first Thanksgiving meal to be served at the new facility.



Photo by Phil Reidinger

Command Sgt. Maj. Anthony Ashford (right) thanks Ruben Perez, his neighbor, David Lopez, San Antonio firefighter, and John Butler, UPS driver, for inviting Soldiers to their homes for Thanksgiving.



Photo by Esther Garcia

Pvt. 1st Class Elizabeth Martinez (left) and Pvt. Jordan Smith, Company B, 264th Medical Battalion, enjoy dessert while waiting for the Thanksgiving meal.



Photo by Phil Reidinger

Bob Davidson, Ellen Leonard and Micah Leonard meet Spcs. Francis Trascritti and Justin Fanjoy who will be their guests for Thanksgiving Day activities in their home. Four-hundred and fifty-five Soldiers enjoyed Thanksgiving with 215 families.



Photo by Esther Garcia

Maj. Gen. David Rubenstein meets with Valero Corporation volunteers who helped coordinate the Thanksgiving meal for more than 400 Soldiers attending training at Fort Sam Houston. From left to right are Joe Gorder, executive vice president, Valero Corporation; Laura Vaccaro, Jaime Baker, Connie Harrison, Eric Andres, Fran Thompson and Clay and Cathy Killinger. More than 100 Valero employees and their family members volunteered to help out on Thanksgiving day.



Photo by Phil Reidinger

Mrs. Patricia Rubenstein and Bud Little, WOAI radio news reporter, discuss the Mission Thanksgiving program during the reception at MacArthur Parade Field Nov. 25 welcoming San Antonio families prior to meeting Soldiers who will be their guests for Thanksgiving Day. Little has participated in the program for 17 years.

San Antonio Rock 'n' Roll Marathon had 89 JBSA runners participate

Almost 90 runners from Joint Base San Antonio military installations were among more than 26,000 people competing in the third annual Rock 'n' Roll San Antonio Marathon and 1/2 Marathon Nov. 14.



Congratulations to the JBSA participants:

Full marathon

(26.2 miles) results:

Tito Carrillo 3:15:00
Thomas Knowles 3:16:29
Andrew Simanski 3:21:10
Mark Renninger 3:25:12
Mark Goldstein 3:28:29
Robert Skinner 3:43:00
Scott Smith 3:58:14

Bryan Neumann 4:07:02
Roy Cruz 4:16:35
Nathan Rentfrow 4:18:00
Katlyn Cutright 4:19:55
Johnnie Hernandez 4:25:00
Joshua Bauman 4:27:44
Patricia Morris 4:28:29
Amber Marcella 4:34:09
Kevin Lambing 4:36:53

Manuel Camacho Jr. 4:38:14
Jared Adam 4:44:01
Steve German 5:02:00
Fermin Fraga 5:12:27
Annette Geringer 5:19:37
Aaron Zimmerle 5:26:00
China Werner 5:29:41
Belinda Webb 5:33:00

Half-marathon

(13.1 miles) results:

David Delgado 1:34:00
Ivana Leininger 1:40:00
Art Forral 1:44:02
Andrea Timmons 1:45:24
Shawn Simien 1:45:52
Rick Souza 1:46:00
Brent Boller 1:46:09
Benny Saldana III 1:46:18

Martha Lopez-Cabrera 1:48:00
Ralph Sanchez 1:49:18
Pete Springirth 1:50:00
Todd Klein 1:50:20
Noah Bliss 1:51:12
Jerry Glascock 1:51:15
Ramiro Villagomez 1:52:38
Robert Carlton 1:53:00
Matthew Blair 1:53:10
Kevin Corder 1:57:01
Juan Lewis 1:58:08
Gary Gabbart 1:58:53
Jayme Mortensen 1:59
George Curtis 2:00:00
Adelia McClain 2:03:12
Brian Barnes 2:04:00
Jim Lance 2:06:00
Emily Gile 2:06:48
Kathi Glascock 2:07:27

