

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

Dec. 11, 5:30 p.m. at the Sam Houston Club

Warrior and Family Support Center anniversary marks milestone in meeting Soldiers' needs

By Steve Elliott
 FSH Public Affairs

One year and more than 81,000 visitors later, the "right thing to do" has meant the world to wounded warriors and their Families who frequent the Warrior and Family Support Center on Fort Sam Houston.

The one-year anniversary celebration

of the 12,000-square-foot facility Dec. 3 highlighted the progress the center staff has made in caring for Soldiers injured in combat and their Families.

The WFSC provides a friendly, comfortable environment where the Soldier and Family members can rejuvenate, relax and watch a movie on big-screen TVs, play video games,

check e-mail or use the Internet. They can select a book or magazine to read, make a phone call, grab a cup of coffee or go on any of the dozens of off-post trips planned by the center's staff.

"Our dream was to have a building to house a new Support Center where we could do a better job of providing care to the

wounded and burned military personnel and their Families," said Judith Markelz, WFSC program manager.

That dream got the interest of local developers Steve and Les Huffman, who own Huffman Developments, a Texas-based building company.

In January 2007, Steve visited the old center and asked

Markelz what it needed. Markelz said she replied that the center needed a video game system to replace one that had been stolen and Huffman complied.

He then wanted to know what else the center needed.

"Be careful what you ask for," Markelz said as she acknowledged

See WFSC P7



Photo by Steve Elliott

Col. Mary E. Garr expresses her thanks to the staff of the Warrior and Family Support Center at the anniversary celebration Dec. 3.

Services at McWethy TMC include learning some 'Navy-speak'

By Navy Cmdr. Matt Carlberg
 Navy Medicine Training Center

Asking where the head (latrine) is located in the McWethy Troop Medical Clinic may get a quizzical look, but a surprising number of the staff speak some Navy.

Ignoring the lack of salty lingo and stripping away some minor differences in culture, McWethy TMC runs pretty much like any branch clinic you'd find aboard a Navy or Marine Corps Base.

TMC opened in the early 1980s and

See MCWETHY P10



Courtesy photo

McWethy Troop Medical Clinic

AMEDDC&S announces Instructor of the Year

By Lori Newman
 FSH Public Affairs

The Army Medical Department Center & School announced the winner of the Instructor of the Year competition Dec. 4 during a ceremony at the AMEDD Museum.

Lt. Col. Mark Carder, Department of Preventive Health Services, Academy of Health Sciences received the honored title after winning Instructor of the Quarter and being nomi-

nated for the yearly award.

Throughout the year AMEDDC&S department chiefs and sergeants major recognize exceptional instructors by nominating them for Instructor of the Quarter. Winners of the Instructor of the Quarter are eligible to compete for the Instructor of the Year.

"Lt. Col. Carder has demonstrated superior teaching abilities and

See INSTRUCTOR P8

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Resourcing the Army Home: Installation funding levels decline

By Lt. Gen. Rick Lynch
Commander, IMCOM

In recent years, the Army and its Installations have enjoyed unprecedented levels of funding.

In fiscal year 2008, the Army hit a high-water mark in its fiscal history with a total annual budget exceeding \$250 billion – three times more than FY2001 funding level.

Much of this growth is attributed to funding the war, rebalancing our Army through investments in Army's force structure, equipment, infrastructure, and key Soldier and Family programs.

Funding levels of this magnitude are unsustainable year after year and as the country faces some stiff economic challenges, we are forced to reduce funding and exact a greater level of stewardship over our resources.

The Installation Management Command – like other commands throughout our Army – will operate at reduced funding levels. This means that starting in 2010, performance levels for some installation services will be notably less than what we have had in recent years and will remain at that level for the foreseeable future.

Our challenge is to ensure those key, higher-priority programs across

our installations do not suffer. We will maintain our full support to life, health and safety programs, the Army Family Covenant and those services that prepare our Soldiers and their Families for deployment in support of the Army's Force Generation model.

These are non-negotiables that will remain fully funded. This is our commitment; we will not depart from it. However, there will be other installation services that will clearly be reduced.

We have grown accustomed to some very high levels of service across the board in recent years and we all need to be forthcoming with the expectation that things will be different in some areas. Help manage this

expectation across your garrisons. Educate everyone as to which changes they can expect to see. A simple explanation can go a long way to helping understand the changes some of our installation services will undergo.

Across the Army's installations, we can do much to help ourselves by becoming better stewards of our resources. It starts with the individual; everybody has a role. Simple things like turning the lights off, powering down your computer at night, driving tactical vehicles instead of Transportation Motor Pool vehicles or conducting a video teleconference instead of traveling to a distant site unnecessarily, all save money – and no savings is too small to forego.

“We will maintain our full support to life, health and safety programs.”

Commanders and leaders across the installation have a key role and are responsible for the efficient use of our resources. Costs should be an inherent consideration in your every decision. We too often marginalize this key factor in making good, resource-informed decisions but we can no longer afford to do so.

As I travel throughout the Army community, I carry the message that we can do business smarter and more efficiently without sacrificing the quality of service that our Soldiers and their Families so richly deserve.

I challenge everyone to

do the same; to work together to ensure that those key installation programs that mean so much are well resourced and operated; that we do away with wasteful and unnecessary spending.

Every person – whether you are a Soldier, Family member, one of our great DA Civilians or a contractor serving our Army – is needed and can make a difference.

Ask yourself if you are doing the right things and then, are you doing them right. Doing things right means doing them in the most cost efficient way without sacrificing effectiveness.

Early Birds get the Bargains

Fort Sam Houston Post Exchange “early bird” shoppers will be rewarded with a flurry of discounts during two limited special events Dec. 19 and 24, 7 a.m.-9 a.m. The PX will distribute two pages of coupons for each “early bird” event.

News Briefs

AMEDDC&S Holiday Ball

The Army Medical Department Center & School 2009 Holiday Ball, "A Magical Evening," will be held Dec. 11 at the Sam Houston Club. Social hour will begin at 5:30 p.m. and dinner will be served a 7:15 p.m. Tickets \$38/person, see your unit representative. Call 221-3899.

Federal Employees Health Benefits Open Season

Open season for the Federal Employees Health Benefits Program, Flexible Spending Accounts and the Federal Employees Dental and Vision Insurance Program runs through Dec. 14. Employees can enroll, change or cancel through the Army Benefits Center-Civilian Web site at www.abc.army.mil or call 877-276-9287. Call 221-2934/2526.

MLK Celebration

Brooke Army Medical Center Celebrates Dr. Martin Luther King Jr. at BAMC Medical Mall Area, Jan. 13, noon-1 p.m. Celebration includes a poetry contest open to all BAMC Soldiers and employees about anything that pertains to King. Deadline is Dec. 17. Contest winner will present his or her poem during the event. Call 916-6401.

LMH Offices Closure

Lincoln Military Housing offices will be closed Dec. 18, 11 a.m.-3 p.m. for their holiday luncheon. Call 270-7638.

Pet vaccination Clinics

The Fort Sam Houston Veterinary Clinic offers low-cost vaccinations for Lincoln Military Housing residents Dec. 19, 8 a.m.-12 p.m., on the patio of the Harris Heights Community Center; and Jan. 9, 8 a.m.-12 p.m., on the patio of the Main Resident Center. Cost is \$10 each for distemper/parvo, leptospirosis, and rabies and \$20 for 4DX HXT. Payment by cash or check only, call 295-4260.

Soldiers to get retroactive pay for Stop Loss

By Joshua Wick
Army News Service

An estimated 120,000 Soldiers and veterans are now eligible for retroactive Stop-Loss Special Pay.

The Department of Defense announced Oct. 21 that with the recent congressional authorization, Soldiers who were individually stop-lossed and on active duty between Sept. 11, 2001, and Sept. 30, 2008, can now claim a retroactive special pay of \$500 for each month they served past their end-of-service date. This includes Reserve and National Guard Soldiers on active duty during the period.

Soldiers can apply for the pay through an online application process at <https://www.stoploss-pay.army.mil>.

The Retroactive Stop-Loss Special Pay is new, said Maj. Roy Whitley, program manager, Army Retroactive Stop-Loss Special Pay. He explained that Soldiers on Stop Loss since Sept. 30, 2008 have already been compensated under a different program.

The Army is gradually suspending the use of Stop Loss. The Army Reserve started phasing out stop-lossed Soldiers in August. The Army National Guard followed shortly after beginning in September and the

active Army will begin in January.

"The interim goal is to reduce by half the number of Soldiers affected by Stop Loss," said Lt. Col. Ann Finley, chief, Distribution and Readiness Branch, Army G-1 (Personnel Directorate). She added that, "We expect to achieve this sometime in 2010; the long-term goal, when operationally feasible, is to suspend the use of Stop Loss altogether."

To qualify for Retroactive Stop-Loss Special Pay, a Soldier must have served under Stop Loss for at least one day of each month they are applying for, and those periods must be in accordance with All Army Activities Message (ALARACT 277/2009).

"The Army's Web e-file system went live Oct. 21, a few months after Congress signed the Supplemental Appropriation Bill which contained legislation to compensate stop-loss Soldiers. The amount in the bill is in excess of \$500 million," said Whitley.

"Because of the heavy volume of responses associated with this program," Whitley said, "we ask that applicants be patient as we work through the backlog of applications."

Whitley also said, "As soon as

there is enough data to develop a payment timeline we will post 'average time to payment' on our Web site."

In 1990 Presidential Executive Order 12728 authorized the Secretary of Defense to suspend any provision of law relating to retirement or separation applicable to any member of the armed forces determined to be essential to the national security.

Additionally, the Army has used Stop Loss periodically throughout its history. Prior to Sept. 11, 2001, the last time the Army used it was in the 1990s during Operation Desert Storm.

Soldiers who have trained and deployed together are vital to maximize and sustain unit cohesiveness and safety, according to Army officials. They said Stop Loss has enabled the Army to field a well-trained, combat experienced force to successfully carry out all its missions, including war fighting, stability operations and disaster relief.

The progress in Iraq, the Army's growth in manpower and the move to a new unit rotation model will give units more time to get their personnel trained up, is all having effects on the ability to cut back on Stop Loss, according to Army officials.

Retroactive Stop Loss Special Pay Program requirements:

- Apply by Oct. 21, 2010.
- Apply at <https://www.stoplosspay.army.mil>.
- If no longer in the military, a Soldier must be honorably discharged.
- Those claiming special pay must document they were individually, not unit, stop-lossed.
- Reserve members retained under Stop Loss will receive retroactive pay only for the period served on active duty, according to Army's Stop-Loss Web site. And reserve Soldiers may have periods before mobilization and after demobilization where retroactive pay cannot be paid.
- If case managers identify a problem with a claim or documentation, they will contact the Army's Human Resource Command for record verification. Claimants should not be alarmed if they receive a note indicating that their submitted records do not match the Army's records; the Army will work to resolve the issue. An individual claim tracking system is under development.
- Former service members without a Common Access Card or Army Knowledge Online account can obtain their records at www.archives.gov/st-louis/military-personnel.

