

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



OKTOBERFEST
OCT. 16-
OCT. 17
FREE
ADMISSION
FREE
PARKING
 See Page 20
 for more details.

Connecting BRAC with San Antonio: construction activities at Fort Sam

Construction is at the peak of activity with over 50 projects currently underway at Fort Sam Houston. As much as 65 percent of the post is behind a construction fence and that's almost 2,000 of the post's 3,000 acres including roads and parking lots being resurfaced or repaired.

This milestone means the number of construction workers and equipment on post will not be greater at any other time between now and the deadline to complete

Base Realignment and Closure projects, September 2011.

Roughly 2,200 construction workers are spread across project sites. Arrivals and departures of the workforce and ongoing delivery of supplies and materials amount to an estimated 4,000 vehicle trips per day throughout the post.

Largest Projects

Brooke Army Medical Center is being expanded (760,000 square feet) and renovated (288,000 square

feet) to absorb military inpatient care and related specialty care services currently provided at Wilford Hall Medical Center. A new facility will replace Wilford Hall and be focused solely on outpatient care. Operations of BAMC and Wilford Hall will be combined, so that they function as the north and south campuses of a single complex as the San Antonio Military Medical Center.

The Medical Education and

See BRAC CONSTRUCTION P8



Photo by L.A. Shively

New Medical Education and Training Campus barracks are constructed using a modular design. A single module is two sets of two-man rooms, complete with living areas, walk-in closets, and bathrooms. Modules are manufactured outside of San Antonio, shipped to Fort Sam Houston, staged on the post, then lifted by crane into place. Eight modules are placed per day.



Spc. Laurie Choate immunizes Sgt. Michael Starnes against influenza

Photo by Staff Sgt. Crista Yazzie

2009 Influenza Season: Information to keep you healthy

According to the Center for Disease Control Web site the flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent seasonal

flu is by getting a seasonal flu vaccination each year.

Every year in the United States, on average five to 20 percent of the population gets the flu; more than 200,000

See FLU P10

Jadwin ACP will be closing temporary

The Jadwin Access Control Point which is used by commercial traffic, such as semi-trucks making deliveries on Fort Sam Houston will tentatively close Oct. 15 for a period of six to eight weeks.

The reason for the closure is construction on the Interstate Highway 35 frontage road by Texas Department of Transportation. Signs will be posted along the IH-35 frontage roads directing vehicles to the alternate routes.

Commercial traffic will be detoured through Walters Street and Schofield/Binz-Engleman Road ACPs.

All commercial traffic with three axles or more

See JADWIN GATE CLOSURE P7

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Be safe, keep guard up over Columbus Day holiday

By Maj. Gen. Russell Czerw
Commanding General, Fort Sam Houston and Army Medical Department Center and School

During the Columbus Day holiday weekend, we will celebrate Christopher Columbus' spirit of adventure and exploration.

Traditionally, Americans celebrate this holiday with ceremonies and parades befitting the anniversary of Columbus' discovery of America.

Likewise, we in the military celebrate the holiday by taking time out from our busy schedules to enjoy the long weekend with Family and

friends.

Although we experienced no accidental fatalities during the last two holiday weekends, we must not let our guard down.

Safety must continue to be everyone's number one priority. Our first lines of defense in preventing needless accidents are personal discipline and engaged leadership. I believe that all accidents are both predictable and preventable when engaged leaders teach, coach, and mentor their Soldiers to do the right thing.

Accident prevention is a continuous process.

With the cooler damp

fall weather, we are presented with new adverse conditions and challenges. Fall weather can present slick roads and foggy driving conditions. This places extra demands on driver alertness and on vehicle capability. Additionally, fall is the beginning of the hunting season.

We need to review applicable safety tips prior to engaging in hunting activities. Leaders must stress ways to minimize these risks during one-on-one counseling sessions and during safety orientations. Risk management can save lives. Commanders and leaders can find seasonal and pri-

vately owned vehicle resources at the Combat Readiness Center Web site at <https://crc.army.mil/home>.

I hope that each of you enjoy a safe and happy Columbus Day holiday with Family and friends.

Please view this holiday as a well-deserved breather from our busy training and work schedules. I look forward to having each of you return on Oct. 13 to continue our mission together.

Weekly Weather Watch

	Oct. 8	Oct. 9	Oct. 10	Oct. 11	Oct. 12	Oct. 13
San Antonio	 88° Chance of Rain	 79° Chance of Rain	 79° Partly Cloudy	 81° Chance of Rain	 76° Chance of Rain	 77° Partly Cloudy
Kabul Afghanistan	 73° Clear	 69° Clear	 69° Clear	 69° Clear	 69° Clear	 69° Clear
Baghdad Iraq	 98° Clear	 98° Clear	 98° Clear	 96° Clear	 93° Clear	 93° Clear

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

VA warns veterans of telephone prescription scam

The Department of Veterans Affairs is warning Veterans not to give credit card numbers over the phone to callers claiming to update VA prescription information.

"America's Veterans have become targets in an inexcusable scam that dishonors their service and misrepresents the Department built for them," said Dr. Gerald

See SCAM P16

News Briefs

Hispanic Heritage Month celebrations

Brooke Army Medical Center will hold a Hispanic Heritage Month celebration Oct. 8, 12-1 p.m. in the Medical Mall. For more information, call 916-0830.

"Embracing the Fierce Urgency of Now" Extravaganza Oct. 15, 10 a.m.-1:30 p.m. at the Jimmy Brought Fitness Center. Event includes dancers, vendors, food tasting and Latino band. For more information, call 295-6295/0561.

Columbus Day Commissary Hours

Holiday hours for Columbus Day, Oct. 12, are 9 a.m.-5 p.m. No Early Bird shopping.

BAMC Flu Vaccines

Brooke Army Medical Center will provide flu vaccines to beneficiaries 18 years and older, Oct. 14, 16, 27, 9 a.m.-4:30 p.m. at Army Community Service, Building 2797. The flu vaccine will also be offered Oct. 28 and 30 from 9 a.m.-4:30 p.m. for beneficiaries who are 5-years-old and above. During November, the flu vaccine will be offered Nov. 13 and 24 for beneficiaries' ages 18 years of age and up, and Nov. 20 for ages 5-years-old and up. The flu vaccine will also be offered to retirees only at Retiree Appreciation Day, Nov. 7 at Willis Hall, Building 2840. All beneficiaries may receive their flu vaccine in their enrolled clinic or the BAMC allergy and immunization clinic beginning Dec. 2, during usual clinic immunizations walk-in hours. For a complete list of clinic walk-in times and update information on the flu fair dates, visit www.sammc.amedd.army.mil or check with the BAMC information desks, at either side of the main entrances.

100th anniversary of Gift Chapel

The ceremony will be held on Oct. 20 at 10 a.m. in front of the

See NEWS P4

Soldiers, Family, community prevent domestic abuse

Story and photos by Cheryl Harrison
Army Community Service, Marketing

In an effort to bring Domestic Violence Awareness and Prevention Month to everyone's attention, the annual opening ceremony was held Oct. 1 at Army Community Service.

October is the month that each year as much information as possible is presented throughout the civilian and military communities to recognize the Domestic Violence Prevention program.

Michael Waldrop, deputy to the U.S. Army Garrison commander, Fort Sam Houston, opened the ceremony with remarks and the reading of the proclamation.

"The Army is now fully cognizant that the total well being of our Soldiers is totally dependent on the well being of our Soldier's Families. The quality of life and maintenance of that quality of life is important to all of us and important to the Army in a broad perspective. To meet the mission we must preserve that quality and that includes domestic violence," said Waldrop.

Each year 3.5 million violations are committed against Family members. The Army has its proportionate share of that. Domestic violence is not to be condoned. Do not turn a blind eye."

During the ceremony, stories of domestic abuse were read from the female and male perspective. Silhouettes were also on display with other stories of violence against Family members.

In a more poignant testimony, Sarah Small, the guest speaker, told her story of seven years of abuse by her then husband, and prince charming, who also was a member of law enforcement. Her words were ones that would echo in the minds of the listeners.



Pvt. Enedina Greer, 232nd Medical Battalion, solemnly holds her candle high during a candlelight vigil and silent witness presentation, all part of the Domestic Violence Awareness and Prevention Month ceremony.

"It couldn't happen to me," said Small of her life before the abuse began. But, she found it could happen to her, and it could happen to anyone.

Small, an advocate for domestic abuse awareness, spoke from the heart as she replayed the events that led to her writing her own obituary over five years ago. However, her words weren't needed and she is a survivor of a crowbar attack to her head and face, and loaded guns put to her head and in her mouth, stabbings, punching, slaps and even the killing of her dogs as means of threatening intimidation.

Small survived the seven years of brutal abuse and today uses her story to tell others of how domestic abuse can happen to anyone. "As an 'Army of one' we need to be aware of the unusual. Ask about the sunglasses if they aren't the norm for an individual, unusual bruises, sudden withdrawal, be aware," urged Small.

Following Small's unforgettable words of terror and escape from her abuser was a candlelight vigil, a silent witness presentation in honor of the victims of domestic abuse. Members of the audience held flickering 'candles'

as the Domestic Violence Awareness and Prevention ceremony came to a solemn conclusion.

Domestic Violence Awareness is something everyone needs take seriously. Survivors don't necessarily like to stand before a crowd and share their stories of abuse, but everyone needs to hear them. If they make the listeners squirm in their seats then the words have touched the heart.