Ervin Tate 2:08:12
Leonard Patrick 2:08:54
Jorge Garcia 2:09:35
Stephen Sozanski 2:09:40
Dan Dean 2:09:56
David Purinton 2:10:34
Eli Hernandez 2:13:00
Tommy Van 2:13:15
Gloria Olivas 2:13:58
Joo Theresa Ha 2:14:08
Kimberley Felty 2:14:21
Jessica Fleurimond 2:15:56
Deanna Laufenburger 2:17
Mike Spence 2:17:32
April Rowden 2:18:00
Humberto Conchas 2:18:32
Edith Finlayson 2:19:58
Leonard Buchanan 2:20:00
John Price 2:21:20

William Kane 2:27:35
Elena Ramirez 2:31:00
Willi Gomez-Simmons 2:31:47
Tuan Nguyen 2:34:00
Greg Sawyer 2:34:10
Stephanie Rymers 2:36:29
Rob Yoas 2:41:00
Marc Gilbert 2:44:00
Laurel Maples 2:47:45
Lorraine DeTaeye 2:47:46
Sheryl Guiao-Dallas 2:48:00
Guillermo "Bill" Carranza 2:51:13
Vicki Belleau 2:51:13
Sherry Hoog 2:51:42
Jackeline Jenkins 3:02:14
Casaundra Stockstill 3:02:43
John Stevens 3:07:00
Diana Marlette 3:20:00
Meg Reyes 3:32:28

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

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

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

WTB from P6

warrior case manager and was able to get his father and mother here for the ceremony,” Perez said.

“It was amazing to see the whole family present at the event ... a truly beautiful moment. Tasks like these overshadow any award and are meaningful to our warriors and their Families.”

Harvey Langford from WTB headquarters training and operations works as a tasking and event coordinator and is another example of an employee committed to warrior care.

A retired Army veteran, Langford helps service members and their families with approved outings received from the Brooke Army Medical Center visitor

bureau/gift coordinator. He coordinates, arranges and schedules trips for warriors and Families to spend time together relaxing without having to worry about medical appointments.

“Offering trips to wounded warriors and their Families allows them to have fun, relax and enjoy the moment,” Langford said. “It also assists them spiritually, mentally and physically in their healing process.

“My job gives me the satisfaction of giving back to the military when I see our warriors return from a trip with a smile on their faces,” Langford added.

Spc. Inelda Carr, who was injured in Afghanistan in 2009, thought she would never participate in events outside of her room, but she returned from a weekend



Photo by Maria Gallegos

Sgt. 1st Class Jessica Perez, platoon sergeant with the Warrior Transition Battalion's Bravo Company, stands with Spc. Steven Evans. Perez coordinated and made special travel accommodations for Evans' family to come in from California for Evans' Purple Heart ceremony.

trip to Kemah, Texas, spent enjoying a cruise on one of the Kemah yachts.

“This is my first outing since I've been here and if it weren't for Langford's persistence, I probably would have

never taken the trip,” Carr said.

“I had a great time. The trip really helped me to relax and opened my eyes to see the appreciation of people who support us. I'm ready to sign up for the next trip.”

OUTREACH from P5

“We have reliable, credible resources and tools in psychological health and brain injury,” she added.

“We also serve as a clearinghouse for all these relevant tools and resources that DoD has produced in collaboration with the VA.”

DoD and the Department of Veterans Affairs have partnered in this effort, along with a national network of military and civilian agencies, community leaders, advocacy groups, clinical experts and academic institutions.

“We don’t want to turn anyone away, that’s why we established what we call a ‘warm handoff transfer’ with the VA crisis line,” O’Donnell said. “Both of us helping our service members who are in crisis — we feel like we’re more effective.”

Service members and family members who call, e-mail or chat don’t have to give their names or personal details.

“Our goal is to be able to connect with them at the right time and the right place and whenever they feel like they need to talk to somebody,” O’Donnell added.

As of Sept. 1, since its

“Our goal is to be able to connect with them at the right time and the right place and whenever they feel like they need to talk to somebody.”