'New' van helps MSD Honor Guard honor veterans

By L.A. Shively
FSH Public Affairs

Retired Air Force Master Sgt. Tom Earnest gladly accepted keys to a shiny white van from John Nau during a Dec. 7 ceremony at the Memorial Plaza in San Antonio.

Nau, president and CEO of Silver Eagle Distributors, donated the 15-passenger completely refurbished, three-year-old van to replace a 10-year-old vehicle the Fort Sam Houston Memorial Services Detachment Honor Guard was using to render military honors to individuals interred at the FSH National Cemetery.

"The van we had needed everything from a new air conditioner to new tires," said Earnest, commander, MSD Honor Guard.

"It's bigger and newer and able to accommodate the group while they perform their duties," Jose Armijo, administrative officer for the FSH National Cemetery and staff supervisor for the volunteers of the MSD Honor Guard.

Earnest said the refurbished van makes maneuvering easier for the volunteers of the honor guard, many of whom



Photo by Mark Langford

John Nau (center) presents Tom Earnest the keys to the van as Texas State Senator Carlos Uresti (left) looks on.

Road map to civilian jobs on Fort Sam Houston

The Department of the Army offers abundant opportunity for challenging and rewarding civilian employment in virtually all career fields and many parts of the world.

Whether a student, recent graduate, veteran, a current Federal employee, or a citizen seeking information; the Army is committed to making the process of applying for employment as easy as possible.

However, there are some speed bumps to navigate. Each year Army Commands hire over 25,000 permanent employees, and thousands of temporary and seasonal employees.

Please read on and travel down the hiring highway.

What jobs are available? The most current and reliable information is available via two web sites www.cpol.army.mil and www.usajobs.opm.gov. These sites are updated daily. The Army's Web page

www.army.mil/organization can be used to learn about the organization where the vacancy exists and about living and working in that location.

Types of announcements? Vacancy announcements target two audiences. The first type of announcement is generally for current permanent Army employees. However, the announcement is often open to other current and former federal employees and those who can be appointed under various authorities such as some veterans, handicapped employees, reinstatement

eligibles, Executive Order 12721 eligibles, and military spouses.

The second type of announcement is for those who have never been a permanent federal employee or are not eligible for one of the appointment authorities described in the preceding paragraph. This type of announcement is commonly used for entry level positions, hard-to-fill jobs (such as medical and engineering occupations), and when managers choose to expand the applicant pool to the general public. Most of these announcements are restricted to U.S. citizens. How to submit a resume? It is recommended to submit a resume at the beginning of the job search via Resumix, the Army's automated recruitment tool, after which self nomination can be done for vacancies (see below). The Army Resume Builder or the job announcement will have guidance on where to submit this resume.

How to self-nominate (apply) for jobs? Two steps must be completed to apply under a vacancy announcement: submit a resume and self nominate. As vacancies are announced application is by self-nomination. The preferred method is to go to www.cpol.army.mil and open the announcement. Click the button labeled "Self-nominate" which allows electronic application for the vacancy.

Look for the text: "If your resume is currently in our central database, you may click here to Self

Nominate."

Although not recommended, self nomination may be done through, surface mail or fax. Instructions for this process are in the announcement. Click on "How to Apply" and be prepared for a longer drive than the automated self-nomination process online.

How to prepare a resume? The Army provides "driving" instructions on how to construct a resume. Use the Army Resume Builder with the following in mind: This tool allows creation of a resume with all of the required information and to electronically save it to Army's database. By electronically submitting a resume and/or self-nomination(s) for a vacancy, an electronic acknowledgement of receipt will be sent.

This tool can be accessed from the employment tab on www.cpol.army.mil or from hyperlinks within the vacancy announcement.

Please look for the text: "Click here to use the Army Resume Builder to create your resume. Follow the instructions in this vacancy announcement to apply for the job."

While Army accepts resumes by e-mail or regular mail, it is strongly encouraged to use Army Resume Builder.

Application by e-mail or regular mail must be in the format used by the Army Resume Builder according to the instructions in the Army Job Application Kit a

<http://cpol.army.mil/library/employment/jobkit/index.html>. Other resume formats will not be considered.

Remember that all information is subject to review and verification. Legal and regulatory penalties may be imposed on those submitting false information.

Status of job application? Real-time information on the status of an application is available via the Internet using a tool called ANSWER, accessed at www.cpol.army.mil under the Employment tab. Resumes from applicants not permanently employed by the Department of Army will be retained in the database for six months from date of last submission, date last accessed, or until selected for a position.

What are some of the "speed bumps" along the way? In many instances, job applicants are unaware of some of the detours a vacant position takes before it even makes it (if it makes it) to the information highway. Laws such as veterans' preference and regulations such as the DoD Priority Placement Program serve as effective toll gates to job hunters. These are legal and regulatory requirements that all defense agencies must abide by which may sometimes frustrate non-veteran applicants. All vacant Army jobs must "cruise by" the DoD Priority Placement Program first.

For the most part, this

is a mandatory placement program designed to minimize the adverse effects on current DoD employees caused by actions such as reductions-in-force, base closures, realignments and contracting-out decisions.

For example, a well-qualified current employee whose job has been abolished will be placed into the vacant position. This stops the recruitment process for that job.

For vacancies open to all U.S. citizens, certain veterans have preference for those jobs. The veterans' preference law mandates the selection of veterans who are disabled or who served on active duty in the Armed Forces during certain specified time periods or in military campaigns, over non-veterans.

This law is not intended to place a veteran in every vacant Army, or for that matter, Federal job; this would be incompatible with the merit principle of public employment.

However, preference does provide a uniform method by which special consideration is given to qualified veterans seeking Federal employment. Bottom line, veterans' preference can detour the job seeker in another direction.

Where is an alternate route? Family and Morale, Welfare and Recreation jobs is an alternate route for applicants. "Nonappropriated Fund" positions in Army Community Services, Child and Youth Services, Recreation Services, Army Lodging and Food

Services are critical jobs with the main mission of taking care of Soldiers and their Families. NAF jobs are a means for non-veterans to can gain status to apply for "permanent Army employee" vacancies.

Through a NAF "Interchange Agreement" candidates can apply for NAF jobs and "get their foot in the door."

Once NAF employees successfully complete one year of service, they are eligible to be considered for appropriated fund jobs in fields such as law enforcement, health and safety, engineering, communications, social work, human resources and the various medical professions, provided that they are qualified for the particular positions.

Go to the Employment tab on www.cpol.army.mil, self-nominate online for the FMWR jobs or send a resume via surface mail to NAF Department, 1410 Stanley Road, Suite B, Fort Sam Houston, TX, 78234. Call the NAF Human Resources Office at 221-1600 or stop by Building 144 at 1410 Stanley Road.

Who do I contact with more questions? Submit inquiries to applicanthelp@cpsrxtpl.belvoir.army.mil or contact the Central Resume Processing Center at 410-306-0137. Visit the Fort Sam Houston CPAC Web site at www.samhouston.army.mil/cpac/ for additional information.

(Source: FSH Civilian Personnel Advisory Center)

Interrogation teams train to hit the ground running

By Gregory Ripps
470th MIB Public Affairs

Quickly and safely boarding or exiting a helicopter with body armor, weapons and other equipment takes practice.

Twenty-nine Soldiers of the 470th Military Intelligence Brigade got some practice at the San Antonio Army Aviation Facility, Martindale Army Air Field, Dec. 2.

The Soldiers belong to mobile interrogation teams in the brigade's 201st MI Battalion, which will deploy from its home on Fort Sam Houston to Afghanistan in support of Operation Enduring Freedom early

next year.

"Familiarization with rotary wing aircraft is part of the pre-deployment training for mobile interrogation teams," said Sgt. Maj. Robert Suttner, brigade S3 (Operations and Training) sergeant major.

Soldiers of the Texas Army National Guard's 36th Aviation Brigade provided the "rotary wing" familiarization training, which included explanation of aircraft features and coverage of safety and emergency procedures.

Sgt. 1st Class Jimmy Woullard, noncommissioned officer in charge of the battalion Soldiers in the training session,

said that although most of these Soldiers had previous experience with helicopters, the training was still valuable.

"Every time I'm in training like this I learn something," said Sgt. Eddie Ordaz, who previously deployed overseas twice with the 101st Airborne Division.

"For example, today I learned how to shut down the engine in an emergency."

The mobile interrogation team members will receive additional training boarding and exiting helicopters in more realistic scenarios on Camp Bullis prior to their deployment.



Soldiers of 201st Military Intelligence Battalion mobile interrogation teams train in making a fast but safe exit from a UH-60 Black Hawk aircraft at Martindale Army Air Field.

Photo by
Gregory Ripps

68 Victors to earn associate degree from Respiratory Specialist course

By Steve Elliott
FSH Public Affairs

Adding eight additional weeks to the Phase I portion of the 68V course will allow future Army respiratory therapists to earn an Associate Degree in Applied Science and accreditation after taking the certification exam.

Respiratory specialists, also known as respiratory therapists, usually operate with minimal guidance in emergency departments, intensive care units and cardiopulmonary clinics with ventilator management, bronchoscopy procedures and pulmonary-functions testing. Experts in all aspects of respiratory care, these specialists are often sought out by other healthcare professionals for opinions and application of advanced airway techniques under

operational and clinical conditions.

Beginning June 2010, certain college-level classes will be added to the 20-week Phase I portion of the 68V curriculum as part of the Military Education Training Campus requirements. Phase I is currently entry level, but will become an advanced-level course by virtue of the added classes. Phase II remains unchanged at 16 weeks.

One of the reasons for this change is to comply with standards set by the Committee on Accreditation for Respiratory Care for all respiratory therapists. The CoARC standards state that to get licensed by the National Board of Respiratory Care, a minimum of an associate degree must be attained.



Photo by Staff Sgt. Gabriel Wright
Sgt. Heather Horn adjusts setting on an Intrapulmonary Percussive Ventilation device while Sgt. Jennifer Martin breathes on the apparatus.

The 68V program, as it is currently administered, will face many challenges in order to meet the thresholds established by CoARC in order to meet standards for NBRC licensure, according to one of the instructors.

“Leadership has coordinated the eight-week addition with the U.S. Army Medical Department Center & School administration, course development specialists and contracting at Fort Sam Houston,” said Staff Sgt. Gabriel Wright, an instructor/writer with

the course.

