

FORT SAM HOUSTON News Leader

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

Family visits father's namesake

By Jeff Crawley
Fort Sam Houston Public
Affairs Office

The Tet Offensive in Vietnam was not the first intense battle for combat medic Sgt. 1st Class Wayne Slagel. He had seen action at “Heartbreak Ridge” in Korea and served in the Pacific Theatre during World War II – earning a Combat Medical Badge in each of those campaigns.

Slagel didn't have to be in Vietnam. He had retired from the Army in 1963, but he volunteered to go active duty in 1967 because he said “They needed him, he knew he could benefit people

there, he felt the call,” said Slagel's daughter, Princess Slagel-Buchson, of St. Louis.

During Tet, Sgt. 1st Class Slagel was injured by mortar fire while treating Soldiers. For his service in Southeast Asia, he received his third Combat Medical Badge as well as a Purple Heart Medal. He is only the second known recipient to earn three Combat Medical Badges.

Building 1377, the Sgt. 1st Class Wayne E. Slagel Dining Facility, near Womack and McGee roads on Fort Sam Houston, is named in his honor.

See NAMESAKE P7

New center opens



Photo by Cheryl Harrison

(Front row, from left) Wounded warriors Sgt. Domingo Soto-Santana, Spc. Joey Paulk, Sgt. James Ford, and Spc. Jerry Morris assist (back row, from left) Col. Wendy Martinson, director of Strategic Communications AMEDD, Col. Mary Garr, U.S. Army Garrison commander, Brig. Gen. James Gilman, commander of Great Plains Regional Medical Command and Brooke Army Medical Center, and Judith Markelz, program director Warrior and Family Support Center, in cutting the ribbon for the new \$4.5 million privately-funded Warrior and Family Support Center Dec. 1. See related story and more photos, Pages 14 and 15.

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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, Dec. 6



Photo by Esther Garcia

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; the 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 fair also will feature a postwide yard sale with residents selling their household items at the parade field from 9 a.m. to 5 p.m. 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.

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Ready Army tips for power outages

Editorial Staff

Army Medical Department Center and School and Fort Sam Houston Commander

Maj. Gen. Russell Czerw

Garrison Commander

Col. Mary Garr

Public Affairs Officer

Phillip Reidinger

Editor/Writer

Vacant

Staff Writer

Jeff Crawley

Layout Artist

Lori Newman

News Leader office:

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

News Leader Advertisements:

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

News Leader e-mail:

news.leader@conus.army.mil

News Leader online:

www.samhouston.army.mil/
publicaffairs

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As potentially severe winter weather approaches, the Ready Army program is reminding Soldiers and their Families to prepare themselves for the possibility of power outages. Besides winter storms, electric power can go out at any time for a number of reasons, including equipment failure and human error. All personnel should be prepared to manage without power for an extended period of time at any time of the year.

An unexpected outage can also have unforeseen consequences. Without electricity, there is a possibility of food and clean water shortages, as well as extreme temperatures. During these times, an emergency preparedness kit can be critical to comfort and survival.

Emergency kits should, as a minimum, contain items that would be useful during power outages, such as flashlights, batteries and a hand-crank radio.

In the event of a power outage, remember:

- Use flashlights instead of candles to minimize the risk of fire.
- Turn off any electrical equipment that was being used when the power went out.
- Try not to open the freezer or refrigerator frequently. A full freezer should safely keep food for 48 hours.
- Pack dairy products, meat, fish, eggs, refrigerated medicines and other items that can quickly spoil in a cooler surrounded by ice to extend their usability.

Ready Army is an Armywide campaign to inform the Army community of all hazards, manmade and natural, and encourages Soldiers, their Families, civilians and contractors to — Get a kit. Make a plan. Be informed. The Fort Sam Houston Ready Army Coordinator, Brad Barrett, can be reached at 295-0534. The Fort Sam Houston Ready Army Web site is located at <http://www.sam-houston.army.mil/readyarmy/>.

(Source: Directorate of Plans, Training, Mobilization and Security)



Weekly Weather Watch

	Dec. 4	Dec. 5	Dec. 6	Dec. 7	Dec. 8	Dec. 9
San Antonio	59° Clear	56° Partly Cloudy	68° Partly Cloudy	65° Partly Cloudy	70° Rain	67° Partly Cloudy
Kabul Afghanistan	60° Clear	55° Partly Cloudy	55° Partly Cloudy	53° Partly Cloudy	50° Snow Chance	50° Partly Cloudy
Baghdad Iraq	69° Clear	69° Clear	68° Partly Cloudy	68° Partly Cloudy	68° Clear	68° Clear

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

Thought of the Week

"Don't be fools; be wise: make the most of every opportunity you have for doing good." (Ephesians 5:16)

(Source: Quips, Quotes, and Quests)

News Briefs

CivilianJobs.com Job Fair

The CivilianJobs.com Job Fair will be held today from 10 a.m. to 2 p.m. at the Sam Houston Club, 1395 Chaffee Road. All military and prior military can preregister online at www.CivilianJobs.com and be pre-matched with attending companies based on career and geographical preferences. Expected employers include, AmStar Surface Technology, Austin Police Department, Bradley-Morris, Correct Care Solutions, Dallas Police Department, DaVita, Eyecare Centers of America, Federal Bureau of Prisons, Hallmark College, Kave/Bassman International, Kirby Inland Marine, Magnum Opus Technology, ManTech, New Horizons Computer Learning Center, Northrop Grumman, Old Dominion Freight Lines, Onsite Health, Perot Systems, Redstone College, San Antonio Fire Department, Sulzer Hickham, TechSkills, Texas Highway Patrol, Entrepreneur Authority of South Texas, Transportation Safety Administration, Department of Agriculture, Department of Labor - Veterans Employment and Training, University of Texas Southwestern Medical Center and Vericare. For more information, visit www.CivilianJobs.com or call 1-678-819-4172.

Best Warrior competition

The Fort Sam Houston Installation Noncommissioned Officer and Soldier 2009 "Best Warrior" competition will be held Dec. 5 to 8 at Fort Sam Houston and Camp Bullis. For more information, call Sgt. Maj. Henry Rockward at 221-8108 or Sgt. Maj. Carlisie Jones at 221-6860.

Flu vaccinations available

Brooke Army Medical Center will hold a Flu Fair Dec. 8 from 7:15 a.m. to 4:30 p.m. at Army Community Service, Building 2797. Children 5 years old and up are welcome. Vaccines will also be available at Retiree Appreciation Day Dec. 6 at the Army Medical Department Center and School. For more information, call 916-7358.

Fall clean-up

Fort Sam Houston will hold a fall clean-up Dec. 8 to 12. Many units will be raking leaves, sweeping

See NEWS BRIEFS P4

Soldiers, Families enjoy Thanksgiving



Photos by Phil Reidinger

Soldiers assigned to the 32nd Medical Training Brigade for medical training load buses transporting them to Valero headquarters. More than 400 Soldiers were treated to a Thanksgiving Day feast provided by Valero employees. This year marks the four year that Valero employees shared holiday spirit with Fort Sam Houston Soldiers. Giant screens projected the day's football matchups and parades while volunteers dished out 340 pounds of potatoes, 150 pounds of turkey, green beans, yams and dressing as well as hundreds of pies and other treats.



Valero volunteers serve a variety of pastries to complement the traditional Thanksgiving dinner menu. Col. Randall Anderson, 32nd Medical Brigade commander, presented the Valero volunteers a letter of appreciation framed with the 32nd Med. Bde. commanders' coins acknowledging the fourth anniversary of the Thanksgiving Day event hosted by the Valero managers and employees.



In addition to great food, Soldiers enjoy football games on large-screen televisions and live entertainment as they share their medical training experiences with more than 100 Valero staff members on Thanksgiving Day.



Two Soldiers greet their host during Mission Thanksgiving. The annual tradition for the post and the San Antonio community provides an opportunity for nearly 400 soldiers to enjoy the Thanksgiving Day with local families.



