

News Leader

FORT SAM HOUSTON

A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO



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**IMCOM
CHANGE
OF
COMMAND**



NOV. 17, 10 a.m.
Fort Sam Houston Parade Field

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

AF announces civilian workforce restructuring

By Lt. Col. Cynthia Anderson
Secretary of the Air Force Public Affairs

Air Force officials announced several adjustments to the civilian workforce Nov. 2.

In response to direction from the Secretary of Defense for the Department of Defense to stop civilian growth above fiscal year 2010 levels and the need to add 5,900 positions against the Air Force's top priorities, the Air Force eliminated approximately 9,000 positions.

Within Joint Base San Antonio, there will be a loss of 1,058 positions in certain specialties, but a gain of 944 positions in other areas. The net effect within Joint Base San Antonio is a loss of 114 civilian positions.

Many of the cuts, 800 of them, will come from organizations directly supported by the 502nd Air Base Wing civilian personnel offices.

Some of the positions designated for elimination are cur-

rently vacant, thereby reducing the impact on the work force.

"We will have full open and transparent communication with folks in the wing," said Brig. Gen. Theresa C. Carter, 502nd Air Base Wing commander.

The general and other wing leadership have held a series of town halls to address the civilian restructuring process to the workforce.

These adjustments reflect several initiatives designed to align limited resources based on Air

Forces priorities. This process is an ongoing effort to increase efficiencies, reduce overhead and eliminate redundancy.

"We can't be successful without our talented and experienced civilian workforce," said Secretary of the Air Force Michael B. Donley. "We are making difficult choices about how to deliberately restructure and posture the force and will continue to look for new ways of accomplishing the mission. We can't afford business

as usual."

Upon receiving the Secretary of Defense's 2010 memo directing that civilian manpower costs stay within fiscal year 2010 levels, the Air Force began a comprehensive strategic review of the entire Air Force civilian workforce to determine whether or not civilian authorizations were in the right places to meet mission priorities.

The strategic review re-

See **RESTRUCTURE, P10**

ARMY BEST MEDICS

Sgt. 1st Class Ricardo Gutierrez, representing the Army Medical Department Center and School, approaches the tactical M-4 stress shoot area after a six kilometer foot march Nov. 4 during the inaugural Command Sgt. Maj. Jack L. Clark Best Medic Competition at Camp Bullis. See story and more photos on pages 16-17.

Photo by Lori Newman



ESPN'S 'FIRST TAKE' TAKES OVER QUADRANGLE

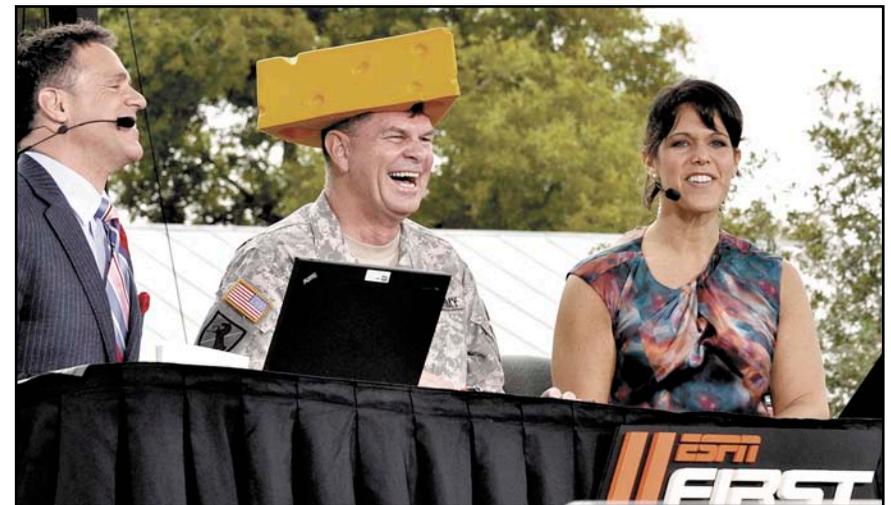


Photo by Steve Elliott

Lt. Gen. Guy C. Swan III, ARNORTH commanding general, reacts to the crowd during the ESPN "First Take" taping at the Quadrangle Nov. 7. Swan was brought up to ask if Green Bay Packers quarterback Aaron Rodgers and the Packers defense could repeat as Super Bowl champions, and was given a wedge-shaped foam "Cheesehead" hat to wear, stating that "we in the military have to be in the proper uniform for every mission." For story and additional photos, turn to page 22.

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Veterans Day set aside to honor bravery, sacrifices

By Lt. Gen. Guy C. Swan III
 ARNORTH commanding general

Veterans Day is unique in that it is a day set aside specifically to honor the bravery, heroism and sacrifices of all U.S. veterans – both past and present.

Although Veterans Day comes only once a year, it serves as a reminder for our community, along with our neighbors here in Military City U.S.A., of the accomplishments of our American citizen warriors.

Nearly 24 million veterans live among us. Many are husbands, wives, sons, daughters, cousins and relatives; they live in every state and territory; they are men and women from all ethnic backgrounds, and they come from every walk of life.

It is through the power of our diverse American culture that our armed forces have proven, time and again, to be the preeminent military force of our time as it continues to protect the interests of our nation.

As a nation, we have honored the sacrifices of our veterans for almost a century now, dating back to Armistice Day, which was first celebrated on November 11, 1918, to honor the end of World War I. In 1954, Congress changed the holiday to Veterans Day to honor American veterans of all wars.

This Veterans Day is significant in that it helps mark a decade

of persistent conflict for today's veterans, stemming from the 9-11 terrorist attacks on our homeland.

Today, we have approximately 1.1 million men and women in uniform. I ask that you never forget the service – and the sacrifice – of your brothers and sisters in

arms and that you keep a special place for them in your hearts. Be as proud of them as they are of their service to our nation.

Have a safe and enjoyable holiday! To the veterans of our nation: Thank you for your service! Strength of the Nation!



American veterans – a legacy of service and valor

By Brig. Gen. Theresa C. Carter
 Commander, 502nd Air Base Wing

Who are America's veterans?

They are our grandfathers and fathers, our brothers and sisters.

Some were drafted, while others volunteered. Some served one tour, while others served until Uncle Sam said they were too old to continue.

They maintained tanks, ships and aircraft. They built and secured bases at home as well as small, remote outposts on hilltops in foreign lands.

They flew harrowing combat missions, stormed the beaches of Normandy and patrolled

the jungles of Vietnam. They cared for the injured, evacuated the wounded and mourned fallen comrades.



Some were wounded... and some held as prisoners of war. And sadly, far too many made the ultimate sacrifice.

They are Soldiers, Sailors, Airmen and Marines. And over the last two hundred and forty-five years, millions of Americans answered the call to serve our military and our nation in many ways ... as active duty service members, ... as citizen soldiers in the National Guard and Reserve,

... as civilian employees or

... as community partners who provide steadfast support to military installations around the world.

Those who came before us and each of us serving in uniform today answered that call.

We are a living testament to a very proud legacy of American servicemen and women.

So as we pause to honor our nation's veterans on the eleventh day of the eleventh month in this eleventh year of 2011,

Let us remember, and let us honor the service and sacrifice that all Soldiers, Sailors, Airmen and Marines, past and present, have made to ensure our military remains the best in the world and our nation continues to be the land of the free and home of the brave.

News Briefs

METC Dining Facility Parking Lot Closing

The Medical Education and Training Center dining facility parking lot will close for approximately 15 months while the Hacienda Recreation Center, Building 1462, is being demolished and a new 18,500-square-foot student activity center is being constructed. Contractors will start putting up temporary barricades around the parking lot immediately. The new facility will consist of multi-purpose spaces, administrative offices, student in- and out-processing Areas and a 1,000-seat auditorium for student graduations. In addition to the Hacienda, the adjacent Building 1290 will also be demolished. The contractor is providing a temporary swing space, referred to as the Big Area Tent. The BAT is scheduled to be completed by Dec. 16 to allow for Hacienda staff to move in during Exodus. It will be utilized for at least 15 months or until the new student activity center is complete.

Installation Retirement Ceremony Changes Dates

Due to Thanksgiving, the Installation Management Command Change of Command ceremony and potentially cooler weather, the Installation Retirement Ceremony is at 11 a.m. Nov. 18.

American Education Week

The Fort Sam Houston Education Center hosts American Education Week Nov. 14-18, with the theme of "Army Education-A Partnership with Soldiers and Families." College representatives will be available at the Roadrunner Community Center (ACS) Auditorium, Building 2797, from 9 a.m. to 4 p.m. Nov. 15 and at the BAMC Medical Mall (near Pain Clinic) from 9 a.m. to 4 p.m. Nov. 16. Service members who have completed a degree after Oct. 1, 2010, are eligible to participate in a graduation ceremony at 2 p.m. Nov. 15 at the Roadrunner. Participants in the ceremony will be allowed to invite family members, will cross the stage and enjoy an after-ceremony reception. IMCOM Command Sgt. Maj. Neil Ciotola will be the guest speaker. For more information, call the Education Center at 221-1738.

See NEWS, P4

U.S. Army North welcomes new deputy commanding general

By Staff Sgt. Keith Anderson
ARNORTH Public Affairs

Fort Sam Houston leaders and San Antonio community members joined U.S. Army North in welcoming the unit's new deputy commanding general Nov. 4 during a ceremony in the historic Quadrangle.

They were on hand as Lt. Gen. Guy Swan III, commanding general, Army North and Fort Sam Houston, officially welcomed Maj. Gen. Walter Davis to the command.

"I am especially gratified to have Maj. Gen. Davis here," Swan said. "Walter is distinguished and experienced

officer, and his assignment history is in line with what we do here at Army North."

Swan highlighted several of Davis's previous assignments, including commanding the Army's new 20th Support Command, a chemical, biological, radiological, nuclear and high-yield explosives Army command activated in October 2004.

Davis also served as commander of the Joint Unmanned Aircraft Systems Center of Excellence, U.S. Army Forces Command; and as deputy director, Army Capabilities Integration Center, U.S. Army Training and Doctrine



Photo by Staff Sgt. Keith Anderson

Maj. Gen. Walter Davis, deputy commanding general, U.S. Army North, introduces himself to the command and to community leaders Nov. 4 during a welcome ceremony in the Quadrangle.

Command.

Davis said he was ready to get to work.

"I'm ready to jump in with both feet to embrace this command and this community," Davis said.

Davis said he was glad to

be back in the great state of Texas and humbled to serve with the great military and civilian team at Army North and was excited about the opportunity to fully engage and immerse himself into San Antonio: Military City, U.S.A.