From the words of the proclamation, "We need all Soldiers, civilians, Family members and retirees at this installation to dedicate themselves to the prevention



Capt. David Buck, Warrior in Transition, reads a story attached to one of the four silhouettes on display during the Domestic Violence Awareness and Prevention Month ceremony held Oct. 1. Four silhouettes depicted victims of domestic abuse and the stories telling of the abuse.

Domestic Abuse Prevention Awareness Month Activities Calendar

Army Community Service-Family Advocacy Program

Oct. 8

Lunchtime Movie: "What's Love Got to Do with It?" 11 a.m.-1 p.m.

Music Event with Ruben V Supporting Family Unity, 5:30-7 p.m.

Oct. 15

Lunchtime Movie: "Fireproof Your Marriage," 11 a.m.-1 p.m.

Oct. 20

Women Encouraging Women: "How to Strengthen Your Relationship," 12-1 p.m.

Oct. 22

Military One Source and EFMP Resource Fair for Soldiers and Families, 8:30 a.m.-4 p.m.

All activities at ACS unless otherwise indicated. Call 221-2418/0349.

of domestic abuse. Everyone is called upon to be a part of the perfect combination for prevention."

In the Fort Sam Houston community, the Army Family Advocacy Program is charged with the mission of prevention.

Throughout the month of October classes, events and programs are held as part of the combination for prevention. For more information, call 221-0349 or 221-9826.

October is Disability Employment Awareness Month

By Cynthia Pierson
U.S. Army South Equal
Employment Opportunity Officer

October is National Disability Employment Awareness Month, a time to recognize both the contributions made by workers with disabilities and the employment barriers still present.

We can help increase awareness by learning about the experiences of these often-overlooked American workers. This year's theme – "Expectation + Opportunity = Full Participation" – captures the vital role that expectations play in our successes as individuals and as a society.

Expectation without opportunity is simply not enough. People with disabilities need access to a full range of employment choices to maximize their talents. With both the

expectation and opportunity, people with disabilities will become full participants in our economy.

The U.S. Census Bureau estimates that 49.7 million Americans have at least one disability. This large number shows that disability issues need to be on the minds of the public.

People with targeted disabilities are losing ground in Federal employment. They are less than one-percent of the Federal workforce. Targeted disabilities include deafness, blindness, missing extremities, paralysis, seizure disorders, distortion of limbs or spine, mental illness and severe or intellectual impairments.

Disability issues in America encompass social and political rights, social inclusion and citizenship. The country as a whole has made progress over the years in recognizing

disability issues, but there are still barriers to full inclusion.

In the realm of employment in particular, persons with disabilities have trouble receiving appropriate recognition. They are often overlooked for positions or promotions, perhaps because employers assume the accommodations – such as computer screen reading software for a person without vision and interpreter relay services for a person without hearing – will be too difficult or costly to provide. Contrary to what employers think, the Defense Department's Computer/Electronics Accommodations Program purchases and delivers hardware, software and services needed by disabled employees to function in the workplace. CAP partners with 64 other federal agencies, including Veterans Affairs.

Barriers to social inclusion can also be caused by attitudes of people without disabilities. Like many other negative social attitudes, these can be the result of underexposure to the situation. A person without a disability may be uncomfortable interacting with those with disabilities out of a fear of not acting appropriately.

It is important to recognize the contributions, skills and talents of people with disabilities, not just during this designated month but also throughout the year.

Oct. 20 an inspirational and informative program with the honorable L. Tammy Duckworth, assistant secretary for Public and Intergovernmental Affairs, U.S. Department of Veterans Affairs will be held from 1 to 2 p.m. at Army Community Service.

October is
National Disability Employment Awareness Month

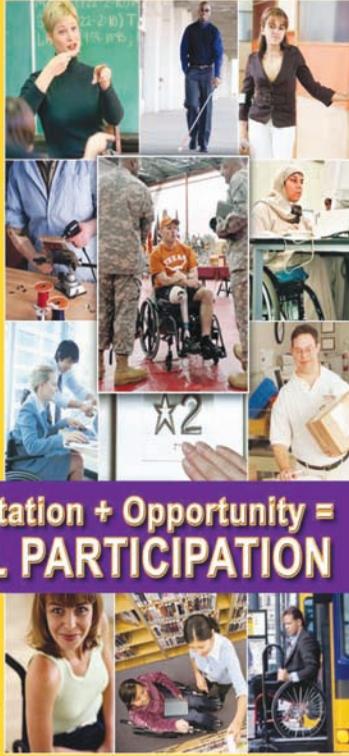
Join us in our salute to individuals with disabilities, disabled veterans and Wounded Warriors!

Tuesday
20 OCT 2009
1300 - 1400
ACS Roadrunner
Community Center
Building 2797

Expectation + Opportunity = FULL PARTICIPATION

Featuring:
The Honorable
L. Tammy Duckworth,
Assistant Secretary for
Public and Intergovernmental Affairs,
Department of Veterans Affairs

Hosted by US Army South
For additional information and disability accommodation,
contact Cindy Pierson, EEO Officer at 210.295.6305
or cynthia.pierson@us.army.mil




Assistant Secretary L. Tammy Duckworth to speak at Fort Sam during Disabilities Awareness Month



L. Tammy
Duckworth

The honorable L. Tammy Duckworth, assistant secretary for Public and Intergovernmental Affairs, Department of Veterans Affairs, is serving as an advocate and change agent for disabled veterans and wounded warriors.

Duckworth served as the director of Illinois Depart-

ment of Veterans' Affairs from 2006 to 2008. As director she implemented many first-in-the-nation, cutting-edge programs for Veterans, especially in the areas of health care, mental health, housing and employment. She also initiated a public-private partnership program that provides grants to non-

profits working with Veterans issues relating to disability, homelessness, long-term medical care and post-traumatic stress disorder.

As a major in the Illinois Army National Guard, Duckworth served in Iraq as an assistant operations officer and flew combat mis-

sions as a Black Hawk helicopter pilot. During a mission north of Baghdad in 2004, her aircraft was ambushed and a rocket-propelled grenade struck the helicopter she was co-piloting. She continued to attempt to pilot the aircraft until passing out from blood loss. Because of the attack,

Duckworth lost both her legs and partial use of one arm. She received many decorations for her actions, including the Purple Heart, the Air Medal and the Combat Action Badge.

Since her recovery at Walter Reed Medical Center, Duckworth has dedicated her life to public service,

advocating on behalf of disability rights and veterans.

The Secretary of Veterans Affairs, Eric Shinseki, swore in Duckworth, April 24.

(Source: U.S. Army South Equal Employment Opportunity Office)

NEWS from P3

chapel, Building 2200.

It's Not Easy Being Green

The 2009 spouse conference will be held Oct. 15-16, 8:30 a.m.-2:15 p.m. at Dodd field Chapel. The purpose of this conference is to uplift,

enlighten, motivate, and strengthen the military spouses. The cost is \$5 and child care is available on a first-come, first-served basis. Open to all military I.D. card holders. For more information, call 241-0811 or 437-2788.

Issues needed for AFAP 2009 Conference

People are invited to submit issues for inclusion in the 2009 Fort Sam Houston Army Family Action Plan conference to be held Oct. 21-23. Issues can involve housing, childcare, recreational activities,

post security or any other areas of concern important to quality of life. Issue forms are located throughout the post, at Army Community Service, Building 2797, e-mail samh.afap@conus.army.mil, or call 221-2705.

National Disability Awareness Month

The Brooke Army Medical Center, Equal Opportunity program will host a National Disability Awareness Month event Oct. 22 from 12-1 p.m. in the BAMC Auditorium.

Construction at Walters, IH 35

Beware of construction at Walters Street and Interstate Highway 35. There will be nightly closures Oct. 14 and 15 and the main lanes of IH-35 will be closed Oct. 16 to 19, but will re-open Oct. 19 by 5 a.m.

AMEDD releases new Combat Medic skills book

By Lt. Col. Vincent Leto
U.S. Army EMS Programs
Management Division

The definition of a profession is a calling requiring specialized body of knowledge and intensive academic preparation. The Combat Medic's required body of knowledge now exists in one textbook, the 68W Advanced Field Craft Combat Medic Skills textbook. Medics responding to the Web site listed will be sent a textbook at no charge if they did not get a book issued at the Department of Combat Medic Training at Fort Sam Houston. More than 4,000 books have been delivered in the first four days of the Web site's

release. The Web site <http://68W.jblearning.com> will only be available until Nov. 30.

At midnight Sept. 30 the eight-year transition ended converting all Army active, National Guard or Reserve components medics to the 68W Healthcare Specialist military occupational specialty code. This 68W transition period established a new MOS required skill set reflected in the 68W Advanced Field Craft Combat Medic Skills book.

Casey Bond, a retired Army physician assistant and chief for the Army Medical Department Center of Predeployment Medicine with the DCMT, and staff assigned to the U.S. Army Emergency

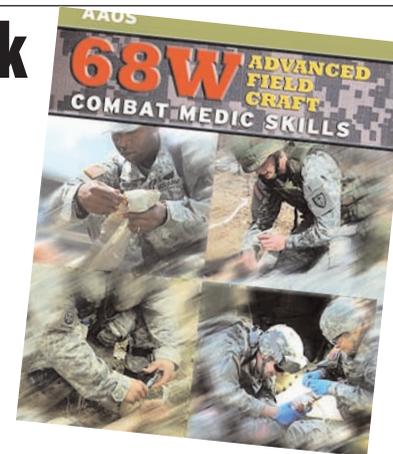
Medical Service Programs Management Division created this reference to ensure the latest in military medicine lessons learned and appropriate subject matter were included for the most technologically advanced Combat Medics to date.