Fort Sam Houston and Army Medical Department Center and School Commanding General, Maj. Gen. Russell Czerw, greets families waiting in line to meet their Thanksgiving Day Soldier guests.

News Briefs

from P3

debris off sidewalks and curbs, and bagging trash for pick-up. Drivers are asked to be careful during the clean up.

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 favorites, 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.

Bowling Center needs volunteers

The Military Adaptive Spring Program Bowling Tournament is looking for at 10 volunteers. Bowling training dates are Dec. 9, 11, 16, and 18 and Jan 6, 8 and 13 from 6:30 to 8:30 a.m. The tournament is Jan. 15. To volunteer, call Earl Young at 221-3185 or e-mail earl.t.young@us.army.mil.

Fort Sam Houston Museum hours

The Fort Sam Houston Museum will be open Wednesday through Sunday from 10 a.m. to 4 p.m. The museum will be closed Dec. 18, 25 and Jan. 1. The museum is located in Building 123 on Stanley Rd. For more information, call 221-1886.

BAMC Clinic has new hours

As part of Brooke Army Medical Center's continuous effort to provide our enrolled beneficiaries greater access to care, the Family Medicine Services BAMC clinic has increased its operating hours effective as of Dec. 1. The clinic will be open Monday through Saturday, except for major Holidays, from 7 a.m. to 6 p.m. There are no sick call hours; however, a number of appointments are set aside for active duty service members enrolled to Family Medicine Service BAMC, during the early morning hours Monday through Friday. Similar appointments are set aside for Advance Individual Training students and active duty Soldiers on Saturdays, during the early morning hours. There will be reduced staffing during the Saturday operating hours, therefore beneficiaries should first attempt to schedule their appointments Monday through Friday through the Consult and Appointment Management Office. During the week, appointments can be scheduled by calling 916-9900 or by logging onto the TRICARE Web site at www.tricareonline.com. To schedule Saturday appointments, call 916-3000.

Soldier honored for sacrifice

Story and photo by Jen Rodriguez
Brooke Army Medical Center Public Affairs Office

During the Thanksgiving season, Brig. Gen. James Gilman, commander, Great Plains Regional Medical Command and Brooke Army Medical Center, reminded everyone assembled in the audience for the Purple Heart Ceremony Nov. 24, not only to remember the service members, but also their Families.

Attributing the success of Sgt. Bret Cherry's healing and care to his Family, both immediate and the BAMC family, Gilman said Families deserve a special recognition for how much they've served and sacrificed in the last seven years.

Cherry, a cavalry scout assigned to Task Force Fury, was injured Oct. 25, 2007 in Afghanistan, while returning from a mission, when a vehicle he was riding in, was struck by a vehicle-borne improvised explosive device resulting in burns to his face, legs, lungs, arms and hands.

Cherry's wife, Ashley; son, Scott; his parents Dick and Myra Cherry; brother, Tom; sister, Julie; and nephew, Austin proudly escorted the wound warrior on stage to receive his Purple Heart.

Gilman summarized the Army Family Covenant, which recognizes Families who have made enormous sacrifices and commitments in support of the Soldiers. The covenant also recognizes that the strength of Soldiers comes from the strength of their Families.

More than 30 people attended the ceremony held in the Brooke Army Medical Center, fourth floor auditorium.

The Purple Heart is an American decoration, and the oldest military decoration in the world in present use, and the first American award made available to the common Soldier.



Myra Cherry hugs her son, Sgt. Bret Cherry following his Purple Heart Ceremony Nov. 24 in the Brooke Army Medical Center fourth floor auditorium.

Initially created as a Badge of Military Merit by Gen. George Washington, the combat decoration 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.

W.W. White Road closes Dec. 15 for building construction



Due to construction of the Medical Instruction Facility Building 3, W.W. White Road will be closed to vehicular traffic from the east side of the Hacienda Recreation Center to Johnston Circle beginning Dec. 15 through December 2010.

All through traffic will be diverted to McGee Road construction will not affect the Hacienda Recreation Center or the Yellow Taxi stand.

The MIF Building 3, Joint Behavioral Health Technician Program, will be about 175,000 square feet and is designed to house 958 students and 280 staff and faculty. MIF Building 4, the Independent Duty Medical Technician Course, will be 245,000 square feet and will accommodate 1691 students and 562 staff and faculty.

MIFs 3 and 4 will be constructed on the Hacienda baseball field and adjacent running track on the corner of Garden and W.W White roads, directly to the north of the Hacienda Recreation Center.

(Source: Directorate of Public Works)



Photo by Phil Reidinger

Fountain dedication

Chaplain (Lt. Col.) Joseph Fleury (center) officiates the dedication ceremony of the Warrior and Family Support Center waterfall fountain donated by the Orme family Nov. 29. The Orme family provided funds for the construction donated by Mike and Mark McClusky, owners of Water Features of Texas. (Left to right) Jennifer Golden, Judith and Steve Markelz, Mrs. Michelle Czerw, and Maj. Gen Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School, join Orme family members Jim and Kathleen Kennedy their son, Shea and his girlfriend, Jen, during the ceremony acknowledging the support of their parents Keith and Pat Orme. Jennifer Golden supervised the Warrior and Family Support Center landscape construction.



STB Soldier wins Army South quarterly competition

Goes on to Best Warrior competition

Story and photo by Sgt. Nina Ramón

U.S. Army South Public Affairs Office

Soldiers in full battlefield gear ran toward a UH-60 Black Hawk helicopter in front of the U.S. Army South headquarters Nov. 17, as the rotor blades whipped through the brisk morning air. Surging with adrenaline, each Soldier took his spot on board as they embarked on an Army South competition like no other from Nov. 17 through 19.

"This quarter's competition was a little different than others in the past," said Sgt. 1st Class Eric Hubert, event coordinator. "We combined two competitions into one – our second quarter board was also the qualifying competition to represent Army South in the Fort Sam Houston Best Warrior competition."

Army South holds quarterly competitions to recognize

Soldiers who excel. Army South Command Sgt. Maj. Armando Ramirez named the Special Troops Battalion's Spc. James Chalkley the Fiscal Year '09, Second Quarter Soldier of the Quarter and representative to compete in Fort Sam Houston's Best Warrior competition, Dec. 5 through 8.

"Since we combined two events, we have added more tasks such as the obstacle course and the M-4 carbine zero and qualification range," Hubert said. "And for the 'shock and awe' effect, a helicopter flight was added from Fort Sam Houston to Camp Bullis where they trained."

Chalkley said the addition of the helicopter flight set the tone for the competition and increased his motivation.

"When I jumped on that helicopter I thought to myself, 'I have to do the best that I can because this competition

wasn't just for the Army South quarter board but the chance to represent my command in the Fort Sam Houston competition," Chalkley said.

Each Soldier's rise to the top begins at the bottom. Soldiers first test their knowledge and fitness capabilities against their peers in competitions at company or battalion levels. From there they compete against other top-notch Army South Soldiers during the command's quarter boards. The annual board winner will represent Army South at other competitions such as the FORSCOM Soldier of the Year.

Events in the quarterly competition included a physical fitness test, land navigation course, obstacle course, M-4 qualification, written exam and formal board. The formal board was conducted by various command sergeants major and included

topics such as Army history, current events, leadership and the Warrior Ethos.

"The Soldiers take pride in competing and representing their unit," said Hubert.

Each Soldier's initial knowledge of the various Army tasks and regulations, as well as the state of his or her physical fitness, determines how much preparation is done for competition.

"I studied, looked over material and went out and tried my hardest," said Chalkley of his preparation. "I recently went to the promotion board, so much of the information asked at the formal board was fresh on my mind," he said.

Chalkley said he is looking forward to competing at higher levels in



Spc. James Chalkley scales a large wall at the Camp Bullis obstacle course Nov. 18. Chalkley was named the Army South Fiscal Year '09, Second Quarter Soldier of the Quarter after a competition conducted Nov. 17 through 19.

the future and is confident in his abilities.