Photo by Luke Elliott

U.S. Army Installation Management Command Sgt. Maj. Neil Ciotola prepares to start his motorcycle at the Fiesta de los Veteranos motorcycle ride and rally April 9. Ciotola, an avid motorcycle rider, will retire after more than 35 years at a ceremony Dec. 1 at Fort Hood, Texas.

IMCOM CSM Ciotola retires, bids farewell to Army, IMCOM

By Luke Elliott
IMCOM Public Affairs

Lots of significant things happened in 1976. It was the birth year of Apple Computer Company; NASA managed to put two Viking landers safely on the surface of Mars; Jack Nicholson starred in "One Flew Over the Cuckoo's Nest;" and the Eagles released "Hotel California."

It was also the year Command Sgt. Maj. Neil L. Ciotola took the U.S. Armed Forces oath of enlistment.

More than 35 years, countless assignments and four combat deployments later, Ciotola, the command sergeant major for the U.S. Army Installation Management Command, will officially retire from the U.S. Army at a ceremony Dec. 1 at Fort Hood, Texas. His term at IM-

COM concludes Nov. 17 at the change of command ceremony, 10 a.m. on the Fort Sam Houston parade field.

"I am content in everything that I have achieved and everything that I have done for the United States Army," said Ciotola, a New Jersey native. "It has been the fulfillment of my childhood dream to wear this uniform. If I had an opportunity to do it all over again, I'd do it all over again."

However, Ciotola said he is looking forward to retirement, just being known as "Neil" and taking a few months off to spend time with his wife of 31 years, Beth.

"I've been doing this for over three-and-a-half decades," Ciotola said. "My boots feel heavy on my feet. It is time for younger, more capable men and women to go ahead and take my place."

Ciotola expressed his gratitude for getting to finish his career with IMCOM and said that he jumped at the opportunity because it gave him the chance to learn about a side of the Army he was not as familiar with.

"To come down here and to be assimilated into this organization, this command, is to truly be immersed in the business side of the Army," he said.

Ciotola admitted that he also learned quite a bit about the role civilian employees play in the Army, acknowledging that most of the IMCOM headquarters staff are civilians. Only 63 Soldiers work in the headquarters.

"What I've come to realize is that, by and large, every one of the civilians who work

See CIOTOLA, P15

News Briefs from P3

Wilford Hall ER Closed

The Wilford Hall Ambulatory Surgery Center has closed its emergency department and re-designated the area as an urgent care center. The UCC is an option for common acute minor medical problems when an individual cannot obtain an appointment with a primary care provider or a clinic is closed. The UCC staff will treat minor illnesses and injuries, such as flu, fever, earaches, nausea, rashes, animal and insect bites, minor bone fractures and minor cuts that require stitches. The UCC is not a substitute for an emergency department. The San Antonio Military Medical Center, formerly BAMC, is staffed with both Army and Air Force nurses and physicians trained to handle emergencies. If you go to the Wilford Hall UCC with an emergency injury or illness, you will be sent or transported by ambulance to a hospital emergency department and this could delay your care. Call 292-7331 for more information.

Lincoln Family Housing Quarterly Town Hall

The Lincoln Family Housing quarterly town hall meeting for housing residents is at 6 p.m. Nov. 16 at the Main Resident Center, Building 407. Representatives from the Joint Base San Antonio-Fort Sam Houston Fire and Police Departments, as well as from the Fort Sam Houston Independent School District and Family and Morale, Welfare and Recreation will be available to answer any questions or concerns you may have. Refreshments will be served. For more information, call 270-7638.

Preservation Society meeting

The Society for the Preservation of Historic Fort Sam Houston, Inc., invite the public to attend their monthly general membership meeting at noon Nov. 17 at the historic Stilwell House. A light lunch will be provided at 11:15 a.m. Guest speaker is T. R. Fehrenbach, author of over 20 books, including best-sellers "Lone Star: A History of Texas and Texans" and "This Kind of War." He is also the former head of the Texas Historical Commission and serves as an advisor to the society. Following the meeting, Fehrenbach will be honored for the donation of copies

See NEWS, P18

Wounded warrior makes most of setback by relying on resiliency

By Neal Snyder
IMCOM public Affairs

Col. Gregory D. Gadson made the story of his personal obstacles into a steppingstone as he took the U.S. Army Installation Management Command's senior leadership through a discussion of resiliency Oct. 31.

Gadson, director of the Army Wounded Warrior program, described the path he's taken since losing most of both legs to a roadside bomb in Iraq in 2007, speaking to attendees of the monthly IMCOM Headquarters Leadership Development Program.

"Resiliency is not something you pick up," Gadson said. "Resiliency is not something you pull out of your pocket. It's something you have to work on every day. It's about how you deal with life."

Gadson joined the Army to play on the West Point football team. A field artillery officer, he served in every major conflict of the past two decades: Kuwait (Desert Shield and Desert Storm), Bosnia-Herzegovina, Afghanistan and Iraq, where he encountered an improvised explosive device.

He shared lessons learned since travelling that Iraqi road.

"There are no shortcuts in healing; it's a process," he said. "As dramatic as it is physically, it's much more challenging emotionally and intellectually. What I found out is life is not about what we don't have, it's about what we have. I feel so



Photo by Craig Coleman

Col. Greg Gadson tries out the first set of battery-powered "bionic" prosthetic knees, called Power Knees, in April 2010.

fortunate to be here and the opportunity to continue serving."

Gadson has earned two advanced degrees. He personally tests and advocates for new prosthetic technology. He will take command of the Fort Belvoir garrison

See GADSON, P18



Photo by Maria Gallegos

(From left) Pfc. Spencer R. Yand, Spec. Christian C. Young, Sgt. Christopher T. Sprague and Pfc. Justin L. Strickland, also received the Combat Infantry Badge, received their Purple Heart medal and certificate from Maj. Gen. M. Ted Wong, commander of Brooke Army Medical Center and Southern Regional Medical Command at the Warrior and Family Support Center, Oct. 24. Command Sgt. Maj. Marshall Huffman, Command Sergeant Major of BAMC and SRMC is also pictured.

Four Soldiers honored with Purple Hearts at WFSC

By Maria Gallegos
BAMC Public Affairs

Four wounded warriors were honored during a Purple Heart ceremony Oct. 24 at the Warrior and Family Support Center.

Maj. Gen. M. Ted Wong, commander of Brooke Army Medical Center and Southern Regional Medical Center hosted and presented the Purple Heart medals and certificates. He welcomed the Purple Heart recipients with words of praise for their courage, dedication and sacrifices they made to defend our country for our freedom.

Sgt. Christopher T. Sprague was assigned to the 572nd Mobility Augmentation Company, 8th Battalion, 36th Engineer Brigade, serving as a combat engineer in Afghanistan, when his vehicle was struck by an improvised explosive device while conducting a route clearance patrol resulting in his combat injuries Sept. 2.

Spec. Christian C. Young, an infantryman, was assigned to Company B, 2nd Battalion, 30th Infantry, 4th Brigade Combat Team, 10th Mountain Division when he received his

combat injuries while conducting operations in Afghanistan when the Command Observation Post received indirect fire Sept. 25.

Pfc. Justin L. Strickland was assigned to the 805th Military Police Company, 2-10th Military Police Command, serving as a military policeman in Iraq when his vehicle was struck by an improved explosive device, resulting in his combat injuries July 15.

Pfc. Spencer R. Yand, an infantryman, was assigned to Company B, 2nd Battalion, 30th Infantry, 4th Brigade Combat Team, 10th Mountain Division, when he received small arms fire and encountered an improvised explosive device while on a dismounted patrol, resulting in his combat injuries on Feb. 28.

The Purple Heart is awarded to members of the United States 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. It is specifically a combat decoration and the oldest military honor in the world in use.

Restaurants offer military members, vets thank-you meals

A variety of restaurants and fast-food chains are offering free or discounted meals to active-duty, Reserve and retired military members and veterans in thanks for their service this Veterans Day.

Most participating restaurants will require patrons to arrive in uniform or with some form of military identification, officials said. This can be a U.S. Uniform Service card, a current leave and earnings statement, a DD 214 discharge form or American Legion or VFW membership card.

In some cases, restaurants will accept a photograph of the service member or veteran in uniform.

Officials encourage military members to call participating restaurants ahead or check their websites to ensure they are participating in the offer, as many are franchises and may have different policies.

Among restaurants offering Veterans Day appreciation meals or specials are:

- **Applebee's**, which will offer veterans and active-duty service members a free meal Nov.

11. According to company officials, Applebee's served more than 1 million free meals last Veterans Day and will allow them to choose from seven entrees this year. Military ID or proof of service is required.

- **Chili's**, which will offer all military veterans, past and present a choice of six meals Nov. 11. The offer is available at stateside restaurants only and does not include beverages and tip, officials said. Proof of military service is required.

- **Golden Corral**, which will host its 10th annual Golden Corral Military Appreciation Dinner on Nov. 14 from 6 - 9 p.m. at all stateside Golden Corral restaurants. Veterans, military retirees and currently serving members of the active or reserve components are invited to enjoy a free thank-you dinner, officials said. Over the past 10 years, Golden Corral restaurants have provided over 2.5 million free meals and contributed more than \$4.3 million to the Disabled American Veterans organization, they noted.

- **Hooters**, which will

serve up a free meal to all veterans and active-duty military members Nov. 11. Patrons can choose from new specialty items on the menu at participating restaurants, officials said. A valid military ID or proof of service is required, and guests are required to purchase a beverage.

- **Krispy Kreme**, where participating stores will present a free donut Nov. 11 to all active-duty members, retirees and veterans. Officials encourage people to call ahead to ensure that their local Krispy Kreme is participating.

- **McCormick & Schmick's Seafood Restaurants**, which will offer a free lunch or dinner during its 13th annual Veteran's Appreciation Event on Nov. 13. Veterans are encouraged to make reservations because space is limited, and must show proof of military service, officials said.

- **Outback Steakhouse**, where active-duty military members and veterans will receive a free serving of bloomin' onions and a non-alcoholic beverage from Nov. 7 to 11. Patrons

must be in uniform or show proof of current or past military service, officials said. During the past two years, Outback and its patrons have donated \$2 million to Operation Homefront, a non-profit organization that provides support for active-duty troops, wounded warriors and their families, officials reported.

- **Subway**, with select locations to offer veterans free six-inch subs Nov. 11. Officials advise calling ahead to see if a particular restaurant franchise is participating.

- **Texas Roadhouse**, which will serve up free meals from opening to 4 p.m. Nov. 11. Officials encourage veterans and active-duty service members to call ahead to

See MEALS, P11

Additional campaign phase identified for ACM

Defense Department officials announced Nov. 1 an additional campaign phase has been approved for the Afghanistan Campaign Medal.

