



SANTA & MRS. CLAUS
will visit
housing area
on post.
Dec. 22,
9 a.m. – noon

SPURS LIFT SPIRITS WITH CENTER FOR THE INTREPID VISIT



Photo by Maria Gallegos

San Antonio Spurs guard Manu Ginobili talks with wounded warriors receiving treatment and therapy at the Center for the Intrepid at Fort Sam Houston Dec. 7. He was joined by teammates Tony Parker, Tim Duncan, George Hill and Antonio McDyess, as well as head coach Greg Popovich and assistant coach Don Newman. They brought catered lunches and drinks and visited with the warriors at the CFI café. After lunch, they were given a tour of the CFI. The Spurs visit wounded warriors throughout the year to give support and boost morale. The Spurs coaching staff say the visits boost the team's morale as well. *More photos can be viewed at <http://www.samhouston.army.mil/pao/>.*

Leadership in crisis focus of Pearl Harbor Day discourse

By L.A. Shively
FSH Public Affairs

U.S. Navy Surgeon General Vice Adm. Adam M. Robinson Jr. spoke on leadership in crisis during a Dec. 7 presentation – a subject coinciding with the Pearl Harbor Day remembrance.

His speech was also the inaugural event for the Military Instructional Facility #4 auditorium; part of the Medical Education & Training Campus' newest construction. After Robinson's talk, a group of engineers in white hard hats who had paused their work, continued with finishing the building.

"Sixty-nine years ago today, the surprise attack of Japan on the

United States at Pearl Harbor has been suggested as a failure of leadership," Robinson said, "but also a position that all of us will be thrust into at some time in our lives – that is a position of crisis. How we react will define us as human beings and also as a nation."

Robinson said the reaction the U.S. had on that attack and what the country did for the remainder of WWII and the remainder of the 20th century distinguished Americans as men and women who will always defend their rights; and who will also stretch out a hand to others to help and be supportive throughout the world.

He elaborated on today's con-

See LEADERSHIP P7

JBSA hammers out energy conservation management strategies at summit

By L.A. Shively
FSH Public Affairs

Experts from the Department of Defense, Air Education Training Command and Joint Base San Antonio kicked off an energy conservation summit at Fort Sam Houston Dec. 7 to construct a Strategic Energy Management Plan for Fort Sam Houston and Lackland and

Randolph Air Force Bases.

The summit was followed by three days of working-level sessions where energy and resources efficiency managers exchanged ideas aimed at developing a plan with measurable outcomes.

"We want to lean our processes and figure out what we're doing right and what we're doing wrong," said Col. Robert

Bridgford, 502nd Air Base Wing vice commander.

"We spend about \$40 million in utilities right now and we've got about \$10 million worth of great energy projects, but our metrics are not going in the right direction."

Bridgford presented several guidelines established by Air

See JBSA P13



Anthony Martinez, energy manager for JBSA, gives an overview of the plans for the summit and working-level sessions.

Photo by L.A. Shively

HAPPY HOLIDAYS: OUR NEXT ISSUE WILL PUBLISH JAN. 6, 2011



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Have a happy - and safe - holiday season

By Lt. Gen. Guy Swan III
Commanding General
U.S. Army North



Lt. Gen. Guy Swan III

I would like to take this opportunity to wish all of you and your Families a very happy and safe holiday season.

Our nation is made of various individuals representing numerous cultures, but we all embrace our beliefs and customs to celebrate this time of year.

Our diversity is part of

what makes this nation strong, reinforced by our backgrounds; we all

share a joy to serve with the finest men and women in uniform and civilian employees.

During this holiday time, I would ask all of you to reflect on this past year and the many significant achievements your units and this post have accomplished.

We stand as a team ready to accomplish our respective missions, but our strength and support comes from our wonderful friends, Families and

community.

San Antonio and Fort Sam Houston offer endless and diverse opportunities for holiday celebrations, and I encourage you to take advantage of all that Military City USA has to offer this time of year.

However, we all have to celebrate responsibly. The people who care for you, the ones you work with – all of us need you to be safe.

Think about being

responsible in every activity, and identify and counter any risk. It is impossible to list every risk factor here, but you should practice responsible habits on the road, at home, at work and in your leisure.

Leaders must lead in this important task and bring everyone back in 2011.

Congratulations on a job well done in 2010 and best wishes to all of you and your Families in the coming year. You are the strength of the nation!

‘Much to celebrate, reflect upon during this holiday period’

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



Brig. Gen. Leonard A. Patrick

We stand on the doorstep of a new year ... as one year ends, we prepare for another full of new possibilities. When I reflect back on 2010, I'm deeply impressed with all we have accomplished together, and we have much to celebrate.

This is our first holiday season as Joint Base San Antonio. In February, we stood up the 802nd Mission Support Group at Lackland and the 902nd MSG at Randolph, and brought the Band of the West under the 502nd Air Base Wing.

In October, the Fort Sam Houston Garrison became the 502nd MSG under the 502 ABW.

During these ceremonies, I noted the remarkable power we have to serve our nation here in San Antonio ... we train combat medics at Fort Sam Houston, instructor pilots at Randolph, and assess every enlisted person

forming their unique missions on Joint Base San Antonio, seven days a week, 24 hours a day.

I'm proud the important role the 502nd Air Base Wing and Joint Base San Antonio has in achieving those missions through our installation support activities.

We have an enormous task, and it's not lost on the military and civilian members of the wing, but it is also recognized by our mission partners, and our many civic leaders.

They have partnered with us every step of the way, because collaboration and cooperation are the only way we can succeed.

Yes, we do have much to celebrate, and to reflect upon during this holiday period.

Let's also remember the sacrifice made by our fellow service members who are on watch in Afghanistan, Iraq and other locations far from their Families during the holidays, many of them for the second, third or fourth

time. We need to reach out to their Families and keep them in our love and care ... no company takes care of their people and Families like the Armed Forces does.

I am proud of all of you, and what you have done for your nation. Be safe, be responsible and be back next year. Thank you for all of your caring, your sacrifice and your patriotism.

From my family to yours, have a great holiday season!

News Briefs

Active Shooter Briefs

In accordance with the Air Force memorandum dated Jan. 21, 2010 the 502nd Security Forces Squadron, Joint Base San Antonio will conduct Active Shooter briefings Dec. 21-22, 9-10 a.m. and 2:15-3:15 p.m. at the Roadrunner Community Center, Building 2797. These briefings are open to all military, civilian, and contract personnel assigned to Fort Sam Houston who require this critical job-related information.

Office Closures

The Housing Services Office, Building 367, will close at 1:30 p.m. Dec. 16 and will also be closed Dec. 23-24. Call 221-8519/8539/8569.

The Consolidated Legal Office (Army) in Building 134, Stanley Road and the Fort Sam Houston Claims office, in Building 153 will be closed at 11 a.m. on Dec. 17. Normal operations will resume for both Dec. 20 at 8 a.m. These offices will also be closed Dec. 23-24 and 30-31 for the holidays. Call 221-2282 or 295-8557.

Lincoln Military Housing offices will be closed Dec. 23-24, and resume normal operations Dec. 27.

AFEB Mediation Class

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

Robotic Prescription Dispensing System

The Robotic Prescription Dispensing and Workflow Systems will be the newest innovative

See NEWS P4

Infantryman receives Purple Heart at WFSC

By Maria Gallegos
BAMC Public Affairs

Pfc. Joshua K. Winters, an infantryman with the 25th Infantry Division, was honored for his bravery and selfless sacrifices during a Purple Heart ceremony Dec. 3 at the Warrior and Family Support Center.

Brig. Gen. Arnold Gordon-Bray, director of G-3/5/7, Installation Management Command Headquarters, presented the medal and certificate.