"From now until I go to Fort Sam Houston's Best Warrior competition, I am going to be preparing 24/7 and I plan on winning," said Chalkley. "Then in June, I am competing in the Army South annual board and I plan on winning that, too," he said. "I have no doubt in my mind I can win."

NAMESAKE from P1

Princess and her Family along with her brother, David Slagel, of San Antonio, had lunch at their father's namesake Nov. 25. It was nine years to the month that the facility had been renamed for him. Princess and David, two of Sgt. 1st Class Slagel's four children, were at the dedication in 1999.

"My father would just love this," said Princess, referring to the dining facility. She was at the facility with her husband, Sgt. 1st Class Doug Bucshon, an active-duty National Guard Soldier, and their sons Caleb, 11, and Ethan, 7, to pass on the Family's military heritage. Sgt. 1st Class Slagel died in 1999.

David said returning to the facility was somewhat surreal for him.

"It's wonderful to know that folks following in my father's footsteps get to know a little about what he did," David said.

"It's good to remind Soldiers what they're training to become and all the people that have done it before them. I think Sergeant Slagel is the epitome of what a combat medic is."

**Lt. Col. John Lamoureux
Commander of the 232nd Med. Bn.**

David described his father as calm and level-headed even in stressful situations.

"Nothing fazed him. I guess because of his experiences," David said. "If there was an emergency, he was always the calm guy getting things done."

Princess said her father never used profanity. David said that was true although it's hard to believe about someone who is retired military.

"When he would mean 'hell' he would spell it – 'h-e-you-know-what' he would say," Princess said.

Sgt. 1st Class Slagel also had a magnetic personality and easily made friends, Princess said.

"He had this warmth about him that instantly made people feel at ease," she said.

Caleb, a sixth grader, said he and his mother often talk about his grandfather, Sgt. 1st Class Slagel, who was born March 11, 1922.

"She likes to bring out scrapbooks and look at pictures," Caleb said.

Princess and David, a retired Air Force technical sergeant, remembered the rededication ceremony nine years ago. David recalled that the guest speaker described his father as, "one of a kind."

Princess said there have been a few changes to the facility since 1999.

"The entrances have changed and I like what they have done with the information plaque about my father. The picture is larger," she said.



Photo by Jeff Crawley

(From left) David Slagel; Caleb Bucshon, 11, and his brother, Ethan, 7; Princess Slagel-Bucshon and her husband, Sgt. 1st Class Doug Bucshon, pose for a photo Nov. 25 at the Sgt. 1st Class Wayne E. Slagel Dining Facility here. David and Princess and her Family visited the dining facility, which was named after their late father.

In the early 1990s, retired Sgt. 1st Class Slagel visited Fort Sam Houston to be honored by the Army Medical Department Museum.

On that visit, Princess said her father was truly in heaven talking with the combat medics. David remembers his father as being so impressed with the work of the new generation of combat medics and how they had learned lessons from the medics of his era.

"These people (combat medics) save lives. There can't be a higher calling than that," David said.

The Sgt. 1st Class Wayne Slagel Dining Facility, built in 1973, exclusively serves the 3,000 combat medic trainees of the 232nd Medical Battalion.

There will be some major improvements made in the facility during the Christmas exodus, said Command Sgt. Maj. Antonio Abin, of the 232nd Medical Battalion.

The floor will be retiled, the furniture will be replaced and the flow of customers will be streamlined for more efficient dining, Abin said. Also, staff from the Army Medical Department Museum will put up permanent framed photographs of combat medics in action from different eras as well as static displays.

"When you come into the dining facility it will be a walk in time with combat medics," Abin said.

Abin and Lt. Col. John Lamoureux, commander of

the 232nd Med. Bn., hosted the visitors for lunch, which consisted of traditional Mexican fare.

Lamoureux introduced the Families to the Soldiers in the packed dining facility. The Soldiers acknowledged them with cheers and applause. One Soldier thanked the Slagels for their father's service to the nation.

Lamoureux said the visit was an important history lesson for Soldiers.

"It's good to remind Soldiers what they're training to become and all the people that have done it before them," Lamoureux said. "I think Sergeant Slagel is the epitome of what a combat medic is."

Hurricane changes doctor's course

Story and photo by Jen Rodriguez
Brooke Army Medical Center
Public Affairs Office

In September, when the National Weather Service made it clear that Hurricane Ike was going to hit Galveston, Texas, residents like 1st Lt. (Dr.) Timothy Brock and his wife, Julianne, evacuated.

Gathering their belongings, the Brocks headed to San Antonio to stay with their friends Capt. Aaron Lorenson and his wife, 2nd Lt. Chelsea Lorenson, at Fort Sam Houston.

Because of the devastation along the Texas shoreline, Lt. Brock, a student in the Emergency Medicine Residency Program at the University of Texas Medical Branch in Galveston was hanging in limbo, uncertain of his future.

Soon after the storm hit, Brock's program director informed him that it would be awhile, before his Emergency Medicine Program at the Medical Branch in Galveston would be up and running.

"I needed to transfer to another Emergency Medicine Program for at least a month to continue my training, otherwise risk a delay in graduating from the residency training," he said.

"I was well aware that the combined Army and Air Force Emergency Medicine Residency Program was an outstanding program, but also one that is only open to active-duty military personnel," Brock said.

Given the unique situation, and his status as an officer in the Oregon Army National Guard, Brock thought he might get lucky, and someone might make

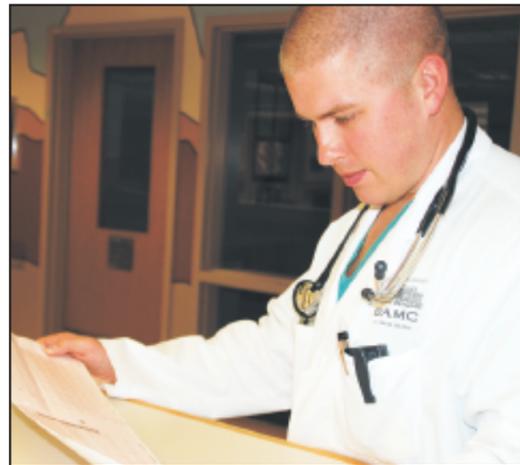
an exception.

According to Lt. Col. (Dr.) Robert Kacprowicz, Emergency Medicine Program director at BAMC, a solicitation went out to programs through the Accreditation Council for Graduate Medical Education.

"Our program coordinator, Peggy Sullivan was very proactive in making the rotation happen," said Kacprowicz, who ensures that 48 Army and Air Force residents graduate after three years with the knowledge, skills, professionalism and other competencies needed to serve as military Emergency Medicine specialists.

"Our graduates are highly sought after and begin playing critically important deployment missions following graduation, because Emergency Medicine

See DOCTOR P11



First Lt. (Dr.) Timothy Brock, an Emergency Medicine resident, reviews a patient's electrocardiogram, which analyzes the electrical physiology of the heart to help assess for cardiopulmonary disease. Brock is finishing his intern year at Brooke Army Medical Center after Hurricane Ike damaged the University of Texas Medical Branch at Galveston, where Brock had begun his studies.

Girl Scout brings gift



Photo by Esther Garcia

(From left) Scott Beach, operations specialist, Directorate of Plans, Training, Mobilization, and Security looks on as Inge Godfrey, manager, Fisher House, presents the Fisher House Coin to his daughter, Elizabeth Beach, 9 years old. Elizabeth, with Girl Scout Troop 883, donated 50 cans of peanuts to the Fisher House she sold during a fundraiser for the Girl Scout Troop. Elizabeth, who wanted to do something special for the Soldiers and their Families, was the top seller for her troop. Also pictured is her mother, Angelica Beach and Russell Ritz, assistant manager for the Fisher House.