Published by Jones and Bartlett Publishers and utilizing 26 68W Healthcare Specialist NCOs, Emergency Medical Technicians, Physician Assistants and Physicians from the DCMT and within the Army Medical Department, the book received a 2009 Hot Product award at the 27th Annual EMS Today Conference and Exposition, hosted by the

Journal of Emergency Medical Services in March 2009.

The award acknowledges the 68W Advanced Field Craft Combat Medic Skills book as the "most innovative, functional and potentially life-saving" to recently come into the market as well as providing "remarkable improvements to patient care and provider performance". Winning this award placed this military reference in the top 30 of more than 1,000 new products to come on the market in the last year.

Medics graduating from Advanced Individual Training started receiving the book March 9. Lt. Gen. Eric Schoomaker, Army surgeon general,



and Maj. Gen.

Russell Czerw, commanding general, Army Medical Department Center and School, directed the book made available at no charge to MOS qualified 68W personnel in the Army active, National Guard or Reserve components.

The qualification process for this one time distribution is database controlled and overseen

by U.S. Army EMS and not the publisher. US Army EMS contact information is at <https://apps.mil/EMS/HomePage.aspx>.

Tracking number history provided by the publisher for

each order determines eligibility for mailing another book if an ordered copy is not delivered. MOS qualified personnel missing the order deadline due to deployment will receive messages after Jan. 1, 2010 through Army Knowledge Online e-mail explaining instructions to receive a copy of the book.

Sidberry assumes command of 3rd Medical Training Brigade

By Maj. Brian Johnson
7306th Medical Exercise
Support Battalion Public
Affairs

Family and friends attended the change of command ceremony for incoming commander Col. Sheila Sidberry, who

assumed command of the 3rd Medical Training Brigade from Col. Jerrell Cockrell Oct. 3 at the Rudder U.S. Army Reserve Center, Fort Sam Houston.

The commander of the Medical Readiness and Training Command, Brig.

Gen. Bryan Kelly praised Cockrell for his vision and determination, and the fact that he has served with distinction as he was awarded a sixth Meritorious Service Medal.

In a time honored tradition, the unit's colors

were passed from 3rd Medical Training Brigade's Command Sgt. Maj. James Schiffman to Cockrell and then to Kelly, signifying the relinquishment of the command, as MRTC commander Kelly passed on to Sidberry, charging her with the command of the unit.

The colors were returned to Schiffman who completed the circle, signifying the trust and confidence in the Noncommissioned Officer Corps.

Cockrell, who served as the 3rd Medical Training Brigade commander for 18 months, will move to his new job as the chief of staff, Army Reserve Medical Command.

In his closing remarks, Cockrell praised the Soldiers of the 3rd Medical Training Brigade. The determination and professionalism of the Soldiers led to the successes of the command. The Soldiers of the 7306th Medical Exercise Support Battalion were on point as they conducted the premier Army Reserve medical exercise, Global Medic during his command.

He also thanked the Soldiers from the 7307th Medical Exercise Support Battalion as they continue to support missions at the Joint Readiness Training Center, and the 3rd Bde. Headquarters and Headquarters Command for their support.

Similarly, Kelly welcomed Sidberry and her husband, Reverend Jeffrey Thomas.

Sidberry came to the 3rd Medical Training Brigade from the Pentagon, Office of the Assistant Secretary of the Army, where she served as the reserve component officer for Medical Affairs.

"We, the 3rd Medical Training Brigade, as a team will take the initiatives that Cockrell has started and execute them," Sidberry said. "We will take the challenges he leaves and brainstorm how we are going to improve and/or correct the situation and move in the direction we need to go."



Photo by Spc. Brenda Nathaniel

Col. Sheila Sidberry returns the colors to Command Sgt. Maj. James Schiffman completing the circle, signifying the trust and confidence in the Noncommissioned Officer Corps.

Brigade Language Professional of the Year selected

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

Sgt. Hugo E. Martinez won the 470th Military Intelligence Brigade Language Professional of the Year competition for fiscal year 2009.

The competition required an essay discussing a language program designed by the entrant to increase proficiency within four to six weeks and costing \$3,000 or less. Essays were judged by a panel of five officials from the brigade.

Soldiers were also evaluated on their impact on the unit in the areas of language proficiency; operations (unclassified); "go to war" training and Soldier skills and leadership; physical fitness; and technical accomplishments.

"The program must reflect the linguist's thought processes and not an ability to recall and memorize," he wrote. "If we can have the lin-



Photo by Spc. Natalie Sampson

Sgt. Hugo Martinez takes his place in the 470th Military Intelligence Brigade's Foreign Language Laboratory in building 1000. He is the brigade's Language Professional of the Year.

guist think faster and process information quicker, there should not be any deficiencies; not only in the testing area but also in the workplace."

His basic concept has linguists living in small groups with at least two qualified instructors in a secluded environment locally, away from the everyday distractions of traveling abroad.

Martinez believes keeping the program local would also be convenient;

cutting costs by using military resources, recycled publications, free media and the internet.

Linguists would be forced to utilize language skills daily while performing routine tasks, assigned duties, social interaction, food preparation and other activities "immersed" or speaking and thinking only in the targeted language.

"When linguists travel abroad they tend to only remember certain highlights about their experi-

ence. They talk about the good food they ate, the souvenirs they bought or the 'touristy' things they did. But if they stay at home to practice their language they would be more focused," Martinez said.

Martinez received an Army Commendation Medal, a plaque, his name added to the brigade perpetual plaque, an opportunity to attend the Command Language Program Managers Conference in Monterrey and a trip to the country of his choice.

He is eligible to compete at the Intelligence and Security Command level and ultimately for the Department of the Army's Language Professional of the Year title. His future endeavors include plans to pursue a career as an interpreter for a U.S. embassy.

Staff Sgt. Jack Ward and Spc. Alex Vigo were both winners for the 204th and the 401st MI Battalions, respectively.

JADWIN GATE from P1

must enter through the right visitor's lane at the Walters Street ACP. Trucks traveling south on IH-35 to Walters Street are encouraged to exit at New Braunfels Avenue and execute a turn-around back to Walters Street, turning left on Walters Street, crossing the bridge over IH-35. This will greatly assist in preventing accidents and delays for other vehicles entering the installation.

All commercial traffic with two axles can enter through Walters or Schofield/Binz-Engleman ACPs.

Agencies or activities on Fort Sam Houston need to inform their vendors about the closure and schedule deliveries before 7 a.m. or after 8 a.m. to facilitate entry

onto the installation. Also, with the increase traffic volume to Walters and Schofield/Binz-Engleman ACPs, it is recommended to leave home a little earlier to give yourself time to process through the ACPs or if possible use an alternative ACP to even out the inbound traffic onto Fort Sam Houston in the morning.

"We will have patrols the first week to control traffic flow on the installation to keep the traffic flowing," said Ray Acuna, Fort Sam Houston Police chief, "Thank you for your continuing patience during this time."

For more information, call the Fort Sam Houston Police Desk at 221-2222.

(Source: Fort Sam Houston Provost Marshal)

BRAC from P1

Training Campus will include 1.9 million square feet of facilities at FSH that will integrate enlisted medical training programs (medics, corpsmen, radiology technicians, biomedical equipment specialists, etc.) of all military service branches. METC will be the largest training institution of its kind in the world with an average daily student enrollment of 9,000. Facilities include dorms, classrooms, labs, a dining facility, and a physical fitness center.

METC Dining Facility,

an 80,000 square-foot dining hall, is the largest in the U.S. Army's entire inventory and one of the largest in the entire Department of Defense. The facility has seating capacity for 2,016 individuals at one time and is designed to feed as many as 4,800 personnel in a single, 1.5 hour dining period by rotating groups of several hundred through the facility in succession.

The Battlefield Health and Trauma Research Center, slated for completion in the spring of next year, will be connected to

the rest of the post via a bridge spanning Salado Creek.

A collection of historic structures are being renovated as office space to accommodate relocation of the Army's Installation Management Command, that is expected to bring between 2,000 and 3,000 positions to the post. Renovations to Buildings 2001 and 2007 are completed. Building 2000 is slated for occupancy this fall. Building 2265 is slated for completion next August.

The Fort Sam Houston Primary Care Clinic is

scheduled to be finished late in the spring of next year. This clinic will provide routine health care services that will be displaced when BAMC is reconfigured as SAMMC North.

Camp Bullis facilities

The Camp Bullis Health Clinic is scheduled for completion in November. The Central Energy Plant is slated for completion in September of next year. The Armed Forces Reserve Center is finished.

Economic Impact

According to figures in

a study commissioned by the City of San Antonio and posted on the Web page of the city's Office of Military Affairs:

- BRAC construction and related activities are projected to generate an overall economic impact of \$8.3 billion
- Additional sales tax revenue generated by BRAC construction through 2011 is estimated to be \$10.4 million

After construction ends, increased activity on FSH is expected to produce an additional \$4.9 million per year in sales tax revenue

- BRAC is projected to support the equivalent of 90,000 direct and spin-off jobs

- This figure includes almost 62,000 jobs tied to construction activities (including suppliers, vendors, other supporting businesses), as well as roughly 28,000 jobs that would continue to be supported after construction ends. As many as 12,000 additional military and federal civil service positions expected at Fort Sam Houston.

(Source: Joint Program Management Office)

BAMC's Amazing Race challenge

By Jen D. Rodriguez
Brooke Army Medical Center
Public Affairs

Twelve teams began the Warrior Amazing Race II "The Challenge," on Sept. 15, but only three teams crossed the finish line as winners.