“Soldiers graduating this course will be able to take the Certified Respiratory Therapist exam before graduating and earn their Associate of Applied Sciences degree with an emphasis in respiratory therapy.”

In addition, certain prerequisites will have to be met, Wright added.

“Prospective students must have already taken English I and humanities from an accredited college or university,” Wright said.

“Understanding that the ability to award an

associate degree upon graduation is the deal breaker for accreditation, the 68V program has requested, and the Army has approved, the extension in order to fulfill the general education requirements for the degree.”

Once in the program, future 68V students will take English II, math and sociology to complete general education requirements for the degree. Wright said after the respiratory portion of the course is completed the student will have met all requirements for an associate degree.

“The new curriculum will reflect changes which incorporate advanced-level courses like hemodynamic monitoring, advanced pharmacology, and advanced techniques in ventilator management,” Wright said.

Although the 68V program is recognized by CoARC, AMEDD is not a degree-granting institution, Wright explained. Graduates wanting credentials must complete their degree with a college or university that

recognizes the program here and awards college credit for completing this course.

“This process takes time and financial resources, which makes it difficult for some of our graduates to complete,” Wright said.

Soldiers taking the course are hopeful the new curriculum will better their chances for employment once they leave the military.

“Taking college-level courses helps increase our skills and betters the military as a whole by bringing a better knowledge of this specific field to the patients,” said Sgt. Ryan Pope.

Another student said the course will help towards his goal of pursuing a commission and becoming a physician’s assistant.

“Getting college credits, a degree and licensed would mean once I leave the Army, I would have no trouble once in the civilian job market,” said Sgt. Andrew Cleland.

For more information about the 68V program, call 295-4305.

BAMC receives several awards at the ACP meeting

The 2009 Combined Army/Air Force Chapters American College of Physicians Scientific Meeting, Nov. 19-22 at the San Antonio Convention Center was attended by more than 500 registered physicians and featured speakers and outstanding Associate Member (resident and fellow) research and clinical presentations.

During the meeting both the Army and Air Force Laureate Awards were announced. The

Army Laureate winners included retired Col. Michael Morris, retired Col. William Brown, and former BAMC Chief, Department of Medicine, retired Col. Michael Berry. Air Force Laureates included retired Col. John (Rick) Downs and retired Col. John McManigle.

The Army ACP Chapter received "Chapter Excellence" Awards for both 2008 and 2009.

The San Antonio Military Medical Center

Internal Medicine Residency program was represented and took home several awards.

"Congratulations to our SAMMC residents and fellows who took top honors at the competitions and final thanks to Capt. Brian Neubauer for coordinating and moderating the competitions," said Lt. Col. Rechell Rodriguez.

Resident Podium Competition:

Army First Place & Overall Winner, Capt.

Shaun Martinho; Air Force First Place, Capt. Alice Barsoumian

Resident Research Poster Competition:

Air Force First Place, Capt. Scott Crabtree; Army Second Place, Capt. Joseph My

Clinical Vignette Poster Competition:

Air Force First Place and Overall Winner, Capt. Martin Kaszubowski

Fellow Research Poster Competition:

Army First Place and



Courtesy photo

Retired Col. Michael Berry, an Army Laureate Awardee with Army American College of Physicians Governor, Col. Lisa Zacher (right) and Col. Neil Maher, chief of Medical Consultants.

Overall Winner, Capt. Samuel Burkett; Air Force First Place,

Capt. Jonathan Ricker. (Source: BAMC Public Affairs)



Photo by Steve Elliott

Maj. Gen. Russell Czerw expresses his thanks to the staff of the Warrior and Family Support Center at the anniversary celebration Dec. 3.

WFSC from P1

Huffman at the anniversary party. Now Markelz is celebrating the anniversary of the top-flight facility with an 18-foot Christmas tree in its spacious living room.

The \$5.6 million facility was built solely by donations and gives patients a place to recharge their batteries and connect with those closest to them, away from the hospital environment.

"This place is the coolest thing I've ever seen in the Army," said Spc. Omar Meraz, who was enjoying the festivities with his wife and infant daughter. Assigned

to the Warrior Transition Battalion, he is being treated at Brooke Army Medical Center for injuries he sustained in Iraq. "Everyone here has been really supportive. I never knew places like this or like Fisher House even existed for us."

Another Soldier who lost a limb in combat echoed that statement.

"It's simply amazing that they have put so many resources for us into this place," said Spc. Scott Cain, who has been here for a year. "A lot of us just stay in our rooms because there's nothing to do. A place like this gives us a chance to get out into the world and socialize and have fun."

"We started with no money and a small staff in a 1,200-square-foot room on the second floor of the Powless Guesthouse on Dec. 3, 2003," Markelz said. "We made a promise to meet the growing needs of our warriors and their Families. This center is keeping that promise."

Markelz – known as "Mom" around the center – added with a smile that she had intended to work just six months after the first center opened, but "that's one promise I'm glad I broke."

Since opening, the old and new centers have seen over 360,000 visitors, with more than 81,000 of those coming in 2009 alone to the WFSC.

The original idea for the center came from physicians at BAMC who saw a need for Family members to be intimately involved in the rehabilitation of their service members. A vital part of recovery meant providing a "safe" environment away from the hospital. The concept of the WFSC was then developed by a committee established to support troops who were in combat operations and on the road to recovery.

The Fort Sam Houston

WFSC is the only one of its kind in the Army, offering a safe and caring environment for military Families to reconnect during medical treatment.

"This center was built through the love and sweat of the volunteers and the generosity of the community and sponsors involved. It is a sanctuary that helps our wounded warriors and their Families figure out how to make their transition back home," said Col. Mary E. Garr, FSH Garrison commander, at the anniversary celebration. "Their needs are not going away anytime soon. The people who come here all talk about how much they have been touched by the outpouring of love from the staff and community.

"This center isn't the end of what we can do to help them; there's much more to come," the colonel said. "More groups are coming together and asking how they can help."

"If these walls could talk, they would speak volumes," said Maj. Gen. Russell Czerw, commander FSH and Army Medical Department Center & School. "The

foundation of this building is built not from concrete and steel, but from

the love and dedication of so many people."

INSTRUCTOR from P1

expert knowledge during this competition; his superb character, commitment and skill has directly contributed to the success of the training mission,” said Master Sgt. Reginald Hall, master of ceremonies.

According to the AMEDDC&S Web site, the Instructor of the Quarter and Instructor of the Year program was established to promote and recognize excellence in service school instruction and training.

Col. Donna Whittaker, dean, AMEDDC&S, presented Carder an Army Commendation Medal for meritorious achievement for his performance during the Instructor of the Year competition.

Col. Randall Anderson, commander, 32nd Medical Brigade, praised

Carder for his abilities not just on the teaching platform but in his additional duties as well.

“He does it with perfection and superb performance across the board. On behalf of the whole brigade, thank you very much and congratulations,” Anderson said.

Maj. Gen. Russell Czerw, commander of the AMEDDC&S, presented Carder his commander’s coin.

Czerw said he had the privilege of be instructed by Carder during an eight-month period when they were deployed together.

“Mark taught me an incredible amount about preventative medicine,” he said.

Carder will represent AMEDDC&S in the Training and Doctrine Command Instructor of the Year competition,



Photo by Lori Newman

Col. Donna Whittaker presents Lt. Col. Mark Carder an Army Commendation Medal for meritorious achievement for his performance during the Instructor of the Year competition, as his wife, Jennifer, and daughters Mary Cate and Anna, stand beside him.

competing against instructors throughout the Army.

As his wife, Dr. Jennifer Carder, and his daughters, Mary Cate and Anna, stood beside

him, he thanked them for their support.

Carder praised his coworkers and fellow officers for the work they do, saying “we are here as a team, and our duty is to

build tomorrow’s warriors today.

“This is a big day. I love being a Soldier, I love being around Soldiers and I love teaching Soldiers,” he said, prom-

“I love being a Soldier, I love being around Soldiers and I love teaching Soldiers.”

~ Lt. Col. Mark Carder

ising to do his best in the TRADOC competition.

“This is one of the jobs I have wanted since I came into the Army, so I’m living the dream,” Carder said.

Carder also received a four-day pass, an AMEDDC&S one-year parking pass, his name engraved on the Instructor of the Year plaque, gifts from various organizations and his photograph will be displayed in Willis Hall and on the AMEDDC&S Web site.

HooahMail means speedy delivery of letters to Afghanistan

By C. Todd Lopez
Army News Service

The Army's HooahMail program makes it possible for friends and Family members to put a paper letter and photograph into the hands of their loved ones in Afghanistan, in some cases, the same day it's sent.

The one-year pilot program became available Dec. 1 and uses the Internet combined with physical mail delivery to create a hybrid mail system that can get letters into the hands of Soldiers in remote locations much faster than regular mail delivery alone.

"This gives Soldiers actual printed correspondence that is sent from their family members

that they can take out on a mission with them and read and reread again," said Bill Hilsher, Army postal program manager.

Family members who want to send a letter and a photograph to a Soldier in Afghanistan would log on to www.hooahmail.us.

There, they type in their message and attach a digital photo. They also add delivery information for their Soldier, as though they were addressing a paper envelope.

Their electronic letter is sent via the Internet to one of 10 locations in Afghanistan where special equipment will automatically print it, fold it, stuff it into an envelope, address it, and seal it.

The sealed envelopes are then placed into the reg-

ular intra-theater APO mail delivery system.

Hilsher said depending on where Soldiers are in Afghanistan, the paper letter from home could be in their hands the same day as mother sent it, or it could take as many as four days. A paper letter sent directly from the states takes much longer, Hilsher said.

Compared to traditional mail the program reduces delivery from an average of 14 days down to same-day or next-day, delivery, Hilsher said.

The HooahMail program is free for Family members and friends, and is available for Soldiers in Afghanistan only.

Hilsher said the Army postal service expects the



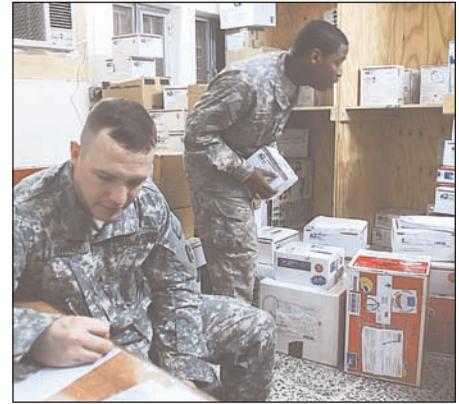
Courtesy photos
World War II Soldiers read letters from friends and Family during a mail call in January of 1943.

program to benefit the service during the holiday season, when it typically sees increases in mail traffic.

"During the holiday season, that's your busiest time and this is going to augment that system," he said. "It'll

give friends and Families a way to send a message to their loved ones in a timely manner for the holiday season."