Accordingly, an additional campaign star corresponding to the campaign phase is now authorized for wear on the ACM.

ACM campaign stars recognize a service member's participation in DOD-designated military campaigns in the ACM area of eligibility.

Service members who have qualified for the ACM may display a bronze campaign star on their medal for each designated campaign phase they participated in. The stars are worn on the suspension and campaign ribbon of the campaign medal.

The additional ACM campaign phase and associated dates are:

- * Transition I July 1, 2011 through a date to be determined.

The four previously approved ACM campaign phases are:

- Liberation of Afghanistan - Sept. 11, 2001 to Nov. 30, 2001
- Consolidation I - Dec. 1, 2001 to Sept. 30, 2006
- Consolidation II - Oct. 1, 2006 to Nov. 30, 2009
- Consolidation III - Dec. 1, 2009 through June 30, 2011.

Service members should contact their respective military departments for specific implementation guidance.

(Courtesy of U.S. Department of Defense)

Army observes Warrior Care Month in November



The Army is observing Warrior Care Month in November. The theme is “Healing the Mind, Body, and Spirit: Unlocking Unlimited Potential.”

“Taking care of Soldiers is something we do every day, said Brig. Gen. Darryl Williams, Assistant Surgeon General for Warrior Care and Commander, Warrior Transition Command.

“Observing Warrior Care Month allows us to highlight the significance of keeping Soldiers healthy and safe and taking care of them when they become wounded, ill or injured,” Williams said. “At the Warrior Transition Command we are in the business of caring for the Army’s wounded, ill and injured Soldiers from the Active, Guard and Reserve.

According to Williams, most people think of the combat injured when they hear the term ‘warrior care’. “Taking care of our combat-injured is warrior care,” he said. “Warrior care is also preventing illnesses and keeping Soldiers healthy and ready to deploy.

“Warrior care is arming Soldiers with tourniquets that they can use with only one hand,” the general said. “It’s having the best trained medics in the world standing shoulder to shoulder with our combat Soldiers.”

Williams points out that warrior care is an undertaking that encompasses a broad scope of efforts that extend beyond the battlefield.

“This includes understanding how to manage pain with medication

and with complementary medicine such as acupuncture, massage, and yoga. Warrior care means building resilience and ensuring our men and women in uniform are strong in mind, body and spirit,” Williams said.

“Warrior care is our best researchers looking at how we can advance medicine, improve protective gear and deal with trauma and complex injuries. It’s having a battle buddy who looks after you and a leader you can count on.

Warrior Care Month is also a time to recognize all those who don’t wear the uniform who support and care for our Soldiers, citing the Veterans Administration, Congress, Veterans organizations, corporate America, local communities and individual citizens as examples.

“I’m reminded of retired Adm. Michael Mullen, former Chairman of the Joint Chiefs of Staff. He calls this a ‘Sea of Goodwill’ of American support.”

Williams, speaking specifically about his job and about Warrior Transition Units (WTUs), outlines his three priorities for the wounded, ill and injured he represents – education, training and employment.

There are 29 Warrior Transition Units (WTUs) at Army installations and nine Community-Based Warrior Transition Units across the country. The WTU structure represents the way the Army supports Soldiers who require at least six months of complex

medical care.

Since 2007, through WTUs, the Army provides a standardized framework of care and support from medical appointments to adaptive or reconditioning sports programs and internships.

Standing behind them through each stage of recovery and transition is the Triad of Care – a primary care manager, nurse case manager and squad leader – as well as an interdisciplinary team of medical and non-medical professionals who work with Soldiers and their Families to ensure that they receive the support they deserve.

Williams said that while a WTU is a place for Soldiers to heal, it’s also a place to plan for their future; a place to develop a good, solid way ahead for them and for their family.

“Either way, when they leave these units my goals for them is that not only have they received the best medical care possible, but that they also have the education and training they need to succeed and that they have a job or career lined up,” Williams added.

“We owe them our best, and Warrior Care Month is a time to commemorate the importance of what we do throughout the year.”

(Source: U.S. Army Warrior Transition Command)

RESTRUCTURE from P1

vealed several imbalances. Some high priority areas needed to grow, while some management and overhead functions needed streamlining. These imbalances led to a variety of initiatives focused on realigning scarce manpower resources with the most critical missions.

The Air Force will grow by approximately 5,900 positions in acquisition, the nuclear enterprise, and intelligence, surveillance and reconnaissance and other key areas while reducing approximately 9,000 positions in management, staff, and support areas.

In addition, beginning in May 2011, the Air Force implemented hiring controls, a 90-day hiring freeze and voluntary early retirement and separation programs to further mitigate the impact on the work force.

The Air Force will continue to pursue all available

voluntary force management efforts with the goal of avoiding non-voluntary actions.

"We clearly understand the turbulence these and future reductions will cause in the workforce," said Air Force Chief of Staff Gen. Norton Schwartz. "We are making every effort to use voluntary measures to achieve reductions whenever possible."

Beginning in May 2011, the Air Force implemented a series of hiring controls and voluntary separation programs designed to reduce overall manpower costs, but these hiring controls did not provide the results required to operate within our fiscal constraints.

"The initiatives announced Nov. 2 represent the next step toward that goal, but there is more work to be done," said Brig. Gen. Gina Grosso, Manpower, Organization, and Resources director.

"The Air Force remains over fiscal year 2010 manpower levels and will continue to develop enterprise-wide solutions to achieve our goals with minimal impact to mission," Grosso said. "The Air Force must still define an additional 4,500 civilian positions for reduction."

As details become final, Air Force officials will release information on the next set of initiatives.

Air Force-wide, local leaders will be sharing the results of the civilian manpower adjustments with their workforces over the next several days.

"Civilian manpower adjustments will occur at all levels of the Air Force," Grosso said. "We are focused on shaping the force within our fiscal constraints and are committed to maintaining our long history of excellence as we build the Air Force of the future."

"At this time, we are not

sure whether a reduction in force will be necessary," the general said. "We are pursuing all available voluntary force management measures to include civilian hiring controls with the goal of avoiding non-voluntary measures. Every vacancy we don't fill brings us one position closer to fiscal year 2010 levels, and reduces the possibility for a (Reduction in Force)."

Given the constrained fiscal environment, Air Force members should expect continued workforce shaping measures affecting military, civilian, and contractors, Grosso noted.

"We understand the stress caused by uncertainty and will do our best to share information across the workforce as soon as it becomes available," Grosso said.

(Editor's note: The 502nd Air Base Wing public affairs office contributed to this article)

FSHISD WEEKLY CAMPUS ACTIVITIES NOV. 14-20

Fort Sam Houston Elementary School

Nov. 14
Student Council meeting in library, 3:15 - 4:30 p.m.

Nov. 17
Flu Mist Vaccination, 10 a.m.-1 p.m., with parent in attendance
Thanksgiving Luncheon

Robert G. Cole Middle and High School

Nov. 14
Book Fair, Media Center

Nov. 15
Book Fair, Media Center
Girls basketball junior varsity/varsity at Somerset, 5:30 and 7 p.m.

"Once Upon a Fairy Tale", 6th grade viewing from 1:40 to 2:10 p.m. Parents of cast and crew welcome to attend.

Nov. 16

Book Fair, Media Center
"Once Upon a Fairy Tale", 7th grade viewing from 1:40 to 2:10 p.m. Parents of cast and crew welcome to attend.

Band/Choir Spaghetti Dinner in cafeteria, 5:30-8 p.m.

Nov. 17
Book Fair, Media Center
Volleyball State Tournament
"Once Upon a Fairy Tale", 8th grade viewing from 1:40 to 2:10 p.m. Parents of cast and crew welcome to attend.

Boys soccer vs. Feast at Pepsi Fields, 6 p.m.

Nov. 18
Volleyball State Tournament
Girls basketball JV/V Tournament, 9 a.m.

Nov. 19
Volleyball State Tournament
Girls basketball JV/V Tournament, 9 a.m.

Second Bronze Star awarded to METC instructor

By Lisa Braun
METC Public Affairs

Air Force Maj. Christopher Gonzales, a medical logistics instructor at the Medical Education & Training Campus, was recently awarded his second Bronze Star for exceptionally meritorious service in support of Operation Enduring Freedom while deployed to Afghanistan in 2009.

Joined by his wife, Beth, and son, Evan, Gonzales was presented the award during a commander's call Oct. 28 by Col. Annata Sullivan, 937th Training Group commander. The 937th TRG is the Air Force component that supports METC.

"Major Gonzales is a great instructor. We are very proud of him and

his willingness to deploy and serve his country," Sullivan said.

While deployed with the 1ST Squadron, 108TH Cavalry Regiment, then-Capt. Gonzales oversaw 21 medical evacuation missions, attaining a 100 percent survival rate; planned medical support for Joint Forces/Joint Nation Operation BREST THUNDER; managed 52 medical mentors across the Afghan Central region; and planned and implemented three Afghan medical outreach missions resulting in 400 local citizens receiving treatment.

Despite his accomplishments, Gonzales remains humble.

"I didn't go above and beyond. I did what was expected of me; I accomplished the mission,"

he said.

His leadership thought otherwise.

"Captain Gonzales' personal courage and commitment to mission accomplishment in a combat zone, under the most extreme of circumstances, greatly contributed to the success of Operation Enduring Freedom," reads his citation.

Sullivan agrees, but added that Gonzales' family should be praised, as well as his co-workers who stayed behind to continue the mission.

"We always appreciate the family's service and are proud that our Air Force family is willing to share the burden when their loved one deploys.

"Families," she said, "are what make our Armed Forces so resilient."



U.S. Air Force photo

Air Force Maj. Christopher Gonzales was awarded his second Bronze Star Oct. 28 for exceptionally meritorious service in support of Operation Enduring Freedom while deployed to Afghanistan in 2009. Gonzales, a medical logistics instructor at the Medical Education & Training Campus, was presented the award by Col. Annata Sullivan, 937th Training Group commander.

MEALS from P7

check on restaurants' hours and availability of offer.

- **T.G.I. Friday's**, where participating restaurants will offer a buy-one, get-one-free special to anyone with a current or old military ID from Nov. 11 to 14.
- **Uno Chicago Grill**, which will offer a free entrée or individual pizza Nov. 11 to patrons who buy another entrée or pizza of equal or greater value. The offer is good for all veterans and active-duty military members in uniform or with a military ID or proof of military service.

(Courtesy of the American Forces Press Service)

FROST EARNS CFC EAGLE AWARD



Photo by Deyanira Romo Rossell

Terrence Frost, 502nd Force Support Squadron acting director, is taken by surprise at a meeting as he is bestowed the Combined Federal Campaign Eagle Award for submitting his pledge to the annual charity drive. Fort Sam Houston CFC coordinator Duane Dunkley doles out eagles throughout Fort Sam Houston to troops and federal employees who pledge at a certain level. The goal for the 2011 Fort Sam Houston CFC, which runs until December 15 is \$1,343,389. Presently, \$705,571 has been pledged, putting the CFC campaign at 52 percent of its goal. For more information on pledging to the CFC, contact Dunkley at 221-2207.