A Company team Wolf pack placed first, B Company team Mortarz placed second and C Co. team Ram Rod placed third at the Brooke Army Medical Center's Warrior Transition Battalion event which took place around the footprint of Fort Sam Houston and BAMC.

"This year's challenge was harder than the one before," said Lt. Col. John Myers, commander of WTB. "How well you did at each challenge ultimately determined the outcome of the event. For example, the team that completed all challenges first, ended up finishing in 11th place."

At each of the 10 stations, teams could choose between two tasks, such as digging through hay at the Fort Sam Houston

Equestrian Center versus saddling and riding a horse.

Beginning at the Okubo Barracks, teams were given riddles to their next destination. Some teams started out on foot, while others chose different modes of transportation, such as walking, running, the Fort Sam Houston shuttle bus or using Yellow or Duffle Bag cabs. In either case, teams weren't allowed to use the same transportation consecutively or points would be deducted.

Early in the event, C Co. developed a team strategy to pace themselves.

"We decided to take one challenge at a time," said Team Captain Stephen Zitta, C Co., team Ram Rod. "When we started to bond, I knew that it was going to be all right."

Wolf pack Team Captain Laron General said that at the start of the competition, we just took off running. "The team's strategy was to get to the next place (chal-



Photo by Jen D. Rodriguez

Gregory Brazinsky and Chiquita Auces use teamwork to maneuver a two-person bike, during the tandem bicycle one-mile race around the General Officers Housing area.

lenge point) in a timely manner."

We would ask at the each station what was the best time, said Teammate Caro Rivera, "We strived to beat that time."

Each team had to complete a physical challenge, such as golf, swimming, shooting, archery, bowling, track and field, horse riding, cycling, Army Warrior Tasks and basketball throughout the post.

Zitta said the hardest task was basketball, "Teams were only allowed four shots, however golf was easier. We were jellin'."

Scores were calculated based on how well the teams did at each of the stations, combined with their finish time and any accumulative penalty points helped to determine the winners.

Wolf pack's Andrew Bradley raced a wheelchair around the half-mile track in 7:26 – the fastest time recorded for the day

– to earn 10 points. The next morning, he had the blisters to prove just how hard the task was.

Bradley, an amputee warrior, said after spending four months in a wheelchair, it paid off.

"He saved the team," said General.

Echoing General, Rivera said Bradley definitely saved us in a couple of the events. "He did outstanding in the archery and better in the wheelchair challenge. He rocked it. By the end of the race, he had blisters on his hands because he pushed himself really hard."

"This event continues to build on our efforts to focus on engaging all of the WTB Family to participate in unit activities, have fun, and recognize that they have tremendous abilities and a promising future ahead," Meyers said. "All these activities bring our staff, warriors and Family members closer together."



Photo by Master Sgt. Carlos Garcia

Anthony Spears of the Wintap team sets his sights on target at the archery 10-yard shoot-out, one of 10 stations in the Warrior Amazing Race Challenge.

FLU from P1

people are hospitalized from flu-related complications; and about 36,000 people die from flu-related causes.

Some people, such as older people, young children, pregnant women and people with certain health conditions such as asthma, diabetes or heart disease, are at increased risk for serious complications from seasonal flu illness.

This flu season, scientists believe that a new and very different flu virus, called novel 2009 H1N1 may cause a lot more people to get sick than during a regular flu season. It also may cause more hospital stays and deaths than regular seasonal flu.

Symptoms of seasonal flu include fever (often high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting and diarrhea, also can occur but are more common in children. Some people who have been infected with the new H1N1 flu virus have reported diarrhea and vomiting.

If you develop any of the symptoms described above, stay home. This means avoiding activities such as shopping, school, work, etc. to help prevent the flu from spreading to other people.

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration and worsening of

chronic medical conditions, such as congestive heart failure, asthma or diabetes.

Flu viruses are thought to spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five to seven days after becoming sick.

Important things to remember to prevent flu are:

- Cover your cough;
- Wash your hands frequently;
- If you have a fever, stay home for at least 24 hours after that fever has

ended; and

- Get a vaccine when it becomes available.

The single best way to prevent seasonal flu is to get a seasonal flu vaccination each year. There are two types of flu vaccines. A seasonal flu vaccine will not protect you against the new 2009 H1N1 flu.

The ‘flu shot’ – is an inactivated vaccine, containing killed virus that is given with a needle. The seasonal flu shot is approved for use in people 6 months and older, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine – a vaccine made with live, weakened flu viruses that do not cause the flu, sometimes called LAIV for “Live Attenuated Influenza Vaccine.” LAIV is approved for use in healthy people between the ages of 2 to 49 years old, who are not pregnant.

About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illnesses caused by non-

influenza viruses.

Yearly seasonal flu vaccination should begin in September, or as soon as the seasonal flu vaccine is available, and continue throughout the flu season into December, January, and beyond. While seasonal flu outbreaks can happen as early as October, most of the time seasonal flu activity peaks in January or later.

In general, anyone who wants to reduce their chances of getting seasonal flu can be vaccinated. However, certain people should be vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons.

During flu seasons when vaccine supplies are limited or delayed, the Advisory Committee on Immunization Practices makes recommendations regarding priority groups for vaccination.

People who should get a seasonal flu vaccination each year include:

- Children 6 months old to their 19th birthday

- Pregnant women
- People 50 years and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those, who are at high risk for complications from flu, such as health care workers.

Some people should not be vaccinated without first consulting a physician.

They include people who have a severe allergy to chicken eggs; people who have had a severe reaction to an influenza vaccination in the past; people who have developed Guillian-Barré Syndrome within six weeks of getting an influenza vaccine previously. Children less than 6 months of age; and people, who have a moderate or severe illness with a fever, should wait to get vaccinated until their symptoms lessen.

For more information, call 295-2500 or 295-2326.

(Source: Epidemiology and Disease Surveillance, BAMC)

Fisher House celebrates 16th year, announces new street name

Story and photo by
Maria Gallegos
Brooke Army Medical Center
Public Affairs

A barbecue, musicians, magic show and cake cutting celebrated Brooke Army Medical Center's 16th birthday, and honored Fisher House founders, Zachary and Elizabeth Fisher and saluted the start of the Combined Federal Campaign that began Sept. 25.

The ribbon-cutting ceremony officially announced the new name for the street in front of Fisher House Three as 'Fisher House Place'

The late Fishers, founders of the Fisher

House Foundation program, were well known for their continuous support and dedication to veterans and their Families.

Since 1990 the Foundation has built 43 homes throughout the U.S. and Europe providing temporary lodging for Families of military members requiring extended medical care.

BAMC has four Fisher House facilities located near the hospital, that services more than 350 Family members per year.

Among the guests at the celebration was Brig. Gen. Joseph Carvalho Jr., commander, South Regional Medical Command (Provisional)



Distinguished guests cut a ribbon officially unveiling a new street sign 'Fisher House Place' at Brooke Army Medical Center. From left is James D. Weiskopf, Executive Vice President, Communications Fisher House Foundation, Inc.; Natasha Marchbanks, Miss San Antonio; Todd Nelson; Inge Godfrey, Fisher House manager; Audrey Fisher, trustee, Fisher House Foundation, Inc.; Nancy, H. Edelman, vice chairman, Board of Trustees Fisher House; Lorraine Carvalho and Brig. Gen. Joseph Carvalho, Jr., commander, South Regional Medical Command (Provisional) and BAMC.

and BAMC, who welcomed other distinguished guests and

stressed the importance of continued support for the Fisher House

Foundation during his remarks.

"Staying together is

the best medicine for faster healing and there are no costs to members staying at the Fisher House. This is a huge relief for Families who are having a difficult time financially," said Inge Godfrey, Fisher House manager.

"Everyone had a great time at the event. We do this every year to remember Mr. and Mrs. Fisher for their generosity and the continued support for our wounded warriors and their Families."

Visit www.fisher-house.org for more information about the program or call 888-294-8560.

Bike MS rides through Fort Sam Houston

Story and photos by
Phil Reidinger
 Fort Sam Houston Public
 Affairs

The National Multiple Sclerosis Society sponsored the 20th anniversary of the annual bicycle event changing the course from San Antonio to New Braunfels this year. More than 2,200 bicyclists and 1,800 volunteers participated in the event that began during drenching rain storms on Saturday.

Starting at the Alamo, the cyclists enjoyed a short trip through Fort Sam Houston to provide a safe route from Broadway Avenue to Walters Street on the way to Commerce Street and FM 1346 toward La Vernia, Seguin and Gruene.

For about an hour, starting at 8:30 a.m. hun-



More than 2,200 cyclists traveled through Fort Sam Houston on Saturday along Wilson Road. Fort Sam Houston and San Antonio police officers established traffic control points and escorted riders along the route.

dreds of cyclists traveled through the post from Wilson Road to Walters Street. Cyclists were released in staggered groups at the Alamo to avoid traffic congestion. The two-day event was shortened to one day due to flooding and continued rain storms.

Fort Sam Houston police officers worked with San Antonio Police Department to establish traffic control points and escort the cyclists through the post. Special "support and gear" vehicles assisted cyclists with flat tires and broken chains along the route.

According to Jan Croce, National Multiple Sclerosis Society development director, cyclists from Houston, Austin, and Corpus Christi, Texas enjoyed their first opportunity to see several historic Fort Sam Houston landmarks while traveling through the post.



Wounded warriors identified by their "Freedom Riders" uniforms participated in the bicycle tour from San Antonio to New Braunfels.



Special support and gear vehicles followed the cyclists to repair or replace chains and flat tires. One repair station was located at the Wilson Road gate.