**– Lolita O’Donnell,
DCoE acting director
for clearinghouse, outreach and advocacy**

launch in May 2009 the outreach website had received nearly 130,000 visits and more than 900,000 page views.

Families are a special

focus of the program, she said.

“Families are the connecting link for all of us because if our families are not supported then

our service members will probably not do well in the job they need to do,” she said.

DCoE works with the Sesame Workshop, the nonprofit organization behind the Sesame Street television program, on an initiative that uses video to help kids deal with deployments, homecomings, changes and grief.

For service members, DCoE has launched the Real Warriors Campaign to fight the stigma that can be associated with seeking psychological help and treatment.

DCoE also manages the inTransition program to make sure that service

members who receive psychological health care aren’t forgotten when moving from one duty station to another, or deploying or transitioning from DoD to VA care.

In this program, O’Donnell said, “coaches, counselors, social workers and nurses with at least three years of experience connect the dots for our service members that are in the process of transition.”

The website is located at <http://www.dcoe.health.mil/24-7Help.aspx> and the number for the outreach center is (866) 966-1020.

**FORT SAM HOUSTON
INDEPENDENT SCHOOL DISTRICT
WEEKLY CAMPUS ACTIVITIES
DEC. 6-11**

Fort Sam Houston Elementary School

Dec. 7

Celebrations Around the World (Exemplary Choir will begin celebration in cafeteria), 6 to 7:30 p.m.

Dec. 9

Parent-to-Parent class on portfolios, 9 to 10 a.m.

Dec. 10

Spirit day

Robert G. Cole Middle and High School

Dec. 6

ATSSB Regional Band Concert and Clinic at Texas Lutheran University, all day

Dec. 7

JV/V Girls Basketball at Natalia, 5/6:30 p.m.

Dec. 9

Varsity Girls Basketball Pearsall Tournament, TBA
Boys Soccer vs. St. Mary Hall at Cole, 5 p.m.
Cole Band and Choir Holiday Concert in Moseley Gym, 6:30 p.m.

Dec. 10

High School National Honor Society Habitat for Humanity, TBA
Girls Varsity Basketball Pearsall Tournament, TBA
Boys Varsity Basketball Hondo Tournament, TBA

Dec. 11

Girls Varsity Basketball Pearsall Tournament, TBA
Boys Varsity Basketball Hondo Tournament, TBA
JROTC Jay High School drill meet, TBA

Force Support Squadron

Family & MWR

Announcements

Jimmy Brought Fitness Center Repairs

Repairs to the air conditioning system at the Jimmy Brought Fitness Center are underway. During each phase of repairs, equipment or activities may be relocated for continued use; however, some activities may be suspended until the repairs are complete. Call 221-1234.

The HIRED! Apprenticeship Program

The HIRED! Apprenticeship Program is currently taking applica-

tions for Term 7, Jan. 10-April 2. The program provides 15-18 year olds the opportunity to gain valuable work experience and skills in a career field of their interest.

Apprentices are eligible to receive a cash award upon successful fulfillment of program requisites. Call 221-3164 or 884-7485. Applications are available at Parent Central, Building 2797 on Stanley Road.

Exceptional Family Member Program

A support group meets Wednesdays, 6-7:30 p.m. at School Age Services, Building 1705, Dodd Boulevard. Child care and dinner provided. Registration is required. Call 221-2604.

Teen Poetry Slam

The Teen Poetry Slam will be held Feb. 5. Informational mixers will be held Dec. 7 and 14 from 4:30-6:30 p.m. in Building 1630, Watkins Boulevard. Call 221-2055/0313.

Military World Games

All Army Sports applications are currently being accepted for cross country, men's basketball, taekwondo, boxing, women's soccer, women's basketball and triathlon. Visit <http://www.ArmyMWR.com> for applications and more information.

Know More. Save More. Text FORTSAM to 839863.

To receive limited text messages for community events, restaurant specials, discount tickets to secret

sales events and more text FORTSAM to 839863. Subscription is free, and interests can be updated at any time by visiting <http://www.fortsamhoustonmobile.com>. Standard text messaging rates apply.