Energy Myth

It uses less energy to maintain a building or facility at a constant temperature, i.e., 72 degrees Fahrenheit because the heating or cooling unit would have to work harder to bring the building back to a comfortable temperature.

Fact

Not only do the laws of physics disagree with this widely held belief, but actual studies have proven it incorrect. The savings can be approximated at 1 percent per degree of setback for every eight hours that a building is at a reset (non-occupied) temperature. If 15 degrees offset is used for the reset temperature, 15 percent savings is achievable every eight hours. A higher percentage will occur if greater than eight hours per day is used and especially if weekend, holidays and other non-use days are included where 24 hours of savings is possible. Savings of 30 percent are well within the reach when all non-occupied hours are considered.

(Source: C. Don Juhasz, chief, Utilities and Energy Policy Division, IMCOM)

Local linguist wins writing competition

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

Staff Sgt. Tanya K. Whale of the 314th Military Intelligence Battalion has won the 470th MI Brigade Language Professional of the Year Competition for Fiscal 2008.

"I'm honored to receive this award because I don't think people understand what the linguist program is and are (therefore) not interested," she said.

The Language Professional of the Year competition requires entrants to submit an essay on a given topic chosen by contest officials. It is open to all linguists E-6 and below who score 2/2 or better on the Defense Language Proficiency Test and meet Army physical fitness standards.

The 314th MI Battalion, a subordinate unit of the 470th MI Brigade, is stationed on Lackland Air Force Base. Members of the brigade's command staff, based on Fort Sam Houston, reviewed the



Staff Sgt. Tanya K. Whale

Whale's essay and then submitted it to the U.S. Army Intelligence and Security Command, Washington, D.C., for judgment in June.

Two other Soldiers competed against Whale. Staff Sgt. Sabine C. Cooper from the 470th MI Brigade's Operations Battalion and Spc. Stanford L. Neal from the 204th Military Intelligence Battalion, Fort Bliss, Texas. Both won their battalion's competition and received awards for their participation.

"My competitors were outstanding," Whale said. But being proficient in more than one language and creating ideas for improving the language program may have given Whale the advantage over the others.

The DLPT is a test given to linguists to assess their proficiency level in a target language in the areas of reading and listening. Whale's scores are 2+/3 in Spanish and 2+/2 in French. She learned Spanish at the Defense Language Institute, Monterey, Calif., and has a bachelor's degree in French from St. Mary's University, San Antonio.

Among other endeavors, Whale also saw the need to improve the pass rate for sub-proficient Soldiers enrolled in the Spanish Enhancement Course and developed a plan for them to succeed at the Spanish DLPT 5, which is the equivalent of a Graduate Record Examination or level

See LINGUIST P11

Hey Jared



Photo by Jen Rodriguez

Wounded warriors, Pfc. Salvador Ramierz and Staff Sgt. Michael Lage, play a game of Connect 4 under the watchful eye of Jared, the Subway Guy, during his visit to the Center for the Intrepid Nov. 24.

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.

Holiday hazard checklist



ing and should extinguish quickly.

The holidays should be a magical time for children. Yet each year, hospital emergency rooms treat about 8,700 people for injuries, such as falls, cuts and shocks related to holiday lights, decorations and Christmas trees.

In addition, Christmas trees are involved in about 400 fires annually, resulting in 20 deaths, 70 injuries and an average of more than \$15 million in property loss and damage.

Safer Trees and Decorations

When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burn-

When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.

When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water.

Cut a few inches off the trunk of your tree to expose the fresh wood, allowing for better water absorption. This will help keep your tree from drying out and becoming a fire hazard.

Use only noncombustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children.

Never use lighted candles on a tree or near other evergreens. Always use nonflammable holders and place candles out of children's reach.

Bright Ideas for Lights

Indoors or outside, always use lights that have been test-

ed for safety by a recognized testing laboratory that indicates conformance with safety standards.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.

Use no more than three standard-size sets of lights per single extension cord.

Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.

Before using lights outdoors, check labels to be sure they have been certified for outdoor use.

Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use insulated staples to hold strings in place, not nails or tacks.

Plug all outdoor electric decorations into circuits with ground-fault circuit interrupters, to avoid potential shocks.

Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

(Source: The American Academy of Pediatrics, www.aap.org, and U.S. Consumer Product Safety, www.cpsc.gov)

DOCTOR from P8

doctors play such an important role in the initial management of wounded or ill Soldiers," said Dr. Kenneth Torrington, dean of Graduate Medical Training for BAMC and Willford Hall Medical Center.

Emergency Medicine is the second largest residency program in San Antonio Uniformed Services Health Education Consortium, and one of the largest in the U.S. Recently, it was approved for a five-year accreditation cycle — the maximum permitted — which provides recognition of the program's excellence.

SAUSHEC oversees the training of Army and Air Force residents in 37 different training programs and is directly responsible for 33 programs, while the other four train military physicians, but are sponsored by the University of Texas Health Science Center in San Antonio. There are approximately 600 military physicians training in San Antonio.

Working closely with the program director from the UT Medical Branch in Galveston, Kacprowicz coordinated an effective training experience for Brock at Brooke Army Medical Center, which started Oct. 1.

"I always assumed that I would never have the opportunity to do a residency at BAMC," he said. "This whole situation has actually provided me with a very limited training opportunity that few physicians ever have the privilege to

be a part of."

Under BAMC, Brock will continue in the same path he would have taken at his home institution - training in the Emergency Department and rotating with the Internal Medicine service.

"He's receiving very similar training, with the exception of seeing and treating primarily military beneficiaries," Kacprowicz said. "We also emphasize military professionalism and preparation for wartime deployments."

Brock's training involves both classroom didactics and home study with the majority of his time spent engaged in direct patient care under the supervision of faculty board certified in Emergency Medicine.

"When a patient comes to the emergency department, I interview, examine and treat them, performing any minor procedures appropriate in the Emergency Department setting," Brock said.

"If a trauma comes into the ED, as an intern one of my responsibilities as a part of the trauma team is to manage the head of the bed, and the airway of the patient," he said.

"He's receiving very similar training, with the exception of seeing and treating primarily military beneficiaries."

*Lt. Col. (Dr.) Robert Kacprowicz
Emergency Medicine Program director at BAMC*

"This may be as easy as supplying oxygen to the patient, or it may require immediate emergent intubation in order to save the patient's life."

Initially, Brock hoped to return to Galveston to complete his residency after the program and the hospital regrouped from the hurricane.

However, the resident learned awhile back that his residency was going to be discontinued, and he would have to find a new program to complete the remaining two and a half years.

"In an effort to help me in this bleak situation, Lt. Col. Kacprowicz asked, and received permission for me to finish out my entire intern year here through July 1," Brock said.

However, Kacprowicz efforts didn't stop there. He also introduced Brock to the vice-chairman of Emergency Medicine at Ohio State University; a resi-

dency program that was one intern short.

After interviewing for the open slot, Brock received an offer to start soon. "But given the length of the accreditation process for physicians in Ohio," he said, "I'll most likely continue training at BAMC until January 1."

Looking back, Brock said despite the tragedy of the situation in Galveston, "this was a great opportunity to train at a military Emergency Medicine residency program and be trained by military physicians with an immense amount of knowledge in trauma and emergency medicine knowledge, hard-earned through deployments.

"Thanks to BAMC and the Emergency Medicine training program here, I can now look forward to serving at home and on deployment with some of the very physicians that I had the pleasure to train with."

LINGUIST from P9

3/3. Her proposal to improve scores expands beyond language training to include classes in test taking strategy, vocabulary building techniques, global awareness, basic grammar lessons in both languages, and consistent structured language training utilizing new technology such as various internet Web sites.

"The most important thing is to impact the language program, and I am humbled by the opportunity to do so," she said.

During a ceremony, Lt. Col. Michael J. Pappas, brigade deputy commander, presented Whale with an Army Commendation Medal, a plaque and an opportunity to travel to the Dominican Republic to practice language submersion skills.