Gordon-Bray, who is also an infantryman, spoke about the acts of bravery of infantrymen and how they don't hesitate to answer the call of duty.

"I've ordered men and women like you to go into harm's way and you never flinched," he said. "You understood full well what that meant. You represent the best in



Brig. Gen. Arnold Gordon-Bray, director of G-3/5/7, Installation Management Command Headquarters, presents the Purple Heart certificate to Pfc. Joshua K. Winter, as his mother, Cindy, looks on.

Photo by Maria Gallegos

America because you walked to the front of the line. To be Army strong is to stand up in harm's way, when everyone else walks away."

Winters, assigned to Company B, 1st Battalion, 27th Infantry, 2nd Stryker Brigade Combat Team, 25th Infantry Division, was injured in Iraq Sept. 7, when he was hit by

small arms fire while preparing for a patrol.

"I always knew getting hurt was a possibility, but it's worth it," he said. "I'll do it again in a heartbeat. I'm just still worried about my guys over there."

The Purple Heart is the oldest military decoration in the world in use and is specifically a combat decoration. It is award-

ed to members of the U.S. armed forces wounded by an instrument of war in the hands of the enemy and posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action.

Originally called the Badge of Military Merit, Gen. George Washington began awarding the medal to recognize valor on the battlefield. In 1782, the Continental Congress ordered him to stop doing so for lack of funds, but the award was reinstated in 1932. To date, about 43,000 service members have earned it.

Wounded warrior talks about recovery after injury in Iraq

By José Maldonado
USAMITC

During a U.S. Army Medical Information Technology Center commander's call Nov. 3 at Blesse Auditorium, Lt. Col. Beverly Beavers, USAMITC commander, brought up Staff Sgt. Oscar Guerra to speak.

Guerra is a wounded warrior currently serving as a platoon sergeant at the Warrior Transition Battalion at Brooke Army Medical Center.

The staff sergeant talked about his loyalty to fellow Soldiers and his strong desire to continue to serve after catastrophic injury – losing his left leg to a roadside bomb while in Iraq.

His fellow Soldiers lost their lives.

He said he wanted to honor the sacrifices his buddies made while fulfilling the commitment he made to himself.

"When I joined the Army I

was going to complete 20 years," Guerra said. "To just give up is to lay down ambition. Life is worth living. I will do it. I will complete 20 years."

Guerra credited his parents Maria and Oscar Guerra, who flew from Phoenix, Ariz., and the staff and Families at the Fisher House for supporting him during his recuperation.

"My mother's first words about the Fisher House were, 'Mijo, this place is amazing!'" Guerra said.

"Were going to be OK mijo, just heal," his mom said.

Guerra said the Fisher Houses gave his Family a place to rest and to talk to the other parents who were helping their Family members heal, giving him the



Photo by José Maldonado

Staff Sgt. Oscar Guerra speaks at the U.S. Army Medical Information Technology Center commander's call Nov. 3 at Blesse Auditorium.

peace of mind he needed.

"I enjoyed the home-cooked meals that the parents of the warriors would make for the group. My personal favorite – a Family from Rhode Island would cook some incredible clam chowder," Guerra said.

"The Fisher Houses are for the Family not the patients," explained Inge Godfrey, manager for the Fort Sam Fisher

Houses. Godfrey has managed the houses for 18 years and opened all four Fisher Houses on Fort Sam Houston.

"My philosophy is that love is the best medicine and they can stay as long as the patient is getting treated at the hospital; whether inpatient or outpatient," she said, adding the Family stays at no cost to them until the patient is discharged.

"The Fisher House is an incredible place that has eased many worries of our troops and their Families during times of need. The care and support is without a doubt a blessing that comforts a Family when confronted with a situation that is overwhelming due to medical circumstances," Beavers said.

After his presentation, which ended with a standing ovation from the audience, Beavers presented Guerra with a commander's coin and a certificate of appreciation.

News Briefs

NEWS from P3

service offered to patients at Brooke Army Medical Center. This new state-of-the-art technology will enhance and optimize patient's safety and accuracy of prescription orders. It will also provide easy-to-read labels to include line drawings and description of medications. Eleven Robotic Prescription Dispensing Systems will be placed throughout BAMC to include the Troop Medical Clinic, Fort Sam Houston Primary Care Clinic and pediatric pharmacies.

Lost Property

People who have lost items on post can check with the lost and unclaimed property custodian at the Fort Sam Houston Police Department. The police department currently has several wallets, identification cards, bikes, cell phones and other items. All found property is kept for 45 days and then disposed of, unless owner is identified. To claim property you must have proper identification and be able to identify the property. If you have lost or found an item, call 221-2340 or go to the Fort Sam Houston Police Desk, Building 2244.

BAMC Allergy Clinic Moving

The Brooke Army Medical Center Allergy and Immunization Clinic will close Dec. 15-20 for its move into transitional space. The clinic will reopen Dec. 21 in trailer No. 17 in D Lot. The clinic will be open for appointments Monday-Friday 7:30 a.m.-3:45 p.m. Allergy shots and immunizations are not provided on Wednesday and Friday afternoons. Call 916-9900 for an appointment or 916-3011 for information.

In the article titled, "FSU chancellor keynotes graduation ceremony for master of social work program," published in the Dec. 9 News Leader, Dr. James Anderson's title was incorrect. Anderson is the chancellor of Fayetteville State University.



Wounded warrior reports for duty with 470th MIB

By Spc. Natalie Sampson
470th MIB Public Affairs

A member of Brooke Army Medical Center's Warrior Transition Battalion answered the call to duty Nov. 17 and reported for his first day with the 470th Military Intelligence Brigade's Military Intelligence Civilian Excepted Career Program.

1st Lt. Juan Pastrana, injured in Kuwait while deployed for Operation Iraqi Freedom, came to the brigade as the result of an invitational briefing given by Chief Warrant Officer 3 Qasim Sattar, the brigade's human resources officer.

Pastrana said he felt highly motivated after hearing Sattar's briefing, delivered to a group of wounded warriors at a weekly Warrior Transition Battalion meeting. The U.S. Army Wounded Warrior Program helps to reintegrate Soldiers

who have been injured and/or inflicted with life changing issues due to combat-related circumstances.

Pastrana brings 13 years of personnel experience to his new job as assistant to Robert Rendon, the brigade's senior adviser for MICECP.

"Pastrana is creating a personnel management system for the brigade's military intelligence civilian work force working in the Caribbean, in Central and South America and at Camp Bullis, as well as at Fort Sam Houston," Rendon said.

"His responsibilities include managing time cards, pay issues, training and personnel development plans, and interfacing with MICECP headquarters at Fort Meade, Md.," Rendon added. "He is the 'go-to' person for all matters dealing with administrative support for our MI civilian work force."

Pastrana, who had his sights set on working in the MI com-



Photo by Gregory Ripps

1st Lt. Juan Pastrana talks about becoming part of the 470th Military Intelligence Brigade.

munity, jumped at the chance to unite his skills with the opportunity.

"This job is challenging and I like it a lot," Pastrana said. "The people I work with are awesome. They know how to guide, teach, coach and mentor, and they work together to make things run smoothly in the diverse environment of

managing military intelligence personnel affairs."

Although Pastrana's hours working for the brigade are limited, his enthusiasm for the opportunities afforded Soldiers through the WTB is unbridled.

He looks forward to being fully engaged in missions that will require him to travel and adding support to the MI Corps as one of his experiences. Pastrana will use this opportunity to determine whether he too can become an MI officer or become a member of MICECP.

He strongly encourages other warriors to seek out and accept the challenges that the military intelligence community has to offer through jobs like his.

"The military intelligence world is wide, and even if you don't stay in [the Army], you can still come out with a great future thanks to the experience from programs like this," he said.