Hilsher also said he thinks the improved delivery time will have a positive effect on Soldier morale.



A Soldier makes a list of mail recipients to post outside the headquarters mail room.

Service for the Army's HooahMail pilot program is provided by "SuperLetter," which provides similar services to the British military for its "e-Bluey" program and the U.S. Marine Corps for its "Motomail" program.

MCWETHY from P1

evolved considerably over time. The clinic has 14 providers and 15 Licensed Vocational Nurses, Certified Nurse Assistants and medics who see 80-120 sick-call patients daily, utilizing 32 exam rooms and two treatment rooms. As Fort Sam Houston's Medical Education and Training Campus grows, sick call at McWethy is anticipated to increase to more than 200 visits per day.

McWethy houses pharmacy, lab, X-ray, optometry, and preventive medicine services – tenants on board but with operational control resting at San Antonio Military Medical Center. TMC also has a busy immunizations clinic.

While TMC is largely present to provide care for trainees, they also

“Asking where the head (latrine) is located in the McWethy Troop Medical Clinic may get a quizzical look, but a surprising number of the staff speak some Navy.”

— *Navy Cmdr. Matt Carlberg*

provide care to staff members (cadre in Army-speak). A new clinic being constructed at the southwest corner of Garden and Schofield is planned to provide care for cadre and their Families, with student/trainee care remaining at McWethy.

Navy billets to augment the TMC staff have been requested via the chain of command and will be beneficial to establish a Navy presence in a very Army-centric environment. The intent is to have a few Navy physicians, physi-

cian's assistants, independent duty corpsman and general duty corpsmen available on a daily basis to help carry the load in sick call.

Army physician's assistants go far forward and do triage in the trainee barracks at 4:30 a.m. This effort has reduced minimal intervention non-critical visits to the TMC by 40 percent. NMTC plans to implement a similar far-forward sick-call process in Navy barracks No. 2, utilizing IDCs. Two office spaces on the first deck have been allocated to

serve as exam rooms to conduct sick call each morning.

Trainees triaged to the TMC muster in front of the clinic at 5 a.m. and are further triaged and processed with the precision of the drill field. First encounter with a provider starts between 5:30 and 6 a.m.

Trainees requiring only self care – access to the pharmacy for over-the-counter medicines (called self care at TMC) – are quickly triaged by an LVN or medic and may get their temperature taken before being allowed to go the self-care route.

Patients who need to see a provider are checked in and seen in order of priority.

Sometimes minor illnesses/injuries are returned to the classroom for the morning and directed to come back to be seen in the early afternoon. Trainees who walk in after sick call hours are triaged and treated as required.

Staff at the TMC may dress a bit funny and may not understand “Navy English,” but are professional, conscientious and willing to bend over backwards to get things done.

NMTC will continue to work with TMC and San Antonio Military Medical Command leadership to refine the health care processes and provide appropriate level of Navy support to take care of all our future METC students.

Cadre can call the Central Appointment Management Office at 916-9900 to schedule an appointment with a provider or for a physical health assessment. For cadre needing same-day care, walk in between

5:30-7:30 a.m. (earlier is better). Identify yourself to triage personnel as cadre, staff or permanent party.

The immunizations clinic is open Monday-Friday 7 a.m.-2:45 p.m. Just like Navy clinics, they don't place PPDs (skin test for tuberculosis) on Thursdays. Walk-ins are welcome. Personnel readying for deployment have priority, so there can be a wait. Their phone number is 210-916-3000.

Located near the northwest corner of Schofield Road and Garden Avenue, across the street from the Fire Station, McWethy's sick call hours are 5:30-7:30 a.m. Monday-Friday. The clinic is open until 3 p.m. daily but is secured Wednesday after 12 p.m. for staff training.

TMC is online www.sammc.amedd.army.mil/patient/departments/family_medicine/sammc_north/tmc.asp.

HAPPY HOLIDAYS!

Vehicle Rodeo rounds up fun for Soldiers, Families

By Spc. My Nham
Huynh and Spc. Anthony
Fountain

The 591st Medical Logistics Company hosted its first annual Vehicle Rodeo at Enforcer Field Nov. 12.

The rodeo consisted of four challenging events in which three companies battled to be named the victor.

Events included the Bobtail Back Up, the Tire Flip, the Forklift Pallet Shuffle, and a timed Preventive Maintenance Check Service.

During the Bob Tail Back-up each team backed an 18-wheel truck between cones in a timed event.

Two teams flipped large truck tires in a

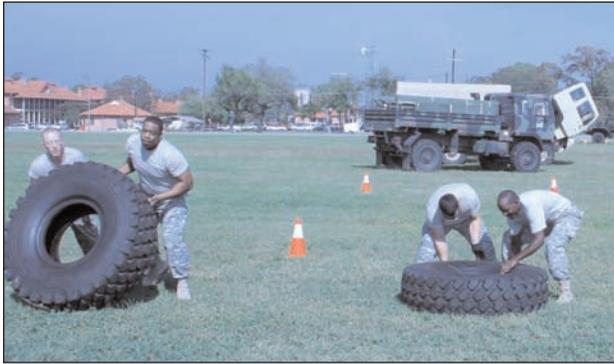


Photo by Spc Anthony Fountain

Spcs. Tyler Lane and Javon Brunson faced off against Sgt. Eleuterio Silva and Spc. Donell Duckett in the tire flip competition.

timed race for the Tire Flip and Soldiers raced to rearrange pallets using forklifts within a certain time for the Pallet Shuffle.

At the end of the rodeo a rib cook-off to determine the units' top chef.

Soldiers and Families of the 418th Medical

Logistic Company, the 440th Blood Support Detachment and the 591st Medical Logistics Company participated.

Entertainment provided for children included the Bouncy Castle and a ride in a High Mobility Multipurpose Wheeled Vehicle.

Two military vehicles were also on display so that Family members could explore and experience what the units' use on a daily basis.

At the end of a fun-filled day, the 418th MLC was named victor. After the rodeo, focus shifted to the rib cook-off.

Staff Sgt. Edmond Perez, who boasts a palate that can differentiate between homemade and store-bought, served as the judge. The Best Beef category was awarded to Sgt. Joshua Douglas from the 440th BSD.

Spc. Maple from the 591st MLC won Best Boneless Ribs, and Spc. Elizabeth Maldonado won Best Pork category.

Despite the numerous



Photo by Spc Anthony Fountain

T.J. Lang, son of Spc. Travis Lang, falls in with the mass formation at the end of the vehicle rodeo to find who the winner of the competition was.

deployments that the units experience, Soldiers and Families came

together and make the first annual Vehicle Rodeo a success.

ANDERSON PINS ON COLONEL INSIGNIA



Photo by Esther Garcia

Air Force Brig. Gen. Leonard Patrick, Commander, 502 Air Base Wing and son Kelvin Anderson attach the colonel rank insignia epaulets during a promotion for Col. Carol Anderson held at the Stilwell House Dec. 1 attended by family and friends. Anderson is deputy Garrison Commander for Base Transformation.

AIR FORCE HIGH SCHOOL CADETS LEARN ABOUT ARMY LIFE



Photo by Kathy Salazar

Earl Warren High School Air Force ROTC cadets check the breathing and pulse of a patient simulator Dec. 1 at the Department of Combat Medic Training. The cadets also visited a combat medic training area with patient simulators that Soldiers use to treat various types of wounds.



Photo by Ray Guitierrez

The Fort Sam Houston Memorial Services Detachment at the FSH National Cemetery performs full military honors at a moment's notice for veterans to be interred there.

VAN from P3

were driving their own vehicles between shelters at the cemetery. The five shelters at the FSH National Cemetery give Families a comfortable place to grieve and are the locations for honor services.

"Our oldest volunteer is 92, and with our average age around 72 years, getting in and out of the old van was difficult at best," Earnest said, adding that the van is a blessing because it carries both members and weapons and eliminates

the five to seven private vehicles volunteers used to travel between shelters.

The MSD Honor Guard has 81 volunteers, all retired or former military service members, willing to respond at a moment's notice, rain or shine. The honor guard performs three rifle volleys of fire for the deceased veteran, plays "Taps" and ceremoniously folds and presents the flag to the veteran's family.

Earnest said the MSD Honor Guard has done 24,000 services for Families. He has a squad

performing honors Monday through Friday and although they average about nine to 11 services daily; he said they've performed as many as 15 burials in one day.

"The military doesn't do full military honors for all veterans, only retirees and those awarded Medal of Honor," Earnest said, explaining that in 1979 the Department of Defense established three categories for burial honors.

Active duty and Medal of Honor recipients receive full military hon-

ors. Retirees and veterans receive full military honors only if resources are available. Until 1988 Fort Sam Houston supported all three categories, but due to decreasing manpower Earnest said veterans were not receiving full

"When we care for the communities we work and serve in, we are able to truly make a difference."

~ John Nau

military honors.

As a result of the efforts of Manny Rangel and the Veterans of Greater San Antonio, the Military Order of the Purple Heart, and Joe Ramos, then FSH National Cemetery director, the MSD Honor Guard was chartered in 1990 and began performing honor services the following year.

"I joined to give back to what the service has given me and to honor my brothers and sisters. Veterans serving veterans is our motto," said Earnest, a member for five years and serving his

second year as commander.

"The solemn mission of carrying out burial services for our veterans falls to this detachment," Uresti said. "The dedicated members of this unit are owed a great debt of gratitude, and they need some help."

"Giving back to the community and supporting the men and women of our armed forces is something I have always believed in," said Nau.

"When we care for the communities we work and serve in, we are able to truly make a difference."

Holiday Tree Lighting

Photos by Esther Garcia



Lammery MacKenzie, 5 years old, who saw her first snow, enjoys sliding down a snow hill, one of several activities at the Tree Lighting Ceremony.



Lester Walter and Joe Cavanagh, Morale, Welfare and Recreation, provide innovative cell phone lighting while Robbye Durham reads "Twas the Night Before Christmas" at the Tree Lighting Ceremony at the post flagpole Dec. 2.



Attendees at the Tree Lighting Ceremony gather round an outside heater to stay warm as temperatures dipped in the 40s.



Children gather to greet Santa Claus as he arrives at the Tree Lighting Ceremony.



Young and old enjoy the unexpected snowfall that occurred only at the Tree Lighting Ceremony.



Children at the Tree Lighting Ceremony assist Fort Sam Houston commander Maj. Gen. Russell Czerw and Garrison commander Col. Mary Garr as they turn on the switch that lit up the holiday tree at the post flagpole.



