

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

# Fort Sam Houston cleans up mess left by Tropical Storm Hermine

By Steve Elliott  
FSH Public Affairs

High winds and torrential rain from Tropical Storm Hermine knocked down trees and power lines on Fort Sam Houston Sept. 7 and 8, causing more than \$500,000 in damages, according to police and public works officials.

"It was the high winds that caused more of the damage with the trees getting blown down," said FSH Chief of Police Ray Acuna. "The satellite pharmacy's roof was partly blown off. Falling trees also knocked down power lines and there was a lot of debris on the streets."

The police weren't immune from the damages either, as a massive tree just a foot away from Building 2244, the Military Police Station, was blown over at about noon Sept. 7, missing a historical flower display by inches.

"It happened at the peak of the high



Photo by Steve Elliott

See **HERMINE P8** A large tree adjacent to Building 2244, the Military Police Station, was blown over by high winds around noon Sept. 7.

## ARSOUTH takes part in multinational Panama Canal defense exercise

By Alex Delgado  
ARSOUTH Public Affairs

Two U.S. Army South teams recently traveled to Panama City, Panama and Norfolk, Va., to participate in Panamax 2010.

They joined more than 2,000 participants from 17

countries in what has become one of the world's largest multinational training exercises.

The 12-day exercise, co-sponsored by U.S. Southern Command and the Panamanian government, combined operations with sea, air, and land assets focused on defend-

ing the Panama Canal. The exercise enhanced cooperation between various nations in their response to a major threat to the Panama Canal and the execution of disaster relief missions in the region.

"This year's exercise simulated a 'terrorist organization' attack against the Panama

Canal, plus the control of several countries of the area with the purpose of destabilizing the global economy," said Jesus Rodriguez, Panamanian coordinator of the Panamax 2010.

These exercises helped

See **PANAMAX P4**

## Exterior work planned for 546 homes, garages on Fort Sam Houston

The Lincoln Military Housing development division has planned several initiatives to prolong the existence and improve the appearance of homes on Fort Sam Houston.

Exterior painting is planned for 546 homes and garages in the Watkins Terrace Village, Patch Chaffee Village, Gorgas Circle Village, and Wheaton Graham Village areas.

Before the painting takes place, wood repair and replacement, as well as surface preparation will be conducted on the homes and garages.

Also planned is trimming and/or removal of overgrown, diseased, and dying trees or shrubbery that are currently too close to the homes.

This work will take approximately two to three weeks per home to complete, LMH officials said. Residents will be notified in advance of any work that will take place on their homes.

After notification, residents are asked to temporarily remove items from around their home and garage, in the yard, on the patio, etc. Residents will be notified in advance if items in their garages need to be moved temporarily.

Residents with questions or concerns can contact the housing office at their community center.



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# Defender 6: putting energy front and center

By Lt. Gen. Rick Lynch  
IMCOM Commander



Lt. Gen. Rick Lynch

In the past, energy has been a side conversation for the Army.

It tended to be an area of concern for some experts and specialists, but for a lot of us, whether Soldiers and civilians in the workplace or Family members in the community, we did not give it much thought.

Maybe we paid attention to the public service announcements reminding us to turn off lights, but that was about it.

However, with changing security concerns and increased demands on finite financial and natural resources, energy has become an issue we all have to pay attention to.

We must proactively address today's energy challenges for the sake of ourselves, our mission and our nation as well as for future generations.

So I intend to keep the issue front and center. I intend to keep the dialogue focused on what we in the Installation Management Community must do, can do and are doing to increase the Army's energy efficiency and security.

The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and Families on installations worldwide.

To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk.

In January 2009, the Army issued guidance for increasing energy security, the Army Energy Security Implementation Strategy.

The Installation Management Campaign Plan, the strategic document directing our actions, includes a section focused on energy efficiency and security; this section, Line of Effort 6, was developed in support of the Army energy guidance.

The keys to success for LOE 6 focus on reducing energy and water consumption, increasing

energy and water efficiency, modernizing infrastructure, and developing renewable and alternative energy supplies.

Since version 1 of the Campaign Plan was released in March, we have continued to work on LOE 6, in particular refining the keys to success and developing meaningful metrics to measure our progress. Version 2 of the Campaign Plan will be released in October, which is national Energy Awareness Month.

I did not plan for the two events to coincide, but it is fitting. The revised LOE 6 will show us the way ahead for achieving the energy security and efficiency

that is a critical part of achieving and maintaining installation readiness.

While the Campaign Plan is the driving force in changing how we do business, the Installation Management Energy Portfolio is our toolbox.

This document, which is also being revised for release in October, describes Army programs and initiatives that help installations realize their energy goals. One example is metering. Residential Communities Initiative housing on 45 Army installations are metered to measure whether the occupants of each unit are using above or below the energy usage baseline every

See LYNCH P10

### Thought of the Week

A man is known by the company he keeps, and also by the company from which he is kept out.

— Grover Cleveland

(Source: Bits & Pieces)

### Weekly Weather Watch

	Sept. 16	Sept. 17	Sept. 19	Sept. 20	Sept. 21	Sept. 22
San Antonio	90° Partly Cloudy	90° Chance of T-storm	92° Partly Cloudy	92° Partly Cloudy	90° Chance of T-storm	90° Chance of T-storm
Kabul Afghanistan	77° Scattered Clouds	71° Scattered Clouds	71° Scattered Clouds	77° Scattered Clouds	82° Scattered Clouds	80° Scattered Clouds
Baghdad Iraq	104° Clear	104° Clear	105° Clear	105° Clear	104° Clear	105° Clear

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

## News Briefs

### **Suicide Prevention and Awareness Open House**

The Fort Sam Houston Suicide Prevention and Awareness Open House, "Promoting Healthy Lives," will be held Sept. 20, 9 a.m.-2 p.m. at Army Community Service, Building 2797 on Stanley Road. Speakers are from 9-11 a.m. Opening remarks will be provided by Lt. Gen. Guy Swan III, commander, Army North and Fort Sam Houston. Call 221-0133 or 221-1254.

### **Gazebo Concert**

Brig. Gen. Joseph Carvalho, commander, Southern Regional Medical Command (Provisional) and Brooke Army Medical Center, will host a gazebo concert Sept. 26 at 6 p.m. at the gazebo on Staff Post Road.

### **HHC Ribbon Cutting Ceremony**

Headquarters and Headquarters Company U.S. Army Garrison will hold a ribbon cutting ceremony Sept. 28, 8:30 p.m. to re-open Building 2186 North Pine Road.

### **Pre-Command Course**

The course is Sept. 28-Oct. 1 for new first sergeants and company commanders. The intent is to provide new company leadership a full understanding of Garrison resources available to assist them during their time in command at Fort Sam Houston. The briefings start at 8:30 a.m. in Building 2398 across from the lemon lot on Scott road. The briefing will come from various garrison organizations for the first three days and a tour of training facilities at Camp Bullis will be held on the fourth day. To register, call 221-1586 or 221-2241.

### **Army Tuition Assistance FY10 End of Fiscal Year**

All course enrollments with start dates through Sept. 30 must be requested in GoArmyEd before Sept. 21. GoArmyEd will

See NEWS P4

# Soldiers commissioned for MSW program

By Lori Newman  
FSH Public Affairs

Nine individuals were commissioned as Medical Service Corps officers for the purpose of attending the U.S. Army-Fayetteville State University Master of Social Work program. The ceremony was held Sept. 7 in Wood Auditorium.

"For the first time, active duty enlisted Soldiers, noncommissioned officers and civilians will be commissioned as Medical Service Corps officers in the U.S. Army for the purpose of earning a Masters of Social Work degree through the U.S. Army-Fayetteville State University Masters of Social Work program," said Maj. Erica Dijoseph, the master of ceremonies for the event.

"The social work program is a labor of love that has worked its way to where it is now," said Maj. Gen. David Rubenstein, commander of the Army Medical Department Center & School and guest speaker for the ceremony.

"There are Soldiers and retirees around the world who are hurting and their Family members are hurting too," the general said. "We have had difficulties filling all the spaces that we need with qualified social workers to take care of those Soldiers and their Family members."

From that need, the Master of Social Work program was developed, Rubenstein explained.

The Fayetteville State University Department of Social Work received a four-year contract to establish the Master of Social Work program on Fort Sam Houston at the AMEDDC&S. The first 18 Army Medical Service Corps officers were inaugurated into the program June 23, 2008.

"The first class we could only take Medical Service Corps officers into the program,"



Rubenstein said. "The second class we were allowed to take officers from across the Army. "What many of us wanted for the longest time was to be able to take officers, NCOs and civilians and send them to this wonderful program, and produce Army social workers to take care of Soldiers, retirees and their Family members," the general added.