Intramural Bowling

The deadline for intramural bowling letter of intent is Dec. 13. Submit letters at the Brigade Gym, Building 1281. Call 221-3003 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.

Microsoft Office

- Dec. 2 – Word Level 1
- Dec. 7 – Access Level 1
- Dec. 8 – Excel Level 2
- Dec. 9 – Word Level 2
- Dec. 14 – Access Level 2
- Dec. 15 – PowerPoint Level 1
- Dec. 16 – PowerPoint Level 2

Classes are held 8 a.m.-noon at Roadrunner Community Center, Building 2797. Registration is required. Call 221-2518/2705.

Calendar of Events

Dec. 2 Post-Deployment Planning

The class is 5:30-7:30 p.m. at

the Roadrunner Community Center, Building 2797. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

5 Love Languages

Classes are Dec. 2, 9 and 16 from 5:30-7 p.m. at the Roadrunner Community Center, Building 2797. Improve you and your partner's understand of each other and explore communication styles in depth. To register, call 221-0349 or 295-0313.

Dec. 3 Getting Ready for Childbirth

The class is 1-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349/0326.

Dec. 4 Holiday Story Time

Story time is 2-3 p.m. at the Keith A. Campbell Library, Building 1222, at the corner of Harney and Chaffee. Call 221-4702.

Dec. 6 Unit Family Readiness

The training is 9-10 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Women Encouraging Women

The class is noon-1 p.m. at the Roadrunner Community Center, Building 2797. The topic is "A

Woman's Guide to Managing Holiday Stress." Bring a lunch and enjoy this hour long discussion. Call 221-0349.

Play Auditions

The Harlequin Dinner Theatre will hold auditions Dec. 6-7 at 7 p.m. for "And Then There Were None," a critically acclaimed adaptation of Agatha Christie's murder mystery. Roles are available for eight men and three women. To audition, prepare a one minute monologue, preferably one with an English accent. Performances will be Jan. 13-Feb. 19. Call 222-9694.

Dec. 7 Army Family Team Building

The class is Dec. 7-8 from 8:30 a.m.-2:30 p.m. at the Dodd Chapel Training Room. To register, call 221-2611.

Basics of Breastfeeding

The class is 12:30-2 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0326/0349.

Family Readiness Group Leader/FRSA Forum

The group meets 6-7:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Dec. 8 FAP Commander/Senior Leader Training

The training is 8-10 a.m. at the Roadrunner Community Center,

Building 2797. This training is in accordance with AR 608-18 and is required for commanders and first sergeants within 45 days following assumption of command. Call 221-0349/2418.

Overseas Orientation

The class is 10 a.m.-5 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-9698/2418.

Mandatory Initial First Term Financial Readiness

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

Dec. 10 Federal Resume Writing

The class is class 9 a.m.-noon at the Roadrunner Community Center, Building 2797. Call 221-0516.

Dec. 16 General Resume Writing

The class is 8:30 a.m.-noon at the Roadrunner Community Center, Building 2797. Call 221-0516.

Dec. 31 New Years Eve 5K Run/Walk

Runners should arrive at Jimmy Brought Fitness Center at 11:30 p.m. Registration is free.



Announcements

Volunteers Needed

Brooke Army Medical Center Nursing Service needs 10 volunteers to work on the wards as listeners. This position involves listening to patients and family members who are coping with injury or illness. Call 808-4980/4982 for information.

Free Video Messages

Four Winds Bible Church in San Antonio is offering free video messages for military families who have loved ones serving overseas. For more information, call 254-2485.

Free Gift from Scion

Scion, a division of Toyota Motor Sales, has launched the Scion Holiday Mail Drop. This program offers active duty U.S. military personnel the opportunity to receive a Scion cinch sack filled with compli-

mentary clothing and accessories. While supplies last, men and women of active military status can log onto <http://www.Scion.com/MailDrop> to receive their holiday pack.

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.