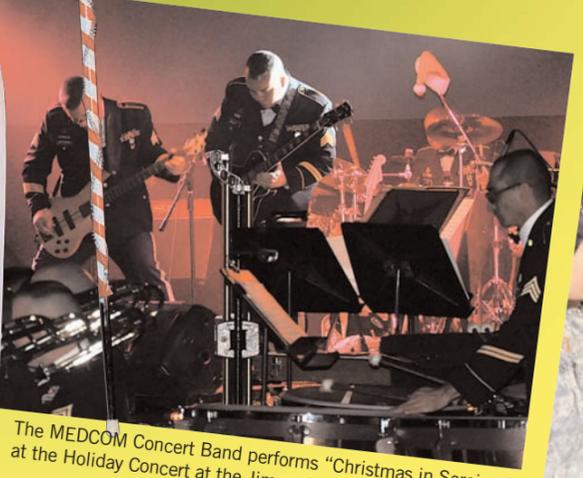
Under the direction of Chief Warrant Officer Douglas Paarmann, the U.S. Army Medical Command Band performs a medley of holiday songs.

Holiday Concert at Fort Sam

Photos by Phil Reidinger and Esther Garcia



First Sgt. Steve Mohacey performs "Groove Therapy" on the saxophone.



The MEDCOM Concert Band performs "Christmas in Sarejevo" at the Holiday Concert at the Jimmy Brought Fitness Center.



The Army Medical Command Band, under the direction of Chief Warrant Officer Douglas Paarmann, performed a selection of holiday songs during the Holiday Concert Dec. 5.



Students from the 32nd Medical Brigade dance to the music of the Medical Command Band's Staff Sgt. Allison Richardson at the Jimmy Brought Fitness Center.



Santa Claus, also known as Sgt. 1st Class Aulio Marroquin, MEDCOM Band member, makes a stop at the Holiday Concert passing out candy canes to children.



Maj. Gen. Russell Czerw, installation commander, sings "Silver Bells" at the Holiday Concert.

Don't ruin holidays with drunk or drugged driving

By Steve Elliott
FSH Public Affairs

While "having one for the road" was once a commonly used phrase in American culture, the dangers of drunk driving have been made clear in the past few decades.

However, another danger lurks – the drugged driver. Driving under the influence of any drug that acts on the brain could impair motor skills, reaction time, and judgment.

Holiday parties give people more chances to use drugs and alcohol, often resulting in an increase in drug- and alcohol-related tragedies around the holiday season. December is National Drunk and Drugged Driving Prevention Month, and the statistics for these dual dangers are sobering.

From 1986 to 2002,

an average of 51 percent of motor vehicle deaths on Jan. 1 was alcohol-related, according to the Insurance Institute for Highway Safety's 2004 Status Report.

Each year, more than 1.4 million drivers are arrested for driving under the influence of alcohol or narcotics, according to the Centers for Disease Control and Prevention.

Drugs like marijuana and cocaine are now involved in about 18 percent of motor vehicle driver deaths, and in a dangerous double whammy, it's common for drugs to be combined with alcohol. It's not just the illicit drugs that are the problems, as many prescription medications can also have adverse effects on driving if taken alone or with alcohol.

"We know what the threshold is for alcohol and states have univer-

sally set 0.08 blood alcohol content as the limit," said Rae Tyson, a National Highway Traffic Safety Administration spokesperson. "We still have a lot of research to do and a lot to learn in terms of what impact drugs have on your system and at what point a driver is too impaired by drugs to be behind the wheel."

Soldiers are recognizing the dangers of drinking and driving, which is reflected in the accident numbers. During fiscal year 2007, the number of Class A accidents involving alcohol-impaired Soldiers behind the wheel was cut in half from the previous year's 32, and there was only one alcohol-involved motorcycle crash. Reductions in alcohol-impaired driver accidents also occurred with sedans and trucks, with the figures dropping from



Courtesy photo

Driving under the influence of any drug that acts on the brain could impair motor skills, reaction time, and judgment.

15 to 10 in sedans and five to none in trucks.

"At Fort Sam Houston, we are very fortunate that we are able to identify about 75 percent of the DWI suspects at the access control points through a vigilant security guard force," said Ray Acuna, chief of police for the Fort Sam Houston.

"Of those suspects identified, 60 percent are non-affiliated or people who have no relationship to FSH. Usually when a vehicle is searched subsequent to the DWI apprehension, illicit drugs are found."

As of Nov. 30, 147 persons were apprehended on post, with 120 stopped at the ACPs, Acuna said. A total of 89 were non-affiliated persons. For all of 2008, there were 71 people apprehended on post, 52 stopped at the ACPs, with 44 not affiliated with FSH.

"The reason for the big increase in 2009 versus 2008 is the increase of contractor personnel on FSH," Acuna noted.

"The early detection of DWIs at the ACPs and the police patrols constant vigilance for suspected DWIs on post certainly are big factors in the prevention of drunk and drugged driving."

According to the Institute for Behavior and Health, Inc., 20 percent of motor vehicle acci-

dents are attributable to drugged driving. In 2005, 8,600 people died and 580,000 more were injured in car crashes as a result of drugged driving.

All 50 states and the District of Columbia have enacted legislation specifically targeting drugged drivers, according to Mothers Against Drunk Driving; however, few motorists know that drugged driving is a crime.

"Drugs impair perception, judgment, motor skills and memory. These effects can be dangerously magnified when drugs are consumed with alcohol, even in cases where a driver's blood alcohol level is below legal limits," said Gil Kerlikowske, Director of the Office of National Drug Control Policy, also known as President Obama's "drug czar."

For more information, click on the CDC Web site at http://origin.cdc.gov/MotorVehicleSafety/Impaired_Driving/3d.html or the Mothers Against Drunk Driving site at www.madd.org.

"We all need to take every precaution during this special time of the year to stay off the road and to keep others off the road while under the influence of any substance that has the potential to impair driving," Kerlikowske adds.

"Driving while impaired from alcohol, drugs, or both, puts us all at risk and must be prevented."

USAG NCOS TOUR POST



Photo by Esther Garcia

U.S. Army Garrison noncommissioned officers take time off from busy schedules to tour historical areas on Fort Sam Houston. Staff Sgt. Jose Perez, Headquarters, USAG, coordinator for the tour said, "November's theme for Year of the NCO is 'Pride in Service' and this tour is an opportunity for our NCOs to be aware of their surroundings and take pride in a place where they come to everyday to work." John Manguso, director, post museum and guide for the tour, provided a history of the Quadrangle and the historical homes located on Staff Post, Artillery and Infantry roads. The tour also included a visit to the post museum that traces the history of the Army in San Antonio since 1845.

PX offers holiday shopping help

The Post Exchange is reintroducing and, in some cases, expanding layaway options.

"Clothing, handbags and shoes are still eligible for 30-day layaway, but full payment on many other categories can be put off for up to 60 days when shopping the Exchange," said the Army and Air Force Exchange Services General Manager, Ken Klein. "This extra time means that Families can start making a significant dent in their holiday shopping lists."

Shoppers with an eye for something that sparkles or shines (jewelry) can put these items on layaway for up to 120 days.

Delaying full payment might even be Mom and



Spc. Donervon Bonhomme, a motor pool clerk with the 13th Sustainment Command (Expeditionary) and a St. Martinville, La., native, looks at one of the movies on display at the Army and Air Force Exchange Services.

Dad's secret weapon in keeping presents under wraps this year as toys can be put on layaway up until Dec. 24 at the PXtra.

"Let the kids look in the attic, under the tree or even your car trunk," said Klein. "Keeping the toys on layaway, and in the exchange's back room, can really take a lot of stress out of the holidays."

Any purchase of \$25 or more is eligible for layaway at the PX. A 15 per-

cent deposit on the total purchase price is required to hold a product.

Merchandise excluded from the AAFES layaway program includes clearance items, computers and peripherals, major appliances, furniture, mattresses, exercise equipment, electronics \$299 and up and seasonal and outdoor living products.

(Source: *South Texas Exchange*)

Money Matters: Budget, save, spend wisely

A budget is a tool to help plan, prioritize, and manage income and expenses. Review your budget often and update it when experiencing a change in income and expenses.

Write down monthly take-home pay. List income you receive from any source, like a part-time job, a tax refund, gifts, unemployment, public assistance, dividends, and alimony or child support. Add the entries to determine your actual income for that month. Keep in mind, some of these amounts may fluctuate.

List how much you deposit in savings each month, even if it's only a small amount.

List your fixed monthly expenses – the predictable, set amounts for the must-have items and services that you pay for each month – like rent or mortgage, car payment, and telephone, cable, or Internet access.

List your variable expenses – the amounts that change, as well as

the expenses you pay weekly, monthly, quarterly, semi-annually, or every year – like groceries, clothing, haircuts, property taxes, auto and homeowners insurance, and gas and electric.

List estimates for once-in-a-while expenses – like birthday, wedding gifts, holiday gifts and entertainment.

Total your fixed and variable expenses and divide by 12 to get a monthly estimate.

If after paying your bills and putting money in savings, you still have funds, you can carry over the balance for the next month or use it for unexpected expenses. If this month's balance is negative, look for ways to cut back on the variable expenses.

Saving money is important, whether it's for an emergency fund, retirement, or to buy something special; but it's not always easy.

Consider yourself a creditor. When you pay bills, write a check to yourself. Decide on a



realistic amount. Deposit the money into a savings, investment, or retirement account. Then, pay your other bills as usual. If you don't have enough money to cover all your expenses, write down the amount you are short and look for ways to trim your budget. Once you establish a regular savings plan, consider increasing your monthly deposit if you get a pay raise, or when you pay off a debt.

Consider selling items around the house you no longer use, either online, at a garage sale, or at a local consignment shop.

Avoid payday lenders. A payday loan is a cash advance secured by a personal check or paid by electronic transfer. It is very expensive credit,

usually with a high interest rate.

Spend money wisely. Regardless of where you're shopping and how you pay for your purchases, remember to:

Shop around. A "sale" price isn't always the "best" price. Some merchants may offer a sale price on the item for a limited time; other merchants may offer items at a discount everyday.

Go online. Check out Web sites that compare prices. If you decide to buy from an online merchant, keep shipping costs and delivery time in mind.

Look for price matching policies. Some merchants will match, or even beat, a competitor's prices.

Clip coupons. Coupons are useful when they save you money on what you're already planning to buy. You can find some coupons in the Sunday paper or often, at coupon exchanges at your local library. Or you can download others – full coupons

or simply codes – from manufacturer and retailer sites online.

Use debit and credit cards sparingly. To minimize interest and other charges, try to limit credit card purchases to an amount you can pay in full at the end of the month. If using a debit card, don't rely on an overdraft feature to spend money you don't have.

Keep track of spending. Incidental and impulse purchases add up. Jotting down what you spend after every purchase helps keep you mindful of your limits. At least once a month, use credit card, checking, and other records to review purchases. Then ask yourself if it makes sense to reallocate some of this spending to an emergency savings account.