Whale has been with the 314th MI Battalion since January 2005 and plans to further use her skills working as a military liaison noncommissioned officer within the Defense Attaché System, a part of the Defense Intelligence Agency.

New Warrior and Family Support Center opens

Wendy Rand and 16 month old daughter, Madelynn, attend the opening ceremony of the new Warrior and Family Support Center Dec. 1. Kelsie, a therapy dog with the Penny's From Heaven Foundation enjoys the attention. Rand a volunteer for WFSC said, "I volunteer here because my husband, who is in the Army, arrived home safely. This is my way of saying thank you to the wounded warriors."



(From left) Pete Fredericksen, Diligent Consultants, takes a moment to add his name to the guest book Dec. 1 as Returning Heroes Home representatives, Erika Joseph and Denise Breed look on. All the guests touring the new Warrior and Family Support Center signed the guest book.

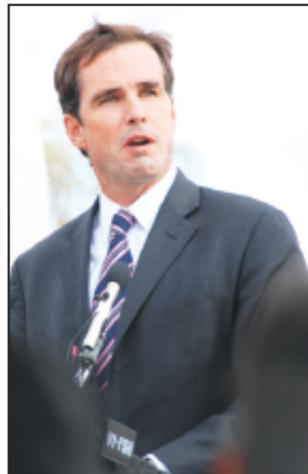


The Warrior and Family Support Center great room offers comfortable seating areas, a rock fireplace and a warm homey atmosphere. A large butterfly sculpture designed by wounded warrior Bill Kleindler graces the fireplace. The butterfly has been adopted as a symbol of hope and rebirth by the Family members and care-givers of the wounded warriors.



Judith Markelz (right), program director for the Warrior and Family Support Center greets Architect Renee Casvazos before the opening of the new WFSC Dec. 1. Markelz and Casvazos were pulled in many different directions in preparation for the opening of the new 12,000 square foot facility that replaced the 1,200 square foot room in the Powless Guest House.

Bob Woodruff, television journalist and keynote speaker addresses a crowd of about 500 at the opening ceremony of the new Warrior and Family Support Center Dec. 1. Woodruff was the first American news anchor to be wounded in Iraq in January 2006.



Special guest Judy Soper, mother of Spc. Joseph Paulk, speaks at the opening ceremony for the Warrior and Family Support Center Dec 1. Soper has been by her son's side for 15 months as he recovers from wounds he received in combat. She found the WFSC to be a caring place to go and spend time with her son.

Story and photos by Cheryl Harrison
Army Community Service Marketing

What began as a dream turned into reality Dec. 1 as the keys were presented to Judith Markelz, program manager for the new 12,000 square foot Warrior and Family Support Center at Fort Sam Houston.

For five years the WFSC was located in a 1,200 square foot room in the Powless Guest House. With one desk shared by employees in a very crowded room filled with wounded warriors and Family members, Markelz dreamt of a permanent stand-alone building.

Two years ago Les Huffman of Huffman Developments spoke with Markelz and asked her "What do you need here?"

Markelz, a woman who speaks her mind, without timidity, had a big dream and Huffman and his brother Steve, president of Huffman Developments agreed it had to become a reality.

During the afternoon hours of Dec. 1 despite crisp temperatures and high winds, and 15 months following the groundbreaking, the crowd of more than 500 witnessed history as the new WFSC opened its doors. With inspiring words from high profile speakers and guests, the keys to the building were turned over to the Army with a ribbon cutting ceremony.

Mistress of Ceremony Eliza Sonneland, board member of Returning Heroes Home introduced Max Lucado, senior minister of Oak Hills Church and noted author who provided the invocation. The National Anthem was performed by the U.S. Army Medical Command Band and Maj. Gen Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School, welcomed everyone.

"Five years ago a conference room was converted to a place of respite for our wounded warriors and their Families. Today

we thank you for the support of our San Antonio community, for making this building a reality and a place we can honor and serve our wounded warriors," said Czerw.

Following were brief words from Huffman and Judy Soper, mother of Spc. Joseph Paulk, who have been at BAMC for 15 months, both praising the work and encouragement Soldiers received at the WFSC.

Huffman's words praised the hard work that went into the WFSC and the mentorship his brother provided. He said, "What began in a Sunday school class as a discussion of how one person can make a difference, later translated into this marvelous building."

Markelz once again was introduced and gave remarks following a standing ovation. Her words of thanks were spoken with quips and lightness, covering the quiver in her voice.

"I want to thank the wounded warriors for the sacrifices they have made for us and our nation. I promise you we will fill this building with laughter, joy, excitement and caring as a tribute to our Wounded Warriors," said Markelz.

Finally the keynote speaker, a man who knows only too well what it takes to recover from wounds received in the war zone of Iraq took the podium.

Bob Woodruff, television journalist, became the first American news anchor to be wounded in Iraq when he was nearly killed by a roadside bomb in January 2006.

In February 2007, Woodruff and his wife published an account of their lives after his injury. The book delves in to the explosion in Iraq that affected his family and focuses on his lengthy, ongoing recovery. A percentage of book's proceeds are donated to the Bob Woodruff Family Fund for Traumatic Brain Injury.

Woodruff said, "This center represents the long-term com-

munity support the wounded need. That's why a permanent building like this is so needed."

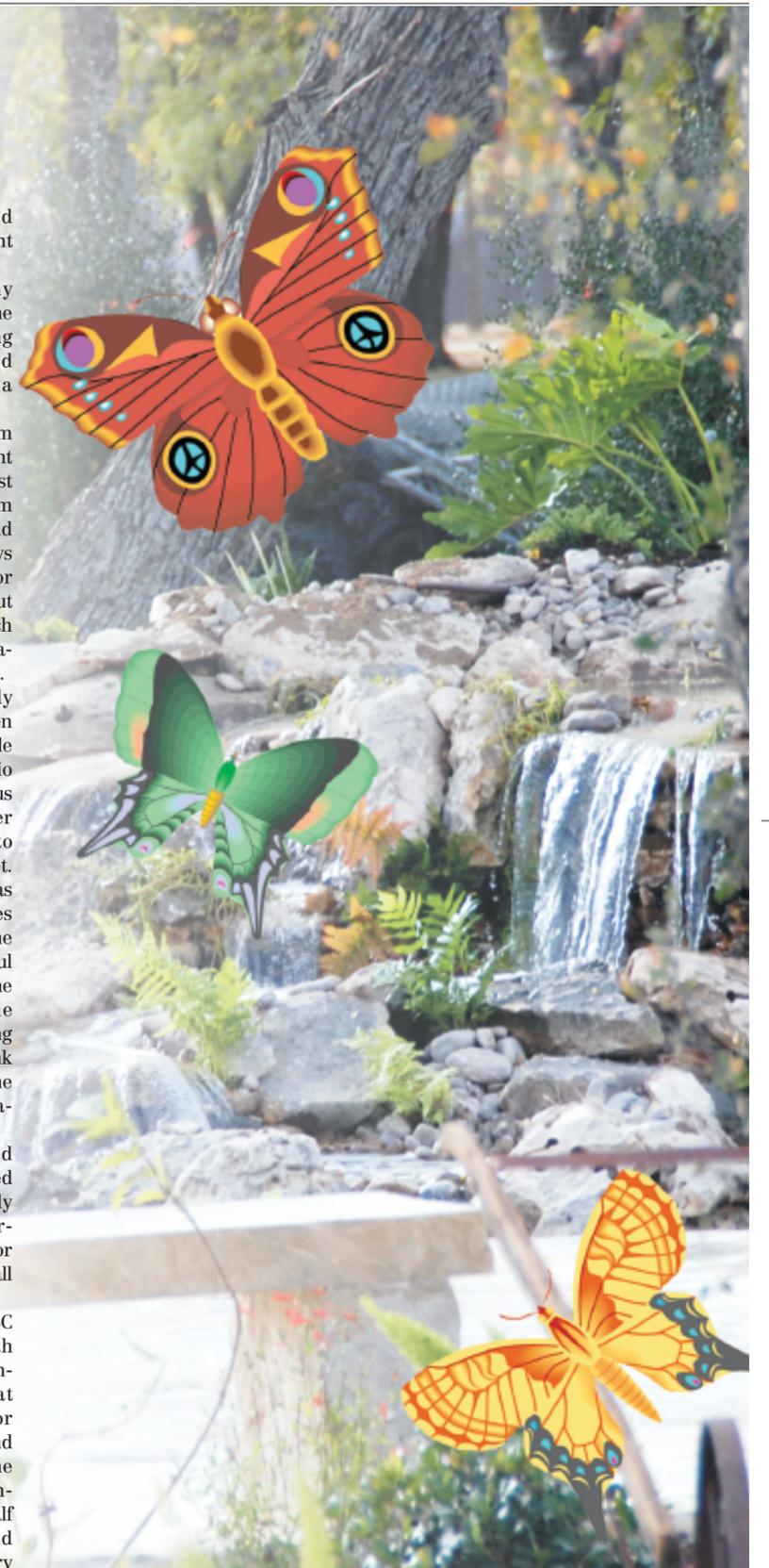
Following the ceremony guests were invited to enjoy the refreshments and walk among the beautifully landscaped serenity gardens before taking a tour of the new facility.