Sergeant Major of the Army praises MEDCOM at holiday ball

"Over these last 10 years of combat, you would be hard pressed to find a military unit that has shouldered more of the operational load than the Army Medical Command," Sergeant Major of the Army Kenneth O. Preston told the attendees of the U.S. Army Medical Command holiday ball at Joint Base Myer-Henderson Hall, Va., Dec. 4, where he was featured as guest speaker.

"I am consistently amazed at what you have been able to accomplish over that time span," Preston added. "What you do every day for our Soldiers and Families is nothing short of spectacular."

Preston serves as the Army Chief of Staff's personal adviser on all enlisted-related matters, particularly in areas affecting Soldier training and quality



Sergeant Major of the Army
Kenneth O. Preston

of life.

He noted efforts to treat traumatic brain injuries and post-traumatic stress disorder

that have afflicted many Soldiers during the conflicts in Iraq and Afghanistan.

"We are seeing an increase in behavioral health issues such as depression and anxiety; and in extreme cases, high-risk deaths, suicide attempts and suicides," Preston said.

"To everyone's credit, we are seeing the percentage of service members who avoid seeking psychological treatment because of a perceived stigma drop from 90 percent not asking for help to 50 percent.

"More than 216,000 active-duty Soldiers received outpatient behavioral health treatment in fiscal year 2009," he added.

"I think this number will continue to rise as more of our Soldiers seek the help that they need; and the perceived stigma

of asking for help continues to drop."

Preston called the Comprehensive Soldier Fitness program, which helps Soldiers and Families build strength and resilience "one of the greatest initiatives of this war."

He also praised innovations in combat trauma care, such as an improved first-aid kit and combat gauze bandages.

"Soldiers have a 95 percent chance of living if we can evacuate them off the battlefield in the first hour," he noted.

MEDCOM is the command and control organization for Army garrison medical, dental and veterinary care throughout the United States, Europe and the Pacific region.

(Source: U.S. Army Medical Command Public Affairs)

Swan enlists recruits into U.S. Army at Spurs game

By Sgt. 1st Class
Manuel Torres-Cortes
ARNORTH Public Affairs

It wasn't just a big win for the San Antonio Spurs over the Golden State Warriors at the

AT&T Center Dec. 8, it was also a big win for the U.S. Army, as 32 men and women enlisted in a ceremony at midcourt before the game.

Army North commanding general Lt. Gen.

Guy Swan III administered the oath of enlistment to the new Soldiers at midcourt.

Before the ceremony, the general met with the new recruits and told them they were about to

enter the best equipped and best trained Army in the world.

The new recruits and their Families were then invited to stay and watch the Spurs cruise to a 111-94 victory in one of

the luxury boxes.

"It's a privilege and honor to enlist these great Americans, who have chosen to fight and defend this country," Swan said.

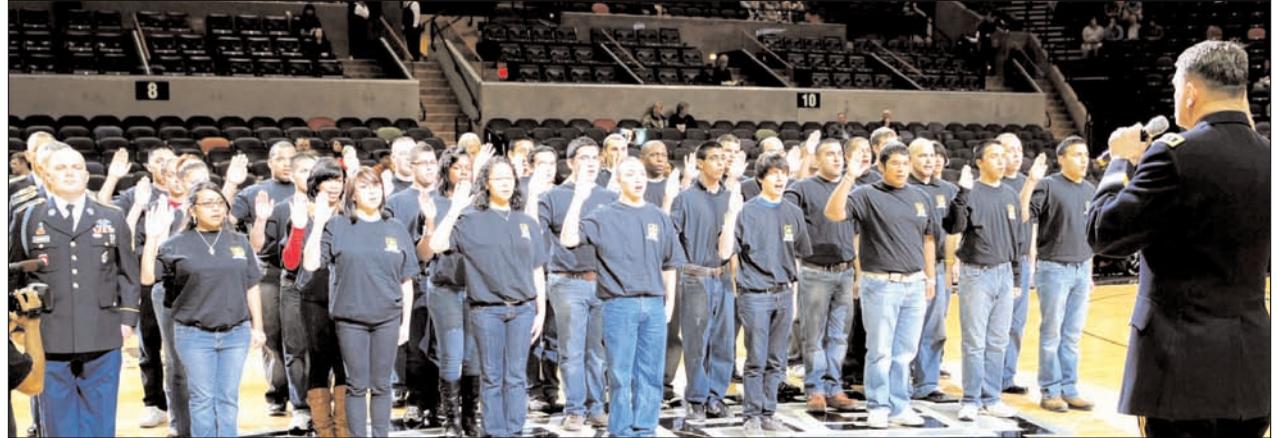
Maj. Gen. Simeon

Trombitas, commanding general, U.S. Army South, also participated in the activities.

The event was sponsored by the U.S. Army Recruiting Battalion San Antonio.



Army North commanding general Lt. Gen. Guy Swan III gives a pep talk to the new recruits before the ceremony, telling them they were about to enter the best equipped and best trained Army in the world.



Photos by Sgt. 1st Class Manuel Torres-Cortes

Army North commanding general Lt. Gen. Guy Swan III administers the oath of enlistment to 32 men and women in a ceremony at midcourt at the AT&T Center before a game between the San Antonio Spurs and the Golden State Warriors Dec. 8. The Spurs won the game, 111-94.

THE SPIRIT OF GIVING



Photo by Esther Garcia

Jack Pike, Director, Disaster Service, American Red Cross, is presented with a donation of toys from children of the Faithweaver Friends, one of many religious education programs provided by the Fort Sam Houston Religious Support Office. Held on Dec. 8 at Dodd Field Chapel, the children are taught the spirit of giving. "To celebrate the spirit of giving, we are giving toys to children who may not have toys on Christmas Day because of fire, floods, or other disaster," said Robb Wood, Director of the Religious Education, Religious Support Office. According to the American Red Cross the San Antonio Area Chapter responded to over 400 local disasters, including floods, fires and tornadoes. "The American Red Cross is grateful for this important donation that will provide comfort to children at a very uncertain time," Pike said.

Race into the New Year with 5K fun run/walk Dec. 31

By Dimice Perry
Force Support Squadron

Looking for a unique new way to ring in the New Year?

Has your dog ever been invited to join you at a New Year's Eve celebration?

"Then come running!" said Col. Mary Garr, 502nd Mission Support Group commander.

The Jimmy Brought Fitness Center is hosting a 5K fun run/walk on New Year's Eve for a safe, fun and Family-centered event that everyone can enjoy.

Participants should arrive at the Jimmy Brought Fitness Center, Building 320 on Wilson Road at 11:30 p.m. Dec. 31 for event instructions. The race will begin at

midnight.

Last year, more than 350 people attended the first New Year's Eve 5K and this year the event is expected to be bigger. Everyone in the San Antonio community is invited to attend this event celebrating fitness and Family togetherness.

"Join single service members, retirees, Families and pets," Garr said. "You'll see city fireworks and help Fort Sam Houston ring in the New Year!"

Register in person at the Jimmy Brought Fitness Center or online at <https://webtrac.mwrarmy.mil/>. Registration is free and open to the public. Participants in the New



Runners and walkers prepare for last year's 5K fun run/walk on New Year's Eve at the Jimmy Brought Fitness Center.

Year's Eve 5K can purchase T-shirts for \$10 if registered before Dec. 20.

Runners can look forward to a sparkling grape juice toast at mid-

night and a great view of the San Antonio city fireworks.

Sure, there are other ways to celebrate but the group commander Col. Garr says, "As opposed

to ringing in the year with half a million of your best friends at Alamo Plaza, you could start your year off on the right foot!"

Bring your dog, bring

the stroller and start a new holiday tradition with the entire Family. Call 221-1234 for more information.