"The third class we are allowed noncommissioned officers as well as civilians into the program. We are pleased and proud to be able to do that."

The Army-Fayetteville State MSW Program curriculum consists of 61 semester hours for non-Bachelor of Social Work students or 35 semester hours for students with a BSW.

Officers attending the program can expect to complete the requirements for the MSW within 14 months.

MSW program students must have completed undergraduate coursework in the humanities, with 18 semester hours of social and/or behavioral sciences and three semester hours of human biology.

All active duty MSC officers interested in applying for admission to the 2012 Army-

FSU MSW class must complete the application packet for FSU and submit it to the AMEDDC&S by Oct. 30.

The program is open to civilians or enlisted Soldiers who want to become active duty Medical Service Corps Army social work officers. Applicants must have a liberal arts undergraduate degree from an accredited university, preferably in the social sciences (sociology, psychology, social work, political science, criminal justice, or similar areas of focus).

Individuals interested in attending the Army MSW program must contact their local AMEDD recruiter to begin the application process.

Rubenstein administered the oath of office and shared the history behind the ceremony.

"We are the only nation of the 192 nations in the world where the military swears allegiance to a piece of paper – the Constitution, not a president, not to a congress, not to a flag, but to a constitution, an idea, a way of life," he said.

Family members and friends then pinned the Soldiers.

Command Sgt. Maj. James Diggs explained the history of the hand salute and rendered

Maj. Gen. David Rubenstein, commander of the Army Medical Department Center & School, administers the oath of office to the newly commissioned Soldiers Sept. 7 during a ceremony held in Wood Auditorium. The Soldiers were commissioned to enter the U.S. Army-Fayetteville State University Master of Social Work program at AMEDDC&S.

the first salute to the newly commissioned officers.

It is a tradition for the newly commissioned second lieutenants to present a silver dollar to the first enlisted Soldier who salutes them. The coin symbolically acknowledges the receipt of respect due the new rank and position.

**Capt. Nadal Otto** was commissioned as a captain in the Medical Service Corps because he had a break in service.

The newly commissioned second lieutenants were:

**2nd Lt. Ryan Black,**

a civilian who received a direct commission

**2nd Lt. Devona Bonner,**

prior sergeant first class

**2nd Lt. Leah Briscoe,**

a reserve ROTC graduate

**2nd Lt. Sandi Folkerts,**

a civilian who had prior Air Force experience

**2nd Lt. Brooke Garcia,**

prior specialist

**2nd Lt. Charles Jones II,**

prior sergeant

**2nd Lt. Jason Kidd,**

prior specialist

**2nd Lt. Kristen Lessman,**

prior sergeant

**2nd Lt. Larry Royer,**

prior master sergeant

**NEWS from P3**

not be operational Sept. 28 in support of the fiscal year cut-off. This enrollment cut-off has no impact on registration for courses starting Oct. 1 or later (FY11 enrollments).

**Newcomers' Extravaganza**

The mandatory Newcomers' Extravaganza, for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston, will be held Sept. 28 from 9:30 to 11 a.m. at the Sam Houston Club. The extravaganza is an opportunity to learn about Fort Sam Houston and the San Antonio area as well as meet representatives from many different organizations, programs and businesses. Family members and civilians are welcome. Call 221-2705 or 221-2418.

**Transfer of Authority Ceremony**

A ceremony will be held Sept. 30, 11 a.m. at the FSH Quadrangle. Col. Mary E. Garr, U.S. Army Garrison commander will transfer authority to Frank Blakely, manager of the Army Support Activity.

**National Night Out**

Fort Sam Houston will celebrate the annual National Night Out event on Oct. 5. Lincoln Military Housing residents are invited to attend the events scheduled at their housing community centers that evening.

**Headquarters Company Stand Down**

Headquarters Company, Army Support Activity (currently U.S. Army Garrison) will implement mission stand down from Oct. 11-16. This mission stand down is necessary for maintenance and training purposes. Emergency requests for support will be handled on a case by case basis only. Call 221-0177.

**CFC Campaign**

The Fort Sam Houston Combined Federal Campaign is Sept. 13 to Oct. 25. For more information, call 221-2214.



U.S. Army South staff and recent graduates from the Colombian General Staff College stand in front of the Old BAMC building.

## Colombian General Staff College graduates visit ARSOUTH

By Alex Delgado  
ARSOUTH Public Affairs

U.S. Army South hosted a group of recent graduates from the Colombian General Staff College Aug. 31.

The group consisted of 27 graduates and two faculty members, and was headed by Colombian Brig. Gen. Raul Torrado Alvarez, Commander, Military Air Transport Command. Their visit to Army South has great importance because graduates from this school generally

go on to hold key leadership positions within the Colombian army.

U.S. Army South staff greeted the group and provided a command briefing where they presented a broad overview of ongoing operations and other capabilities of the command. The group was also given a tour of various sections within the command.

"We would like to show our appreciation for all the support U.S. Army South has shown to us," Torrado said. "We have benefitted

greatly from the missions you have conducted in our country. I look forward to our continued friendship."

Maj. Gen. Simeon Trombitas, Commander, U.S. Army South, addressed the group briefly before they began their activities.

"Our armies have much history to draw from," Trombitas said. "I am confident we can work together to overcome our common threats such as terrorism and natural disasters to promote regional stability and peace."



Photo by Alex Delgado

Maj. Gen. Simeon Trombitas, U.S. Army South commander, greets Colombian Brig. Gen. Raul Torrado Alvarez, commander, Military Air Transport Command. Torrado led a group of recent graduates from the Colombian General Staff College on their first visit to U.S. Army South.



Photo by Lt. Col. McKinley Williams

Col. Ehrich Rose, (right) U.S. Army South Operations Director, shakes hands with Chilean Col. Ferdinand Morales after the completion of Panamax, a multinational maritime exercise focused on Panama Canal Zone security.

**PANAMAX from P1**

prepare the U.S. and participating nations to protect the passage of traffic through the Panama Canal, ensure its neutrality, and respect national sovereignty.

"This is a tremendous opportunity to share and exchange information and learn from one another in a coalition and joint environment," said Navy Rear Adm. Vic Guillory, commander, U.S. Naval Forces Southern Command and U.S. 4th Fleet.

The U.S. military and Panamanian forces were joined by forces from Argentina, Belize, Brazil, Canada, Chile, Colombia,

Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Paraguay, Peru, and Uruguay.

This is a far cry from the original three-country maritime exercise first conducted by Panama, Chile, and the United States in 2003. Since then involvement in the exercise by other countries has been on the rise.

Participation peaked in 2009 when 20 nations contributing more than 7,000 troops, 30 ships, and a dozen aircraft took part in the exercise.

"Panamax is an effective regional exercise that has grown from three original

participating countries to as many as 20 in 2009, and has gone from solely a maritime exercise to one that also includes air and ground components," said Air Force Gen. Douglas Fraser, commander, U.S. Southern Command. "The training and experiences offered by the exercise have become one we and our regional partners look forward to every year."

The Panama Canal opened in 1914 and almost one million vessels have used the canal. It is estimated that five percent of the world's trade uses the canal, generating \$800 million for the Panamanian treasury.

# Lincoln Military Housing joins the FSH National Night Out Event

Lincoln Military Housing will host the annual crime prevention National Night Out Oct. 5, along with the rest of the state of Texas.

The rest of the nation celebrates NNO Aug. 3, but since August is one of the hottest months of the year, Texas was allowed to hold their own Texas Night Out in October when it is cooler.

National Night Out is a nationwide crime prevention activity designed to

heighten crime prevention awareness; generate support for, and participation in, local anti-crime prevention programs, strengthen neighborhood spirit and police community relations and send a message to criminals to let them know that neighborhoods are organized and fighting back against crime.

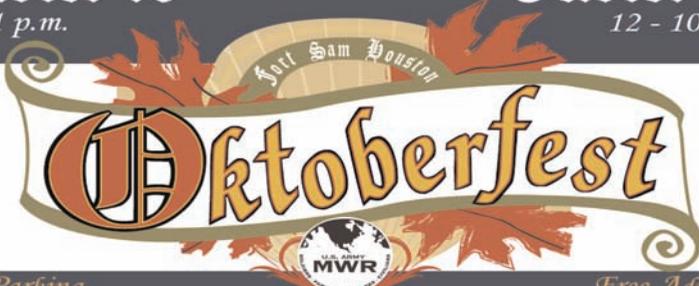
LMH may be able to sponsor a portion of post block parties for your village mayor. However,

monies are limited and will be allocated on a first-come, first-serve basis. Once you are registered for a party, LMH will arrange for officers and other community leaders to visit your party to meet you and your neighbors during your block party.

LMH has already registered for the National Night Out Event. FSH family housing residents interested in participating in this event can call 270-7638.