JROTC CADETS GET DENTAL TRAINING

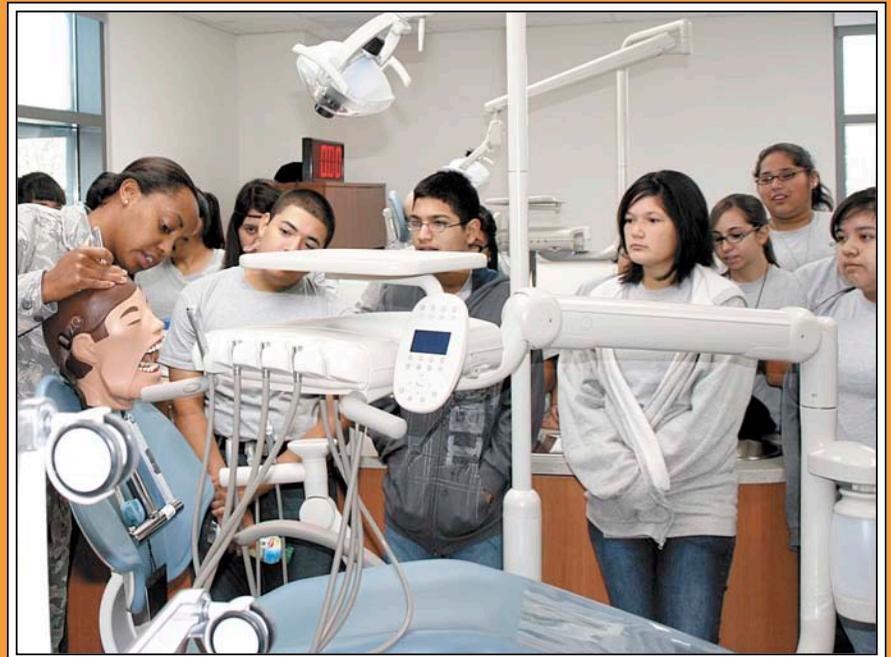


Photo by Kathy Salazar

John F. Kennedy High School JROTC cadets listen to Air Force Tech. Sgt. Carla Bender, dental assistant course training instructor, describe how dental students use "Fletcher® Plassein Head" while training at the Medical Education Training Center, during their tour of Ft Sam Houston, Nov 3. The manikin head has actual teeth to help students accurately simulate real life dental practice and techniques.

SAMMC HOLDS MASS CASUALTY EXERCISE



Photo by Maria Gallegos

San Antonio Military Medical Center staff attend to a simulated victim during a mass casualty response exercise Oct. 27, in support of the Southwest Texas Regional Advisory Council on Trauma and American Medical Response. The scenario for the exercise had two aircraft colliding while taking off down the wrong runway. The accident caused an extensive number of casualties, requiring evacuation to several different hospitals in the local area. SAMMC received approximately 35 patients in moulage makeup who were first triaged, and then sent to different departments in the hospital for treatment.

REMEMBERING THOSE WHO SURVIVED



Photo by Maria Gallegos

Michelle Fischer, surgery administrator of San Antonio Military Medical Center, holds a candle in remembrance of cancer survivors at the 5th Annual National Cancer Survivors Day at the Fort Sam Houston Club Oct. 28. SAMMC's cancer committees hosted the event. Guest speaker Col. George Peoples, chief of SAMMC Surgical Oncology, spoke to more than 250 participants about the innovated research advances being made in the fight against breast cancer.



Photos by Eric R. Lucero

Maj. Gen. Alejandro Arancibia Ramirez, director of international relations and head of the Chilean delegation, and Maj. Gen. Simeon G. Trombitas, U.S. Army South commander, sign a formal agreement that marked the end of the annual army-to-army bilateral staff talks between their countries' armies during a ceremony Nov. 2 at Army South headquarters here.

U.S. Army South, Chile wrap up army-to-army staff talks

By Eric R. Lucero
ARSOUTH Public Affairs

Maj. Gen. Simeon G. Trombitas, U.S. Army South commander, and Maj. Gen. Alejandro Arancibia Ramirez, director of international relations and head of the Chilean delegation, signed a formal agreement that marked

the end of the annual army-to-army bilateral staff talks between their countries' armies during a ceremony Nov. 2 at Army South headquarters on Fort Sam Houston.

Army South, on behalf of the chief of staff of the Army, hosted the staff talks to develop and exercise a bilat-

eral senior-level meeting framework between the two armies.

This served to set conditions for the accomplishment of the objectives and end states of Army South and U.S. Southern Command. The signed agreement will help guide U.S. and

See CHILE, P15



(Left to right) Col. Jerry Jackson, Army South deputy chief of staff, intelligence, Col. Brian McNaughton, Army South deputy commander, operations, and Col. John Donoghue, Army South deputy chief of staff, operations, share a laugh with Chilean Maj. Gen. Alejandro Arancibia Ramirez, director of international relations and head of the Chilean delegation, at the end of the annual army-to-army bilateral Staff talks Nov. 2 at Army South headquarters here.

CHILE from P14

Chilean interactions during 2012.

“The staff talks with Chile are of great importance to us because Chile is one of our strongest allies in all of the Americas,” Trombitas said.

“These talks allow us to form a plan of interaction for the next year and manage the ways in which we operate together. Strong alliances and good allies are a key to anything we do, not only in this hemisphere, but globally.”

This year’s staff talks focused on two strategic themes governing the Army’s role in humanitarian assistance and disaster response, as well as doctrine and operational capabilities development.

The staff talks are part of an on-going planning process that occurs throughout the year, and

this week’s event is the culmination of planning for 2012, according to Lt. Col. Christopher W. Muller, the Army section chief assigned to Chile.

The planning process ensures that the Army’s efforts are integrated with SOUTHCOM’s theater campaign plan and linked to the mission strategic resource plan for the U.S. embassy in Chile.

One of the benefits to the staff talks process is the ability to share opinions and experiences in open dialogue.

“The staff talks provide an excellent opportunity to share experiences,” Arancibia said. “This increases the capabilities of our armies.”

“The staff talks are very important because they allow us to speak frankly about how we can improve our relationship,” said Col.

Luis Chamorro, Chilean foreign liaison officer to Army South.

Chile and the U.S. share many interests and security concerns. The staff talks provide a key forum for both armies to develop strategic objectives in order to maintain and advance the relationship between the partner nations.

Through staff talks, each nation benefits from the professional exchanges leading to collaborative solutions for issues in the region.

This year’s staff talks also focused on developing knowledge, capabilities and support for current and future peacekeeping operations within the region. Currently, Chile has 287 soldiers deployed to Haiti in support of peacekeeping operations.

The U.S. and Chile staff talks concluded with

10 “Agreed-to Actions” for the upcoming year and beyond.

Some of these ATAs include the development of a bilateral simulation exercise, a platoon exchange between Chile and the Texas Military Forces, efforts to optimize the capacities of the Chilean army’s engineers, and several subject matter expert exchanges.

The Chilean army will also participate with Army South and partner nations in humanitarian and disaster relief exercises, as well as security and stability exercises. In addition, Chile will host the Peacekeeping Operations-Americas 2012 exercise.

“The highlight of the staff talks is the ability of our Soldiers to interact with our allies throughout the region,” Trombitas said. “We’ve conducted these with Chile since

CIOTOLA from P3

in this institution – they’re a Soldier in their own right, and they’ve got a Soldier’s heart,” he said. “It is just amazing – the depth of talent and the insight and just the capacity of the people here, individually and collectively, just defies explanation sometimes.”

He added that he does not think there is any task – short of deploying into combat – that IMCOM could not accomplish as well as a primarily military-based command.

After taking a few months off to spend time with his wife, Ciotola plans to finish college requirements and become a school-teacher.

“In the twilight of my career, and I’m going to say the last 15-16 years of my career, what I realized was: ‘It has never been about me; it is about lifting everybody else up that’s around you.’”

Ciotola, who will stay in the San Antonio area, plans to take this philosophy to his community and to the children of his community.

2006 and as such, we’ve formed a good relationship. It’s always good to personally interact with our friends and allies to form stronger relationships.”

In addition to Chile, Army South, on behalf of the chief of staff of the army, also conducts army-to-army staff talks with Brazil, Colombia and El Salvador.

Soldiers compete for Army's best medic title



Photos by Lori Newman

Evaluator Staff Sgt. Tam Thai observes Staff Sgt. Chad Howell and Pfc. Patrick Condon from Europe Regional Medical Command, Weisbaden, Germany during the physical fitness challenge event Nov. 4 at Camp Bullis. The physical fitness challenge was the first event of the inaugural Command Sgt. Maj. Jack L. Clark Jr. Best Medic Competition was dedicated to the 13th command sergeant major of the U.S. Army Medical Command.

By Lori Newman
FSH News Leader

Sixty-two Soldiers from across the Army competed in a grueling 72-hour two-Soldier team competition at Camp Bullis Nov. 4 to 6 to earn the title of best medic.

The inaugural Command Sgt. Maj. Jack L. Clark Jr. Best Medic Competition was dedicated to the 13th command sergeant major of the U.S. Army Medical Command.

Clark's family came from Florida to participate in the dedication ceremony and meet the competitors.

"It is appropriate that such a prestigious competition be named after Command Sgt. Maj. Clark. He was one of the most respected leaders and noncommissioned officers in the history of our command," said retired Command Sgt. Maj. Sandra Townsend, keynote speaker for the dedication ceremony.

"[Clark] was a mover and a shaker, known for making every place he went better. He understood the important role of medics in the Army and the trust Soldiers and leaders must have in the Army Medical Department."



Sgt. Brian Baker from the 101st Airborne Division, Fort Campbell, Ky. shoots hostile targets during the M-9 stress shoot.

In the end, Sgt. 1st Class John Maitha and Staff Sgt. Christopher Whitaker, representing the 3rd Battalion, 75th Ranger Regiment, Fort Benning, Ga. secured the title of the Army's Best Combat Medic Team.

"We had no idea where we were place-wise, so we just kept going as hard and as fast as we could on everything," Maitha said.

The first day of the competition began with a physical fitness challenge, which included a three-mile run and pulling a tire that weighed several hundred pounds.

The obstacle course tested the team's agility and physical strength. Each team needed to complete 15 of 19 obstacles as quickly and safely as possible.

The M-9 stress shoot mimicked a combat situation where every shot counts. Teams showcased their marksmanship skills, completing three separate firing engagements while evacuating a simulated casualty on a litter.