COMBATIVES TEAM SHOWS MUSCLE



Photo by Esther Garcia

Members of the Fort Sam Houston Combative Team gather for a photo at the central post gym. The team recently competed in the 2009 U.S. Army Combatives Invitational Tournament held at Fort Benning, Ga. The team competed against 318 competitors from Army bases around the world. Staff Sgt. Jeff Deickman, D Company, 264th Medical Battalion, heavyweight category and Staff Sgt. Fruzan Jackson, 3rd Medical Training Brigade, cruiserweight category, reached the semifinals. "This is a way to put our skills into place, you never know when you might need them," said Sgt. 1st Class John Curatella. "As instructors we also show our trainees that what we teach is real, we go out there and compete real fights, not just train, and we train as you fight," said Staff Sgt. Antonio Brown.



Golfers wanted

Looking for golfers of all skill levels to play in a fun weekend group with relaxed golf rules, visit www.dawgfight.org or call 865-5385 for more details.

First annual Kalmar Golf Scramble

The 1st annual Kalmar Golf Scramble will be held Oct. 9, 1 p.m. at the Bandit Golf Club, 6019 FM 725, New Braunfels, Texas. Cost is \$125/person and \$500/four-person team. To register, call 860-2631 or 945-9945.

Combat Medic Run

Family Morale, Welfare and Recreation will host the 29th annual Combat Medic Run/Walk Oct. 31, 6-11 a.m. at the intersection of Worth and Stanley roads. There will be a 5K, 10K, 28-Soldier Formation Run, Five-Soldier Guidon Team Run and 2-mile walk. Event open to the public.

Tower climb challenge

The Jimmy Brought Fitness Center will host a Tower Climb Challenge Nov. 1 to 14 from 5 a.m.-9 p.m. Open to all DoD I.D. card holders. Participants are challenged to climb some of the tallest buildings in the United States. A free T-shirt is awarded for racing up the equivalent number of steps of each landmark on the step mill machines. Call 221-1234 or 221-1532.

Intramural Fall Flag Football Standings

As of Sept. 25

Team	W	L
1st BAMC	4	0
2nd B Co., 264th Med. Bn.	4	1
3rd ARSOUTH	2	2
4th SA Recruiting Bn.	1	4
5th Navy Recruiting	1	4
6th 201st MI Bn.	0	4
Dropped		

Intramural Fall Softball

Standings

As of Oct. 1

Team	W	L
1st ARSOUTH	5	1
2nd ARNORTH	3	1
3rd SA Recruiting Bn.	1	2
4th USAMITC	2	5
5th 201st MI Bn.	0	5

Brigade Intramural Flag Football League

Team Standings

Team	W	L
B Co., 264th Med. Bn.	7	0
D Co., 232nd Med. Bn.		
Team #1	4	1
C Co., 232nd Med. Bn.3	3	
B Co., 187th Med. Bn.	3	3
C Co., 264th Med. Bn.	3	4
F Co., 232nd Med. Bn.	2	3
C Co., 187th Med. Bn.	2	4
D Co., 232nd Med. Bn.		
Team #2	0	6

Cole celebrates Homecoming with district win

The Cole Cougars played Brooks Academy, at their second district contest on Oct. 2. The Cougars had an impressive 55-0 win at the seasons homecoming game.

Nelson Sepulveda was the leading rusher for the Cougars, also scoring three touchdowns. Quarterback Ronnel Jordan was three for three in passing and two of the completions went for touchdowns. Players on the receiving end were Bryce King and Zack Schell. Justin Debouvier had a rushing touchdown and an interception return for a touchdown. Ryan Wiersma added the final rushing touchdown and Alec Porter kicked seven extra points. The defensive unit played well.

This was the first shutout for the Cougars. Cole evened up their district record at 1-1. They travel to Harper, Texas on Friday night for a big district ball game.

Homecoming festivities began prior to the game with a parade hosted by the Cole Student Council. Students then traveled to the courtyard for food and games.

The 2009 Cole High School Homecoming Court was named at half-time. Crowned were freshman Duke and Duchess James

Sablan and Eileen Garcia-Sanchez, sophomore Duke and Duchess Cornelius King and Meagan Garcia, and junior Duke and Duchess Devante Terrell and Domonique Mincey. Senior princes included Justin Langford, Daniel Ruiz, Derek Wiersma and Zach Schell. Senior Princesses Amber Marsh, Shamone

Jackson, Jackie Randle and Lindsey Wafford were also named to the homecoming court. The Robert G. Cole High School 2009 Homecoming King was Josiah Brown and Queen was Vanessa Watson.

(Source: Fort Sam Houston Independent School District)



Courtesy photo

The Robert G. Cole High School 2009 Homecoming King Josiah Brown and Queen, Vanessa Watson pose for a photo Oct. 2. The homecoming festivities began prior to the Cole Cougars foot game with a parade hosted by the Cole Student Council.



Courtesy photo

The Cole Cougars played Brooks Academy, at their second district contest on Oct. 2. The Cougars had an impressive 55-0 win at the seasons homecoming game.

Notice of public meeting to discuss FSHISD's state financial accountability rating

A public meeting of the Fort Sam Houston Independent School District Board of Trustees will be held Oct. 27 at 11 a.m. in the Professional Development Center, 1908 Winans Road. The purpose of the meeting is to inform the FSH school district's community of its superior achievement rating based on the School Financial Integrity Rating System of Texas. School FIRST is the Texas Education Agency's system developed to monitor and improve the management of the district's financial resources.

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES

Oct. 12 to 17

National School Lunch Week

Fort Sam Houston Elementary School

Oct. 12

Student holiday/staff development

Oct. 14

Hispanic Heritage Luncheon – Parents may join their children for lunch. (\$2.75 for adults and \$1.75 for visiting children) Reservation notices will be sent home with students.

Oct. 15

Cougar Connection – Pre-Kindergarten music fun for everyone, 11:30 a.m. to 12 p.m.

Robert G. Cole Middle and High School

Oct. 12

Student holiday/staff development

Oct. 13

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

Oct. 15

JV football at Johnson City, 7 p.m.

Oct. 16

JROTC Flour Bluff Drill meet at Corpus Christi (Drill team will leave Cole after lunch on the Oct. 16 and return on Oct. 18 at 2 p.m.)

JV/V volleyball vs. Johnson City at Cole, 4 and 5 p.m.

Varsity football vs. Johnson City at Cole, 7:30 p.m.

Oct. 17

Cross country meet at Seguin Starcke Park, 8 a.m.

Fall play rehearsals in Moseley Gym, 1 to 3 p.m.

Holy Cross High School students visit post



Photos by Esther Garcia

Holy Cross High School students wave in front of the World War II train on display while visiting the Army Medical Museum Sept. 29.



Sgts. Michael Clayton and Gerardo Llamas visit with Holy Cross High School students as they admire a caisson horse during their visit to Guns and Flags Platoon, Headquarters and Headquarters Company, U.S. Army Garrison, Sept. 29. The horse is with the Caisson Section, a ceremonial unit that supports military funerals.



Sgt. Steven Baca and members of the Guns and Flags Platoon, Headquarters and Headquarters Company, U. S. Army Garrison, welcome high school students from Holy Cross High School to their platoon. Baca briefed the students about the mission of the Guns and Flags Platoon. The Guns and Flags Platoon provide numerous ceremonial support to the installation and the San Antonio area.



Michael Martinez, Holy Cross High School senior, tries to pull the lever that activates a cannon, as fellow student, James Kirkendoll waits his turn. Spcs. Dennis Cook and Joshua Jenkins, Guns and Flags Platoon, Headquarters and Headquarters Company, U.S. Army Garrison, demonstrated to the students how a cannon functions.



Students from Holy Cross High School watch as Spc. Michael Butler and Sgt. Steven Baca, Guns and Flags Platoon, demonstrate the proper way to fold the U.S. Flag during a military funeral. The Honor Guard Platoon provides military funeral honors to active duty, retired and veteran Soldiers in the 63-county South Texas Region and average about 40 funerals per month.



Staff Sgt. David White, Guns and Flags Platoon, Headquarters and Headquarters Company, U.S. Army Garrison, takes off his Army boot in answer to a question from Ashley Tovar, Holy Cross High School senior. Tovar asked if the boots were hard to take off and put on.



Mario Ramon, instructor, Directorate of Combat Medic Training, Army Medical Department Center and School, demonstrates the proper procedures for performing Cardiopulmonary Resuscitation on a patient simulator to students from Holy Cross High School visiting DCMT Sept. 29.

Myths of energy consumption debunked

The following myths hinder cost-saving practices for governmental employees:

Myth #1

Use of low mercury tubes such as those used in compact fluorescent bulbs will put less mercury into the environment.



Fact

Mercury is consumed as part of the process of illumination. When mercury is expended the ends of the tubes turn black. There is no more residual mercury in an expended regular tube than in an expended low-mercury tube. Low-mercury tubes do not last as long as regular tubes (despite the manufacturer's claim that they are comparable). As a consequence, we pay more for the low-mercury tubes, we have to buy more of them because they do not last as long, and we end up putting more residual mercury into the environment in expended tubes because we are using more

tubes with the low mercury than the same amount from regular tubes.

Myth #2

It takes more energy to turn lights on and off than to just leave them on.

Fact

It does require a surge (up to 300 percent) for one-half of a cycle (equivalent to 1/120th of a second) after which the energy flow becomes steady-state. Your reaction time in turning a switch off and on greatly exceeds this time (by about 15 times). Therefore, you could flip the switch off and on and the off time would offset any increase to the energy surge from the on cycle. Lamp life is decreased with on and off switching. But because of the amount of time the fixture is off during switching, the overall time between actual bulb replacement is actually increased by one second for every one second that the light is off. Hence it takes at least the normal life hours (20,000 hours for a good florescent) to decrease its life to half by constantly switching it off and on. Bottom line: It saves utility cost

if you turn your lights off every time you leave your room even for 30 seconds.