**October 15**  
5 - 11 p.m.

**October 16**  
12 - 10 p.m.



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Fort Sam Houston's two day celebration of Oktoberfest will be held Oct. 15, 5-11 p.m. and Oct. 16, noon-10 p.m. at MacArthur Parade Field located between Stanley and Dickman roads. The two-day celebration includes live entertainment, carnival rides, a children's tent, an appearance by the SeaWorld Animal Team, a car show, arts and crafts vendors, authentic German food, a German Biergarten, souvenir glassware, prizes and much more. Saturday's celebration will kick off at noon with a parade. Parade entry is open to participants in the Fort Sam Houston and surrounding communities. Call 221-2904 to enter or for more information about the parade. Oktoberfest is open to the public and includes free admission and free parking. For more information visit, <http://www.FortSamHoustonMWR.com> or call 221-0012.

# 470MI Brigade golf tournament benefits CFC, Fisher House

By Gregory Ripps  
470th MIB Public Affairs

High temperatures didn't keep golfers from the tees to raise funds for the Fisher House Foundation via the Combined Federal Campaign Sept. 1.

Held in conjunction with the Latin American Regional Intelligence Conference, members of the 470th Military Intelligence Brigade sponsored the charity tournament at the Hyatt Hill Country Golf Club.

Twice a year, brigade members hold a golf tournament to benefit a charitable cause.

The Fisher House Foundation provides families with a comfortable, temporary home near a loved one hospi-

talized with a serious medical condition.

The 61 players included conference participants and others as well as brigade Soldiers

and civilians. The tournament raised \$1,152, and Inge Godfrey, Fort Sam Houston Fisher House manager, accepted a giant check repre-

senting that amount.

Lt. Col. Terance Huston, brigade operations and training officer, related a personal experience in which a Fisher

House was helpful.

"This is to thank you for the great job you do," said Huston as he presented the check. "I wish it could be so much

more."

Godfrey accepted the check, saying, "I think you guys are just awesome."



Inge Godfrey, Fort Sam Houston Fisher House manager, accepts a check representing \$1,152 raised through the 470th Military Intelligence Brigade member's golf tournament at the Hill Country Golf Club Sept. 1. Lt. Col. Terance Huston (left) and Capt. Sean Stewart presented the check.



Participants in the 470th Military Intelligence Brigade Semi-Annual Charity Golf Tournament play a round against a backdrop of natural green shades at the Hill Country Golf Club Sept. 1.

Photo by Gregory Ripps



**HERMINE from P1**

winds, but no one was nearby or outside the station at the time," Acuna said.

Crews contracted by the Department of Public Works were busy later in the week cleaning up branches and cutting up the larger trees that had fallen.

Clean up, road repairs and tree and brush removal cost the post \$25,000, according to John L. Brenneman, chief of the operations and maintenance division.

"More than 40 buildings had damage to their roofs," Brenneman said. "The worst cases were the Jimmy Brought Gym, Building 325 (cold storage), and Building 1375 (AMEDDC&S classroom). A total estimate of damage is \$500,000."

In addition to the damage to the roof of the satellite pharmacy, there was damage to the roof of the Budge Dental Clinic, Building 1278.

Brenneman noted that utility line repair at Building 3190 (pump-house) would cost \$5,000. His estimates don't include Camp Bullis, Canyon Lake Recreation Area, or Lincoln Housing Property on Fort Sam Houston.

Several large tree limbs crashed to the ground in the Infantry Post and Staff Post housing areas, and a tree in the front yard of Quarters 6 on Staff Post Road was also uprooted.

Acuna said a large tree adjacent to Building 2200, the Main Post Chapel, also fell, as well as one between Quarters 429 and 431. No structur-

al damage was reported in any of these incidents. Several smaller trees adjacent to Quarters 108 and 369 also came down and were moved by patrols.

In damage to private property, there were reports of damage to vehicles near Brooke Army Medical Center from a billboard falling on them.

At the commissary, one vehicle owner reported that their car was damaged when a shopping cart corral fell on it. Another car owner reported that a tree had fallen on their vehicle next to the Main Post Chapel. No injuries were reported or observed in any of these incidents, Acuna said.

Hermine made landfall at 12:38 a.m. Sept. 7 in northeastern Mexico with

winds of up to 65 mph, and by that night, maximum winds speeds had decreased to about 35 mph, according to a report in the San Antonio Express-News.

According to an Associated Press report, Hermine caused relatively few problems when it made landfall, with the worst of the rainfall falling harmlessly into the Gulf of Mexico. It was once the storm was fully on land, that its remnants moved north into Texas and Oklahoma.

Hermine was the third tropical system this year to hit the Rio Grande Valley, an area that encompasses northeastern Mexico and southeastern Texas.

In Northeast Bexar County, a 57-mph wind gust was reported around noon Sept. 7, said

National Weather Service forecaster Mark Lenz, with a gust of nearly 60 mph recorded at the San Antonio International Airport at 1:17 p.m.

As of 10 p.m. that day, 3.61 inches of rain had fallen at the San Antonio airport. NWS forecaster Clay Anderson said more than 6 inches fell on the Northeast Side. The Weather Channel reported that it was the wettest September day in San Antonio in more than 30 years.

"On Fort Sam Houston, the Schofield Access Control Point was closed for two days due to the high waters in Salado Creek," Acuna noted.

The biggest disruption on post was the deep water on several streets, causing motorists to travel at very low speeds."

South Central Texas

was under a flash flood warning and a wind advisory well into the night of Sept. 7, but the storm's speedy passage prevented flooding from being worse, National Weather Service meteorologists reported.

Near Fort Sam Houston, there was one confirmed high-water rescue reported, that of a man who had to abandon his car in Salado Creek on Seguin Road at Interstate 35, said officials from the San Antonio Police Department.

The San Antonio Fire Department said their firefighters responded to almost 20 other rescue calls as motorists were going around road blockades closing roads over swollen creeks.



**LYNCH from P2**

month. Provided with the meter data, occupants have steadily reduced their energy consumption so that 80 percent now receive money back for using less than the baseline each month.

Other programs and initiatives include efforts to improve the Army's energy grid security and management, to track and offset utility costs, and to require that new military construction and renovation meet rigorous energy efficiency standards.

I have always said that vision without resources is hallucination, so the Energy Portfolio also lists a number of resource opportunities. These include Army and private programs, contracts and other vehicles through which installations can

partner with private industry to gain expertise and resources to create innovative energy programs.

Finally, the Energy Portfolio highlights several projects in which installations are making creative use of all these resources to save and produce energy. These projects include a 12-acre solar power array at Fort Carson, Colo., a vegetative roof project at Tobyhanna Army Depot in Pennsylvania, a methane gas project at Fort Knox, Ky., the first wind turbine on an active Army installation at Tooele Army Depot in Utah, and solar walls at Fort Drum, N.Y. The revised Energy Portfolio will expand on this last section in particular, to provide ideas and inspiration to other members of the Installation

## Focusing on our energy programs is truly non-negotiable.

Management Community.

In addition to version 2 of the Campaign Plan and the revised Energy Portfolio, in October I will also publish an energy operations order, to direct specific actions that raise the overall level of effort within the Installation Management Community.

When we look at the energy projects around our installations, we can see the Installation Management Community has made a solid start in addressing energy issues. However, when we consider those issues, we can also see how far we

still have to go. Last year we spent \$1.3 billion for the installation utility bill, which includes electricity, steam, water and natural gas. The Army spent \$4 billion for fuel and utilities. That is a large price tag for resources we do not control and that will run out eventually.

I am looking for people who are passionate about energy issues and committed to finding innovative ways to solve the challenges.

One key person is the garrison energy manager. Every garrison needs a full-time energy manager, or more than one,

depending on the size of the installation, who can help leadership build a robust energy program. And every garrison needs leadership to back a robust energy plan.

Leadership has to communicate that every Soldier, Civilian employee and Family member on the installation is responsible for doing his or her part.

Occasionally someone who is less-than-committed to energy efficiency says to me, in effect, "Hey, quit going on about turning off the lights."

Here is an idea: turn off the lights and I will quit talking about it. When we have achieved the energy efficiencies that are possible — when we have found ways to avoid energy costs and reduced unavoidable costs and limited our use of nonrenewable

resources — then we can talk about other issues, such as which Soldier and Family programs to apply the savings to.

Focusing on our energy programs is truly non-negotiable. We have to look to our programs to generate savings that will help with the Army's part of the \$23 billion in efficiencies that the Secretary of Defense is requiring from all the services. We have to look to them to more securely position us to accomplish our missions, to provide an even better quality of life for Soldiers and Families, and to help address some critical environmental issues, so that we do not pass them on to our children and their children.

For all of these reasons, it is the right thing to do to get our energy programs right.