"The M-9 stress shoot was the most fun," Maitha and Whitaker said.

Once the M-9 stress shoot was complete, the two-Sol-

dier teams marched six kilometers to the next part of the competition, the M-4 stress shoot.

"We liked the night land navigation because it was challenging and it was different," Maitha said. "They filled us in on a Blackhawk helicopter heading to an unknown [helicopter landing zone] and we had to figure out where we were before we could even start the course."

The advanced land navigation course began at 11 p.m.

Teams were flown by helicopter and inserted into the rugged terrain of Camp Bullis. Once on the ground, each team had six hours to locate 12 grid coordinate locations using terrain association and topographical maps.

"The night land nav was definitely the toughest," Whitaker said.

Early the next morning, the candidates tackled the urban assault lane. Using simulated munitions similar to paint ball rounds the Soldiers had to engage the enemy while treating casualties and defending themselves.

The day combat medic lane tested the candidate's ability to perform casualty care in close quarters as well as their ability to evacuate wounded to a MEDIVAC aircraft.

The night combat medic lane tested the competitor's ability to perform



Pfc. Patrick Condon and Staff Sgt. Chad Howell emerge from a low crawl with a casualty on a litter during the M-9 stress shoot Nov. 4 at Camp Bullis.

medical tasks under the cover of darkness using the Tactical Simulator for Military Medicine. The teams were required to gain fire superiority, stabilize their casualty and move them from the simulator into a ground evacuation vehicle.

Mounted land navigation tests the candidate's ability to provide medical treatment while en route to the medical treatment facility.

At 0500 the next morning each two-Soldier team worked together to complete a 75-question written exam designed to test their tactical and technical proficiency.

After the written exam, the Soldiers moved to the virtual convoy combat simulator. The simulator provided a 360 degree simulated battlefield allowing the candidates the opportunity to perform basic Soldier skills while mounted in a simulated environment.

This event joined teams together to compete the scenario, engaging hostile targets and calling in situational reports.

The leadership reaction course tested each team's ability to think, lead and work together to negotiate eight obstacles.

The final event was a timed 2.7 mile buddy run, testing the fortitude

and endurance of the competitors. Each team had to complete the run carrying a 180 pound casualty on a litter.

Shortly after Sunday's last event, an awards ceremony was held at Camp Bullis.

Lt. Gen. Eric Schoomaker, Army surgeon general and commanding general, U.S. Army Medical Command, and the Clark family presented trophies to the winning team and recognized all the teams for their accomplishments during the 72-hour competition.

Pricilla Clark congratulated all the competitors.

"You have been tested beyond human capability and you have come through this standing and smiling."



Staff Sgt. Christopher Whitaker and Sgt. 1st Class John Maitha representing the 3rd Battalion, 75th Ranger Regiment, Fort Benning, Ga. compete in the M-9 stress shoot lane at Camp Bullis. Whitaker and Maitha finished first in the competition securing the title of the Army's Best Combat Medic Team.



Spc. Daniel Holmes, 82nd Airborne Division, Fort Bragg, N.C. pulls himself over a high log during the Command Sgt. Maj. Jack L. Clark Jr. Best Medic Competition. Each team needed to complete 15 of 19 obstacles as quickly and safely as possible.

she said. "You have given us the true definition of never giving up."

Staff Sgts. Gabriel Mendoza and Gabriel Valdez, representing 160th Special Operations Aviation Regiment (Airborne), Fort Bragg, N.C., accumulated the second-highest points total and placed second in the competition.

Third place was secured by Spcs. Allen Klingsporn and Austin Kreutzfeld from the 82nd Airborne Division, Fort Bragg, N.C.



Spc. Daniel Holmes, 82nd Airborne Division, Fort Bragg, N.C. pulls his teammate Staff Sgt. Jordan Houston up a climbing tower. The obstacle course tested the Soldiers agility and physical strength.

GADSON from P4 in July.

"I don't like to give energy to things that are negative," Gadson said. "Saying, we will not fail is different than saying, we will succeed. It's a possibility that A, B and C might happen, but don't give energy to the negative. Be aware, but don't give it your energy."

"Of all the things I wanted to do, I didn't want to fail. I came to accept that failing would be a part of my life and I didn't need to be afraid or embarrassed about it. I analyzed it and decided what I would do. Would I let it stop me, or would I accept it? Ultimately I accepted it," he said.

"Don't ask why, ask what. Don't ask why is this happening. Instead of asking why, ask what. Why isn't important."

NEWS from P4

of his books to the society. For more information, call 224-4030 or 824-1917.

Volunteer Work Day at the Quadrangle

In conjunction with National Public Lands Day, butterfly and pollinator gardens are being installed at the historic Quadrangle. Garden preparation takes place during the afternoons of Nov. 17 and 18 and an all-day "National Public Lands Day" event from 8 a.m. to 6 p.m. Nov. 19. Tools will be provided at this family-friendly event and there will be more than 750 plants for volunteers to plant in the prepared garden beds. For additional information, call 388-2067 or 218-/915.

Wilford Hall ASC/ SAMMC down days

The Air Education and Training Command has designated Nov. 25, Dec. 23 and Dec. 30 as "down

days" for military personnel. This will affect most of the clinics/ services at Wilford Hall Ambulatory Surgical Center. Patients should contact their respective clinic/ department before coming to Wilford Hall on these days. At the San Antonio Military Medical Center, these days will be "training days," and many clinics and some services may also be affected.

Walk-In Pet Vaccination Clinic

There will be a Saturday walk-in vaccination clinic for dogs and cats from 9 a.m. to noon Dec. 3 at the Joint Base San Antonio-Fort Sam Houston Veterinary Treatment Facility, located in Building 2535, 2915 Schofield Road. All animals must be on a leash or in a container. For more information, call 808-6101/6104.

'Journey to Bethlehem' Volunteers Needed

The "Journey to Bethlehem" is an interactive experience for people of all ages as the chapel staff recreate Bethlehem Village

on the grounds of Main Post Chapel from 5:30 to 8:30 p.m. Dec. 8-10. Actors are needed to be shop keepers, tribal leaders, Roman soldiers, and there are several more volunteer opportunities. This program is open to the entire JBSA community. For more information or to volunteer, call 221-5006

Complete Joint Base Travel Survey; win prizes

The 502nd Air Base Wing is conducting a Traffic Points of Origin study to evaluate military, retiree and civilian population traffic patterns at Lackland and Randolph Air Force Bases, Fort Sam Houston and Camp Bullis. All Joint Base San Antonio active-duty service members, Reserve, Department of Defense civilians and contractors, retirees, and dependents age 18 and older who travel on and around Joint Base San Antonio installations are eligible to participate in the survey. Each respondent will receive a

coupon for a free cup of coffee at any JBSA AAFES Express store and automatically be entered to win one of three prizes - a \$100 gas card, or one of two \$50 exchange gift cards. The survey is online at <https://www.surveymonkey.com/s/JBSAsurvey>.

Lost and Unclaimed Property

Anyone who has lost property on Joint Base Fort Sam Houston this year, can contact

221-2340 to inquire or claim any of the items listed: Audiovox DVD player; Motorola cell phone; silver necklace; silver wedding band; Coby CD player; Jwin headphones; Coby headphones with cloth/ rope bracelet; set of ACUs and Army PT uniform; Nemesis RX sunglasses; two key rings; children's prescription glasses; camera; Mongoose bike; Honda, Toyota, Chrysler and Chevrolet keys; Blackberry cell phone; Amritron watch; ID holder; gold band ring; silver band ring; panda cover key; single key on lanyard key ring; "Pacific Bike" bicycle; back pack; Charito Wolf bicycle; debit card; white cooler; AT&T cell phone; various wallets, cell phones, jewelrybadges and ID tags. These items will be held for 45 days and disposed of if the owner is not identified. To claim any of these items, you must have a form of photo identification

(military CAC/ID, state ID, driver's license or passport) and be able to identify the property.

Photocopying of Military ID/CAC Cards Prohibited

Recent incidents regarding the photocopying of military identification cards and common access cards by commercial establishments to verify military affiliation or provide government rates for service, have been reported. Photocopying of U.S. government identification is a violation of Title 18, US Code Part I, Chapter 33, Section 701 and punishable by both fine and/or imprisonment. Criminal elements and terrorist organizations place U.S. government identifications as a high value logistical element when planning acts against the U.S. military. Although commercial establishments are not prohibited from asking for military/government identification, many government personnel and commercial establishments are unaware of the prohibition on duplication of government identification. It is recommended that military/ODD personnel provide a state driver's license or other form of photo identification to be photocopied if an establishment insists on a photocopy of the traveler's identification.

Wounded warrior inspired, committed to help others

By Steven Galvan
U.S. Army Institute of
Surgical Research Public Affairs

Charles Dominquez knows firsthand the pain and tribulations wounded warriors face while hospitalized at the U.S. Army Institute of Surgical Research Burn Center at Joint Base San Antonio-Fort Sam Houston.

Dominquez received burns on 30 percent of his body, mostly face, hands and back, when a 5-ton truck full of propane tanks was blown up just outside the Iraqi police station he was working at while deployed to Iraq in 2005-2006.

"We were targeted because we were recruiting Iraqis to serve on their police force," he said. "Twelve Iraqis and an American Soldier standing next to me were killed."

Dominquez recalls the grueling hours he had to wait for a medical evacuation from the compound because they were taking on gunfire from outside the compound.

Eventually he would make it out of Iraq to Germany and onto San Antonio. The road to recovery was long and arduous. Even though the medical staff at the Burn Center is committed to providing patients with the best combat casualty care in the world, the healing process is more than physical.

"The burns, the wounds, the treatment and the physical therapy are extremely painful," said Dominquez. "It can



get depressing."

The Burn Center is staffed with people who can help wounded warriors with their physical, emotional and psychological changes.

But there's another factor that wounded warriors have that helps them get through the tough times. They have each other. It was this support and motivation that Dominquez received that helped him get his life back.

"I remember being at physical therapy and seeing guys like Chris Edwards, Merlin German, J.R. Martinez and Israel Del Toro who were burned worse than I was," he said. "The first guy to talk to me was Edwards. He said 'hey, come here,' and told me that I was going to be fine and to be strong."

It was that type of support and motivation that helped Dominquez realize that he could recover from the injuries he was dealing with and lead a productive and fulfilling life. As the building manager at the Warrior and Family Support Center,

Dominquez is constantly talking with wounded warriors.

"My therapy is talking to these guys," he said. "I need them as much as they need me."

Patients before him and after his stay at the Burn Center continue to inspire him.