Photos by Tony Poore

Even your canine friends can enjoy a walk or run with the Family on New Year's Eve.



Photo by L.A. Shively

U.S. Navy Surgeon General Vice Adm. Adam M. Robinson Jr. speaks to Soldiers, Sailors and Airmen about the importance of developing a successful leadership style during a Dec. 7 presentation at Military Instructional Facility #4.

LEADERSHIP from P1

flicts and what they mean to the American psyche.

“War has been a part of our world and our people as humankind and I don’t think that will change. But what will change and what must change is our ability to come together again in this type of institution so that we can mitigate the effects as best we can.

“At least we can come together as a people to say we will render aid and assistance and help wherever we can,” he said.

Robinson then dissected the differences between leadership and management. He defined leadership as vision and management as execution.

“Leadership shows where you need to go and how you need to get there. Management gives you the tactics, ways and means to accomplish it.”

Good leadership takes a philosophical approach, Robinson suggested, while management is more metrically oriented; and oriented toward items or things.

“You manage invento-

“Leadership shows where you need to go and how you need to get there. Management gives you the tactics, ways and means to accomplish it.”

— U.S. Navy Surgeon General Vice Adm. Adam M. Robinson Jr.

ries, you don’t manage people,” the admiral said. “Many of us forget, particularly in times of crisis that you don’t manage people and you don’t lead things.”

Using quotes from American luminaries, Robinson illustrated the thought process behind a successful leadership style. Margaret Drabble’s “When nothing is sure, everything is possible,” suggests approaching situations with preconceived notions constrains the decision making process, Robinson explained.

He used Thomas Jefferson’s quote “In mat-

ters of style; swim with the current. But in matters of principle; stand like a rock,” to highlight the incongruity between today’s popular culture and military ethos.

“Instead of standing like a rock on basic philosophical principles that our services imbue in us – men and women get into difficulty and have problems,” Robinson said.

“What made them stray off?” he asked. “Because we sometimes get style and principle confused,” he said.

He strongly emphasized that people are more easily led than driven.

“The minute you start saying, ‘I order you to do something’ is the moment you have lost.”

Robinson also advised his audience of Soldiers, Sailors and Airmen to concern themselves with the overarching quality of the joint service mission, rather than service-specific minutiae.

“An integrated military educational system will produce the finest health training in the world,” Robinson said.

Army MEDCOM Band presents concert for all ages

By Phil Reidinger
AMEDDC&S Public Affairs

With names like Jimmy B. and the X-Rays, Groove Therapy and Los Curanderos on the program, the Army Medical Command Band illustrated their talent and creativity during the annual Christmas concert held at the Scottish Rite Auditorium Dec. 11.

A full house for the performance included the Soldiers assigned to the 32nd Medical Brigade and more than 300 members of the San Antonio community.

In addition, four band members – Staff Sgt. Daniel Collins, Sgt. James Weary, Sgt. Melissa Boski and Spc. Noah Taylor – reenlisted during the concert.



The Army Medical Command Band, led by bandmaster Chief Warrant Officer 5 Douglas Paarmann, performed Dec. 11 at the Scottish Rite Auditorium. In addition to a program by the full concert band, sections of the band, such as the Biohazard Brass Band and Surgical Stryke rock group, performed seasonal favorites such as “Jingle Bells,” “Blue Christmas” and “Here Comes Santa Claus.”

The show included traditional favorites such as Gene Autry’s “Here

Comes Santa Claus” mixed with “Please Come Home for Christmas” by

The Eagles.

A crowd favorite was a performance of “O

Chanukah” by the concert band.

The concert concluded with a crowd-pleasing

arrangement of “Christmas Eve/Sarajevo.”



Photos by Phil Reidinger

Gregg Stevens, deputy to the commanding general of the Army Medical Department Center & School, welcomes retired Gen. Ralph Haines and his guest, Amelia Fales, to the annual command Christmas concert performed by the Army Medical Command Band.

CFC: changing lives, one gift at a time

By Capt. Will Babor
502nd ABW CFC



The Joint Base San Antonio Combined Federal Campaign officially drew to a close Dec. 15 and even in these tough economic times, generous military members and civilian employees helped the campaign raise more than \$4 million to support thousands of worthy charities.

According to Keith Toney, Fort Sam Houston CFC team captain, Fort Sam Houston's goal is \$1,186,266. As of Dec. 13, \$1,081,819.04 has been contributed to the campaign, which equates to 92.2 percent of Fort Sam Houston's goal.

"Monies can be accepted from contributors through Jan. 14, 2011,"

Toney said.

Highlights of this year's campaign included kick-off breakfasts, fundraising golf tournaments, and inspiring presentations by agencies and those people who have been touched by the CFC.

The campaign allowed every person to support the causes they are passionate about through thousands of carefully approved charities, including local charities in and around the San Antonio area.

As the annual message stated – every gift given is important – and they all change lives.

JINGLE BELL RUN



Photo by Capt. Steven A. Parker

Company A of the 187th Medical Battalion hosted the 4th Annual 187th Med. Bn. Leadership & Staff Jingle Bell Run Dec. 8. The route went through the River Walk area and ended at the Alamo.

There's help available to battle the holiday blues

By Steve Elliott
FSH Public Affairs

While the holidays are a time of joy and glad tidings for most, they can be a source of stress and depression for others.

It could be because a spouse or Family member is deployed far from home in a combat area, or a service member is away from their parents during the holidays for the first time. Maybe Family finances are not so good. It may even be caused by the weather.

There is a wide variety of help available at Fort Sam Houston and throughout the Department of Defense for people feeling not so merry this time of year.

"We are culturally conditioned to have this

Norman Rockwell-like image of the holidays in our mind – the loving family gathered around the festive feast with a tree in the background loaded with presents and snow falling outside the window and a toasty fire roaring in the fireplace," said Chaplain (Maj.) George "Buddy" Hammil, Family Life chaplain at the Dodd Field Chapel on Fort Sam Houston.

"We may not have any of that, yet we think we should," Hammil said. "The reality is that we may be lonely, broke, unemployed, hungry, or sick. If someone is going through a break-up, divorce, or the death of a loved one – or their significant other is deployed – the holidays can be a particularly

depressing time."

"The chaplains of Fort Sam Houston, Brooke Army Medical Center, etc. are available to the warriors, civilians, and Family members of the Fort Sam Houston community for counseling," Hammil said.

"Most chaplains are quite skilled at individual counseling and are trained at picking up on the signs of depression and suicide risk that sometimes accompanies it."

Hammil said there are advantages to talking with a chaplain.

"Chaplains offer privileged communication guaranteed by regulation that gives a counselee a safe place to land, free from the worry of his or her issues being spread

throughout the unit and/or chain of command," he said.

There is also a DOD-funded mental health education and screening program called "Military Pathways" for service members and their Families. It is a free, anonymous, online or telephone mental health self-assessments tool, that is available year-round.

The self-assessment contains a series of questions that, when linked together, help create a picture of how an individual is feeling and whether they could benefit from talking to a health professional.

Once the self-assessment is completed, the individual receives information on how to get

help, including services provided through the Department of Defense and Veterans Affairs. To access the online self-assessments, visit Military Pathways at <http://www.militarymentalhealth.org/Welcome.aspx>.

Hammil added that people need to avoid the "overs" – overspending, overeating, overdrinking, overstaying and overdoing.

"When it's all said and done, we have credit card bills to pay, physical fitness tests and weigh-ins, etc. to answer to. Too many of us get lost in the commercialism and the 'box checks' of the holidays," the chaplain said.

"We feel we have to buy everyone the perfect

gift, cook the perfect food, travel and see everyone on our must-see list, have the best light display on the block and mail out 200 Christmas cards.