Myth #3

Maintaining a building or facility at a constant temperature, 72 degrees Fahrenheit for instance, uses less energy because the heating or cooling unit works harder to bring the building back to a comfortable temperature.

Fact

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

sidered.

Myth #4

Computers and peripheral equipment last longer if left on all the time.

Fact

Computers are similar to lights and have an inrush of energy on startup. However, contrary to popular belief, research demonstrates that turning computers and peripherals on and off as needed is not detrimental to the equipment. Buildings with computers routinely use 50 percent more energy than those without. A computer system with peripherals rated at 300 watts at 5 cents per kilowatt-hour will cost \$131/year to operate 24 hours a day (300/1000 x .05 x 365 x 24). Operating a computer system for eight hours per day, 365 days per year, saves \$88/year or 67 percent of \$131. The cost of leaving on more than 1,000 desktop computer systems all day, every day, equals an extra \$88,000 per year.

(Source: Directorate of Public Works, Fort Sam Houston)

SCAM from P2

Cross, VA's Under Secretary for Health.

"VA simply does not call Veterans and ask them to disclose personal financial information over the phone."

Veteran Service Organizations have brought to VA's attention that callers are misrepresenting the VA to gain personal information over the phone. They say VA recently changed procedures for dispensing prescriptions and ask for the Veteran's credit card number.

"VA has not changed its processes for dispensing prescription medicines," Cross said. "Nor has VA changed its longstanding commitment to protect the personal information of this nation's Veterans."

Veterans with questions about VA services should contact the VA medical center at 617-5175 or call 1-877-222-8387.

(Source: Department of Veterans Affairs)

Post celebrates Hispanic heritage

Story and photos by

Lori Newman

Fort Sam Houston Public Affairs

Latin music filled the ballroom at the Sam Houston Club Oct. 2 as the post community came together to celebrate National Hispanic American Heritage Month.

Hosted by U.S. Army South, and the Fort Sam Houston Equal Opportunity and Equal Employment Opportunity Program the event was one of several happening between Sept. 15 and Oct. 15 on Fort Sam Houston.

This year's theme, "Embracing the fierce urgency of now," was highlighted by the guest speaker, Command Sgt. Maj. Maria Martinez, senior enlisted adviser to the director of the Army Diversity Office at the Pentagon.

"This theme focuses on the attention we need to take as we set goals

and objectives in reaching the since of urgency of now," said Martinez. "Since the revolutionary war to the current conflicts of today Hispanic Americans have embraced the since of urgency now."

She quoted a piece of the proclamation ... "The story of Hispanic America is the story of America it's self. Hispanics play a vital role in the moments and movements that have



U.S. Army South Command Sgt. Maj. Armando Ramirez presents guest speaker Command Sgt. Maj. Maria Martinez several gifts from U.S. Army South for speaking at the Hispanic heritage celebration.

shaped our country." That is so true she said. Martinez explained the difficulties she encountered in her pursuit to join the Army.

"I had a difficult time with the ASVAB (Armed Services Vocational Aptitude Battery) test ... coming from a family where we spoke Spanish, it was very difficult for me, reading comprehension, English comprehension, but I had a good recruiter, he really took

the time and mentored me," she said.

Once she passed the ASVAB she took the Army physical and found out she had asthma. Because of her "fierce urgency" to enlist in the Army she underwent major lung surgery and a year later she went back to the recruiter and said, "OK, I passed the ASVAB, and I had the lung surgery."

The recruiter said, "OK, now we have to take your height and weight." Because of her height, she was afraid she would not make it into the Army.

"Four feet, 11- and three-fourth inches, and 28 years later, I am here



Members of the U.S. Army Medical Command Band Fuerza Latina entertain the crowd at the Hispanic heritage celebration Oct. 2 at the Sam Houston Club.

speaking to you as a command sergeant major," she said. "I was able to overcome all those obstacles because I believed that I could be somebody and do something in our Army."

Martinez became an Army recruiter because she said her passion was to take care of young

people. She talked about the challenges facing the Hispanic community, including declining graduation and increased dropout rates especially among Hispanic males and encouraged people to take time to mentor young people no matter what ethnic background they came from.

Mayor celebrates Hispanic Heritage with 32nd Medical Brigade

Story and photo by

Minnie Jones

Fort Sam Houston Public Affairs

San Antonio Mayor Julián Castro spoke to a diverse audience of about 200 Soldiers on the contributions of Hispanic-Americans at a Hispanic Heritage celebration held at the Sam Houston Club Oct. 1.

The U.S. Army Medical Command Band, Fuerza Latina (Latin Force) ensemble kicked off the Hispanic Heritage month celebration and got everyone in the mood by playing a multitude of riveting Latin rhythms that had Soldiers rocking in their seats and dancing the salsa in the aisles.

According to the Hispanic Heritage's Web site, this year's Hispanic Heritage theme is, "Embracing the fierce urgency of now" recognizes the strength and hard work of Hispanic Americans, whose zeal for family and country has helped shape society.

Castro expounded on



San Antonio Mayor Julián Castro; Gregg Stevens, deputy to the commanding general, U.S. Army Medical Department Center and School and Fort Sam Houston and his wife, Mary Ellen; Greg Overland, president, Eisenhower Bank; and Col. Randall Anderson, commander, 32nd Medical Brigade watch the U.S. Army Medical Command Band, Fuerza Latina perform at the Hispanic Heritage Month celebration at the Sam Houston Club Oct. 1.

that theme by talking about the successes and struggles of Hispanic-Americans in America.

"The story of Hispanics in America has been one of sacrifice and struggle – but also one of real triumph over the years," said Castro as he spoke passionately to a room filled to capacity with Soldiers from the 32nd Medical Brigade.

"Today's Hispanic Americans stand on the shoulders of those who gave up a lot so we can be where we are now,

folks who picked crops, who made beds and worked in hotels." Castro spoke of his own grandmother who had to quit school at an early age to help the family; he said she worked her entire life in various jobs as a maid, a cook and a babysitter, all in support of the family.

"That story is not an uncommon story in the Hispanic community, and indeed in many other communities in the United States," said Castro.

of their service, they were able to use the G.I. Bill to attend Trinity University and San Antonio College, noting that the military has been a vehicle through which Hispanics and others have been able to climb into middle class and reach their dreams.

Finishing up with some words of wisdom to the audience, "That ours is a country that rewards big dreams and hard work..." said Castro.

During the event, Soldiers also had the opportunity to visit with numerous businesses and vendors, and where given opportunities to win prizes towards the end of the festivity.

"It is a great honor to have the mayor here, we actually had to expand the number of Soldiers we had, because we normally host a monthly observance for about a hundred, but once the mayor accepted our invitation, we expanded it to as many Soldiers as we could. He (Castro) is a

great inspiration to our Soldiers and a great leader within the community," said Col. Randall Anderson, commander, 32nd Medical Brigade, Fort Sam Houston.

Hispanic Heritage's month-long celebration began Sept. 15 and lasts until Oct. 15; it celebrates the influence of the Hispanic culture and recognizes the accomplishments of many Hispanic-Americans on American life, from politics to education to music and television.

In September 1968, congress created a Public Law to observe National Hispanic Heritage Week. That particular week was selected because it corresponded with Independence Day celebrations in Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua, who celebrate their independence on Sept. 15 and Mexico, who celebrates its independence on the Sept. 16. The law was later amended in August 1988 to expand the celebration to a month.



Announcements

Heroes' Tree Celebration

Keith A. Campbell Memorial Library will host a Heroes' Tree Celebration from Oct. 8 through Nov. 12. The celebration will be held to recognize the significance of the selfless service of Soldiers, Sailors, Airmen and Marines. Individuals wishing to participate by placing an ornament on the tree may bring a photo with a brief story describing the hero. Photos cannot be larger than 3 inches by 3 inches. This celebration will begin with a ceremony Oct. 8 at 1 p.m. Call 221-4702.

Canyon Lake winter specials

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

882-9879.

Bowling center extended hours

The Fort Sam Houston Bowling Center will open at 11 a.m. for lunch Tuesday through Friday. Bowling will be \$1 per game and shoe rental is \$2. Lunch and Bowl program includes one free game of bowling on Thursdays from 11 a.m.-1 p.m. with the purchase of lunch. Call 221-4740.

CYSS Central Registration

The Child, Youth and School Services Central Registration office hours of operation are Monday through Friday 8 a.m. - 5 p.m., registration after 4:30 p.m. is by appointment only. The office will be closed at 1 p.m. the first and third Friday of each month. Registration and Health Assessment forms are available at www.fortsamhouston-mwr.com, under the Soldier and Family services tab. Call 221-4871/1723.

The Owl and the Pussycat

The Harlequin Dinner Theatre presents "The Owl and the Pussycat" a comedy by Bill Manhoff, Thursday through Saturday evenings. Doors open at 6:15 p.m., show beginning at 8 p.m. For reservations, call 222-9694. The box office is open Tuesday-Friday 12-5 p.m. and Saturday 1-5 p.m.

Late Night Cabaret

The Harlequin Dinner Theatre presents Late Night Cabaret Saturdays 10:15 p.m.-2 a.m. A cover charge of \$3 with Military I.D. or \$5 for all others will apply. A full service cash bar will be available. Patrons must be 21 years old to purchase and consume alcohol. Late night karaoke will follow the show. Call 222-9694.