The Financial Readiness Program at Army Community Service offers several classes and financial counseling. For more information, call 221-2705.

(Source: www.ftc.gov/moneymatters)

Think 'commissary' for holiday shopping

Commissaries are making the joy of giving much easier for customers who want to spread a little cheer to fellow service members and their Families.

The Defense Commissary Agency added 40 winter and holiday items and an assortment of 19 Disney items to its Web site www.commissaries.com.

DeCA is also stocking holiday gift boxes that include popular single-serve fruit and nut mixes, cookies, crackers, and a macaroni and cheese cup.

Gift vouchers are available at all of the 254 commissaries in \$25 denominations. Anyone may acquire gift vouchers; however, only commissary authorized patrons may redeem them. There is no limit on the number of vouchers someone can purchase. But for large purchases of more than \$1,000 in vouchers at a time, you must notify the store at least one week in advance.

(Source: Defense Commissary Agency)

**FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT
EXHIBIT C-2**

**Statement of Revenues, Expenditures and changes in Fund Balances – Governmental Funds
Year Ended Aug. 31, 2009**

Data Control Codes		10 General Fund	60 Capital Projects Funds	Other Governmental Funds	98 Total Governmental Funds
	Revenues				
5700	Local and intermediate sources	\$ 136,389	\$ 5,135	\$ 1,499,652	\$ 1,641,176
5800	State program revenues	7,721,559	—	166,498	7,888,057
5900	Federal program revenues	8,451,463	8,231,947	1,329,187	18,012,597
5000	Total revenues	<u>16,309,411</u>	<u>8,237,082</u>	<u>2,995,337</u>	<u>27,541,830</u>
	Expenditures				
	Current:				
0011	Instruction	8,070,482	—	1,719,342	9,789,824
0012	Instructional resources and media services	241,222	—	—	241,222
0013	Curriculum development & instructional staff development	281,150	—	6,729	287,879
0021	Instructional leadership	177,968	—	226,575	404,543
0023	School leadership	942,666	—	8,831	951,497
0031	Guidance, counseling, and evaluation services	497,656	—	278,916	776,572
0033	Health services	115,678	—	9,405	125,083
0034	Student (pupil) transportation	382,966	—	26,178	409,144
0035	Food services	15,342	—	594,507	609,849
0036	Cocurricular/extracurricular activities	362,931	—	—	362,931
0041	General administration	721,415	14	22,092	743,521
0051	Plant maintenance and operations	1,645,367	—	34,695	1,680,062
0052	Security and monitoring services	10,816	—	—	10,816
0053	Data processing services	712,423	—	20,485	732,908
0081	Facilities acquisition and construction	—	8,409,174	—	8,409,174
0093	Payments related to shared services arrangement	762,886	—	95,631	858,517
6030	Total expenditures	<u>14,940,968</u>	<u>8,409,188</u>	<u>3,043,386</u>	<u>26,393,542</u>
1100	Excess (deficiency) of revenues over (under) expenditures	<u>1,368,443</u>	<u>(172,106)</u>	<u>(48,049)</u>	<u>(1,148,288)</u>
	Other Financing Sources (Uses)				
7915	Operating transfers in	—	—	29,117	29,117
8911	Operating transfers out	(29,117)	—	—	(29,117)
7080	Total other financing sources (uses)	<u>29,117</u>	<u>—</u>	<u>29,117</u>	<u>—</u>
1200	Net change in fund balances	1,339,326	(172,106)	(18,932)	(1,148,288)
0100	Fund balances at beginning of year	7,637,439	239,464	26,459	7,903,362
3000	Fund balances at end of year	<u>\$ 8,976,765</u>	<u>\$ 67,358</u>	<u>\$ 7,527</u>	<u>\$ 9,051,650</u>

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – Dec. 11

Lunch – 11 a.m. to 1 p.m.

Shrimp gumbo, barbecued spareribs, barbecued beef brisket, beef fajita pitas, cheese tortellini, macaroni and cheese, steamed rice, lyonnaise potatoes, pinto bean, col-lard greens, carrots

Dinner – 5 to 7 p.m.

Barbecued chicken, turkey chili macaroni, beef stew, breaded pork fritters, vegetable lasagna, parsley-buttered potatoes, steamed rice, mashed potatoes, corn, herb broc-coli, French-fried okra

Saturday – Dec. 12

Lunch – noon to 1:30 p.m.

Yankee pot roast, Caribbean chicken breast, cheese tortellini, baked sweet Italian sausages, oven glo potatoes, buttered egg noodles, steamed rice, lima beans, Creole summer squash, cauliflower

Dinner – 5 to 6:30 p.m.

Roast pork, spaghetti with meat-balls, salmon croquettes, mushroom quiche, mashed potatoes, fried rice, baked potatoes, spinach, Brussels sprouts, mixed vegetables

Sunday – Dec. 13

Lunch – noon to 1:30 p.m.

Meat loaf, pepper steak, breaded pork chops, macaroni & cheese, mashed potatoes, steamed rice, corn on the cob, wax beans with pimen-tos, asparagus

Dinner – 5 to 6:30 p.m.

Baked chicken, barbecued beef cubes, potato frittata, breaded pork fritters, scalloped potatoes and onions, buttered egg noodles, baked potatoes, glazed carrots, cabbage, LA-style smothered squash

Monday – Dec. 14

Lunch – 11 a.m. to 1 p.m.

Italian-style veal steaks, chipper perch, honey glazed Cornish hens, beef lasagna, cheese tortellini, pars-ley tri-colored noodles, wild rice, garlic-roasted potato wedges, baked potatoes, French-fried okra, stewed tomatoes, cauliflower

Dinner – 5 to 7 p.m.

Turkey Creole macaroni, baked ham with pineapple sauce, Southern-fried chicken, cheese ravioli, can-died sweet potatoes, red beans and rice, mashed potatoes, asparagus, cauliflower polonaise, succotash

Tuesday – Dec. 15

Lunch – 11 a.m. to 1 p.m.

Beef fajitas, barbecued roast pork, turkey ala king, roast pork, breaded chicken patties, macaroni and cheese, balsamic roasted sweet potato wedges, steamed rice, fried cabbage, pinto beans, green beans

Dinner – 5 to 7 p.m.

Sweet and sour chicken, pork chops Mexicana, oven roast beef, cheese manicotti, steamed rice, mashed potatoes, baked potatoes, zucchini squash, Mexican corn, carrots

Wednesday – Dec. 16

Lunch – 11 a.m. to 1 p.m.

Jaeger schnitzel, fried chicken, parmesan-baked fish, Swiss steak with brown gravy, broccoli quiche, rice and parmesan cheese, parsley tri-colored noodles, parsley-buttered potatoes, beets in orange-lemon sauce, peas and carrots, sweet and sour cabbage, wax beans

Dinner – 5 to 7 p.m.

Grilled polish sausages, beef yakiso-ba, salmon croquettes, chicken parmesan, broccoli, rice and cheese casserole, beef stir fry, parsley-but-tered potatoes, steamed rice, spaghetti noodles, lima beans, fried cabbage, carrots amandine

Thursday – Dec. 17

Lunch – 11 a.m. to 1 p.m.

Chicken stir-fry, breaded pork chops, spaghetti with meat sauce, honey-glazed Cornish hens, spaghetti with marinara sauce, steamed rice, rice pilaf, O'Brien potatoes, Chinese mixed vegetables, yellow squash, club spinach

Dinner – 5 to 7 p.m.

Breaded veal steaks with mushroom gravy, pork chop suey, beef and broccoli, vegetable lasagna, teriyaki chicken, mashed potatoes, steamed rice, fried rice, baked potatoes, cau-liflower, green peas, vegetable stir-fry

Menus are subject to change without notice

**FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT
WEEKLY CAMPUS ACTIVITIES DEC. 14-19**

Fort Sam Houston Elementary School

Dec. 14

Student council meeting, 3 to 4:30 p.m.

Dec. 16

Progress reports sent home

Robert G. Cole Middle and High School

Dec. 14

Cougar Pride meeting in media center, 5:30 p.m.

“How to Finance College” seminar in media center, 6:30 to 7:30 p.m.

Dec. 15

Auditions – UIL One Act Play, 4 to 5 p.m.

Boys JV/V basketball at Memorial, 5 and 8 p.m.

Girls JV/V basketball vs. Blanco at Cole, 5:30 and 7 p.m.

Boys soccer vs. Holy Cross at Cole, 4:30 p.m.

Dec. 16

Auditions – UIL One Act Play, 4 to 5 p.m.

Boys soccer vs. Feast at Cole, 4:30 p.m.

Dec. 17

Boys’ V basketball Hempstead Tournament, TBA

Dec. 18

Boys V basketball Hempstead Tournament, TBA

Girls JV/V basketball at Randolph, 5 and 6:30 p.m.

Dec. 19

Boys V basketball Hempstead Tournament, TBA

MWR FACILITY HOLIDAY CLOSURES

RV Park

Dec. 24, 25 and 31, and Jan. 1 - closed

Keith A. Campbell Memorial Library

Dec. 25 and Jan. 1 - closed

Outdoor Equipment Center

Dec. 25 and Jan. 1 - closed

Jimmy Brought Fitness Center, Pool

Dec. 25 and Jan. 1 - closed

Brigade Gym

Dec. 23 to Jan. 3 - closed

Central Gym

Dec. 23 to Jan. 3 - closed

Auto Craft Shop

Dec. 25 and Jan. 1 - closed

Equestrian Center

Dec. 25 and Jan. 1 - closed

Camp Bullis Outdoor Recreation Area

Dec. 23 to 25 - closed

Dec. 31 and Jan. 1 - closed

Fort Sam Houston Outdoor Recreation Area

Canyon Lake

Dec. 25 and Jan. 1 - closed

Hacienda Recreation Center

Dec. 18 to Jan. 3 - closed

Sam Houston Club

Dec. 21 to Jan. 4 - closed, except for special events

Golf Course

Dec. 24, 25 and 31, Jan. 1 - closed

Bowling Center

Dec. 21 to 25 and Dec. 28 to Jan. 1 - closed,

except for special events

Harlequin Dinner Theatre

Dec. 21 to Jan. 10 - closed

Central Registration

Dec. 25 and Jan. 1 - closed

Army Community Service

Dec. 24, 25 and Jan. 1 - closed

Child Development Center

Dec. 25 and Jan. 1 - closed

Child, Youth & School Services

Dec. 25 and Jan. 1 - closed

Family Child Care

Dec. 25 and Jan. 1 - closed

School Age Services

Dec. 25 and Jan. 1 - closed

School Liaison Services

Dec. 25 and Jan. 1 - closed

SKIES Unlimited

Dec. 24, 25 and 31, Jan. 1 - closed

Head Start

Dec. 21 to Jan. 4 - closed

Youth Sports

Dec. 25 and Jan. 1 - closed

Financial Management Division

Dec. 24, 25 and 31, Jan. 1 - closed

Soldier and Family Assistance Center

Dec. 24, 25 and Jan. 1 - closed

Warrior and Family Support Center

Dec. 25 and Jan. 1 - closed



Announcements

Discount Spurs Tickets

Discounted HEB Fan Zone Spurs tickets are available at the Sam Houston Club for \$21 each. Games include Dec. 19 vs. Indiana and Dec. 23 vs. Portland. Tickets may be purchased by all eligible Morale, Welfare and Recreation patrons by Dec. 15. Call 226-1663.