"It is good to just enjoy the time off and the people around us, rather than focus on the things we don't have."

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays.

With a little planning and some positive thinking, you may find that you enjoy the holidays this year more than you thought you could.

The Family Life Chaplain can be reach at 221-5432.

Soldier re-enlists in Army, proposes on same day at Alamo

By Sgt. 1st Class Donald Tucker
U.S. Army EMS Division

Staff Sgt. Joshua Hermann will certainly remember the Alamo for a long time to come, as two major events in his life occurred there Dec. 10.

He chose that day not only to re-enlist in the U.S. Army, but also to propose to his girlfriend — all in front of the Shrine of Texas Liberty.

Assigned to the U.S. Army Emergency Medical Services Division at Fort Sam Houston, Hermann said he picked the Alamo because of its historic nature, as well as wanting to surprise his girlfriend of 19 months, Kimberly A. Campeggio of Royersford, Pa., at the



Photo by Sgt. 1st Class Donald Tucker

Staff Sgt. Joshua Hermann (center) proposes to his girlfriend, Kimberly A. Campeggio, after his re-enlistment ceremony in front of the Alamo Dec. 10.

same time.

So after raising his right hand to re-enlist, Hermann took a knee

and asked for Kimberly's hand in marriage ... and she said yes.

"I wanted to really

surprise Kim and sweep her off her feet by doing something like this at such a historic place like

the Alamo," said Hermann, who had also flown in his mother, Susan Hermann, from Fort Wayne, Ind., for the occasion. "My special day was made historically memorable by proposing to Kim and asking her if she would be willing to share her life with me and stand by my side as I serve our great country."

After applause and tears by military and civilian bystanders alike, Campeggio was formally introduced as the future Mrs. Kimberly A. Hermann.

Lt. Col. John McManus, director, U.S. Army EMS, was the re-enlisting officer for the ceremony. The U.S. Army EMS Division is responsible for the accreditation and sustainment of

39,000 U.S. Army 68W combat medics throughout the Army and each one is certified as a nationally registered emergency medical technician.

Also in attendance was Gregg Stevens, deputy to the commanding general, Army Medical Department Center & School; Command Sgt. Maj. Harry L. Tharp, 32nd Medical Brigade CSM; Maj. Eliasib Lozano, commander of Headquarters and Headquarters Company 32nd Med. Bde. James Aplin, chief, USA EMS and a number of staff from the division.

(Steve Elliott contributed to this article.)

JBSA from P1

Force Brig. Gen. Leonard Patrick, 502nd ABW commander, to direct planning during the summit: identify high-usage facilities and processes; remove or replace inefficient systems and processes; establish new standards with new facilities; utilize fresh ideas and establish a culture of conservation that will be a permanent fixture for JBSA.

Bridgford said Patrick is also looking to make the plan a template for the rest of the military.

“We’re always looking for best practices and how to export that to the other services and then to the other joint bases,” Bridgford said.

JBSA facilities have already worked hard at putting energy and water conservation measures

in place, noted Jesse Johnson, deputy director at the Department of Defense Lean Six Sigma program, Office of the Deputy Chief Management Officer.

Johnson said the LSS approach his office uses streamlines efforts at developing a plan with better metrics representing reality, enabling improved resource management, and allowing for funding for future projects.

“The challenge is to connect all the work to the strategic guidance,” Johnson explained.

Under then-president George W. Bush, the National Defense Authorization Act for fiscal year 2008 called for a Strategic Management Plan providing an overview of the Department’s overall planning and manage-



Photo by L.A. Shively

Col. Robert Bridgford (right), 502nd Air Base Wing vice commander, and George DeCoux, director of staff for the 502nd ABW listen intently to presentations on methods for mapping out a Strategic Energy Management Plan for JBSA.

ment framework.

A second SMP published in July 2009 included specific details on performance goals and measures, and ini-

tatives underway to achieve them in order to deliver effective and efficient support to the war fighter.

The current adminis-

tration is using this guidance to facilitate military conservation efforts through the Office of the DCMO using LSS methodology which

defines, measures and analyzes processes.

Johnson said there has already been success linking work done at JBSA with national objectives.

“As an example, in May, the National Security Strategy was released and we’ve already connected work here at JBSA.”

He said the goal is to gain visibility for that work and connect the dots so that both local and national offices are on the same page.

“When this is done it will be clear and everyone will be able to follow the same model forward,” Johnson said.

Target date for finalizing the SEMP is Jan. 30 with a February-March time frame for JBSA energy requirements submission.

Families honor those lost with Christmas wreaths



By L.A. Shively
FSH Public Affairs

"We are here to remember our fallen, to honor them and we are here to teach our children that our freedom is never free," said Judy Carlile to the nearly 400 people gathered Dec. 11 at Fort Sam Houston National Cemetery's new assembly area.

"It is our mission and I am not going to stop until we cover this entire cemetery with Christmas wreaths. I need your help to do that," Carlile continued as her audience clapped, cheered, waved flags and shed tears.

Supported by volunteers from veteran, military and civilian groups, Carlile led this year's effort to lay the green garlands festooned with bright red bows at 2,610 headstones, nearly six times the number of wreaths placed last year.

Currently, there are more than 100,000 headstones at the cemetery. The number changes daily. "The crowd has nearly doubled from last year," said 1st Lt. Mark Richardson, commander of the Civil Air Patrol Lackland Cadet Squadron.

Richardson, who said he was also active duty Air Force, had trouble hold-

ing back his tears as he spoke. He felt he had a deep connection with those who have lost loved ones, though fortunately none of his Family is interred here. He said volunteering for this project was the right thing to do.

The Civil Air Patrol cadets acted as color guard, folded the U.S. flag for the ceremony, and joined the other groups to lay wreaths.

The two-year old Fort Sam Houston National Cemetery wreath-laying project is part of the Wreaths Across America™ campaign, a national project begun at the Arlington National Cemetery in 1992.

During the ceremony, a wreath representing each service was brought forward escorted by Gold Star and Blue Star mothers and wives. The Gold Star and Blue Star mothers and wives were also recognized and presented with a special wreath of red, white and blue flowers.

"My husband served on active duty for 28 years. The Army was his life and he gave his life for this great nation," said Donna Engeman. Her husband, Chief Warrant Officer 4 John Engeman, was killed southeast of Baghdad, Iraq. Engeman is an Army veteran herself.

"I never, ever want anybody to forget him or any other brave men and women we have lost. It means so much that people understand and when you say thank you," she said. "Thank you for saying that. It's all we ask for."

Kathy Donohoe's son, Sgt. Brandon Donohoe, recently returned from Afghanistan, but said her work with the Blue Star Mothers continues.

"The troops need to know we support them," she said, while tearing up. "They need to know we are there."

Engeman and Donohoe rode to the ceremony with the Patriot Guard Riders, a motorcycle and motor vehicle group with more than 65,000 members nationally, dedicated to patriotic events. The group has many veterans among its ranks.

"My husband participates with the Patriot Guard Riders and feels strongly about supporting those Families who have lost Soldiers," Donohoe said.

"This gathering is just one step that shows this community loves the military, what they represent and done," said San Antonio City Councilman John Clamp (Dist. 10). "Most

importantly, for the kids here, it's about the future and preservation of what we have as the United States of America and all that represents."

"I think this is the most important thing this community and our Families can do," Clamp said. "Without the military, without their strength, their sacrifices, I know first hand that the United States of America, our city, our state would be so much different."

Clamp's father and brother served in the military.

"It is now my responsibility to honor my son by representing him at these events," said Gold Star Mother Alice Babine. "Teaching our children that freedom is not free and understanding that [those who lost their lives] were just like you and me. They were members of a Family and they left that family behind.