Upon entering the great room of the new facility, it is apparent the center will be more than just a place to watch TV. The room exudes warmth, friendliness and comfort. The WFSC has always provided that environment for Warriors and their Families but now the new "home" has much more adequate space and capabilities to carry out that mission.

The \$4.5 million privately funded building offers big screen TVs in virtually every imaginable spot, to include the back patio over the two way fireplace, plus a library of DVDs. A computer lab has over 20 computers to check e-mail or use the internet. The theater and game room has an assortment of XBOX games and many craft activities. Home baked refreshments are plentiful in the dream kitchen, where the coffee pot is always on. The great room offers several seating areas with leather sofas to sink into and just relax or read some of the many books and magazines.

The large open front and back porch areas are equipped for cookouts and the butterfly garden provides tranquil personal space on its pathways or by the peaceful flowing waterfall and pond.

The dream of the new WFSC facility became a reality with more than 5,500 financial contributors, 75 companies that provided discounted goods or services in the construction and furnishing of the building, the hundreds of dedicated volunteers who have served on behalf of the wounded warriors and their Families and the military staff who recognized the need and supported the mission to completion.



The beautifully landscaped butterfly garden behind the new Warrior and Family Support Center provides a tranquil personal space.

Photo illustration by Lori Newman

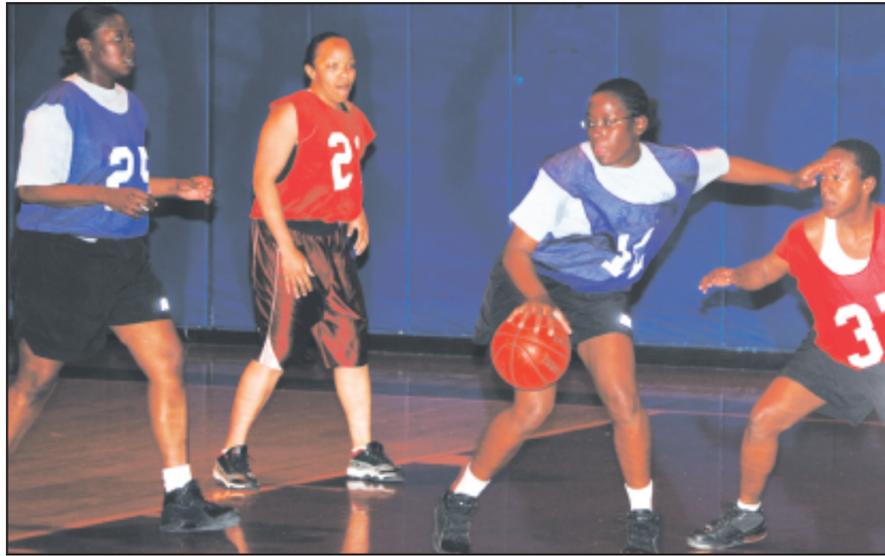


Photo by Esther Garcia

B Company, 264th Medical Battalion wins 32nd Medical Brigade Thanksgiving basketball shootout

B Company, 264th Medical Battalion Men's and Women's teams beat C Co., 187th Med. Bn. to claim the 32nd Medical Brigade Thanksgiving Basketball Tournament Championship Nov. 24.

In the women's game B Co., 264th Med. Bn. came out strong, jumping to a quick 10-0 lead before C Co., 187th Med. Bn. was able to score a basket, but it was not enough. B Co., 264th, led at halftime 15-3. In the end B Co., 264th Med. Bn. out rebounded C Co., 187th Med. Bn.

to continue their dominance leading to the final score of 26-8.

In the men's game C Co., 187th Med. Bn. jumped out to a quick lead 6-0 before B Co., 264th Med. Bn., chipped way and eventually took the lead 20-8 into halftime. In the second half B Co., 264th Med. Bn. played superior defense to turn up the heat leading to the final score of 40-13.

(Source: Jimmy Brought Fitness Center)

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 fea-

tures 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. 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.

Olympic swimmer visits Fort Sam elementary students

By Dr. Kathy Maxwell
Fort Sam Houston Elementary School

Olympic swimmer, Josh Davis, visited Fort Sam Houston Elementary fourth and fifth grade students this week.

Davis spoke with the students about the three keys to success. His keys are simple and straightforward: remember you have a gift, work hard and be nice to people.

Davis is a native Texan and a San Antonian. In 1996, Josh Davis made history by winning three gold medals and two silver medals in the Atlanta Olympic Games Swimming competition. He currently coaches swimming teams and swimming coaches. He travels as a motivational speaker, serves as a master clinician and faith-based speaker.

Davis' personal testimoni-

Davis spoke with the students about the three keys to success. His keys are simple and straightforward: remember you have a gift, work hard and be nice to people.

als were powerful and moving messages for the children.

Following the presentation, several fifth graders shared their thoughts.

"Every one of us has a gift. That gift matters because it is gold for me ... my gold medal," said Susanah Hoyos Cuervo.

Morgan Desormeaux, stated, "I learned that if you don't work hard in life you won't be able to reach your goal."

Cole Kirchen said, "The most important thing that Josh said was I have to be nice to people. That is important because a person's friends are the ones who will help them succeed."

Still another student, Paula De Oliveira, believes that the most important thing Josh said to her was, "My life is a gift. I had not thought about it that way."

Connor Glad decided, "I have to live my life with an attitude of gratitude."

Finally, Jake Halstrom summed it up, "I can't be worried about the past or the future. I learned that I have to live and do the best I can today."

Josh Davis may have won five Olympic medals in 1996, but this week he won the hearts and minds of the Fort Sam Houston Elementary fourth and fifth grade students.

Students of the Month



Photo by Elizardo Hernandez

Each month the Robert G. Cole Middle and High schools recognize one student from each grade for his or her outstanding attitude, citizenship and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The recipients for November are (back row, from left) Valeri Michna, 10th grade; Catherine Davis, 12th grade; and Carter Howell, 7th grade. (Front row, from left) William Mason Starnes, 8th grade; Kealoha Schuster 6th grade; and Moses Villescas, 9th grade. Zack Gutierrez, of the 11th grade, could not make the photo session.

Fort Sam Houston ISD to sale equipment

The Fort Sam Houston Independent School District will host a sale of obsolete equipment Dec. 13 from 9 a.m. to 1 p.m. at Cougar Stadium, 1900 Winans Road. The Fort Sam Houston community is invited to preview and purchase used items, such as file cabinets, bulletin boards, desks, chairs and tables. For more information, call Assistant Principal Elizardo Hernandez at 368-8736.