"Guys like Todd Nelson, Sam Brown and Bobby Henline have inspired me," said Dominquez. "These guys were burned worse than I was, and they are living life to the fullest despite their scars and disfigurements."

One of the burn patients that talked to Dominquez a couple of times while he was at the Burn Center recuperating from his injuries was J.R. Martinez, who went on to get a role on the soap opera "All My Children" and is currently a contestant on "Dancing with the Stars."

"It's inspiring to see what he has done and how he is succeeding," he said. "He's a great dancer, but I know that he's in a lot of pain. Burn survivors can't regulate their body temperatures because of the scarring. To watch him dance they way he does under those stage lights has to be painful, but he doesn't let that stop him."

That's the message that Dominquez is able to share with wounded warriors who spend time at the WFSC.

"Don't let the wounds control your life," he said. "Your life mission has changed and you can succeed."

401st Military Intelligence Company trains in leader reaction

By Staff Sgt. Joseph Bello
470th Military Intelligence Brigade

Soldiers of the 401st Military Intelligence Company have been learning new lessons about leadership and teamwork during hands-on training through the Leaders Reaction Course at Camp Bullis.

The course presents noncommissioned officers with challenges that force them to react with haste to overcome obstacles in accomplishing their mission. The course also tests Soldiers on their ability to work together as a team.

The training day began in darkness on Fort Sam Houston. Gear was set up and inventoried, and Light Medium Tactical Vehicles (LMTVs) were lined up with diesel engines rumbling.

Soldiers stood in formation while their leaders conducted accountability. The platoon sergeants screamed, "File from the left, column left, march!" and Soldiers began running to the back of their assigned LMTV. One by one, the Soldiers packed into the vehicles, finding as much comfort as they could.

The radio crackled with a call for a communications check and finally the go-ahead to move. The engines belled to life, and the LMTVs roared off.

Almost an hour later, as the sun began to rise, the Soldiers arrived at their destination. The troop commander of each vehicle quickly staged his vehicle as the training cadre prepared the site.

After the range safety

officer briefed the troops on safety procedures, covering wildlife, dehydration, fire dangers and falling hazards on the course, Soldiers were randomly lined up in teams of seven with a minimum of one NCO per team.

"As a Soldier, you don't have the luxury of picking your leaders or team members, and that's the reality we wanted to recreate," said Sgt. 1st Class Lopez, who oversaw the course.

Besides instructions on time limit, expectations and limitations for each event in the course, the teams also received instructions to use non-conventional methods to accomplish their tasks.

"I don't want the book answer," Lopez explained. "You won't have time to read a book when you



Photo by Staff Sgt. Joseph Bello

Soldiers of the 401st Military Intelligence Company, whose mission involves signals intelligence, counterintelligence and analysis, tackle an obstacle during the Leaders Reaction Course.

are being overrun. What the Army needs is you to use your ingenuity, adaptability and resourcefulness to create a solution to these problems."

At the beginning of each event, team leaders received a briefing on the

objective of their lane. Some objectives were as simple as delivering ammo cans; others were as difficult as escaping a prisoner compound.

However, all of them required every Soldier to think quickly and to

react quickly as a team member.

With the command "Go!" the Soldiers of each team immediately began creating solutions to the obstacles, some of which were over-planned, others fundamentally simple. At the end of each event, the Soldiers reset the station and moved onto the next objective.

This continued until the exercise ended, with the Soldiers' hands were calloused, their uniforms stained, their bodies covered with sweat.

Once again, they secured their equipment and boarded the LMTVs, and the sound of the diesel engines filled the air.

The training cadre, still dirty from the event, reconvened upon arrival at Fort Sam Houston and provided input for the 401st MI Company commander to use to develop further team-based training events.

Premium changes among considerations for NAF civilians during open season

By Evan Dyson
IMCOM Public Affairs

An 8 percent premium increase for the Non-Appropriated Fund Employee Health Benefit Plan is one factor NAF employees should be aware of during open season, which runs through Nov. 30.

The Jan. 1 premium increase, due to rising medical claim costs, still falls below comparable figures in private sector employment benefit plans.

Open season allows employees to alter their benefit elections.

"We had an overall increase in medical [plan premiums] of 8 percent while the private sector had 12," said Bob Ramsey, direc-

tor of NAF Benefits. "We, as an organization, have fared well when it comes to managing increases in healthcare costs."

Medical deductibles and some co-pays are also changing this year.

Annual medical deductibles will increase for all plan elections. Under the new rates, individuals will have a \$300 deductible for in-network visits under all plans. For Families, the deductible will either be \$600 or \$900 depending on Family size.

Co-pays will vary based on your elections and the circumstances of your visit.

In addition, the NAF HBP is expanding the definition of eligible dependents.

Children under the age of 26 who had previously been ineligible to join the NAF HBP because they had access health coverage through their employer can now participate in the NAF HBP, regardless of whether or not they have access to other employer-sponsored health coverage.

To understand all options available during open enrollment, it is important to study the materials provided by NAF benefits at NAF-Benefits.com.

According to Ramsey, employees can also request information packets from their local human resource offices.

Areas that can be adjusted include health benefits, life insur-

ance, 401k savings and flexible spending accounts. For example, the amount of pre-tax income employees under age 50 are allowed to deposit to their retirement account has been raised from \$16,000 to \$16,500.

All elections and changes made to health insurance and life insurance will be effective Jan. 1.

Employees who choose not to participate in open season will be unable to make changes to their benefits until next year's open season unless they become eligible due to a qualifying "life event." Examples of such events as defined by the Office of Personnel Management include marriage, divorce, births and deaths.

To learn more about this year's NAF Benefits Open Season options, visit NAFBenefits.com.

PERFORMANCE POETRY



Photo by Cheryl Harrison

(From left) Second-place winner Ryan Smith aka "RYSmith"; first-place winner Latasha "P16" Parham and third-place winner Aron "FACE" Lee pose for a group picture after being announced the top three poets in the 2nd Annual "Stand. Speak. Listen" Poetry Slam Nov. 5. The annual event was held by the Family Life Program at the Warfighter and Family Readiness Center. Fourteen contestants performed original works in the competitive art of performance poetry. A dual emphasis on writing and performance is encouraged with the poets focusing on what they are saying and how they are saying it.

ESPN2 'First Take' takes over Quadrangle

By Steve Elliott
FSH News Leader

The Quadrangle on Joint Base San Antonio-Fort Sam Houston took on a Hollywood look the morning of Nov. 7, as the cast and crew of ESPN's "First Take" sports program took over the historic area as part of

the network's "Salute to America's Heroes."

A two-hour morning sports talk program that airs daily on ESPN2, the show is hosted by ESPN personalities Dana Jacobson and Jay Crawford, and features sports journalist Skip Bayless and rotating guest analysts debating the day's 10

hottest sports topics with a rotation of sportswriters and ex-athletes.

Lt. Gen. Guy C. Swan III, ARNORTH commanding general, and Brig. Gen. Theresa Carter, 502nd Air Base Wing commander, were both brought on stage as guest co-hosts and given the chance to pose sports

questions for Bayless and his fellow debaters, sports journalist Jemele Hill and former Dallas Cowboys safety Darren Woodson, to argue about.

Other military members from throughout the post were also brought up to help host the show and pose questions. Members of the audience were also given the chance to vote on who won each debate by raising a headshot of each debater mounted on a stick.

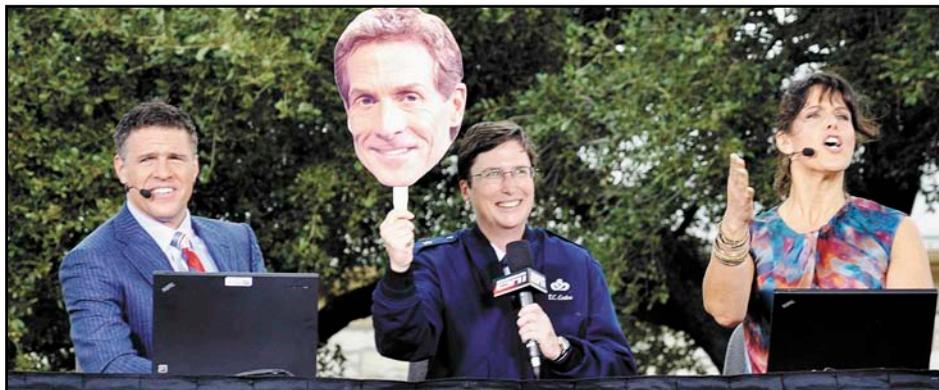
When Swan was brought up to ask if Green Bay Packers quarterback Aaron Rodgers and the Packers defense could repeat as Super Bowl champions, he was given a wedge-shaped foam "Cheesehead" hat to wear, stating that "we in the military have to be in the proper uniform for every mission."

When Carter was brought up later, she talked about being a Purdue Boilermakers fan and asked the panel if the New York Jets would win the AFC East. The general agreed with Bayless' opinion that they would not by holding up a photo of the sports journalist. That prompted Bayless to rush over and hug the general for agreeing with him and said, "This woman recog-

nizes greatness."

Carter also couldn't resist commenting on the Air Force Academy's 24-14 victory over West Point Nov. 5, which secured the Commander-in-Chief Trophy for the Falcons for the second straight year.

Jacobson, Crawford, Woodson and Hill thanked the crowd present for their military service and the warm welcome they received.



Brig. Gen. Theresa Carter, 502nd Air Base Wing commander, agrees with the answer from Skip Bayless that the New York Jets would not win the AFC East during the Nov. 7 taping of the ESPN "First Take" program.



Photos by Steve Elliott

Joint Base San Antonio-Fort Sam Houston military members make their opinions known Nov. 7 during the taping of the morning sports talk program, "First Take," that airs daily on ESPN2.

Congressman Lamar Smith addresses Cole students

By Robert E. Hoffmann
Robert G. Cole High School

U.S. Representative Lamar Smith (R-TX) addressed a gathering of Robert G. Cole High School seniors and Advanced Placement U.S. History students Nov. 7, delivering a message about citizenship and the basic interworkings of getting a bill through Congress.

Smith, Chairman of the House Judiciary Committee and a member of the Homeland Security Committee, shared antidotes of a bi-partisan environmental bill he co-sponsored, with no opposition, which took two years to make its way through Congress; and another patent bill which took seven years.

Smith reflected on the challenges of the current congress to get spending under control, a Balanced Budget Amendment and the health care debate.

On a lighter note, Smith discussed what a day in the life of a U.S. Congressman is like. When asked about the “perks” of being a Congressman, he dispelled many rumors going around and said the best perk is actually free parking at the Washington, D.C. airport.

Smith then took questions from the students, and it was obvious they came prepared.

The congressman was queried on topics ranging from troop deployments and their impact on the military family, to presidential politics, congressional term-limits, unemployment, the federal budget, and his initial motivation to enter politics.