Calendar of Events

Dec. 3

AAHCA Golf Tournament

Lackland Air Force Base African-American Heritage Cultural Association will host a golf tournament Dec. 3, 8 a.m. tee time at the Gateway Hills Golf Course, 1800 Dimsted Place. The tournament will be shotgun start, 4-Person Florida Scramble using USGA Rules. Entry

fee is \$49.00/person, and includes lunch, green fee, cart fee, range balls, on-course beverage coupons and door prizes. Call 657-1756.

DEC. 4

Boerne Christmas Walk

The Randolph Roadrunners volksmarch club will host a 5k and 10k walk starting at Luther Hall at St. John's Lutheran Church at 315 E. Rosewood Ave. in Boerne. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 493-8543 or visit <http://randolphroadrunners.info/>.

Smithville Festival of Lights Walk

The Smithville Chamber of Commerce will host a 5k and 10k volksmarch walk starting at Smithville City Hall at 317 Main Street, Smithville. Walks start between 1 p.m.-3:30 p.m., finish by 6:30 p.m. Call 512-237-2312 or e-mail chamber@smithvillex.org.

DEC. 9

Poinsettia Ball

The 22nd annual Poinsettia Ball begins at 7 p.m. at the Hyatt Regency San Antonio. Call 785-5852.

DEC. 10

MOAA Dinner Dance

The Alamo Chapter of the Military Officers Association of America will hold a dinner/dance at the Randolph Parr Club. Cocktails at 6 p.m. with dinner at 7 p.m. Cost is \$25 per person. Reserve by Dec. 6. Call 228-9955.

Dec. 11-12

Flag Football Tournament

The Alamo City Flag Football league and the U.S. Marines are hosting a tournament Dec. 11-12 at Copernicus Recreation Center. No experience needed. Call 310-4345 or visit <http://www.tiffa.com>.

DEC. 28

South Texas All Academies Ball

The ball begins at 6:30 p.m. with a social hour at the JW Marriot San Antonio Hill County Resort & Spa. Tickets are \$55 per person. Hosted by the West Point Parents' Club of South Texas, visit <http://www.wppc-st.org> for information.

REMINDER CALENDAR

- Dec. 3** Warriors Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Club
- Dec. 3** Army Family Action Plan for Teens Conference
- Dec. 3** 502nd MSG Townhall Meeting, 9 a.m., Roadrunner Community Center
- Dec. 7-8** Winstar Casino Trip, leaves from Sam Houston Community Center, 7 a.m.
- Dec. 8** Community Information Forum, 4:30-6 p.m., Sam Houston Community Center
- Dec. 10** Federal Resume Writing Class, 9 a.m.-noon, Roadrunner Community Center
- Dec. 10** IHG Hotels Open House, 2-5 p.m., Foulois House



For Sale: Solid wood entertainment center/armoire, 76" high by 45" wide by 22" deep, cherry finish, \$350 obo; Zenith 32-inch television, analog, works great, \$100 obo. Call 688-2445 or 763-242-2355.

For sale: HP flat screen monitor, \$25; computer speakers, \$5; computer surge protector, \$5; HP keyboard and mouse, never used, \$15; recliner, \$40 obo. Call 662-8887.

For Sale: Left-handed golf clubs, 1-3-5 woods and 3-9PW irons,

graphite shaft, bag and putter, \$150; left-handed hybrid 2-3-5 woods, graphite shaft, \$130; Instrument Superior Co. tube tester, \$20; Zenith trans-oceanic radio, \$100. Call 227-6590 or 289-1547.

For Sale: 30-volume Encyclopedia Britannica with shelf, \$65; 54-volume set of "Great Books of the Western World" with shelf, \$85; large four drawer all mahogany desk, 19 inches wide by 58 inches long by 32 inches high, \$55. Call 490-3048.

For Sale: Portable baby cribs, pack-n-plays, children's furniture, toys, games, books, bouncy chairs, diaper change tables, 8' x 10' ABC area rug, 8' x 10' English/Spanish colors area rug, sleeping mats and more. Great for daycare business or at-home daycare. Call 661-6055 between 7 a.m.-6 p.m.