“Monster Carol” Tickets

Morale, Welfare and Recreation Marketing has received free tickets to Texas State University's production of “Monster Carol,” Dec. 12-13 at 1 p.m. and 5 p.m. and Dec. 14-15 at 7 p.m. Tickets are available on the first-come, first-served basis to all authorized DoD I.D. cardholders at the MWR marketing office in Building 124. Call 221-0012.

Free Armed Forces Bowl Tickets

Humana Military will be providing free transportation and tickets to the Armed Forces Bowl Dec. 31 in Fort Worth, Texas. The pick-up will be the Sam Houston Club at 4 a.m., game begins at 11 a.m. Limited seats are available. To reserve a seat call 221-4242 with your contact information and the number of seats you would like to reserve.

Free U.S. Army All American Bowl Tickets

The Sam Houston Club will be distributing a limited amount of free tickets for the U.S. Army All American Bowl to authorized DoD I.D. cardholders. Game will be held Jan. 9 at the Alamo Dome. Limit of four tickets per person, on a first-come, first-served basis. Call 226-1663.

“Plaid Tidings”

“Plaid Tidings” at the Harlequin Dinner Theatre through Dec. 19. Dinner is served at 6:15 p.m. fol-

lowed by the show. Tickets are \$26/military, \$29/civilian Monday through Thursday and \$29/military, \$32 civilian, Fridays and Saturdays. Call 222-9694 or visit www.fortsam-houstonmwr.com.

You're Hired Program

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

EDGE Program

The EDGE Program offers out-of-school opportunities for children 6- to 18-years-old in cutting-edge art, fitness, life skills and adventure activities. Open to children of military, DoD civilians/contractors and retirees. Activities are free for 11- to 18-year-olds, fees assessed according to DoD fee policy for 6- to 10-year-olds. To register, call 221-4871 or stop by the Child Youth and School Services Central Enrollment, Building 2797. Call 771-2148 or 954-2088.

Canyon Lake Winter Specials

Winter specials are available through March 1. Rent one night accommodation and get the second night half price; plus \$25 off all-day rentals of pontoons and fishing boats. Room rental not required for boat special. Boat rental discount is only applicable at Canyon Lake. Call 830-226-5357 or 888-882-9879.

Child, Youth & School Services Central Registration

Office hours are Monday through Friday 8 a.m.-5 p.m., registration after 4:30 p.m. by appointment only. The office is closed at 1 p.m. the first and third Friday of each month. Registration and Health Assessment forms are available at [\[houstonmwr.com\]\(http://houstonmwr.com\) under the Soldier and Family services tab. Call 221-4871/1723.](http://www.fortsam-</p>
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H.U.G.S. Playgroup

Helping Us Grow Securely playgroup for parents and children ages birth to 5-years-old meets Tuesdays, 9-11 a.m. at Dodd Field Chapel, Building 1721, for interactive fun play. Registration is not required. Call 221-0349/2418.

Baby Talk

New Parent Support Program will offer “Baby Talk” Tuesdays, 2-3:30 p.m. at Dodd Field Chapel. This discussion group for parents with children newborn to 12-months-old is parent-driven centering on developmental and behavioral changes going on in your newborn's life. Call 221-0349/0655.

English as a Second Language Class

Offered Mondays and Fridays 5-8 p.m. at Army Community Service, Building 2797. Class is free and designed especially for foreign-born spouses. To register, call 221-1681/9698.

Planning an Upcoming Event?

Looking for a place to hold a special event, holiday party, conference or wedding? The Sam Houston Club, 224-2721, and the Fort Sam Houston Golf Club, 221-5863, offer the perfect accommodations and exceptional catering services for up to 600 guests.

Bowling Center

The Fort Sam Houston Bowling Center opens at 11 a.m. for lunch Tuesday through Friday with a full menu - including Loyce's homemade chicken noodle soup. Daytime games are \$1 Tuesdays, Wednesdays and Fridays. On Thursdays, get one free game and free shoe rental with a purchase of a meal. Call 221-4740.

Basketball Coaches Needed

Child, Youth & School Services is looking for dedicated basketball coaches for the upcoming season. Call 221-4871 or stop by Central Registration.

MWR from P20

Driver's Education

The registration deadline for January driver's education classes is Dec. 31. Classes are offered to teens 15- to 18-years-old Monday through Friday, 4:30-6 p.m. at Robert G. Cole High School. The cost is \$344 for classroom and behind-the-wheel driving (student must have learner's permit) and \$275 for behind-the-wheel only. The class is open to dependents of all DoD cardholders. Register at Central Registration, Building 2797, weekdays 8 a.m.-4 p.m. Call 471-9548.

Martial Arts

Schools of Knowledge, Inspiration, Exploration & Skills Unlimited offers traditional classes in Korean martial arts, Kuk Sool Won, for children 5- to 18-years-old, Mondays and Wednesdays, 5-6 p.m. at School Age Services, Building 1705. The cost is \$80/month and is open to children of DoD cardholders. Register at Central Registration, Building 2797, weekdays 8 a.m.-4 p.m. Call 471-9548.

Calendar of Events

**DEC. 10
Job Search, Networking and Interviewing Skills**

The class will be held 8 a.m.-12 p.m. at Army Community Service, Building 2797. Learn to tackle an interview with confidence, make

smart career decisions, interviewing tips, preparation and etiquette. Call 221-0516/2418.

Commander's Training

The training will be held 8-10 a.m. at Army Community Service, Building 2797. This mandatory Family Action Plan training IAW AR 608-18 is required for commanders and first sergeants within 45 days following assumption of command. The training provides a FAP overview and insight about the command role in reporting domestic violence. Examine leadership roles and discover how to report abuse and prepare for the case review committee to support Soldiers and their Family members. Call 221-0349/2418.

Microsoft Publisher

The class will be held 8-11 a.m. at Army Community Service, Building 2797 in the computer lab. Basic computer skills and registration required, call 221-2518.

Mandatory Initial First-Term Financial Readiness

The class will be held 10 a.m.-12 p.m. at the Education Center, Building 2248. Class space is limited. To register, call 221-1612.

Mandatory First PCS Move

The class will be held 2-4 p.m. at Army Community Service, Building 2797. Most military personnel move about every three years, this class will help navigate the first move. To register, call 221-1612.

**DEC. 11
Family Readiness Group Key Caller Training**

The training will be held 8 a.m.-4 p.m. at Army Community Service, Building 2797. This training will define the responsibilities of the FRG Key Caller and provide information on performing this role. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**DEC. 14
Holiday Stress Management**

The class will be held 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. This class is designed to help manage the different stressors we all face during the holidays. To register, call 221-0349/2418.

Using Credit Wisely

The class will be held 2-4 p.m. at Army Community Service, Building 2797. Find out whether using credit is a good idea, how to manage credit cards and debt and the importance of protecting credit history. Call 221-1612.

**DEC. 15
Microsoft Word Level 1**

The class will be held 8 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Basic computer skills and registration required, call 221-2518.

Debt Management

The class will be held 2-4 p.m. at Army Community Service, Building 2797. Learn to get out of debt in the

most productive manner, develop a budget, and reduce the stress that comes with being in debt. To register, call 221-1612.

**DEC. 16
Microsoft Word Level 2**

The class will be held 8 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Completion of Word Level 1 and registration required. Call 221-2518.

Deployed Parenting

The class will be held 11 a.m.-12:30 p.m. at Army Community Service, Building 2797. Learn ways to provide children reassurance maintain a normal routine and improve parenting skills during Family separation. To register, call 221-0349/2418.

Mandatory Initial First-Term Financial Readiness

The class will begin at 12 p.m. at the Education Center, Building 2248. Class space is limited, to register, call 221-1612.

**DEC. 17
Microsoft Excel Level 3**

The class will be held 8 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Basic computer skills, completion of Excel Level 1 and 2 and registration required, call 221-2518.

**DEC. 20
Christmas Brunch**

The Sam Houston Club will host a Christmas brunch Dec. 20 featur-

ing a salad bar, carving station with Virginia baked ham and Barron of beef, sliced roasted turkey and cornbread dressing, baked tilapia, tamales, assorted side dishes and desserts. Price per person all-inclusive is \$18.95/members, \$21.95/non-members, \$8.95/children 6- to 11-years-old and children 5 and under free. For more information, call 224-2721.

**DEC. 31
New Year's Eve 5K Fun Run**

The run starts 11:59 p.m. at the Jimmy Brought Fitness Center. Registration is free and T-shirts will be given to all runners. Bring your dog, bring the stroller and start a new holiday tradition with the entire Family. Call 221-1234.

AFTB Celebrates Birthday

Army Family Team Building will celebrate a birthday Dec. 16, 1 p.m., Army Community Service Building 2797. You are invited for a piece of cake and prizes. The program connects Families to the Army one class at a time. Classes are free, fun and interactive. If a unit or battalion can guarantee at least ten students, a course can be scheduled at a time and location of their convenience. AFTB program is looking for volunteers who are certified instructors and master trainers to help teach and brief units or organizations about this Army Strong, team-building program. Call 221-2611 or 221-2705 for more information.

CFC

Terry Frost, posing with a Combined Federal Campaign donation poster, visited several offices throughout FSH, supporting the program that promotes philanthropy through workplace pledging.

Weekly Weather Watch

	Dec. 10	Dec. 11	Dec. 12	Dec. 13	Dec. 14	Dec. 15
San Antonio	54° Mostly Cloudy	58° Chance of Rain	68° Partly Cloudy	70° Mostly Cloudy	68° Chance of Rain	63° Partly Cloudy
Kabul Afghanistan	42° Chance of Snow	42° Scattered Clouds	42° Chance of Snow	42° Scattered Clouds	39° Chance of Snow	42° Clear
Baghdad Iraq	68° Partly Cloudy	64° Clear	62° Chance of Rain	66° Clear	69° Scattered Showers	68° Partly Cloudy

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



Announcements

Scholarships for Military Children

The Scholarship for Military Children Program can help with a \$1,500 scholarship. Contact your local commissary, school guidance counselor, or visit the program Web site at www.militaryscholar.org or www.commissaries.com.