"They were real people, not just a name or statistic," she said between sobs. "The Families help people connect with the price, the sacrifice that has been made."

Lisa Christenson grew up in an Air Force Family. Her dad was a pilot who flew five missions in Vietnam and she remembers the taunting her Family received when she was a child.

"America wasn't too happy with the Vietnam War. We were cussed at and spit on," she said in tears, recalling the insults delivered by protesters at the gate of the base where her Family lived. Christenson said the experience caused her to commit to welcoming returning warriors and honoring veterans.

After the ceremony, the crowd dispersed to collect wreaths and place them at their assigned areas. Volunteers placing the wreaths were urged to note the name of the fallen on the headstone and then research what he or she had done for the country and for their fellow Americans.

"It's a Family thing. We get together to help out," said Merlene Salman, whose brother and father retired from a career with the Army.

Salman said it was important for the children to participate in the ceremony and wreath laying. "They might have to pay for their freedom later on."



Photos by L.A. Shively
Nathan Isaac and brother Jordan Isaac lay a wreath at a headstone honoring a fallen warrior.



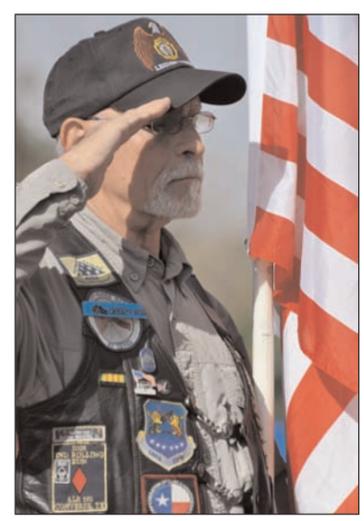
Civil Air Patrol Lackland Cadet Squadron folds the flag during the ceremony.



Former Marine Cpl. John Carlile salute Gold Star Mother Alice Babine after escorting her with the Marine Corps wreath.



Audience members salute the colors.



Air Force veteran Bill Papa salutes the colors.



Gold Star and Blue Star mothers and wives support each other during the ceremony.

- Ronald Reagan
40th United States President
(1911 - 2004)

Teen Army Family Action Plan conference a 'total success'

By Cheryl Harrison
Warfighter & Family Readiness

In the 1963 movie "Bye Bye Birdie," actor Paul Lynde, portraying dad Harry McAfee, sang a lament titled "What's The Matter With Kids Today?"

Today, the answer would have to be "absolutely nothing" judging by the teens participating in the Teen Army Family Action Plan conference held Dec. 3 at the Dodd Field Chapel.

With 24 teens from Cole, Steele and Wagner High Schools participating, the conference was deemed a total success by all parties involved.

"You represent every

military child out there in the San Antonio area," Col. Mary Garr, 502nd Mission Support Group commander, said to the teen audience. "The good ideas and the comments you give us today will tell us how we can improve your time at Fort Sam Houston. You are making a difference."

Following the opening remarks, the students were given the goals and objectives of the conference.

After dividing the teens into three groups, facilitators, recorders and delegates huddled around tables brainstorming and discussing AFAP issues.

Submitted by the stu-

dents, the issues involved subjects like the need for more youth activities and the need for advertisement of and transportation to said activities. Also discussed were more employment opportunities for teens beyond the Fort Sam Houston perimeter and the need for more recreational activities such as a paintball course and skate park on the main post, just to name a few items.

On hand to oversee discussions were subject matter experts from the Fort Sam Houston Independent School District, Cole High School faculty and counseling services, as well as Youth

Services.

AFAP program manager Grace Martinez and a number of volunteers were on hand to keep the delegates on track and help guide the debates. The teens were instructed to present a point of view and act as the decision makers.

The teens themselves were the most important part of the conference, but volunteers made up a majority of the conference

workers and their dedication and caring made the conference a success.

The day-long Teen AFAP ended with an out-brief and issues were reported, with 12 issues discussed and prioritized.

Closing the conference, Garr told the teens that, "We take each suggestion seriously and we will see how we can better improve your lives. Thank you. Great ideas!"

The students were then

presented certificates of participation by Garr and Lt. Gen. Guy Swan III, commanding general, U.S. Army North.

All the issues will be presented to subject matter experts and their validity will be determined before being forward to the Department of the Army AFAP conference.

To find out more about the issues the teens discussed, call 221-2611.

METC CADRE STAGE THEIR OWN ARMY-NAVY BATTLE



Photo by Sgt. 1st Class Ricardo Gutierrez

While the Navy Midshipmen beat the Army Black Knights, 31-17, at Lincoln Field in Philadelphia Dec. 11 in front of 69,223 rabid fans, there was a somewhat smaller interservice football skirmish going on amongst the staff of the Medical Education Training Center at Fort Sam Houston that day as well. In cold weather on a rough and rock infested-field, Army and Navy cadre battled in the first METC Army-Navy flag football game. With the momentum swinging towards Army early, the Navy fought back and secured a 34-34 tie with seconds to spare.

Two dozen students from Cole, Steele and Wagner High Schools took part in the Teen AFAP conference, with 12 issues discussed and prioritized.

Photo by
Cheryl Harrison



COLE HONORS STUDENTS OF THE MONTH



Courtesy photo

Each month, Cole Middle and High School recognizes one student from each grade level for his/her outstanding attitude, citizenship, and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The recipients for December are (front row, from left) Alexandria Vincent, eighth grade; Amy Arnold, sixth grade; and James Lloyd, 12th grade; (back row, from left) Teresa Cenny, 10th grade; Cole Kirchen, seventh grade; and Suree Yowell, ninth grade. Not pictured is Emily McLamb, 11th grade.

FSHISD CAMPUS ACTIVITIES WINTER BREAK

DEC. 20-31, SCHOOL RESUMES JAN. 3, 2011

Fort Sam Houston Elementary

School

Jan. 3-7

G.A.T.E. Nominations

Jan. 4

Student Council meeting, 3-4:30 p.m.

Jan. 6

Parent to Parent Class – Understanding Your Child's Learning Style, 9 to 10 a.m.

Jan. 7

Ms. Dryden's Life Skills Field Trip to Commissary, 9:30 a.m. to noon
Spirit Day

Robert G. Cole Middle and High School

Dec. 20

Boys Varsity Basketball vs. Navarro at AT&T Center, 2:30 p.m.

Dec. 28

Boys Varsity Basketball Sinton Tournament, TBA

Dec. 29

Girls Varsity Basketball vs SA Hawkins at Cole, noon

Boys Varsity Basketball Sinton Tournament, TBA

Dec. 31

JV/V Girls Basketball at Devine, 10

a.m. and 11 a.m.

JV/V Boys Basketball at LaVernia, 9, 10 a.m. and noon

Jan. 4

JV/V Boys Basketball vs. Brooks at Cole, 5 and 8 p.m. JV will play in Moseley Gym

JV/V Girls Basketball vs. Brooks at Cole, 5 and 6:30 p.m.

Jan. 5

Cole C Awards in Moseley Gym

Jan. 6

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

Cole High School Gifted and Talented Coffee House in high school mall, 6:30 to 7:30 p.m.

Jan. 7

Boys Soccer vs. St. Anthony at Cole, 4 p.m.

JV/V Boys Basketball at Marion, 5 and 8 p.m.

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

Jan. 8

ATSSB Area competition at Orange Grove

Senior Class Parent Appreciation Party at FSH Community Center, 4 to 6:30 p.m.