# Soldiers, Families cautioned about releasing sensitive information

By Reginald Rogers  
Fort Bragg, N.C.

The rising popularity of social networking sites, such as Facebook and Twitter has prompted more U.S. military service members and their Families to become more technologically savvy.

Soldiers and Family members now have the capability to distribute personal information, such as photos, videos and e-mail messages in real time. It is because of this that officials warn against the distribution of sensitive information on public websites.

“Every person has a piece to the puzzle,” explained Kellie Neuschwanger, Operations Security Specialist at Fort Bragg’s Directorate of Emergency Services. “And we want to make sure not to provide those pieces to the adversary - whoever that adversary may be. It could be your neighborhood criminal or it could be a terrorist downrange looking to hurt the Soldiers, the Families and citizens”

Neuschwanger said the purpose of not providing sensitive information to the public is to make it more difficult for an adversary to identify and exploit our vulnerabilities (personal, unit, installation, Army, military).

She added that it’s important to educate the community about what is considered sensitive information and how to protect that information.

Neuschwanger pointed out some examples of sensitive information which include deployment/

redeployment information, numbers/lists (personnel, logistics, shortages, etc.), meeting times/locations, duty rosters and phone trees, training schedules, and at times, Family support activities (location, types of activities - especially if connected to unit deployment/redeployment, number of participants).

She added that what may seem like everyday conversation to some, such as personnel strengths and shortages or even the mention of a Family readiness group gathering could lead to big consequences if it is released to the wrong person.

“We do not want to publish specific information about the Family readiness group redeployment briefings on Facebook. You never know who might show up uninvited,” Neuschwanger said. “It’s all about educating and using the right forums to communicate.”

She pointed out that everybody wants to put information on Facebook (or other social networking sites) because it’s easy.

“They want the command to post unit details on these pages, which are open to the public - we need to continue to educate and discuss the reasons why we can’t,” Neuschwanger added.

She explained that the Army has several forums that will allow Families to exchange information. “Virtual FRG is one of the forums that is underutilized. And we should be encouraging spouses and Family members to use

AKO (Army Knowledge Online) accounts to disseminate information,” Neuschwanger added.

Army Knowledge Online is a valuable tool that allows spouses, Family members and their Soldiers to stay in touch and is a better method than just using Yahoo, Facebook or other public websites, she said.

Neuschwanger added that there are steps community members can take to ensure they are complying with operations security policy.

Some of these steps include: obtaining and using AKO e-mail accounts for spouses and Family members; asking your unit OPSEC officer to review photos and information before posting to public websites and visiting your unit OPSEC officer for your command’s critical information.

She said there are other steps community members can take to ensure they minimize the threat of divulging valuable information.

These include:

- Don’t talk on your cell phone in public places about unit information.
- Don’t post unit information/pictures on social networking sites.
- Understand and comply with existing security policies.
- Report suspicious behavior.
- Contact your unit OPSEC officer for training opportunities.

She said social networking can be a great tool for the Army and its members, if it is used in the right capacity.

# U.S. Army South Soldiers train Honduran troops on weapons systems

By Alex Delgado  
ARSOUTH Public Affairs

U.S. Army South Soldiers with the 1st Battalion, 228th Aviation Regiment, stationed in Soto Cano Air Base, Honduras, provided basic weapons training to members of the Honduran army Aug. 25.

The training consisted of primary marksmanship instruction and weapons familiarization on the M2 and M249 weapon systems.

The ARSOUTH Soldiers instructed and coached the 20 Honduran soldiers on maintenance, assembly and disassembly, and firing techniques.

The trainers consisted of a former infantry heavy weapons expert, a



Sgt. Delmi Quevedo, a Soldier with the 1-228th Aviation Regiment, observes and instructs Honduran soldiers on conducting a preliminary marksmanship instruction on the M2 at the Zambrano Range in Honduras Aug. 25.

unit armorer, and eight bilingual Soldiers who assisted by translating

the lessons. The training took place at the Zambrano Artillery Range home of the Honduran 1st Field Artillery Battalion.

“The Honduran commander and deputy commander at the artillery school extend the courtesy to allow us to use their range for our training needs,” said Capt. Thomas G. Pierce, 1st Battalion 228th Aviation Regiment operations officer. “In return, we offer our knowledge and expertise to Honduran soldiers regarding our weapon systems.”

Joint training of this type helps increase the level of cooperation and interoperability that exists between the two armies, two traits critical to the future security of

region.

“Conducting this style of training builds good relations with our Host Nation partners aiding

our mission in the region,” said Pierce. “We appreciate the hospitality the Honduran army has shown the 228 in allow-

ing us to utilize their range and facilities for our training requirements.”



Photos by Capt. Thomas Pierce

Spc. Salvador Nunez, a Soldier with the 1-228th Aviation Regiment, coaches a Honduran soldier on the M249 at the Zambrano Range in Honduras Aug. 25. Proper assembly, maintenance, preliminary marksmanship instruction and firing techniques were taught by bilingual 1-228th Soldiers providing Honduran soldiers with a basic knowledge of both the M2 and M249 weapons systems fostering a relationship of partnership and cooperation between members of both militaries.



# More focus, understanding needed to end suicides, Mullen say

By Elaine Wilson

American Forces Press Service

A silent killer is rapidly infiltrating the military, claiming lives at an alarming rate each year.

It does not discriminate, taking aim at the young and old, male and female — from the battle-hardened soldier to the new recruit.

Military suicides have more than doubled in the Army, exceeding the national average over the past five years, and leaders are redoubling efforts to figure out why.

“It’s an area that can’t get enough focus right now,” Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, said. “When we’re losing as many lives as we are, it is a crisis we have to

continue to address.”

In an interview with the Pentagon Channel and American Forces Press Service, Mullen and his wife, Deborah, talked about what it will take to stop troops and families from taking their own lives.

“It’s a very difficult, vexing, complex problem and one that leadership has to spend an awful lot of time on to try to figure out,” Mullen said. “It’s one that in the country is not well understood; therefore, [it’s] one in the military that isn’t understood.”

While top leaders are struggling to find answers, military suicides have reached a critical point, the chairman said.

Last year, suicide claimed 309 troops, and



in 2008, 267 service members committed suicide, according to a Defense Department task force. From 2005 to 2009, more than 1,100 service members took their own lives, an average of one suicide every 36 hours, the task force said.

Some reports attribute the spike to multiple

deployments and long family separations. The majority of suicides do take place among service members who have deployed, Mullen said. Still, a considerable number occur among those who haven’t deployed, he added.

Complicating the issue is a delay in symptoms for those who have served in

combat, Mullen said. In many cases, post-traumatic stress symptoms don’t reveal themselves until months or years later, and a service member may be discharged by that time and back in a civilian community without the same level of support. The military needs to find ways to track those service members so they receive the support they need, he said.

“A significant amount of work needs to be done on the prevention aspect of [suicide] so we don’t get to the point where men and women would consider doing this,” he said.

Leaders also must gain an understanding of the problem’s scope, including the signs, symptoms and vulnerable popula-

tion, he said.

“More than anything else, I think, military leaders have to lead,” Mullen said. Many leaders have had challenges themselves, he noted, and the way they address those challenges, seeking help when needed, can set the example for others.

The military also must work to end the stigma that’s preventing people from seeking help early on, Mullen said, including family members afraid to raise a red flag.

Spouses often are the first to notice a problem, but are fearful of the career repercussions for their service member if they speak up, Mrs. Mullen said.

See SUICIDES P18



# IN MEMORY OF 9/11

## Army North, Fort Sam Houston step out for Freedom Walk 2010

By Staff Sgt. Keith Anderson  
ARNORTH Public Affairs

Several hundred service members and community members came together Sept. 10 to walk a mile to honor the 2,993 victims killed in the 9/11 terrorist attacks and support American service members during the Freedom Walk 2010 event, hosted by U.S. Army North at the Quadrangle.

Under floodlights in the pre-dawn darkness, Lt. Gen. Guy Swan III, commanding general, U.S. Army North and Fort Sam Houston, spoke to those attending the event about the importance of the Freedom Walk and remembering the events of 9/11.

"September 11, 2001, is a day in which we all remember where we were," Swan said. "The first freedom walk I remember is Sept. 11, 2002, when the Pentagon opened back up – and it was a somber day as we remembered all those who lost their lives."

Swan also thanked the service members from throughout Fort Sam Houston for their service to the nation.

"It's an honor and privilege to protect this nation's freedoms and be protected, every day, by people like you," Swan said.

The solemn procession of walkers, carrying guidons, banners and remembrances, traced Staff Post Road around to Liscum Road and S-6-N Road before heading back to the Quadrangle on North New Braunfels Avenue.

For many at the event, the walk was a way to try and make sense of the tragedy of 9/11 in addition to being proud of their service.