Issues needed for AFAP 2009 Conference

People are invited to submit issues for inclusion in the 2009 Fort Sam Houston Army Family Action Plan conference to be held Oct. 21-23. Issues can involve housing, childcare, recreational activities, post security or any other areas of concern important to quality of life. No issue is considered insignificant or unimportant. Issue forms are located throughout the post, at Army Community Service, Building 2797, e-mail samh.afap@conus.army.mil, or call 221-2705.

Calendar of Events

OCT. 8

Commander's Training

Commander's training, 8-10 a.m. at Army Community Service, Building 2797. This mandatory training is for commanders and first sergeants within 45 days following assumption of command. This training provides a Family Advocacy

Program overview about the command role in reporting domestic violence. To register, call 221-0349/0326.

DVA lunchtime movie

For Domestic Violence Awareness Month, Family Advocacy Program will offer a lunchtime movie, "What's Love got to do with it?" 11 a.m.-1 p.m. at Army Community Service, Building 2797. A short discussion will be held following the movie and a light lunch will be provided. To register, call 221-0349/2418.

Mandatory Initial First-Termer Financial Readiness

Mandatory Initial First-Termer Financial Readiness class, 10 a.m. at Army Community Service, Building 2797. Class space is limited. To register, call 221-1612.

Family Readiness Support Assistant Forum

Family Readiness Support Assistant Forum, 11:30 a.m.-1 p.m. at Army Community Service, Building 2797. This training provides FRSA's the opportunity to network and share lessons learned in an open forum. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Mandatory First PCS Move

Mandatory First PCS Move class, 1-3 p.m. at Army Community Service, Building 2797. To register, call 221-1612.

Family unity concert

The Family Advocacy Program will present a musical event to promote Family unity, 4-6 p.m. at Army Community Service, Building 2797. Ruben V will present a solo acoustic set of a blend of blues, Latin, jazz, country and rock. The U.S. Army Medical Command Band "Surgical Strike" will follow Ruben V. The concert is free. Call 221-0349/2418.

OCT. 13

Word Level 1

Microsoft Word Level 1 class, 8 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Basic computer skills and registration required. Call 221-2518 or e-mail jennifer.lobo@us.army.mil.

Post-Deployment Planning training

Post-Deployment Planning training, 9-10:30 a.m. at Army Community Service, Building 2797. This training is designed to increase the spouse's ability to face reintegration with resilience and strength, allowing smoother reunions. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Re-entry workshop

Re-entry workshop, 10-11 a.m. at Army Community Service, Building 2797. This class is for those coming from an overseas assignment with cultural adaptation, teen culture, financial adjust-

ACS Outdoor Movie Night Oct. 16 "Scooby-Doo"

8 p.m. at the post flagpole

Oct. 17 "Lemony Snicket's, A Series of Unfortunate Events"

8 p.m. at the field between Youth Services and Dodd Field Chapel

Bring the Family out for these Family friendly films and don't forget the lawn chairs. Free popcorn, snow cones and cotton candy will be available. For more information, call 221-2418. In the event of inclement weather the movie will be shown in the ACS auditorium at 8 p.m.

ments and emotional factors. Call 221-2418.

Savings and Investing

Savings and Investing class, 2-4 p.m. at Army Community Service, Building 2797. This class explores the options of savings and investing as well as the problems associated

See MWR P21



Fun for the whole Family!

For more details & a map call (210)221-2207 or visit www.FORTSAMHOUSTONMWR.com

Johnson Track, Fort Sam Houston (between Stanley Rd and Dickman Rd)

FREE ADMISSION! **Open to the Public!** **FREE PARKING!**

October 16, 2009 6pm - 11pm
and
October 17, 2009 10am - 5pm

General Public Access Gates: Harry Wurzbach and I-35 Walters

All vehicles must have current stickers and valid insurance. Guests without a DoD ID Card must enter through the Walters Gate or the Harry Wurzbach Gate. All persons 16 years or older must have a valid photo ID.

Oktoberfest at Fort Sam Houston

This October Fort Sam Houston will celebrate Oktoberfest Oct. 16 and 17 at the BG Johnson track located between Stanley and Dickman roads.

The festival begins Oct. 16 from 6 to 11 p.m. There will be live music from the German band, "Oma and the Oompahs," followed by a performance by the "E-7 Band." Come and visit the authentic German beer garden tent and sample some authentic German food. There will also be souvenir glassware available for purchase.

On Oct. 17, the festival will kick-off with a parade at 10 a.m. beginning at the Lincoln Housing Resident Center,

Dickman Road, and ending at the BG Johnson track. The festival officially starts at 11 a.m. with a live performance by "Radio Disney" and the SeaWorld Animal Team.

As the day continues there will be live performances by Red Dvorak, Granger Smith and Matt Poss. The authentic German beer garden tent will be open as well as food, carnival rides, a pizza-eating contest and arts and crafts vendors.

Raffle prizes will be awarded, such as a pair of season passes for all of the San Antonio Spurs regular season home games, throughout the day. Tickets can be pur-

chased in advance for \$1.

Come out and participate in the Show and Shine Car Show. There are no admission fees and prizes will be given to the top three vehicles. To register a vehicle, call 221-3962.

There will be a children's tent that will include activities such as a pumpkin patch, pumpkin decorating, cookie decorating, watermelon eating contest, arts and crafts, races, obstacle courses and more.

For more details visit www.fortsamhoustonmwr.com or call 221-2207.

(Source: Family Morale, Welfare and Recreation)

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – Oct. 9

Lunch – 11 a.m. to 1 p.m.

Meat Loaf, shrimp etouffee, Creole macaroni, fried catfish, honey glazed Cornish hens, macaroni and cheese, cottage fried potatoes, wild rice, corn on the cob, fried cabbage, okra and tomato gumbo

Dinner – 5 to 7 p.m.

Barbecued chicken, baked kielbasa sausage, Swedish meatballs, baked chicken, cheese tortellini, au gratin potatoes, steamed brown rice, baked potatoes, French fried okra, seasoned lima beans, steamed cauliflower

Saturday – Oct. 10

Lunch – noon to 1:30 p.m.

Spaghetti with meat sauce, spicy baked fish, broccoli, cheese and rice casserole, grilled ham steaks, steamed brown rice, baked potatoes, spaghetti noodles, steamed Brussels sprouts, steamed mixed vegetables, seasoned black-eyed peas

Dinner – 5 to 6:30 p.m.

Country fried steaks, grilled pork chops, baked tuna and noodles, cheese manicotti, mashed potatoes, fried rice, baked potatoes, fried cabbage, steamed green beans, stewed tomatoes

Sunday – Oct. 11

Lunch – noon to 1:30 p.m.

Caribbean chicken breast, beef yakisoba, roast pork, cheese tortellini, steamed rice, baked potatoes, candied sweet potatoes, French fried okra,

steamed carrots, green bean combo Dinner – 5 to 6:30 p.m.

Fried chicken, beef stir fry, mushroom quiche, Yankee pot roast, parsley buttered potatoes, steamed wild rice, baked potatoes, seasoned collard greens, corn on the cob, steamed wax beans

Monday – Oct. 12 Columbus Day

Lunch – noon to 1:30 p.m.

Chicken cacciatore, beef stew, barbecued roast pork, parmesan baked fish, rice frittata, steamed rice, tri-colored rotini pasta, mashed potatoes, French-style green beans, French fried eggplant, seasoned succotash

Dinner – 5 to 6:30 p.m.

Veal parmesan, herbed baked fish, grilled tuna patties, vegetable lasagna, turkey ala king, steamed wild rice, spaghetti noodles, scalloped potatoes, steamed spinach, steamed cauliflower, Creole summer squash

Tuesday – Oct. 13

Lunch – 11 a.m. to 1 p.m.

Pork chops Mexicana, honey ginger baked chicken, meat loaf, beef stir fry, cheese enchiladas, mashed potatoes, steamed rice, Spanish rice, steamed broccoli, Spanish-style beans, Mexican corn

Dinner – 5 to 7 p.m.

Chicken fajitas, cheese manicotti, charbroiled meatballs with brown gravy, baked ham with pineapple sauce, Caribbean catfish, mashed

potatoes, baked potatoes, refried beans with cheese, seasoned green beans, glazed carrots, French fried okra

Wednesday – Oct. 14

Lunch – 11 a.m. to 1 p.m.

Apple glazed corned beef, chicken pot pie with biscuits, cheese ravioli, roast beef, parmesan baked fish, parsley buttered new potatoes, mashed potatoes, steamed brown rice, seasoned cabbage, baked parmesan tomato halves, steamed asparagus

Dinner – 5 to 7 p.m.

Beef stew, pork schnitzel with mushroom gravy, lemon baked fish, vegetable three cheese lasagna, chicken stir-fry, steamed rice, O'Brien potatoes, baked potatoes, buttered succotash, steamed broccoli, steamed beets

Thursday – Oct. 15

Lunch – 11 a.m. to 1 p.m.

Teriyaki chicken, roast pork, beef stir-fry, baked tuna and noodles, baked potatoes, fried rice, macaroni and cheese, Chinese mixed vegetables, club spinach, steamed cauliflower

Dinner – 5 to 7 p.m.

Cantonese spareribs, breaded veal steaks, baked chicken, cheese ravioli, spaghetti with meatballs, baked potatoes, cottage fried potatoes, steamed brown rice, green bean combo, sweet and sour cabbage, steamed carrots
Menus are subject to change without notice

MWR from P19

with each. To register, call 221-1612.