RECRUITERS TAKE PRE-SEASON TOURNEY

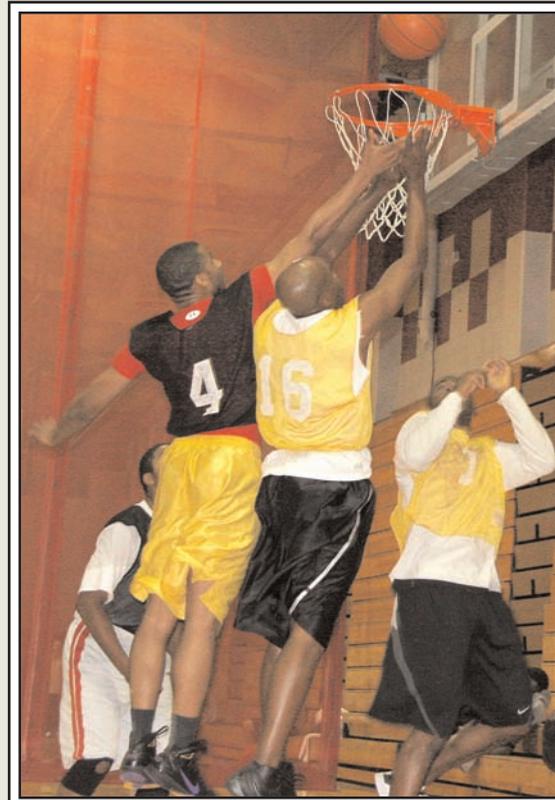


Photo by A.J. Bray

Sgt. 1st Class Antonio Hulbin (No. 16) of the 5th Recruiting Brigade goes up for a shot during the 2010 Fort Sam Houston Pre-Season Basketball Tournament. The 5th Recruiting Brigade basketball team went undefeated to take the tournament trophy Dec. 9. The tournament took place from Nov. 29 to Dec. 9 at the Jimmy Brought Fitness Center.

Rocco Dining Facility Menu

Building 2745, Schofield Road

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

Friday – Dec. 17

Lunch – 11 a.m. to 1 p.m.

Mexican pork chops, braised pork chops with onions, meat loaf, fried fish, cheese ravioli, mashed potatoes, macaroni and cheese,

Spanish rice, spinach, corn, okra and tomato gumbo, fried cabbage

Dinner – 5 to 7 p.m.

Spaghetti with meat sauce, turkey pot pie with biscuits, baked fish, mushroom quiche, wild rice, au gratin potatoes, zucchini squash, black-eyed peas, carrots

Saturday – Dec. 18

Lunch – noon to 1:30 p.m.

Baked fish, chicken lasagna, breaded pork fritters, vegetable stuffed peppers, mashed potatoes, Aztec red and brown rice, baked potatoes, broccoli, corn, carrots

Dinner – 5 to 6:30 p.m.

Roast pork loin, charbroiled meatballs with brown gravy, barbecued roast pork, broccoli-rice-cheese casserole, rice pilaf,

baked potatoes, sweet potato fries, cauliflower combo, orange carrots amandine

Sunday – Dec. 19

Lunch – noon to 1:30 p.m.

Mexican chicken, spaghetti with meatballs, teriyaki baked chicken, cheese tortellini, scalloped pota-

toes, fried rice, Spanish beans, spinach, corn

Dinner – 5 to 6:30 p.m.

Stir fry beef, barbecued spareribs, cheese ravioli, chicken and dumplings, broccoli quiche, canned sweet potatoes, rice pilaf, green beans, pinto beans

Monday – Dec. 20

Lunch – 11 a.m. to 1 p.m.

Spicy Italian pork chops, lemon-baked fish, beef lasagna, eggplant parmesan, parsley-buttered new potatoes, hopping john rice, corn, peas and carrots

Dinner – 5 to 7 p.m.

Chili macaroni, vegetable lasagna, baked chicken, barbecued chicken, mashed potatoes, oven browned potatoes, harvest savory herb rice, carrots, succotash

Lunch – 11 a.m. to 1 p.m.

Baked chicken, carne quisada tacos, cheese enchiladas, meat loaf, fried chicken, mashed potatoes, Spanish rice, pinto beans, green beans, mixed vegetables

Dinner – 5 to 7 p.m.

Fiesta chicken and rice, Swiss steaks with brown gravy, fish almandine, cheese quesadillas, hopping john rice, mashed potatoes, Harvard beets, fried okra

Wednesday – Dec. 22

Lunch – 11 a.m. to 1 p.m.

Honey-glazed Cornish hens, baked

ham, cheese ravioli, lasagna, grilled liver and onions, paprika buttered potatoes, brown rice with tomatoes, peas and carrots

Dinner – 5 to 7 p.m.

Ginger pot roast, grilled polish sausages, barbecued chicken, rice frittata, scalloped potatoes, Aztec red and brown rice, sauerkraut, broccoli, black-eyed peas, carrots

Thursday – Dec. 23

Lunch – 11 a.m. to 1 p.m.

Teriyaki baked chicken, roast beef, oven fried fish, spicy baked fish, cheese manicotti, fried rice, O'Brien potatoes, broccoli sweet potatoes, corn on the cob, vegetable stir fry

Dinner – 5 to 7 p.m.

Pepper steak, roast turkey, barbecued beef cubes, cheese tortellini, mashed potatoes, cornbread dressing, harvest brown and wild rice, Chinese mixed vegetables

Friday – Dec. 24

Lunch – 11 a.m. to 1 p.m.

Southern fried fish, meat loaf, barbecued chicken, baked chicken, mashed potatoes, macaroni and cheese, baked potatoes, broccoli

Dinner – 5 to 7 p.m.

Barbecued pork loin, roast pork loin, grilled tuna patties, spaghetti with meat sauce, broccoli quiche, baked potato halves, mashed potatoes, red beans and rice, fried cabbage

Saturday – Dec. 25 "Christmas"

Lunch – noon to 1:30 p.m.

Holiday Meal Rate

Shrimp cocktail, roast turkey, baked ham with pineapple sauce, prime rib, cornbread dressing, macaroni and cheese, mashed potatoes, sweet potatoes, collard greens, peas and carrots, corn, cranberry sauce

Dinner – 5 to 6:30 p.m.

Swiss steaks, grilled chicken breasts, baked ham with pineapple slices, rigatoni and cheese, parsley potatoes, brown rice, fried okra, spinach, asparagus, baked potatoes

Sunday – Dec. 26

Lunch – noon to 1:30 p.m.

Lemon chicken, beef stew with biscuits, fried chicken, mushroom quiche, scalloped potatoes, harvest five-grain rice, broccoli, cauliflower

Dinner – 5 to 6:30 p.m.

Baked fish, grilled turkey patties, mushroom quiche, veal parmesan, spaghetti noodles, steamed potatoes, rice pilaf, cauliflower au gratin

Monday – Dec. 27

Lunch – 11 a.m. to 1 p.m.

Chicken cacciatore, roast pork loin, beef lasagna, eggplant parmesan, parsley-buttered rigatoni noodles, red potatoes, cauliflower flower combo

Dinner – 5 to 7 p.m.

Beef yakisoba, baked chicken, blackened catfish, vegetable lasagna, baked sweet potatoes, harvest five-grain rice, mixed vegetables, yellow squash, club spinach

Tuesday – Dec. 28

Lunch – 11 a.m. to 1 p.m.

Carne quisada tacos, cheese enchiladas, sweet and sour chicken, Salisbury steaks, Caribbean jerk chicken, mashed potatoes, pinto beans, Spanish rice, steamed rice, beets in orange-lemon sauce

Dinner – 5 to 7 p.m.

Chicken fajitas, baked fish, barbecued ham steaks, tempura fried fish, broccoli-rice-cheese casserole, au gratin potatoes, brown and wild rice, Mexican rice, cauliflower flower combo, mixed vegetables, refried beans with cheese

Wednesday – Dec. 29

Lunch – 11 a.m. to 1 p.m.