"To me, Freedom Walk shows unity, pride and remembrance," said 1st Sgt. David Roels, Operations Company, Headquarters and Headquarters Battalion, Army North.

Roels, a native of Sparta, Wis., and veteran of multiple



Lt. Col. Shannon Miller (left), commander, Headquarters and Headquarters Battalion, U.S. Army North, and Sgt. 1st Class Barney Muller, color bearer, lead a procession of Army North Soldiers, civilians and Family members during Fort Sam Houston's inaugural Freedom Walk to remember the victims of 9/11 and to honor the nation's service members in the pre-dawn hours Sept. 10 at the Quadrangle. Army North is the Army Service Component Command and Joint Force Land Component Command to U.S. Northern Command. It conducts homeland defense, civil support operations and theater security cooperation activities in order to protect the American people and our way of life.

deployments to Afghanistan and Iraq, said everything changed after 9/11.

"I had just completed a 12-mile foot march in Hawaii when the towers were hit," Roels said. "I remember sitting in front of the company when a staff duty noncommissioned officer told us a plane just flew into the World Trade Center. We were all exhausted and figured it was a freak accident. Then the second plane hit, and then the Pentagon was hit. Instantly, our lives changed."

Sgt. 1st Class Barney Muller, who carried the battalion colors for Headquarters and Headquarters Battalion, Army North, said he remembered 9/11 vividly.

"I was at Fort Bragg, N.C.; we have just finished a field exercise, and I was in bed sleeping when I got a phone call recalling me to the company," Muller said. "Shortly afterward, we were stood up and deployed to Washington, D.C."

As Americans, he said, people take their freedoms and comforts for granted at times. The walk, he added, serves as a way to remind people of what they have and that there are still wars being waged.

"It is very important to remember 9/11," Muller said. "We are so advanced that we tend to forget there's a world out there."

The walk provided those gathered a moment away from their day-to-day lives to think about 9/11 and to consider what it means, said Roels.

"We all must remember what it felt like that day – what it feels like to be attacked," he said. "We need to remember, not in anger or prejudice, but in reflection."

## Operation Lone Star, motorcyclists, donate blood

By Lori Newman  
FSH Public Affairs

Operation Lone Star – Texans Supporting Our Troops, a Houston-based group, sponsored a blood drive at the Akeroyd Blood Donor Center Sept. 11.

"We chose the date as a way of remembering the tragic events of Sept. 11, 2001 and to once again remind everyone that the war on terror continues today," said Jim Conley, president of Operation Lone Star.

"Being Family members of active and reserve duty service members, we are aware that there is still an immediate need for blood and blood products for military personnel and their Families," Conley said.

His son is a Marine corporal who has deployed to both Iraq and Afghanistan. His daughter, a specialist in the Army, has also been deployed to Iraq.

Operation Lone Star is a non-profit corporation founded in 2008 by families who have loved ones currently serving in the armed forces.

The three-member group met at another support group for families of Marines. "We decided that we wanted to do more, so we left that group and formed our own group," Judy Pierce said.

Pierce, the vice president of the organization, is Conley's sister. The other member of the group is Sandy Alexander, who's son is a Marine.

Operation Lone Star participates in com-

munity events selling T-shirts, "Support the Troops" magnets and other patriotic items. With the funds they raise, the group sends care packages to service members in Iraq and Afghanistan.

"We try to mail packages quarterly and at Christmas and other holidays," Conley said.

Conley's son, who is currently in the Houston Police Academy, belongs to the Thin Blue Line motorcycle club.

Even though Conley's son could not make it to the blood drive, members of the Thin Blue Line rode from Houston to support the event.

"My son has always wanted a Harley, and when he came back from Afghanistan in 2009, he bought one. He talked me into buying a Harley last

Christmas," Conley said. "The best part is when my son comes in and says, 'Hey pops, you want to take a ride?'"

"It's our duty to take care of our wounded, sick and cancer patients at Brooke Army Medical Center," said Azeb Gordon, blood donor recruiter, Armed Services Blood Program.

"I challenge every eligible donor to sign up to donate, help spread the word or coordinate a blood drive."

Last year, Operation Lone Star members toured the Center for the Intrepid. They brought several items to donate to the CFI with them, including an underwater camera, bendable eating utensils and several storage bins.

JD's Team Xtreme BBQ volunteered their time preparing food for the event.



(Above) Sgt. Noeleene Perez draws blood from Todd Ferner, a Drug Enforcement Agent from Houston during the Operation Lone Star blood drive on Sept. 11.

(Below) Members of the Thin Blue Line motorcycle club ride into the parking lot of the Akeroyd Blood Donor Center to support the troops by donating blood.

## Wagner remembered in solemn 9/11 tribute at Fort Sam Houston

By Steve Elliott  
FSH Public Affairs

In the early morning hours of Sept. 11, as the sun was just starting to come up on a beautiful San Antonio day, a group of about a dozen Soldiers and civilians gathered at a small grave marker in the sprawling Fort Sam Houston National Cemetery. They were there to honor a friend and colleague that was lost in the terrible events of that day nine years earlier.

Lt. Col. Karen Wagner lost her life as a result of the Sept. 11, 2001 terrorist attack on the Pentagon in Washington, D.C., where she was serving as an Army Medical Department staff officer in the Office of the Deputy Chief of Staff for Personnel.

Wagner, a member of the Medical Service Corps and 17-year Army veteran, was stationed at Fort Sam Houston from 1987 to 1990 and graduated from Judson High School on San Antonio's northeast side in 1979.

The colonel grew up in a military family in San Antonio and was a 1984 graduate of the ROTC program at the University of Nevada-Las Vegas. She also earned a master's in health services administration at the San Antonio campus of Webster University in 1992. She was in the process of obtaining her Ph.D. from Old Dominion University at the time of her death.

As those present lit candles in Wagner's memory, Col. Tom Little, the Corps Specific Branch Proponency



Photos by Steve Elliott

Wanda Hubert places a wreath on the gravesite of Lt. Col. Karen Wagner, who lost her life as a result of the Sept. 11, 2001 terrorist attack on the Pentagon in Washington, D.C., where she was serving as an Army Medical Department staff officer in the Office of the Deputy Chief of Staff for Personnel. Hubert was a longtime friend of Wagner's who spoke at the annual remembrance gathering.



Friends, family and colleagues of Lt. Col. Karen Wagner attend the remembrance ceremony in her honor Sept. 11.

Officer for the Medical Service Corps at the U.S. Army Medical Department Center & School, talked of Wagner's many career highlights in his opening remarks. Included was her stint as executive officer and company commander for Company D of the 187th Medical Battalion at Fort Sam Houston.

Little also noted that Wagner, who was commissioned as a second lieutenant in 1984, had been promoted to lieutenant colonel just two months before Sept. 11, 2001.

"Karen always left us with laughter and joy," said Wanda Hubert, a longtime friend of Wagner's who spoke at the annual remembrance gathering. "She would always be thinking of what she could do to make us smile."

Wagner's memory was also com-

memorated in 2005 when the Judson Independent School District named a high school after her. She was vice president of her senior class, a member of the National Honor Society and voted as "Most Athletic" by her peers. She garnered all-district honors in basketball, was a top finisher in the 440-yard dash in the state track meet.

Wagner was also a member of the Medical Careers Club, the Heritage Society Club, Judson Student Council and the Judson Air Force Junior ROTC while at Judson.

On Fort Sam Houston, the 32nd Medical Brigade's headquarters at Building 902 has been dedicated and renamed for Wagner as well.

"We began our careers together and often visited with each other, said Hubert, who retired from the Army as a lieutenant colonel in 2004 and now works as a program manager in the clinical service division at AMEDD C&S. "On the day the attacks happened, I had just talked to Karen earlier that morning and made plans to meet for lunch. I was on temporary duty in Washington, D.C., serving on an officer selection board. Karen had taken over the job I had served in."

"We didn't find out until that evening that she lost her life when the aircraft hit the Pentagon," Hubert said. "We couldn't believe we had lost Karen."

The annual tribute to Wagner has been going on every Sept. 11 since 2002, Hubert said. "No matter what kind of day we had, she always had the ability to smile and make us all break out in laughter."

**SUICIDES from P14**

“We know that service members tell their spouses not to mention any sort of symptoms the service member might be experiencing for fear that, as one spouse said, “That will mean the end of their career,” she said. “That stigma is so ingrained and embedded in not just the military, but in our country, and breaking through that is going to be key ... to solving this problem.”

This internal barrier to seeking help can have a far-ranging effect, also causing spouses to stop short of seeking much-needed help for themselves, Mrs. Mullen said. Spouses, she said, may be suffering from stress, anxiety, frustration and anger, but are afraid of the fallout from asking for care.