ICE

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.

Thought of the Week

I can teach anybody how to get what they want out of life. The problem is that I can't find anybody who can tell me what they want.

— Mark Twain *on Desire*

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 – Dec. 3

Lunch – 11 a.m. to 1 p.m.

Chicken and dumplings, barbecued pork chops, Mexican pork chops, fried catfish, steamed rice, rigatoni and cheese, parsley-buttered red potatoes, northern beans, spinach, corn

Dinner – 5 to 7 p.m.

Chicken parmesan, spaghetti with meat sauce, sweet Italian sausages, eggplant parmesan, paprika-buttered potatoes, parsley-buttered egg noodles, broccoli, carrots, zucchini squash

Saturday – Dec. 4

Lunch – noon to 1:30 p.m.

Roast beef, spicy breaded chicken patties, baked fish, spaghetti vegetable quiche, red beans and rice, mashed potatoes, baked potatoes, glazed carrots, brussels sprouts

Dinner – 5 to 6:30 p.m.

Barbecued pork loin, Swiss steaks with brown gravy, roast pork loin, salmon croquettes, broccoli-rice-cheese casserole, lyonnaise rice, au gratin potatoes, baked potatoes, green beans, cauliflower combo, fried cauliflower

Sunday – Dec. 5

Lunch – noon to 1:30 p.m.

Roast turkey, Mexican chicken, chip-

per perch, mushroom quiche, mashed potatoes, Aztec red and brown rice, Spanish beans, corn, stewed tomatoes with croutons, turnip greens

Dinner – 5 to 6:30 p.m.

Chili macaroni, breaded pork fritters, stir fry beef, cheese ravioli, mashed potatoes, rice pilaf, green beans, stir-fry vegetables, yellow squash, fried okra

Monday – Dec. 6

Lunch – 11 a.m. to 1 p.m.

Chicken lasagna, barbecued spareribs, mustard-dill fish, baked fish, parsley-buttered red potatoes, rigatoni and cheese, pinto beans, corn, peas and carrots, broccoli

Dinner – 5 to 7 p.m.

spicy Italian pork chops, country-fried steaks, baked chicken, eggplant parmesan, chicken cacciatore, mashed potatoes, harvest brown and wild rice, carrots, broccoli

Tuesday – Dec. 7

Lunch – 11 a.m. to 1 p.m.

Baked chicken breasts, chicken breasts in orange sauce, cheese enchiladas, beef and broccoli, tamale pie, Spanish rice, mashed potatoes, fried potatoes, green beans, refried beans with cheese, mixed vegetables

Dinner – 5 to 7 p.m.

Fish almandine, meat loaf, chicken gorditas, broccoli quiche, Mexican rice, pinto beans, mashed potatoes,

fried cabbage, fried okra, peas and carrots

Wednesday – Dec. 8

Lunch – 11 a.m. to 1 p.m.

Stuffed bell peppers, beef stroganoff, lasagna, beef stir fry, cheese manicotti, parsley-buttered egg noodles, paprika-buttered potatoes, brown and wild rice, broccoli polonnaise, sweet and sour red cabbage, cauliflower parmesan

Dinner – 5 to 7 p.m.

Grilled knockwurst, beef yakisoba, herb-baked chicken, barbecued chicken, vegetable lasagna, lyonnaise rice, fried potatoes, carrots, asparagus, broccoli, lima beans

Thursday – Dec. 9

Lunch – 11 a.m. to 1 p.m.

Pepper steak, oven-fried fish, Cantonese spareribs, lemon-baked fish, spaghetti vegetable quiche, brown rice, fried rice, oven glo potatoes, broccoli sweet potatoes, Chinese fried cabbage, cauliflower combo

Dinner – 5 to 7 p.m.

Sweet and sour pork chops, grilled pork chops with onions, chicken stir-fry, barbecued beef cubes, vegetable stuffed peppers, sweet potato fries, rice pilaf, cauliflower, corn, yellow squash, vegetables stir fry

Menus are subject to change without notice.