Paprika veal steaks, stuffed pork

chops, meat loaf, grilled liver and onions, mashed potatoes, red beans and rice, parsley-buttered egg noodles, turnip greens, lima beans, stewed tomatoes with croutons

Dinner – 5 to 7 p.m.

Grilled polish sausages, Creole shrimp, grilled turkey patties, beef stuffed bell peppers, macaroni and cheese, brown and wild rice, parsley-buttered potatoes, asparagus, yellow squash, corn on the cob

Thursday – Dec. 30

Lunch – 11 a.m. to 1 p.m.

Cantonese spareribs, teriyaki baked chicken, ginger barbecued chicken, beef stir fry, rice frittata, rice pilaf, mashed potatoes, stir fry vegetables, black-eyed peas, collard greens

Dinner – 5 to 7 p.m.

Chipper perch, sweet and sour pork, roast turkey, broccoli quiche, cornbread dressing, fried rice, cottage fried potatoes, lima beans, green beans, brussels sprouts polonaise

Menus are subject to change without notice



For Sale: Dining room set includes expandable table, six chairs, china hutch and buffet, country French, \$950; computer corner desk, printer cart, medium oak, black task chair, \$150. Call 697-9261.

For Sale: Solid wood entertainment armoire, 76 inches high by 45 inches wide by 22 inches deep, cherry finish, \$350 obo. Call 688-2245 or 763-242-2355.



Announcements

Volunteers Needed

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

Free Video Messages

Four Winds Bible Church in San Antonio is offering free video messages for military families who have loved ones serving overseas. For

more information, call 254-2485.

Free Gift from Scion

Scion, a division of Toyota Motor Sales, has launched the Scion Holiday Mail Drop. This program offers active duty U.S. military personnel the opportunity to receive a Scion cinch sack filled with complimentary clothing and accessories. While supplies last, men and women of active military status can log onto <http://www.Scion.com/MailDrop> to receive their holiday pack.

Calendar of Events

Dec. 31

Fredericksburg Memorial Walk

The Texas Volkssport Association will host a 5k and 10k walk starting at the St. Joseph's Halle, 212 W. San

Antonio St. in Fredericksburg. Walks start between 9 a.m. and 1 p.m., finish by 4 p.m. Call 496-1402.

New Year's Eve Midnight Walk

The Texas Volkssport Association will host a 5k and 10k walk starting at the St. Joseph's Halle, 212 W. San Antonio St. in Fredericksburg. Walks start between midnight and 12:30 a.m., finish by 3:30 a.m. Call 496-1402.

Jan. 6

Square Dancing Class

The Hermann Sons Square Dance Club will host a square dancing class 7:30-9:30 p.m. at St. Joseph's Society Hall, 420 E. Durango. The first lesson is free; class will remain open to new members for two weeks, Jan. 13 and 20. Call 698-0827 or

659-1227.

Jan. 22

Dog Days at Botanical Garden

Pet lovers can stroll the San Antonio Botanical Garden with their dogs Jan. 22-23. The San Antonio Botanical Garden is open 9 a.m.-5 p.m. Regular admission plus a \$5 cash donation per dog will be collected. Call 207-3255 or visit <http://www.sabot.org>.

Feb. 14

American Society of Military Comptrollers

The Alamo Charter will hold a professional development symposium Feb. 14-15, 8 a.m.-4:30 p.m. at the Education Center Region 20, 1314 Hines Ave. Call 663-9425 or 573-6702.

REMINDER CALENDAR

Dec. 17-31	AMEDDC&S Student Exodus
Dec. 20-31	Winter Break, Fort Sam Houston ISD
Dec. 31	New Years Eve 5K Run/Walk, 11:30 p.m., Jimmy Brought Fitness Center
Jan. 7	Warriors Monthly Scramble Tournament, 1:30 p.m., FSH Golf Club
Jan. 8	U.S. Army All-American Bowl, Alamodome
Jan. 9	Col. Allgood Memorial Run, 8 a.m., Jimmy Brought Fitness Center

Force Support Squadron

Family & MWR

Announcements

Holiday Closures

Check the website at <http://www.FortSamHoustonMWR.com> for updates on holiday closures.

Mandatory Initial First Termer Financial Readiness

Classes are Dec. 16, 23 and 30, 10 a.m.-noon at the Roadrunner Community Center, Computer Lab, Building 2797, and Dec. 22 and 29, noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

U.S. Army All American Bowl

The U.S. Army All-American Bowl will be held Jan. 8 at noon in the Alamodome. Department of Defense I.D. cardholders can have up to four free tickets per person. Stop by the Ticket Office at the Sam Houston Community Center, Building 1395, Chaffee Road or the 502nd FSS marketing department, Building 124, Stanley Road. Call 226-1663 or 221-0012 for more information.

Golf Pro Shop Holiday Sale

The Pro Shop inside the Fort Sam Houston Golf Club at 1050 Harry Wurzbach Road is having their Christmas Sale through Dec. 24, the

entire inventory will be discounted up to 50 percent. Receive free gift wrapping with any purchase of \$25 or more. The Pro Shop is open daily, 6:30 a.m.-8 p.m. Call 222-9836.

Jimmy Brought Fitness Center Repairs

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

Know More. Save More. Text FORTSAM to 839863

To receive limited text messages for community events, restaurant specials, discount tickets to secret sales events and more text FORTSAM to 839863. Subscription is free, and interests can be updated at any time by visiting <http://www.fortsamhoustonmobile.com>. Standard text messaging rates apply.

Fort Sam Houston Boxing Team Needs Members

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

“Driving Miss Daisy” at the Harlequin Dinner Theater

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

The HIRED! Apprenticeship Program

The HIRED! Apprenticeship Program is currently taking applications for Term 7, Jan. 10-April 2. The program provides 15-18 year old teens the opportunity to gain valuable work experience and skills in a career field of their interest. Apprentices are eligible to receive a cash award upon successful fulfillment of program requisites. Call 221-3164 or 884-7485. Applications are available at Parent Central, Building 2797 on Stanley Road.

English as a Second Language

The class meets Mondays and Wednesdays, 5-7:30 p.m. at Roadrunner Community Center, Building 2797, use back entrance. This class is free and designed especially for foreign-born spouses to improve reading comprehension, vocabulary and pronunciation. Classes are appropriate for the beginner, intermediate and advanced student with individualized group instruction. To register, call 221-1681/9698.

Exceptional Family Member Program

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

H.U.G.S. playgroup

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

Baby Talk

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

Army Kids Study Strong

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

Military World Games

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

Calendar of Events

Dec. 16 General Resume Writing

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

Dec. 17 Balancing Marriage and Baby

The class is 11 a.m.-1 p.m. at the Roadrunner Community Center,

Building 2797. To register, call 221-0326/0349.

Dec. 31 New Years Eve 5K Run/Walk

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

Jan. 11 AFTB Level 2

The class is Jan. 11-12, 8 a.m.-3 p.m. at the Dodd Field Chapel. To register, call 221-2611/2705.

Weekly Weather Watch

	Dec. 16	Dec. 17	Dec. 18	Dec. 19	Dec. 20	Dec. 21
San Antonio	 74° Clear	 56° Partly Cloudy	 56° Clear	 63° Clear	 72° Clear	 67° Clear
Kabul Afghanistan	 51° Clear	 51° Clear	 53° Clear	 59° Clear	 59° Clear	 59° Clear
Baghdad Iraq	 64° Scattered Clouds	 69° Scattered Clouds	 69° Scattered Clouds	 66° Clear	 68° Scattered Clouds	 68° Scattered Clouds

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

Thought of the Week

The first half of life consists of the capacity to enjoy without the chance, the last half consists of the chance without the capacity.

— Mark Twain