When family members

have the courage to ask for help, the military must step up care, Mrs. Mullen said. She said she spoke with a military spouse with suicidal thoughts who sought help from a military physician. She was given medication, but not a follow up. If someone is brave enough to come forward, the military must offer ongoing support, including mental-health follow-ups, she said.

Mrs. Mullen called for training within families to help them recognize issues in their service member and in themselves, and to know what to do about them without fear of repercussion.

Fortunately, families have more avenues of help now than ever before, including ones that offer anonymity, she said. People who are uncomfortable speaking

with someone at a military clinic can instead receive 12 free counseling appointments through Military OneSource or contact Tricare for online counseling at home. Other resources include the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), the Tragedy Assistance Program for Survivors at 1-800-959-TAPS (8277) or a military family life consultant.

Support is particularly vital after a suicide, when a family is at its most vulnerable, Mrs. Mullen said, stressing the importance of what she calls “post-vention,” or after care.

“It’s important to make sure that the people at risk after the suicide are reached and that they have the opportunity to express privately maybe their own concerns, their own thoughts,” she said.

“I think if we provide for them the appropriate post-vention care that we will restore the hope for those families that this may not occur in their family again.”

The Mullens both stressed the importance of hope, both in prevention efforts and in the aftermath of a tragedy. A suicide, they said, means all hope was lost.

“[There’s] help out there that would allow an individual to move through this,” the chairman said. “Keep the hope, as difficult as that may seem in these circumstances.”

“No matter how hard, how long, no matter what it takes, however many people need to get involved in this, this is something that the military is going to pursue and try to eliminate totally.” Mrs. Mullen added.

## BAMC WANTS YOU TO BE A PART OF THEIR TEAM



**Photo by Mike Dulevitz**

BAMC volunteer Beverly Fox assists Sophia Martinez navigate through the new features on the new interactive computer kiosks. BAMC is looking for volunteers to assist patients, family members, staff and visitors with the new service and many other departments throughout the hospital. Call Volunteer Services at 808-4982 for more information.



# Soldiers get a 'Boss Lift' during field training

By Pfc. Andrew S. Valles  
4th Expeditionary Sustainment  
Command Public Affairs Office

As many others started off their day with memories of Patriot Day on Sept. 11, a group of employers met at Fort Sam Houston to take part another memorable event.

The 4th Expeditionary Sustainment Command, along with the Employer Support of the Guard and Reserve hosted a "Boss Lift" event to provide employers and supervisors the opportunity to better understand what their Army Reserve employees do when they are away from their civilian jobs for military duty.

The ESGR is a U.S. Department of Defense organization that was chartered in 1972. Their mission is to gain and maintain active support from all public and private employers for the men and women of the

National Guard and Reserve.

Ten employers were afforded the opportunity to travel to the Camp Bullis training area by UH-60 "Black Hawk" helicopters. As they prepared to get on the helicopters, the anticipation and excitement was evident for this new experience.

"I didn't know what to expect," said David Kimball, an executive with USAA, a financial services company headquartered in San Antonio that offers banking, investing, and insurance to people and families that serve, or served, in the United States military.

"It is amazing to see what these Soldiers go through," said Kimball, who is the supervisor of Maj. Tim Vilter, senior financial analyst officer for 4th ESC support operations.

Once at Camp Bullis,



Maj. Tim Vilter (left), senior financial analyst officer for the 4th ESC support operations, shows his boss, David Kimball from USAA, how to prepare a MRE (meals ready to eat).

the employers saw firsthand the type of training their employees must do as part of their continuous military training. These Warrior Task and Battle Drills include Combat Life Saver training and weapons qualifications. The employer and employee were even able to partake in a military style lunch – MREs (Meal, Ready-to-Eat).

"It is nice to see how our Soldiers train and prepare for combat and defending our freedom," said Josh Carmen, direc-

tor for Harbour Hospice. "He [Spc. Alfonso Orocio, 4th ESC chaplain assistant] is a great employee. I hired him because of his organization, discipline, and professionalism. I know he got a lot of that from the Army Reserve."

Because today Army Reserve Soldiers are continuously engaged across the globe and could be called at any given moment, the 4th ESC ensures their Soldiers are up to date on all new training available.



Brig. Gen. Les J. Carroll, commanding general for the 4th Sustainment Command (Expeditionary), shows employers ammunition for different types of weapon systems Soldiers in the 4th ESC train on during the Employer Support of the Guard and Reserve "Boss Lift" event Sept. 11.



Photos by Pfc. Andrew S. Valles

Employers are shown what kind of targets are used when Soldiers "zero" their M16 rifles during the Employer Support of the Guard and Reserve "Boss Lift" event Sept. 11. Employers were able to see firsthand what their employees do, from Combat Life Saver training to weapons qualifications to eating MREs (meals ready to eat).

# Comics on Duty yuck it up at Hacienda

Four touring comedians brought an evening of laughter and levity to the Hacienda Recreation



Comedian Steve Burr entertains during Comics on Duty Sept. 10 at the Hacienda Recreation Center. Burr makes regular trips overseas to entertain U.S. troops stationed in places such as Iraq, Kuwait, Afghanistan, Italy, Germany, Japan and Korea.

Center Sept. 10.

It was a free show sponsored by "That Guy," a program established by the Department of Defense and TRICARE in an effort to reach 18- to 25-year-old people and prevent binge drinking. The goal of the program is to prevent the young service member from becoming "That Guy" when they are drinking in a social setting. There is also a "That Girl" program as well.

"Comics on Duty" is a show that goes to military installations worldwide, including deployment areas. Up to four comics perform in each show and are chosen on their background, experience, professionalism and stage presence and, more importantly, their ability to make people laugh.

The funny guys in this production were Steve Bills, Steve Burr, John Bizarre and Tom Cotter. All of them are well known throughout the stand-up comedy profession and have appeared on major television

shows and networks.

Most of the comics have been actively involved in entertaining troops throughout their careers. The show was presented through the efforts of Fort Sam Houston MWR

"That Guy" is a multimedia campaign that uses online and offline communication with the goal of reducing excessive drinking among young servicemen. The campaign encourages young enlisted personnel to reject binge drinking because it detracts from the things they care about: family, friends, dating, sex, money, and reputation.

The campaign, which can be found at <http://www.thatguy.com>, uses humor to deliver a serious message and provides viral tools so service members can be part of the effort to eradicate "That Guy."

The comics put on shows at 5:30 and 7:30 p.m. at the Hacienda. Approximately 225 people attended the shows, mostly Soldiers from the



Photos by Valentine Pumphrey

Steve Bills delivers his comedy routine during the Comics On Duty tour stop at the Hacienda. The master of ceremonies for the event, Bills regularly performs at military bases around the country and worldwide.

32nd Medical Brigade, as well as Air Force and Navy students going through training at Fort Sam Houston.

"It was great to watch the military students in the audience laughing and enjoying themselves

as much as they did," said Jewel Terrell, recreation assistant manager of the Hacienda

Recreation Center. "The comics were as good or better than I have seen on TV."

## Revised online coupon policy strengthens exchange benefit

With a click of the mouse, saving at the post exchange is easier than ever before thanks to a decision to accept manufacturers' online coupons.

"Frankly, the economy has spurred increased interest in electronic coupons," said Army & Air Force Exchange Service commander Maj. Gen. Bruce Casella.

"This, combined with industry projections showing online offers accounting for 8.7 percent of all

coupons sent out in 2010, made it necessary to find a way to let exchange shoppers apply some of the estimated \$12.7 billion in savings said to be out there to purchases made at their BX or PX."

Sites and services that offer manufacturer coupons range from companies' own websites to online discount portals. What a manu-

facturer's coupon says actually takes priority over its source as AAFES requires the words "manufacturer coupon," a bar code, expiration date, redemption address, usage policy and stated face value to all appear on the coupon in order for redemption.

In most instances, AAFES' new coupon policy even allows for

one manufacturer's coupon to be combined with an AAFES-issued coupon for the same item.

"Unless either offer specifically prohibits a combined discount, coupons available through AAFES' Mobile Marketing (<http://www.aafes.com/mobile.htm>) service or sale fliers ([http://odin.aafes.com/his\\_week/default.asp](http://odin.aafes.com/his_week/default.asp)) can be combined," Casella said.

(Source: AAFES)



3rd Annual  
**End of Summer BASH**  
© the Benner Barracks

**FREE Event!**  
Music, Food and Drinks

Rock wall PLUS Water Inflatables! Be ready to get wet, bring appropriate swimwear!

**Thursday, Sept. 23  
6 to 10 p.m.**

For additional information contact a local BOSS rep. or call (210)221-4242.