Fort Sam Houston Independent School District Weekly Campus Activities – Dec. 8 to 13

Fort Sam Houston Elementary School

Dec. 8
Dress rehearsal for winter program

Dec. 9
PTO meeting in cafeteria, 6 p.m.

Winter program in cafeteria, 6:30 p.m.

Dec. 12
Spirit day

Robert G. Cole Middle and High School

Dec. 8
ATSSB clinic and competition

Girls' JV/V basketball vs. San Antonio

Hawkins at Cole, 5:30 and 7 p.m.

Dec. 9
Boys' F/JV/V basketball vs. Hondo at

Cole, 5, 6:30 and 8 p.m.

Boys' soccer vs. St. Mary's Hall at Cole,

4:30 p.m.

Dec. 10
Girls' soccer vs. Holy Cross at Cole,

4:30 p.m.

Middle school fall production "The

Slumber Party" in the Fine Arts

Building, 6:30 p.m.

Dec. 11
Boys' soccer vs. St. Anthony at Cole, 5

p.m.

Girls' varsity basketball Pearsall

tournament, TBA

Middle school opera for kids

High school band/choir holiday concert

in Moseley Gym, 7 p.m.

Slumber Party" in the Fine Arts

Building, 6:30 p.m.

Dec. 11
Boys' soccer vs. St. Anthony at Cole, 5

p.m.

Girls' varsity basketball Pearsall

tournament, TBA

Middle school opera for kids

High school band/choir holiday concert

in Moseley Gym, 7 p.m.

Dec. 12
Boys' varsity basketball Hondo

tournament, TBA

Girls' varsity basketball Pearsall

tournament, TBA

Girls' soccer vs. TMI at Cole, 5 p.m.

Swim meet at San Antonio Natatorium,

5 p.m.

Dec. 13
Boys' varsity basketball Hondo

tournament, TBA

Girls' varsity basketball Pearsall

tournament, TBA

JROTC at Jay High School drill

competition

Need to talk?

Military, Family Life services available at ACS

By Cheryl Harrison
Army Community Service Marketing

More often than not military families find themselves under more stress than their civilian counterparts due to frequent relocations, income, employment changes and childcare. Add to that the day-to-day issues of the on-going war on terror and the subsequent increase of deployments, the stress placed on military families can be increased many times over the norm.

In an effort to respond to the issues that military families must deal with the Department of Defense established the Military and Family Life Consultant program to

provide non-medical, short-term situational, problem solving counseling services.

Following the successful 2004 MFLC pilot program, a five-year contract was awarded to MentalHealth.net in February 2007. The MFLC program addresses issues that occur across the military lifestyle and helps service members and their families cope with normal reactions to stressful events created by deployments, war and reintegration.

MFLC consultants are available to listen and help service members, spouses, children and staff address issues such as deployment and reintegration; marriage and relationship issues; parenting, sibling

and family issues; communication challenges; stress and anxiety; depression; grief and loss and daily life issues.

MFLC is intended to serve all services including Guard and Reserve components. To maximize the support available to Guard and Reserve service members, the MFLC prepares for issues surrounding pre-deployment, mobilization and post-deployment, they provide educational presentations, briefings and counseling support during drill weekends. They also provide family events on not only deployment and reunion and reintegration but also other stressful issues dealing with life skills and military lifestyle.

Consultants with the MFLC

The MFLC program addresses issues that occur across the military lifestyle and helps service members and their families cope with normal reactions to stressful events created by deployments, war and reintegration.

program are licensed clinical counselors with masters or Ph.D. level degrees. They work with families, individuals, couples and children to provide non-medical problem identification counseling service. The consultants address relationship, stress management, grief after loss, occupational and other individual, family issues and provide crisis intervention when needed.

Consultants also work with

port programs to complement services provided at Army Community Service and other family support agencies.

Consultations and trainings are free and anonymous. No records are kept. After-hours and weekend appointments are available and group or off-site meetings can be arranged.

For more information about the MFLC program, visit www.mhngs.com or to schedule an appointment, call the local MFLC consultant at 376-7824.

Holiday hours for FMWR facilities

For the holidays the Directorate of Family and Morale, Welfare and Recreation facilities will be closed the following days:

Sam Houston Club

Dec. 22 through Jan. 6 – Closed except for special events

Fort Sam Houston Golf Club

Dec. 24 and 25 – Closed
Dec. 31 – Closed

Jan. 1 – Closed

Bowling Center

Dec. 22 through Jan. 6 – Closed except for special events

Harlequin Dinner Theatre

Dec. 21 through Jan. 1 – Closed

Child and Youth Services

Dec. 25 to 28 – Closed
Dec. 29 – resumes normal hours



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.

Sam Houston Club

Christmas Brunch

The Sam Houston Club will host a Christmas Brunch Dec. 21 from 10 a.m. to 1:30 p.m. The price is per person \$21.95 for non-members, \$18.95 for members, \$8.95 for children ages 6 to 11, children 5 and under free. Menus may be picked up at the club prior to the event. For reservations, call 226-1663 or 224-2721.

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.

Recreation and Leisure

Coushatta Resort trip

The Family and Morale, Welfare and Recreation Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Resort in Kinder, Louisiana.

The bus departs the Sam Houston Club Dec. 9 at 7 a.m. and returns Dec. 10 at 10 p.m. The cost is \$49 per person and includes round-trip motor coach transportation, overnight hotel accommodations, continental breakfast at the hotel and one \$23 coupon for the casino. Must be 21 years or older and possess valid photo ID at all times. Make reservations at the ticket office by Dec. 5. For more information, call 226-1663 or 224-2721.

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

Warriors Monthly Scramble

The Fort Sam Golf Club hosts a Warriors Monthly Scramble the first Friday of every month with a 12:30 p.m. Shotgun Start. To participate, register at the Golf Club Pro Shop. A registration fee of \$25 will apply. For more information, call 222-9386.

Lucky Santa holiday sale

The Fort Sam Houston Golf Club's annual "Lucky Santa" holiday sale now through Jan. 9. For every \$25 purchased, patrons will be eligible to draw for discounts ranging from 5 to 50 percent. 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. Discounts do not apply to Karsten golf products and is only offered to FSHGC Golf members, active duty, and DOD Employees. For more information, call 221-4388.

Bowling Center

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.



Calling all first-term spouses

Army Community Service will hold an orientation for all first term spouses Dec. 11 from 9 a.m. to noon at ACS, 2010 Stanley Road, Building 2797. This first-time event will provide an

See FMWR P20

FMWR from P19

overview of all ACS services offered to active-duty military and their Families. All spouses new to the military and to the Army are encouraged to attend this informative gathering. For more information, call 221-0427 or 221-2705.

Mobilization, Deployment classes

Army Community Service Mobilization and Deployment will hold the following classes in December:

Pre-Deployment Planning Training will be held Dec. 16 from 9 a.m. to 3 p.m. This training is designed to increase the Spouse's ability to face deployments with resilience and strength, allowing easier separations. Register by Dec. 11 at 4 p.m.

Post-Deployment Planning Training will be held Dec. 16 from 9 to 10 a.m. This training is designed to increase the spouse's ability to face reintegration with resilience and strength, allowing smoother reunions. Register by Dec. 12 at 4 p.m.

Family Readiness Group Key Caller Training will be held Dec. 16 from 1 to 3:30 p.m. This training will define the responsibilities of the FRG Key Caller and provide information on performing this role. Register by Dec. 12 at 4 p.m.

Immigration Services visit ACS

The San Antonio Field Office for U.S. Citizenship and Immigration

Services will be available at the Relocation Readiness Program Dec. 18 from noon to 2 p.m., at Army Community Service, Building 2797. Soldiers and Family members can get answers on immigration questions, assistance with forms and address concerns. For more information, call 221-9698 or 221-1681.

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

Army Community Service Family Advocacy Program will hold Teen Talk

Dec. 17 and every other Wednesday from 4:30 to 5 p.m. at the Child, Youth and School Services. This is an opportunity for teens to discuss issues of interest. For more information, call 221-2055 or 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.