OCT. 14

Word Level 2

Microsoft Word Level 2 class, 8 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Basic computer skills, completion of Word Level 1 and registration required. Call 221-2518.

Budgeting for Baby

Budgeting for Baby class, 8-10 a.m. at Army Community Service, Building 2797. To register, call 221-1612.

Overseas Orientations

Overseas Orientations, 10 a.m. and 5 p.m. at Army Community Service, Building 2797. This class is for anyone who is relocation overseas and wants to make moving around the world a little bit easier. Call 221-2418.

Single Parenting

Single Parenting class, Oct. 14 and 21, 11 a.m.-12:30 p.m. at Army Community Service, Building 2797. Uniquely designed for single parents, topics include, children, sepa-

ration, dating and more. Call 221-0219.

Bringing Home Baby

Bringing Home Baby class, Oct. 14 and 28, 8 a.m.-12 p.m. at the Red Cross, Building 2650. This two-part class and learn how to care for your newborn baby. Dads are welcome and encouraged to attend. To register, call 221-0319.

OCT. 15

Word Level 3

Microsoft Word Level 3 class, 8 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Basic computer skills, Word Level 2 and registration required. Call 221-2518.

Couple's Enrichment

Couple's Enrichment class, Oct. 15, 22 and 29, 5:30-7 p.m. at Army Community Service, Building 2797. Part one will discuss gender differences and communicating effectively, part two focuses on commitment and part three strives to enhance intimacy. To register, call 221-0349/2418.

OCT. 20

Women Encouraging Women

Women Encouraging Women lunchtime seminar, 12-1 p.m. at Army Community Service, Building 2797. The topic will be, "How to Strengthen Your Relationship." To register, call 221-0349/0600.

OCT. 24

Aerobathon

The Jimmy Brought Center will host an Aerobathon at 9 a.m. Call 221-1234/2020.

Weight Room Triathlon

The Jimmy Brought Center will host a Weight Room Triathlon. This is a timed event to complete bicep curls, bench presses, and leg presses. There is a \$10 entry fee, check-in begins at 6 p.m. Call 221-1234/1532.

Boss Halloween Bash

Members of Better Opportunities for Single Soldiers will host a Halloween Bash, 7-11 p.m. at the Fort Sam Houston Bowling Center. Participants can enjoy two free games of bowling during that time. This is a free event open to all patrons. Call 221-2810.



Community

Announcements

NCO Wives Club

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

Cloverleaf Communicators Club

Meets the first and third Thursday, 11:45 a.m.-1 p.m. at the San Antonio Credit Union, Stanley Road, in the conference room. Oct. 15 will be the founder's day meeting. Open to military, civilians and Family members interested in developing and enhancing leadership and communications skills. Call 221-8785, 221-6517 or 916-3406.

Foster homes needed for military working dogs

Department of Defense Military Working Dog Breeding Program seeks foster homes for military working dogs. Call 671-3686 or visit www.lackland.af.mil/units/341stmwd/index.asp.

Toastmasters

Toastmasters meet on Fort Sam Houston at noon, the second and fourth Wednesday, Call 265-7397.

Adolescent Weight Loss Program

Are you an overweight teen? The Brooke Army and Wilford Hall Medical Centers seek overweight military dependent adolescents between the ages of 12 and 18 to participate in a free weight management intervention study. The 12-month adolescent obesity study incorporates professional medical attention, behavioral therapy, nutritional counseling and medication for weight loss at no cost to partici-

pants. For more information, call 916-0607.

Operation: Hi Honey

Army and Air Force Exchange is sponsoring the "Operation: Hi Honey" campaign. Deployed service members can log onto the Exchange Online Mall and upload and photo and write a message to their spouse for their anniversary. AAFES will randomly select a weekly winner to receive a 16 inch by 20 inch framed canvas of their photo. For more details, visit www.aafes.com.

Calendar of Events

OCT. 9

Breast Cancer Awareness Luncheon

The 10th annual Breast Cancer Awareness luncheon will be held at 11:30 a.m. at the San Antonio Country Club, 4100 N. New Braunfels. Special guest is Dr. Maria Theodoulou, attending physician, Breast Cancer Medicine Service at Memorial Sloan-Kettering Cancer Center in New York City. Tickets are \$15 and include complimentary valet parking. To purchase tickets by

Oct. 2, call 916-4837, 292-3125 or the American Cancer Society at 884-0561.

OCT. 10

Castroville Walk

The Castroville Chamber of Commerce volksmarch club will host a 5K and 10K walk Oct. 10 starting at Castroville Regional Park, 816 Alsace St., Castroville, Texas. Start the walk between 8 a.m. to noon, finish by 3 p.m. For information call 830-931-3158 or visit www.castroville.com.

7th Annual Pet Fest in San Marcos

Pet Prevent a Litter of Central Texas presents the 7th Annual Pet Fest Oct. 10 at San Marcos Plaza Park, San Marcos, Texas. Pet Fest celebrates the role of animals in citizen's lives and promotes responsible pet ownership. This all-day event includes a 5-K Run/Walk, pet contests, vendors and live music.

OCT. 14

Alamo Chapter of the American Society of Military Comptrollers

The Alamo Chapter of the American Society of Military Comptrollers will host a luncheon Oct. 14 at 11:30 a.m. at the Fort Sam Houston Golf Club hosted by the Air Force Audit Agency. The guest speaker is Pat DiGiovanni, deputy city manager, speaking on the topic: "Redevelopment in Uncertain Times." To reserve, call 536-2402 by Oct. 13.

OCT. 15



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Collective Protestant

11 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and 8:30 p.m. -

Oneg Shabbat

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

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays

12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays

9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child

care is provided

6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child

care is provided

Samoan Protestant Service:

8:30 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain

The Society for the Preservation of Historic Fort Sam Houston

The Society for the Preservation of Historic Fort Sam Houston will meet Oct. 15 at 11:30 a.m. at the Stilwell House. J.B. Crowther will speak about "The End of the Unknown Soldier: Casualty Identification in the United States Military." The event is free and open to the public. For more information, call 224-4030 or 527-9513.

OCT. 16

Special Forces briefing

A Special Forces briefing will be held Oct. 16 from 11 a.m. - 1 p.m. in the 32nd Medical Brigade Headquarters classroom, Building 902. Family members are welcome. For more information, call 877-217-7131.

OCT. 19

Warrant Officer Association meeting

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

Protestant Services:

10 a.m. - Worship Service - Sundays

Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays

6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays

Contemporary Protestant Service:

9:30 a.m. and 11:01 a.m. - Sundays

Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

Church of Jesus Christ of Latter Day Saints:

8:30 a.m. - Sundays

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet Oct. 19 at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. (near Loop 410). All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call 295-6596 or 666-9818.

OCT. 24

American Society of Military Comptrollers

The American Society of Military Comptrollers members will lend a hand to Habitat for Humanity Oct. 24, 7:45 a.m.-3:30 p.m. They will be assisting in the construction of a new community of 17 homes in the Palo Alto Heights area. Friends and Family members are welcome to help, due to safety concerns no children under 14 year old are allowed on site. Call 671-3570.

For Sale Fort Freebies

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies can only be ran twice. Limit of five items per entry. For more information, call 221-0546.

For Sale: 21-speed Huffy mountain bike, never used, contest prize, \$75. Call 223-2197.

For Sale: Little Tikes outdoor swing, for child 9-48 months, never used, \$15; queen-size Croscill reversible comforter, beige and floral pattern, two pillow shams, dust ruffle, \$50; queen-size comforter, reversible, navy and floral pattern, two pillow shams,

dust ruffle, \$40; Eureka upright vacuum cleaner, Powerline model with attachments, \$25. Call 495-2296.

For Sale: Suncast horizontal shed, \$89; Graco stroller, \$29. Call 725-5131.

For Sale: Washing machine, used but in working condition, \$30; solid wood entertainment center, holds up to a 25 inch television, \$75; living room lounge, barely used, \$150. Call 651-3229.

For Sale: Washer and dryer, \$100 each; coffee table, \$35; microwave, \$15; inner table, \$30; bed frame, \$15. Call 241-1291.

Free: Two young female rabbits with large custom-built outdoor hatch, located in Alamo Heights. Call 223-9978.

Multi-Family yard sale: Oct. 10 starting at 8 a.m., 363 Wagon Crossing, off of Kitty Hawk Road between 1604 and Toepperwein Road. See Craig's list for information and directions.

Fox Tech visits Fort Sam



Photo by Kathy Salazar

Louis W. Fox Technical High School ninth graders find a pulse on a patient simulator with life-like vital signs at the Department of Combat Medical Training, Army Medical Department Center and School during a tour of Fort Sam Houston, Oct 1. The simulator is a tool used to train combat medics. The students also visited the Quadrangle where they enjoyed a picnic and watched the animals.

REMINDER CALENDAR

- Oct. 12** Columbus Day holiday
- Oct. 15-16** "It's Not Easy Being Green" Spouse Conference, 8:30 a.m.-2:15 p.m., Dodd Field Chapel
- Oct. 16** Outdoor Movie Night, "Scooby Doo," 8 p.m., main post flagpole
- Oct. 16** Oktober Fest, 6-11 p.m., MacArthur Parade Field
- Oct. 17** Oktober Fest, 10 a.m.-5 p.m., MacArthur Parade Field
- Oct. 17** Outdoor Movie Night, "Lemony Snicket's: A Series of Unfortunate Events," 8 p.m., Dodd Field

Thought of the Week

Self-restraint may be alien to the human temperament, but humanity without restraint will dig its own grave – Marya Mannes

(Source: Bits & Pieces, September 2009)