BOSS I.A.M. STRONG

# Cole High School announces new Junior ROTC leaders

By Cadet Maj. Ashley Erickson  
Cole Cougar Battalion PAO

The Robert G. Cole Cougar Battalion started the new school year proudly, wearing a gold star on their uniforms signifying the "Honor Unit With Distinction" designation they received last year for passing their formal inspection.

More than 110 JROTC cadets have already begun studying mandatory knowledge, learning and perfecting marching drills and preparing their uniforms within regulation guidelines.

Though the school year is less than three weeks old, cadets have been extremely busy. The color guard has performed at a San Antonio Missions game,

Immigration and Naturalization Service ceremonies, and Cougar Stadium for varsity football games.

The new rifle team, consisting of Cadets 2nd Lt. Haylee Averett, Sgt. Dominique Edmonds, 2nd Lt. Ronnel Jordan, Cpl. Alex Kane, 2nd Lt. Chris Lamoureux and Command Sgt. Maj. Carlton Hogan have already been hard at work at the rifle range.

Upcoming events include numerous blood drives, various color guard presentations, rifle team and physical training team competitions, homeless veteran funeral services, service learning projects, the annual Turkey Shoot, Corps Day, military ball, individual and company drill com-

petition, Saber and Honor Guards, and the end of the year spring ceremony.

This year's battalion is proud to present the following cadets who will lead Cole's JROTC program this year:

**Battalion Commander:**  
Cadet LTC Stephanie Aviles

**Battalion Executive Officer:** Cadet Major Kayanna Wade

**Battalion Command Sgt. Maj.:** Cadet Command Sgt. Maj: Carlton Hogan

S-1: Cadet Maj. Shelby Tallent

S-3: Cadet Maj. Domonique Mincey

S-4: Cadet Sgt. Major Brittaney George

S-5: Cadet Maj. Ashley Erickson

Assistant S-1: Cadet Staff Sgt. Ruby Gibson

Assistant S-4, Cadet Staff Sgt. Sarah Costello  
**Company Commanders are:**

Company A: Cadet 2nd Lt. Christopher Lamoureux

Company B: Cadet 2nd Lt. Ronnel Jordan

Company C: Cadet 2nd Lt. Haylee Averett

Company D: Cadet 2nd Lt. Michael Barber

**First Sergeants are:**

Company A: Cadet 1st Sgt. Austin Peregory

Company B: Cadet 1st Sgt. Daniel Rodriguez

Company C: Cadet 1st Sgt. J.C Salazar

Company D: Cadet 1st Sgt. Lucy Vasquez

The Cole High School JROTC battalion is directed by retired Lt. Col. Robert Hoffman and retired Sgt. 1st Class John Clinton.

## FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES SEPT. 20-25

**Fort Sam Houston  
Elementary School**

Gifted and Talented Education (G.A.T.E.) testing all week  
**Sept. 23**

Parent to Parent Class,  
8 to 9 a.m.

Tell Me A Story Event, 6:30 to 7:30 p.m.

**Robert G. Cole Middle and  
High School**

**Sept. 21**

JROTC Blood Drive, Pryor Hall,  
3 to 7 p.m.

**Sept. 24**

Senior's order caps/gowns/  
announcements during advisory  
V/JV Volleyball at Nixon  
Smiley, 4:30 and 5:30 p.m.

## Tell Me A Story event at elementary school

Parents and students are invited to attend a Tell Me A Story Event, hosted by the Military Child Education Coalition's Parent to Parent (P2P) program. The event will be held Sept. 23 at 6:30 p.m. at Fort Sam Houston Elementary School.

Guest reader Col. Mary Garr will read Night Catch, the story of a deployed Soldier who plays catch with the moon and his son. Each Family in attendance will receive a free copy of the book. Students will also enjoy a special appearance by the San Antonio Missions mascot.

Parents are encouraged to RSVP to [ftsamhoustonp2p@yahoo.com](mailto:ftsamhoustonp2p@yahoo.com)

### News Leader survey online

Visit <http://www.samhouston.army.mil/PAO>.

For more information, call 221-0615 or 221-2030.

# AFAP conference gets underway Sept. 21-23 at Sam Houston Club

By Cheryl Harrison  
ACS Marketing

Many Soldiers and civilians will be busy next week at the Army Family Action Plan conference to be held Sept. 21-23 at the Sam Houston Club. They will join together to address significant issues that could affect the well-being of the Army family.

The AFAP conference allows a process for concerns and issues of Soldiers, civilians, retirees and Family members to be heard

and potentially resolved to make a better and stronger Army.

The Army designed the AFAP program to identify issues, raising them to the appropriate level to be solved.

However, the program doesn't stop there. Once an issue is entered into the program, the Army monitors it to ensure it is resolved or deemed unattainable.

This "grass-root" program brings up issues and provides recommendations to the chain of

**All issues that impact military life are read, considered and tackled in positive ways. Every issue is deemed important and treated as such.**

command. Some issues can be handled at the local level, but many issues take Department of the Army-level action to affect change.

All issues that impact military life are read, considered and tackled in positive ways. Every issue is deemed impor-

tant and treated as such.

To date, more than 500 issues have been entered into the AFAP program, many of them originated from the average Army employee or Family member with an idea on how to make the Army better.

The AFAP conference

may only happen once a year, but it is never too early to make note of concerns and submit them on the issue forms for next year's conference.

There are currently about 30 AFAP box locations throughout the post, some of which are at Brooke Army Medical Center, Army Community Service, the Post Exchange, commissary and in/out processing.

"The deadline for submitting issues to this year's conference has

passed, but now is the time to begin submitting issues for next year's conference. AFAP is an ongoing process," said Jennifer Slack, acting AFAP manager.

The form is self explanatory and easy to complete. Submit as many issues as you like, using a new form for each issue.

For more information, call Jennifer Slack at 916-9656 or e-mail Jennifer.slack@us.army.mil.



# Religious Briefs

## Protestant Women of the Chapel Weekly Meetings

PWOC will hold weekly Bible studies. Morning studies meet Wednesdays, 9:30-11:30 a.m. and evening studies meet Thursdays, 6:30-8 p.m. at Dodd Field Chapel, 1721 Dodd Blvd. The chapel provides free child care for children up to 5 years old and a home school facilitator during PWOC. All children must be registered with the Child Development Center. Call 863-6361 or e-mail samhouston@pwoc.org.

## Living by Faith

A new Mid-week religious education program, "Living by Faith," begins Sept. 22 at Dodd

Field Chapel.

Dinner begins at 5:30 p.m. with classes to follow at 6:30 p.m. Classes including information on financial peace, scripture, catholic faith, marriage, youth and more. All ages are welcome. For more information, call 221-5006

## Liturgy with Archbishop Timothy P. Broglio

Brooke Army Medical Center and the Department of Ministry and Pastoral Care will host a liturgy with Timothy P. Broglio, archbishop of Military Services, Sept. 19 at 11 a.m. in the BAMC fourth floor Auditorium. For more information, call 916-1105.

# Rocco Dining Facility Menu

Building 2745, Schofield Road

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

### Friday – Sept. 17

**Lunch – 11 a.m. to 1 p.m.**  
Barbecued roast pork, turkey pot pie with biscuits, meat loaf, southern fried fish, cheese ravioli, mashed potatoes, macaroni and cheese, paprika potatoes, cabbage, glazed carrots, okra and tomato gumbo

### Dinner – 5 to 7 p.m.

Barbecued kielbasa sausage, turkey stuffed peppers, Caribbean baked fish, salmon croquettes, mushroom quiche, au gratin potatoes, wild rice, black-eyed peas, LA-style squash, asparagus

### Saturday – Sept. 18

**Lunch – noon to 1:30 p.m.**  
Grilled tuna patties, Creole macaroni, breaded pork fritters, vegetable stuffed peppers, au gratin potatoes, steamed rice, wax beans with pimentos, broccoli, corn

### Dinner – 5 to 6:30 p.m.

Roast pork loin, charbroiled meatballs with brown gravy, chicken fried steaks, barbecued roast pork, broccoli-rice-cheese casserole, baked potatoes, mashed potatoes, rice pilaf, orange carrots amandine, stewed tomatoes, Brussels sprouts

### Sunday – Sept. 19

### Lunch – noon to 1:30 p.m.

Herb baked Cornish hens, spaghetti with meatballs, chicken stir fry, cheese tortellini, steamed rice, cauliflower combo, spinach, mixed vegetables

### Dinner – 5 to 6:30 p.m.

Meat loaf, Cantonese spareribs, cheese ravioli, grilled turkey patties, broccoli quiche, mashed potatoes, orange rice, Brussels sprouts, pinto beans, turnip greens

### Monday – Sept. 20

### Lunch – 11 a.m. to 1 p.m.

Spicy Italian pork chops, lemon-pepper catfish, beef lasagna, chicken parmesan, pasta primavera, parsley-buttered new potatoes, wild rice, yellow squash, fried okra, broccoli