Applications deadline is Feb. 17. Call 221-4678 ext. 249.

Red Cross Volunteers Needed

The American Red Cross Office, Building 2650, at the corner of Patch and Harney roads, seeks volunteers to do filing, mailings, answering the telephone, and other duties as requests arise. Caremobile drivers are also needed. Call 221-3355.

REMINDER CALENDAR

- Dec. 11** Army Medical Department and Garrison Holiday Ball, 5:30 p.m., Sam Houston Club, tickets \$38 per person
- Dec. 18** Brooke Army Medical Center Holiday Ball, Marriott Riverwalk
- Dec. 19** Pet Vaccinations, 8 a.m.-12 p.m., Harris Heights Community Center
- Dec. 24** Training Holiday
- Dec. 29** Newcomer's Extravaganza
- Dec. 31** New Years Eve Countdown 5K Fun Run, 11:59 P.m., Jimmy Brought Fitness Center

Diabetes Research Study

The Wilford Hall Medical Center Bariatric Surgery Clinic is now enrolling volunteers in the study "Sleeve gastrectomy vs. medical management for remission of diabetes in mild to moderately obese patients." Candidates to volunteer must have Type 2 diabetes with a Body Mass Index (BMI) of 30 to 34.9. Individuals can calculate their BMI at www.nhlbisupport.com/bmi. Call 292-4303.

NCO Wives Club

The NCO Wives Club meets the first Tuesday of each month at 10:30 a.m. at the Sam Houston Club. Active duty and retired spouses are welcome to join. Call 386-8265 or 314-6377.

Cloverleaf Communicators

The club meets the first and third Thursday, 11:45 a.m.-1 p.m. at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members interested in developing and enhancing leadership and communications skills. Call 221-8785, 221-6517 or 916-3406.

BAMC Seeks Volunteers

Volunteer positions are available

for the Caremobile, Kernel Club, Patient Library or Patient Transport Program teams. Additionally, volunteer positions are available on the clinic and patient administration staff. For more information on BAMC volunteer opportunities, call 808-4982.

Infectious Disease Clinical Research Study

The Infectious Disease Clinical Research Program is looking for healthy males or females between 18-55 years of age to participate in a research study at Brooke Army Medical Center. The study is to determine the safety and dosage of two parts of an investigational vaccine for the prevention of skin and wound infections caused by the bacteria *Staphylococcus aureus*. Volunteers will be asked to make about 6-8 outpatient visits over a period of 3-4 months. Call 916-6014.

Adolescent Weight Loss Program

Are you an overweight teen? The Brooke Army and Wilford Hall Medical Centers seek overweight military dependent adolescents between the ages of 12 and 18 to participate in a free weight manage-

ment intervention study. The 12-month adolescent obesity study incorporates professional medical attention, behavioral therapy, nutritional counseling and medication for weight loss at no cost to participants. For more information, call 916-0607.

SECDEF Employer Support Freedom Award

National Guard and Reserve members and Families are encouraged to nominate employers who have provided exceptional support of military employees above the federal law requirements. Nominations will be accepted at www.FreedomAward.mil by Jan. 18.

Holiday Photo Contest

Shoppers can submit photos to PatriotFamily@aafes.com with the title "Memories Etched in Images" in the subject line. Top 50 entries will be posted online and winners will be announced by Jan. 22. First place receives a \$1,000 AAFES gift card with \$500 going to the runner-up. Third and fourth places receive a \$250 gift card and next five places \$100 each. Rules and entry details are at www.aafes.com/PatriotFamily.

Holidays on ICE

During the hustle and bustle of the holiday season, don't get stressed out. Put your comments on ICE. On the Garrison Intranet, click on the ICE logo on the homepage or

go to <http://ice.disa.mil> Choose Army CONUS, Scroll down to Ft. Sam Houston, click on the active link and you are there. Call the CMS office 221-2543 or e-mail

Calendar of Events

samh.cms@conus.army.mil

DEC. 11

Coping with Deployment

The Red Cross will hold a Coping with Deployment class Dec. 11, 9 a.m.-1:30 p.m. at the chapter office, 3642 E. Houston St., by the AT&T Center. To register, call 589-1902.

DEC. 12

Big Springs Ranch for Children Walk

The BTC Oddsports Club volkswalk club will host a 5k and 10k walk starting at Middle School Building at Big Springs Ranch for Children, 10664 U.S. Hwy. 83 N., Leakey, Texas. Walk starts between 8 a.m. and 1 p.m., finish by 4 p.m. Call 204-9301.

DEC. 13

BAMC Children's Holiday Party

Brooke Army Medical Center Family Readiness Group Children's Holiday Party-Holiday Toon Town, 12-5 p.m. in the BAMC Medical Mall. Admission is \$1.50, admission bracelets are on sale from 11:30 a.m.-1 p.m. in front of the BAMC dining facility (excluding weekends). Call 916-6421.

Thought of the Week

Everything is possible if you develop a plan.

— Mark Fox

(Source: Bits & Pieces, November 2009)

Fort Sam Houston chapel community invites all to Journey to Bethlehem

The grounds of Main Post Chapel (Gift Chapel) will be transformed into a little Bethlehem Village for Journey to Bethlehem, Dec. 17-19. The Journey to Bethlehem program will provide fun, memorable Bible-learning activities for Families. Participants will join a small group named after one of the 12 tribes of Israel. These family tribes will explore traditional Bible-times Family life, learning what Bethlehem might have been like at the time of Jesus' Birth. Journey to Bethlehem will be 5:30-8:30 p.m., at the Main Post Chapel, 2200 Wilson Way. This event is free and open to the public. Call 221-5006.



Courtesy photo

For Sale Fort Freebies

For Sale: Image 9.5 elliptical trainer, like new, \$100; Ultimate Fighting Championship heavy punching bag with stand and speed bag attachment, like new, \$100 obo. Call 630-0163.

For Sale: Fur coat, 3/4 length, \$1,768 new; asking \$675; HP laptop, \$240; new wrist watches, \$8 to \$35; Black Forest cuckoo clock, new, 1/2 price; NordicTrack Elliptical, \$380; gas barbecue grill \$289 new, asking \$45; large, beveled wall mirrors \$23 to \$42; basketballs, soccer balls, baseballs, and tennis balls (single, 3-pack and 4-pack), varies prices; portable television with AM/FM radio, new, \$30; leather jacket, \$47. Call 313-0061.

For Sale: Two tickets for Trans-Siberian orchestra, Dec. 26 at 8 p.m. at AT&T center, section 103, row 15, \$140; dinnerware for four, plus serving tray, carafe, lots of accessories; \$35; Callaway ladies golf shoes, size 9.5, almost new, \$40; Wii/Gamecube games: Walt Disney's Cars, Burnout (racing), Madden 2003, \$10 each; PC games, \$5 each. Call 697-9261 or 363-4056.

For Sale: Little Tykes desk and chair for 1-5 year olds, \$11; Little Tykes shopping cart for 2-6 year olds, \$9. Call 281-8687.

For Sale: Oak coffee table with smoked glass top, \$50; Hoover Windtunnel vacuum cleaner, \$30; Magnavox 36-inch television, \$110. Call 662-8887

For Sale: Wood-grain wall entertainment center, 6 feet high by 5 feet wide by 17 inches deep, \$150; Sofa sleeper and loveseat, earth tones, \$225 obo; baby crib, need refinishing, \$25; Replogle Hastings tabletop globe, \$30. Call 371-7833.

For Sale: 1983 Winnebago mobile home, sleeps five, kitchen and bath, a/c, diesel, needs minor maintenance, \$2,500 obo; washer and dryer, \$175. Call 227-9017.

For Sale: Ashley "Cottage Retreat" twin sleigh bed with mattress and box spring, may be sold separately, \$250; 12-inch girls bike, \$10. Call 666-2455 or 830-330-0444.

For Sale: Registered Chihuahua puppies, white male, cream female, ready to go, have first shots. Call 535-7245.

For Sale: Toddler bed with mattress, \$45; infant car seat, like new, \$40; infant walker, \$18; walk alone toys, \$8 each; two feeding chairs, \$9 each.

Call 455-8305.

For Sale: Light wood entertainment center, 5 feet high by 4.5 feet wide by 22 inches deep, holds 32-inch television, \$100. Call 464-6761.

Free: Oblong glass table top, 41 inches by 71 inches. Call 404-0537.

Free to good home with yard: 1-year-old smooth collie mix, male, playful. Call 260-3234.

For Sale: 2002 Subaru Legacy, 62K miles, good condition, alarm system, \$8,900. Call 274-6593.

For Sale: Ticket for the "Lion King" Dec. 13, 1 p.m. performance at the Majestic Theater, Seat 14 mezzanine level, original price \$63.25, asking \$40. Call 656-9341.

For Sale: chest of drawers, wood, 32 inches by 49.5 inches by 18 inches, mirror 32.5 inches by 38 inches, six cedar-lined drawers, \$30; blue metal office desk, three drawers, 28.5 inches by 60 inches by 30 inches, \$10; wood study desk, five drawers, 30 inches by 40 inches by 20 inches, \$10; wood television cabinet/night stand, \$5; Black & Decker Lawn Hog electric 18-inch mulching lawnmower, \$20; Black & Decker Grass Hog XP electric 14-inch trimmer, \$10; Graco stroller, free. Call or text 763-300-7633.

"See it, Send it"

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

Take the Dare and Be Aware

Holiday Worship Schedule

Main Post Chapel, Building 2200,
221-2754

Catholic Services

Dec. 8 Feast of the Immaculate
Conception 11:30 a.m.
Dec. 24 Mass 9:30 p.m.
Dec. 25 Mass 9:30 a.m.
Dec. 31 Mass 5:30 p.m.
Jan. 1 Holy Mass 9:30 a.m.

Protestant Services

Dec. 13 Christmas Cantata 8 and 11 a.m.
Dec. 24 Christmas Eve Candlelight Service
7 p.m.

Community-wide

Dec. 17-19 Journey to Bethlehem
5:30-8:30 p.m.

AMEDD Regimental
Chapel, Building 1398,
221-4362

Catholic Services

Dec. 8 Feast of the Immaculate
Conception 7 p.m.
Dec. 10 Penance 7 p.m.

Dodd Field Chapel, Building 1721,
221-5010 or 221-5432

Catholic Service

Dec. 24 Children's Mass 5 p.m.

Protestant Services

Dec. 16 Protestant Women of the Chapel
Christmas Luncheon 9:30 a.m.-12 p.m.
Dec. 24 Samoan Christmas Eve Service 7 p.m.