Community**Events****Boerne Christmas walk**

The Randolph Roadrunners Volksmarch Club will host a 5K and 10K walk Dec. 6 starting at 8 a.m. and noon, to finish by 3 p.m. at St. John's Lutheran Church, 315 Rosewood Avenue, Boerne, Texas. For more information, call Joanne Forinash at 493-8543, e-mail sjforinash@yahoo.com or visit www.geocities.com/randolphroadrunners/.

Festival of Lights walk

The Smithville Volkssport Club will host a 5K and 11K walk Dec. 6 starting at noon and 3 p.m., to finish by 6 p.m. at the Smithville City Hall, 317 Main Street, Smithville, Texas. For more information, call 512-237-2313 or e-mail chamber@smithvilletx.org.

Hope for Heroes workshop

The Samaritan Counseling Center will host a free workshop, "Getting Through the Holidays While My Spouse is Deployed," for military Families of service members deployed to Iraq or Afghanistan Dec. 6 from 10:30 a.m. to noon at the Ecumenical Center, 8310 Ewing Halsell Dr., San Antonio. For more information, call Bryan Chase at 616-0885, ext. 214. To register, call 512-451-7337, ext. 118, or e-mail hopeforheroes@samaritan-center.org.

Financial Roadshow seminar

The Department of Defense Financial Roadshow will be held Dec. 10 from 8 a.m. to 4:30 p.m. at Lackland Air Force Base Bob Hope Theater. The event is aimed at helping service members and Families improve their financial circumstances and learn important ways to take control of their finances. Topics include identity theft, how to safeguard personal information, how to maintain a positive credit report, how much home you can really afford and how to be protected from foreclosure, savings and long-term investing and managing debt and saving smart. The keynote speaker will be Dr. Robert Manning, founding director of the Center for Consumer Financial Services. Registration begins at 7:30 a.m. For more information, call 221-0555 or 221-2705.

mation, call Lackland Airman and Family Readiness Flight at 671-3722.

Winter formal

The Army Medical Department Center and School and Fort Sam Houston will holds its winter formal "Evening of Elegance" Dec. 12 at 6:30 p.m. at the Sam Houston Club. The social hour 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.

Christmas on the Hill

The Government Hill Alliance Neighborhood Association will host a Christmas on the hill Dec. 14 from 1 to 5 p.m. at the Antonian Inn located at IH-35 and New Braunfels Avenue. Advance tickets are \$10 and \$15 at the Antonian Inn. For more information and to purchase tickets, call 271-3677 or 822-3038.

Military Spouse of the Year

The Military Spouse Magazine is accepting public votes for the 2009 Military Spouse of the Year award. The MSOY represents the millions of military spouses who are unsung heroes maintaining the Homefront, giving back selflessly to their communities, and providing support to our nation's troops. No registration, membership or fee is required to vote. The deadline to vote is Dec. 24. For more information or to vote, visit www.msos.milspouse.com.

See COMMUNITY P21

**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: Jazzy wheelchair, model 1113, \$1,300. Call 433-7803.

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

For Sale: Kimball organ, Syntha swinging fingers with bench and music, excellent condition, \$1,000 obo. Call 653-3192.

For Sale: Black leather sofa, \$75 obo; beige cloth sofa with large pillow, \$75 obo; Magnavox console TV, good condition, \$40. Call 414-0357 and leave message.

For Sale: Bassett Credenza, designed to accommodate up to a 50 inch LCD TV, features two sliding accordion doors, center has three glass shelves; two end sections have two glass shelves, with three-outlet/coax power strip, cord access in center, heavy construction, Java (dark cherry), 20 inches high by 56 inches wide by 20 inches deep, \$150 firm. Call 818-6585.

For Sale: Ladies golf clubs with bag, \$85; four glass sliding shower doors, \$15 each. Call 593-1512.

For Sale: Refrigerator, almond, freezer on top, \$75. Call 387-2659.

For Sale: Exercise equipment, \$200; custom-built dog house, \$250; buffet table, \$50; oak desk, \$45; four tires, \$50. Call 633-2247.

For Sale: Aquarium coffee table, 30-gallon tank, lighted, 2.5 feet wide by 3.5 feet high, \$275; toddler black dress shoes, sizes 6 and 9, \$10 each; toddler boots, size 5, \$15. Call 412-2151.

For Sale: Ford cargo van, new tires, cold A/C, runs great, \$3,500. Call 393-0478.

For Sale: Bissell upright vacuum, \$25; office chair, black, \$25; washer and dryer, \$125 each; queen-size bedroom set with headboard, two dressers and mirror, \$350; complete dinner set, new, \$15. Call 241-1291.

For Sale: Refrigerator, 4.5 feet tall, \$95; four Bridgestone, 16-inch tires, \$70; framed decorative Coors sign, \$35; Mudd and Old Navy jeans, \$10; designer fluffy puppies, \$275. Call 633-3859.

For Sale: Pro model Boesling, 8 foot pool table, all accessories, \$1,000 you move or \$1,400 will move and set up. Call Clyde at 656-6466.

For Sale: 2006 Ameri-Lite Gulf Stream travel trailer, type-MPV 21MB, \$9,000; 2003 Suzuki Intruder, VSP 1400 Motorcycle, excellent condition, \$5,200 obo. Call 838-8346 or 681-5564.

COMMUNITY from P20**Meetings****Spouses' Club**

The Spouses' Club of the Fort Sam Houston Area will meet Dec. 16 at 11 a.m. at the Historic Stilwell House, 626 Infantry Post Road, Fort Sam Houston. Featured guest speaker Joan Gaither will share stories about the historic Stilwell House. Refreshments will be provided. This event is free. For more information, call Kelly Pinsky at 233-8401 or e-mail kelly.pinsky@us.army.mil.

Training**Green to Gold briefing**

People interested in becoming an officer can attend the Green to Gold briefing Dec. 17 from 11 a.m. to 1 p.m. at the Fort Sam Houston Education Center, Building 2243. For more information, call the Education center at 221-1738.

Army e-Learning Program

The Army e-Learning Program has 30 Rosetta Stone foreign language courses and 2,600 other courses available, to include new course content on Lean Six Sigma. The Army has included the Books 24/7 features that provide a user more than 4,000 business professional titles, over 6,000 titles in IT Pro and nearly 350 in-office essentials. All reference books are free to authorized users. For more information, call Julie Gueller at 221-6203.

SAEDA/OPSEC classes

The Subversion and Espionage Directed Against the U.S. Army and Operations Security (SAEDA/OPSEC) classes are scheduled for Fiscal 2009. The class dates are:

- Jan. 8 from 10 to 11 a.m. at Evans Theater
- Feb. 4 from 10 to 11:30 a.m. at Blesse Auditorium
- March 12 from 10 to 11 a.m. at Evans Theater
- April 1 from 10 to 11:30 a.m. at Blesse Auditorium

Attendees must bring their Common Access Card to sign in. For more information about Evans Theater briefings, contact the Garrison Security Office at 221-2280, 221-1906 or 221-9500. For more information about Blesse Auditorium briefings, contact the Army Medical Department Center and School Security Office at 221-8841 or 221-8199.

Volunteer**Volunteers needed for research study**

Volunteers are needed for a research study, "Diabetes and Cardiovascular Risk Reduction Program for the Military Population." If you are between the ages of 18 to 62, overweight, and do not have type-2 diabetes, you may qualify for a Group Lifestyle Balance Program directed at controlling weight and improving health. For more information, call Athena Martinez at 292-2842.

Religion**CWOC Meetings**

The Catholic Women of the Chapel will meet Dec. 5 for Rosary at 8:30 a.m. followed by Mass at 9 a.m. and program at Dodd Field Chapel. Enrichment or Bible Study is held

Mondays from 9:15 to 11:15 a.m. at Dodd Field Chapel. Child Care is provided. For more information, call 442-8957 or 830-914-2326.

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.