The feedback from the students was positive.

“I feel honored that he took time out of his busy schedule to come and inform us on the issues of the day,” said senior Molly Gresenz.

Senior Savannah



Courtesy photo
U.S. Representative Lamar Smith (R-TX) speaks to Robert G. Cole High School students Nov. 7.

Wessies added, “It was interesting to hear about how actual Congressional Committees work after going to Girls’ State this summer.”

Summing up the feelings of the assembly, senior Germaine Herrera reflected, “Congressman Lamar Smith had genuine feelings toward the subject of military children.”

Congressman Smith’s visit was arranged by Fort Sam Houston Independent School District Superintendent, Dr. Gail Siller.

“Bringing Congressman Smith here is another opportunity to make students well-rounded citizens,” Siller said. “These are future, and in some cases, brand-new voters; the lesson in citizenship is vital.”

Cougars lose heartbreaker, still make playoffs

By Robert E. Hoffmann
Robert G. Cole High School

Tyrese Davis rushed for two touchdowns, while Bryce King threw two touchdown passes to Wykeyhe Walker as the Robert G. Cole High School Cougars scored 27 unanswered points to take a 27-7 lead into halftime against the Jourdanton Indians Nov. 4.

The game was the final regular-season game for each squad. Cole’s good fortune wouldn’t last, however, as the first-place Indians shutout the Cou-

gars in the second half, and scored 21 points to seal the District 15-2A crown by a score of 28-27.

Cole finished the regular season at 6-4, and was 3-2 in district 15-2A play. The Cougars advance to the 2A state playoffs, due to the district runner-up George West Longhorns defeating the Randolph Ro-Hawks earlier in the evening.

The Cougars open the playoff season at 7:30 p.m. Nov. 11 against the Odem Owls at Randolph High School Stadium on Randolph Air Force Base.

Texas Patriot Festival marks Veteran’s Day with headliners Tanya Tucker and Jack Ingram

By Deyanira Romo Rossell
502nd FSS MWR Marketing

Texas-born country stars Tanya Tucker and Jack Ingram will headline the Texas Patriot Festival on Fort Sam Houston in honor of veterans, military personnel and their families on Veterans Day, Friday, Nov. 11, from 4 to 11 p.m., at the MacArthur Parade Field.

The festival is hosted by Operation Homefront of Texas, a non-profit which provides emergency, financial and other assistance to families of service members and wounded warriors.

“Operation Homefront of Texas is honored to host the Texas Patriot Festival at Fort Sam Houston in tribute to our veterans and military service members and their families,” said Jennifer M. Cernoch, president, Operation Homefront of Texas.

“This will be a celebration to honor America’s veterans and military service members for their patriotism, love of country and willingness to serve and sacrifice for the common good,” Cernoch added. “It is also a day of hope for our country and acknowledgement to the many patriots who con-

tinue to support our great country and the freedom we share

Fort Sam Houston’s 323rd Army Band “Fort Sam’s Own” will lead off the entertainment with a performance from 4:30 to 5:30 p.m., followed by Patsy Torres at 6 p.m. Bruce Robison takes the stage at 6:45 p.m., followed by Radney Foster at 7:30 p.m. Tucker performs at 8:30 p.m. and Ingram will close out the evening.

The first-ever Texas Patriot Festival on Fort Sam Houston also will feature food, beverage and vendor booths, and children’s

activities. Admission and parking are free and open to the public.

Visitors without a DOD identification card may enter through one of two gates, the Walters Street Gate off I-35 or the Harry Wurzbach Gate off Loop 410 and Harry Wurzbach Road.

All vehicle occupants, ages 16 years and older, must present a valid photo ID to enter gates.

Lawn chairs are welcome, but pets and coolers are not allowed at the festival. For more information on the Texas Patriot Festival, call 659-8039.

TEXAS PATRIOT FESTIVAL

HOPE AND HONOR ON THE HOMEFRONT



FREE
AND OPEN TO
THE PUBLIC

11.11.11

Fort Sam Houston
MacArthur Parade Field

Featuring Co-Headliners



Tanya Tucker



and Jack Ingram

Also performing: Patsy Torres, Bruce Robison and Radney Foster
Food, fun children’s activities and LIVE music!

Gates open at 4:00pm. Opening Ceremony at 5:30pm. Ends at 11:00pm.
Valid picture ID required. NO pets, NO coolers allowed.
No Federal Endorsement of sponsored event intended.






Force Support Squadron Family & MWR

Announcements

Fitness Center on the METC Campus

The Fort Sam Houston Fitness Center on the METC campus, 3569 Williams Road, Building 1369 is open Monday-Friday 7 a.m. to 9 p.m., Saturday and Sunday, noon to 9 p.m. Call 808-5709/5708.

"Let's Twist Again"

Shows are Thursday, Friday and Saturday through Dec. 17 at the Harlequin Dinner Theatre. Dinner begins at 6:15 p.m. with an 8 p.m. show time. Call 222-9646.

Hunting at Camp Bullis

Rifle hunting season opens at Camp Bullis Nov. 12, Saturdays and Sundays from 5:30 a.m. to late evening for selected permit holders. Bow hunting for deer, hogs and turkeys is underway Mondays and Thursdays 5:30-10 a.m., and Friday through Sunday 5:30 a.m. to late evening. Call 295-7529/7577.

HIRED! Program

Applications are being accepted for the Winter 2012 term which begins Jan. 9. Be an apprentice for a 12-week term and learn job skills in one of the Morale, Welfare and

Recreation operations. The deadline to apply is Dec. 1. A parent orientation will be held at 5 p.m. Dec. 6 at the Middle School Teen Center. A winter term training and welcome ceremony for the apprentices is 4:30-6:30 p.m. Dec. 13. Call 221-3386.

Sports Scores

For Fort Sam Houston and 32nd Medical Brigade intramural sports results, visit <http://bit.ly/MWRsports>.

Microsoft Office Classes

Nov. 17 - Word Level 2

Nov. 22 - Publisher

Nov. 29 - Access Level 1

Nov. 30 - Access Level 2

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

Calendar of Events

Nov. 11

Texas Patriot Festival

This family event from 4-11 p.m. at MacArthur Parade Field honors veterans, military personnel and their families. Headliners include Jack Ingram and Tanya Tucker.

Nov. 14

Infant Massage

Classes are Nov. 14, 21 and 28 from 10-11:30 a.m. at Dodd

Field Chapel, Building 1721. Call 221-0349.

Couponing

The class is 2-4 p.m. at the Roadrunner Community Center, Computer Lab Building 2797. To register, call 221-1612

Nov. 15

Armed Forces Action Plan Conference

The AFAP conference is 9 a.m. to 4 p.m. Nov. 15-18 at the Sam Houston Community Center. Call 221-2604/2705 or email jbsa.afap@gmail.com for more information.

Family Readiness Support Assistant Training

The training is Nov. 15-16 from 8 a.m.-3:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Federal Resume Writing

The class is 9 a.m.-noon at the Roadrunner Community Center, Building 2797. To register, call 221-0516/0427/2418.

Holiday Spending

The class is 2-4 p.m. at the Roadrunner Community Center, Computer Lab Building 2797. To register, call 221-1612.

HUGS playgroup

This interactive playgroup for parents and children up to age 5 meets Tuesdays, 9-11 a.m. at the Middle School Teen Center, Funston Road. Call 221-0349/2418.

Baby Talk

This new parent support group meets Tuesdays, 1-2:30 p.m. at Dodd Field Chapel. Call 221-0349/0655.

Nov. 16

Women Encouraging Women

This seminar is 11 a.m.-noon at the Roadrunner Community Center, Building 2797. The topic will be "The Big Lie about Women and Anger." To register, call 221-0349/2055.

Mandatory Initial First Term Financial Readiness

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

Nov. 19

Turkey Trot

A 5K Run/Walk begins at 7 a.m. with shotgun start at the Jimmy Brought Fitness Center. Check in at 6:30 a.m. for late registration and a safety briefing. Registration is required for this free event. Call 221-1234.

Nov. 30

Cash and Carry Sale

The 502nd Force Support Squadron will hold a cash and carry sale from 9 a.m.-3 p.m. at the warehouse in Building 4192, Bay A. During this time, the warehouse will also host a sealed bid sale at the Jimmy Brought Fitness Center parking lot. Items will be sold on a first-come, first-served basis and are "as is." There are no refunds and customers are asked to load their

REMINDER CALENDAR

- Nov. 11** Veterans Day ceremony, 9:30 a.m., FSH National Cemetery
- Nov. 11** Buffalo Soldiers ceremony, 1:30 p.m., San Antonio National Cemetery
- Nov. 11** Texas Patriot Festival, 4:30-11 p.m., MacArthur Parade Field
- Nov. 12** 12th Annual Honoring the Veteran's Pow Wow, 11 a.m.-4 p.m., FSH Quadrangle
- Nov. 12** Veterans Parade, noon, downtown San Antonio
- Nov. 12** Texas Honor Ride, noon, Salado Park



Edwards Aquifer Level

in feet above sea level
as of Nov. 9

CURRENT LEVEL * = 647.2'

*determines JBSA water conservation stage

Normal - above 660'

Stage I - 660'

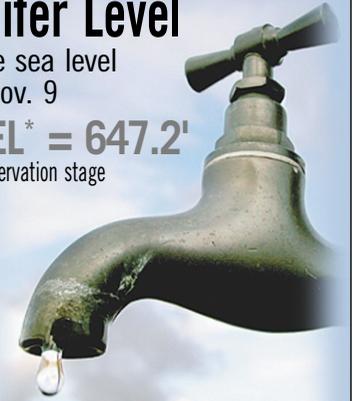
Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'

Joint Base San Antonio water restrictions have been returned to Stage II. As of Oct. 17, the Bexar County index well J-17 was at 651.7 feet. The JBSA Drought Management Plan calls for levels to revert to next higher level after 30 days of being above trigger. The J-17 has stayed above 642.0 feet since Sept. 16.



own items and remove them at the time of the sale. Call 221-4449.

Dec. 1 Tree Lighting Ceremony

The post will officially launch the holiday season at the annual tree lighting ceremony, 6-8 p.m. at the post flagpole on Stanley Road. Call 221-9904 for more information.



Announcements

Driver Safety Program

Current or past service members and spouses can attend the AARP Driver Safety Program free through Nov. 30. Locations are available throughout the area. Visit <http://www.aarp.org/findcourse> or call 348-8684 for information.

Looking For Golfers

Join the Fort Sam Houston Dawg Fight golf group. The group plays on weekends and holidays, at top local area resorts and private courses. Visit <http://www.dawgfight.com> for information.

Second Division Association

The Second (Indianhead) Division Association is searching for anyone who served in the 2nd Infantry Division. For information, visit <http://www.2ida.org> or call 224-225-1202.

Neanderthal Trail Run

Register now for the Neanderthal Trail Run sponsored by Troop Support Company. The 11-kilometer (about 7.1 miles) run will be held Dec. 2 beginning 6:30 a.m. from Building 5130 Wilkerson Road on Camp Bullis. Must register prior to race day, cost is \$30/civilian and \$20/military with ID card, fee includes T-shirt. Call 295-7697 for

information.

Basic Skills Education Program

The Fort Sam Houston Education Center Basic Skills Education Program is designed to teach and refresh basic college preparatory skills to service members with a GT score less than 110. Learners must be self-motivated individuals who desire to increase their capabilities in basic skills in a rigorous learning environment, Monday-Friday 7:30 a.m.-3:30 p.m. for a period of 14 working days. Service members will receive instruction in reading comprehension, vocabulary, and math skills. Call 221-1738 to enroll or for information.

Stilwell House

The Fort Sam Houston Stilwell House, a historic landmark since 1888, is open for tours, receptions and parties. The Stilwell House is managed by the Society for the Preservation of Historic Fort Sam House, Inc. a 501(C)(3) Corporation not affiliated with the Department of Defense. Call 224-4030 or 655-0577 for more information.

Cloverleaf Communicators Club

The Cloverleaf Communicators Club is open to military, family members and civilians who are interested in developing or enhancing their leadership and communications skills. Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785

for information or visit <http://powertalkinternational.com/>.

Toastmasters Club

The club meets the second and fourth Wednesday of every month noon-1 p.m. in the Joint Program Management Office conference room 1A, Building 4196. Call 663-4814 or 850-420-1610 or visit <http://www.futurespeakers.freetoasthost.org>.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-1732 or 221-0144.

Lost Property

If you have lost any property on Fort Sam Houston, call 221-2340. To claim items, you must have a form of photo identification and be able to identify the property.

Calendar of Events

Nov. 10

Free Veteran's Day Spaghetti Dinner

The Thomas Jefferson High School JROTC will host a ceremony and dinner in commemoration of those who have served. Veterans are invited to participate at the following events: Flagpole Veteran's Ceremony 8 a.m. Nov. 10 at the TJHS flagpole and a Veteran's Spaghetti Dinner at 6 p.m. in the TJHS cafeteria. Veterans eat for free; other guests pay \$10. Seating is limited, call 722-2785 to reserve a seat or for more information.

Nov. 12

Castell Texas Walk

The Selma Pathfinders Volksmarch club will host a 5k and 10k walk starting at the Castell General Store, 19522 West Ranch Road 152, Castell, Texas. Walks start between 9 a.m. and 2 p.m., finish by 5 p.m. For information, call 496-1402 or email papre1947@yahoo.com.

See **COMMUNITY**, P26

Rocco Dining Facility Menu

Building 2745, Schofield Road

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

Friday – Nov. 11

(Veterans Day)

Lunch – noon to 1:30 p.m.

Chicken gumbo soup, cream of mushroom soup, baked ham, roast beef, spaghetti with meat or marinara sauce, spicy baked fish, rice pilaf, scalloped potatoes, fried cabbage, seasoned broccoli, steamed mixed vegetables

Dinner – 5 to 6:30 p.m.

Savory baked chicken, Swiss steaks, baked tuna and noodles, eggplant parmesan, Kansas rice medley, mashed potatoes, okra & tomato gumbo, California blend

Saturday – Nov. 12

Lunch – noon to 1:30 p.m.

Beef rice soup, cream of potato soup, grilled turkey patties, BBQ beef cubes, beef stir fry, cheese tortellini, Lyonnaised potatoes, orzo with lemon & herbs, steamed green beans, honey Dijon vegetables

Dinner – 5 to 6:30 p.m.

Buffalo chicken, gyro sandwiches, sweet potatoes, black beans and

corn, oven browned potatoes, caviar medley rice blend, teamed spinach, glazed carrots

Sunday – Nov. 13

Lunch – noon to 1:30 p.m.

Chicken noodle soup, cream of broccoli soup, chicken parmesan, beef teriyaki, chow mien noodles, grilled pork chops, broccoli, rice and cheese, steamed rice, O'Brien potatoes, vegetable stir fry, steamed lima beans

Dinner – 5 to 6:30 p.m.

Grilled steaks, chicken cordon bleu, grilled hamburgers, grilled cheeseburgers, grilled cheese sandwiches, grilled chicken sandwiches, black bean veggie burgers, baked potatoes, sautéed mushrooms & onions, steamed broccoli, mixed vegetables, baked French fries

Monday – Nov. 14

Lunch – 11 a.m. to 1 p.m.

Creole soup, cream of mushroom soup, meat loaf, cranberry glazed chicken breasts, Italian broccoli pasta, parmesan baked fish, Italian beef & rice, rice pilaf, Lyonnaised potatoes, steamed cauliflower, la style smothered squash (omit bacon), seasoned collard greens

(omit pork)

Dinner – 5 to 7 p.m.

Roast turkey, meatball stroganoff, baked stuffed fish, vegetable lasagna, steamed parsley egg noodles, cornbread dressing, mashed potatoes, stewed tomatoes, steamed green peas, herbed broccoli

Tuesday – Nov. 15

Lunch – 11 a.m. to 1 p.m.

Old fashioned bean soup, cream of potato soup, roast pork tenderloin, chili macaroni (turkey), shrimp jambalaya, cheese ravioli, Italian roasted potato wedges, steamed wild rice, Mexican rice (wild rice), California blend vegetables, pinto beans, steamed yellow & zucchini squash

Dinner – 5 to 7 p.m.

Pepper steak, honey ginger chicken breasts, whole wheat cheese pizza, pork chops Mexicana, mashed potatoes, steamed rice, Brussels sprouts parmesan, corn O'Brien, steamed carrots

Wednesday – Nov. 16

Lunch – 11 a.m. to 1 p.m.

Chicken noodle soup, cream of tomato soup, beef stir fry, oven fried chicken, lemon baked fish,

apple glazed corned beef, pasta primavera, parsley steamed red potatoes, steamed rice, fried cabbage, steamed cabbage, steamed carrots, steamed lima beans

Dinner – 5 to 7 p.m.

Cantonese spareribs, baked catfish fillets, chicken tetrazzini, grilled chicken breasts w/onions, spinach tortellini, mashed sweet potatoes, fried rice (no pork), steamed rice, seasoned mixed vegetables, Japanese vegetable stir fry, tangy spinach

Thursday – Nov. 17

Lunch – 11 a.m. to 1 p.m.

Asian stir fry soup, cream of chicken soup, baked turkey & noodles, Salisbury steaks, sweet & sour chicken, vegetable curry & rice, baked redskin potatoes, steamed rice, steamed carrots, steamed corn, vegetable stir fry

Dinner – 5 to 7 p.m.

Fish amandine, beef lasagna, baked Rock Cornish hens, vegetable lasagna, orzo w/spinach, tomatoes & onions, mashed potatoes, green bean combo, Chinese red cabbage
Menus are subject to change without notice



For Sale: Large Petmate dog kennel, new, \$110; computer desk, \$17; new bike helmet, \$20; skateboard, \$20; color TV, \$35 obo. Call 313-0061.

For Sale: Rascal electric leg lift wheelchair with instruction manual, price negotiable. Call 661-3765.

COMMUNITY from P25

Texas Honor Ride

Troops are welcome to join the ride to Salado Park from the 619 Rest Area in San Antonio. About 600-700 motorcycles will arrive at the park in groups of 100 by noon. There will be live music, barbecue and ice cream. Visit <http://texashonorride.org> or call 713-906-7660 for information.

Nov. 21

Warrant Officer Association Meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired

warrant officers are invited. Call 221-7327 or 666-9818.

Nov. 17 FSH Preservation Society

The Society for the Preservation of Historic Fort Sam Houston will meet for a light lunch at 11:15 a.m. at the Stilwell House. At noon, best-selling author T.R. Fehrenbach will speak. Call 224-4030 or 824-1917.

Dec. 1

Civilian Jobs Career Expo

Civilianjobs.com will hold a career expo 10 a.m.-2 p.m. at the Sam Houston Club. Veterans who are non-military ID cardholders must pre-register 14 days prior to the job fair. Visit <http://www.civilianjobs.com> or call (678) 819-4153 for more information.

Veterans Day events

Nov. 11

Fort Sam Houston National Cemetery, 9:30 a.m. Guest speaker is Steven Muro, undersecretary for memorial affairs, Veterans Administration. The event will also include a naturalization ceremony for approximately 25 military members.

Bexar County Buffalo Soldiers commemorative ceremony. San Antonio National Cemetery, 1:30 p.m. Guest speaker is Maj. Gen. Simeon Trombitas, commanding general, U.S. Army South.

Nov. 12

U.S. Military Veterans parade and wreath laying. Alamo Plaza, 10:30 a.m. Parade at noon. Numerous Fort Sam Houston units and leaders are participating in the wreath ceremony at the Alamo and in the parade. Click on <http://usmvp.com/> for more information. More than 100 entries from civic, military and veterans organizations will showcase the red, white and blue.

12th Annual "Honoring the

Veterans" Pow Wow. Fort Sam Houston Quadrangle, 11a.m. to 4 p.m. Sponsored by Fort Sam Houston Equal Opportunity and Equal Employment Opportunity Programs and United San Antonio Pow Wow, Inc. Visitors enter through Walters Street gate, although ID is required.

Nov. 13

Veterans Day concert "Salute to Service." At Majestic Theater at 7 p.m. The U.S. Air Force Band of the West and the San Antonio

Symphony present a joint Veterans Day Concert at 7 p.m. Nov. 13 at the Majestic Theatre in downtown San Antonio. This is a free event and open to the public. Tickets can be picked up at the symphony box office, Majestic Theater box office, Fiesta Commission Store, the Fort Sam Houston MWR office in Building 122 and at the ITT offices at Lackland and Randolph Air Force Bases. Call 554-1010 or visit <http://sasymphony.org> for more information.

Weekly Weather Watch

	Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15
San Antonio Texas	 68° Partly Cloudy	 70° Mostly Sunny	 79° Mostly Sunny	 84° Sunny	 81° Mostly Cloudy	 83° Mostly Sunny
Kabul Afghanistan	 56° Showers	 60° AM Showers	 62° Sunny	 60° Sunny	 61° Sunny	 61° Sunny
Baghdad Iraq	 69° Partly Cloudy	 72° Partly Cloudy	 76° Partly Cloudy	 72° Sunny	 75° Sunny	 74° Partly Cloudy

(Source: The Weather Channel at www.weather.com)