### Dinner – 5 to 7 p.m.

Chili macaroni, vegetable lasagna, spaghetti with meat sauce, chicken cordon bleu, spaghetti noodles, rice pilaf, oven-browned potatoes, succotash, asparagus, cauliflower

### Tuesday – Sept. 21

### Lunch – 11 a.m. to 1 p.m.

Grilled blackened chicken breasts, carne casada tacos, cheese enchiladas, meat loaf, turkey pot pie with biscuits, cottage-fried potatoes, steamed rice, Spanish rice, fiesta green beans, glazed carrots, spinach, pinto beans

### Dinner – 5 to 7 p.m.

Fiesta chicken and rice, Swiss steaks with brown gravy, baked ham, cheese quesadillas, hopping John rice, mashed potatoes, fresh sweet potatoes, mixed vegetables, Mexican corn, Harvard beets

### Wednesday – Sept. 22

### Lunch – 11 a.m. to 1 p.m.

Honey-glazed Cornish hens, stuffed cabbage rolls, Salisbury steaks, cheese ravioli, spareribs with sauer-

kraut, parsley-buttered potatoes, paprika potatoes, parsley egg noodles, creamed corn, zucchini squash, peas and carrots

### Dinner – 5 to 7 p.m.

Ginger pot roast, baked knockwurst, Creole chicken, rice frittata, country-fried steaks, steamed rice, scalloped potatoes, sweet and sour cabbage, black-eyed peas, carrots

### Thursday-Sept. 23

### Lunch – 11 a.m. to 1 p.m.

Teriyaki baked chicken, roast beef, grilled tuna patties, sweet and sour pork, cheese manicotti, fried rice, oven-browned potatoes, baked potatoes, broccoli, vegetable stir fry, corn on the cob, broccoli polonaise

### Dinner – 5 to 7 p.m.

Pepper steak, roast turkey, stuffed baked fish, cheese tortellini, mashed potatoes, cornbread dressing, steamed rice, Chinese mixed vegetables, glazed carrots, Brussels sprouts

*Menus are subject to change without notice*



## Announcements

### Microsoft Office Classes

Sept. 16 – Word Level 2  
 Sept. 21 – Access Level 1  
 Sept. 22 – Excel Level 3  
 Sept. 23 – Word Level 3

Classes are 8 a.m.-noon at Army Community Service, Building 2797, to register call 221-2518/2705.

### ACS Computer Lab

The computer will not be open until 4:30 p.m. on the following dates: Oct. 4, 13 and 14.

### Aquatic Center

The Aquatic center has extended its season through Sept. 26. The hours of operation are: Mondays 11:30 a.m.-1:30 p.m. lap swimming only; Tuesdays-Fridays 11:30 a.m.-1:30 p.m. lap swimming only and 4:30-8 p.m. open swim; Saturdays-Sundays noon-8 p.m. open swim. Call 221-4887.

## Calendar of Events

### Sept. 17 Happy Toddler, Happy Parents

The class is 11 a.m. to 1 p.m. at ACS, Building 2797. Bring your lunch and explore new techniques with toddlers. Call 221-0349.

### CARE Team Training

The training is 1:30-3 p.m. at ACS, Building 2797. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil

### Sept. 18 Conquering the Chaos

The Exceptional Family Member Program will offer a workshop entitled "Conquering the Chaos: Supporting the Developmental Growth of Children with Neurological Differences," 8 a.m.-5 p.m. at ACS, Building 2797. The class is ideal for educators, Families with EFMs and caregivers. The workshop is free and lunch will be provided. To register, call 221-2962.

### Gold Star Flag Service Presentation and Survivor Honoree Ceremony

Survivor Outreach Services will hold a ceremony will honor those Families whose loved one perished while serving in Operation Enduring

Freedom and Operation Iraqi Freedom, 10 a.m.-noon at the Sam Houston Club. This ceremony will be held quarterly honoring Soldiers who have fallen during specific conflicts. Refreshments and a social time will be offered from noon-2 p.m. Call 221-1841.

### UIW Military Appreciation Game

The University of the Incarnate Word will hold its annual Military Appreciation Football Game at 7 p.m. at the Gayle and Tom Benson Stadium on the campus of UIW. General admission is free for all DoD I.D. cardholders. There is also free parking in the parking garage located near the 281 and Hildebrand campus entrance. Call 829-6048.

### Sept. 19 Army Dillo

The annual Army Dillo Half, 10 and 20 Miler will begin at 7:30 a.m. at the Jimmy Brought Fitness Center. All participants will receive a T-shirt and will be eligible to win awards. Register at the Jimmy Brought Fitness Center, Building 320, or online at <http://www.active.com>. Call 221-1234 for more information.

### Sept. 20 Unit Victim Advocate Training

The training is Sept. 20-24, 8

a.m.-4:30 p.m. at the 32nd Medical Brigade, Building 902. Call 221-0918/1505.

### Pre-Deployment Planning

The training is 9 a.m.-3 p.m. at ACS, Building 2797. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

### Savings and Investing

The class is 2-4 p.m. at ACS, Building 2797. To register, call 221-1612.

### Sept. 21 Key Caller Training

The training is 8 a.m.-4 p.m. at ACS, Building 2797. To register, call 221-1829/2705.

### Credit Reports, Where do you stand?

The training is 2-4 p.m. at ACS, Building 2797. To register, call 221-1612.

### Sept. 22 Stress Management

The class is 11 a.m.-12:30 p.m. at ACS, Building 2797. Call 221-0349/0600.

### Sept. 23 SHARP New Initiative

The Army is once again streamlining and leading the way when battling Sexual Assault within its

ranks. The Sexual Harassment Assault Response Prevention (SHARP) program is currently in its transition and has established mobile training teams to train personnel at all Army installations. SHARP commander and senior Leader briefings will be held Sept. 23 or 24, 1:30- 3:30 p.m. for all Soldiers E-8 and above at ACS, Building 2797. All commanders and senior leaders are encouraged to attend. Call 221-7103/0598.

### End of Summer Bash

The Better Opportunities for Single Soldiers' End of Summer Bash is 6-10 p.m. at the Benner Barracks BOSS ZONE. There will be music, free food, a rock wall and water inflatables and prizes. The event is free and open to all Family and MWR patrons Call 569-2364.

### Sept. 24 U.S. Paralympics Warrior Sports Series

The U.S. Paralympics Warrior Sports Series will be held Sept. 24-25, 9 a.m.-5:30 p.m. at the Jimmy Brought Fitness Center, Building 320, Wilson Road.

### Federal Resume Writing

The class is 9 a.m.-noon, at ACS, Building 2797. Registration is required, call 221-0427/0516.

### Unit Trauma Training

The training is 9 a.m.-2 p.m. at ACS, Building 2797. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

### Sept. 25 Fort Sam Houston Golf Club Championships

The Club Championships will be held Sept. 25-26. It will be a 36-hole stroke play. The fee is \$50/members and \$70/non-members and includes greens fees, cart rental and admittance to the social and awards ceremony following tournament play Sept. 26. Open to all DoD I.D. cardholders and Family members. Register by Sept. 19. Call 222-9386.

### Sept. 27 SHARP Mobile Training

Sexual Harassment Assault Response Prevention (SHARP) mobile training team will conduct training Sept. 27-Oct. 8. Registration is required. Call 221-7103/0598.

### Movie Night Schedule

Sept. 24 – "Prince of Persia: The Sands of Time," post flagpole  
 Sept. 25 – "Marmaduke," Dodd Field  
 Movie begins around 8:30 p.m.  
 In case of inclement weather, movies will be shown at ACS, Building 2797. Call 221-2418/2705.



## Announcements

### USO Open Late Mondays

The USO San Antonio, 203 W. Market St., will be open late for Monday Night Football. Snacks are provided. Call 227-9373.

### Hispanic Heritage Events

Latin Social, Sept. 17 from 3-6 p.m. at Kendrick Club, Randolph Air Force Base

Food Sampling, Sept. 21, 11 a.m., Chapel Annex, Randolph AFB  
JBSA HHOM Luncheon, Oct. 7, 11 a.m.-1 p.m., Kendrick Club, Randolph AFB

### Audie Murphy Club

The Sergeant Audie Murphy Club SMA Leon Van Autre Chapter will hold a special election to elect an interim vice president to serve out the term of the current Vice President Sgt. 1st Class Serena DiVirgilio as she transitions to Fort Hood, Texas. The election will be held at October's monthly meeting and the elected official will serve until annual elections are held in January 2011. The Sergeant Audie Murphy Club would like to thank DiVirgilio for

her dedication and commitment to the chapter and for a job well done. Her work will carry the club forward and her presence will truly be missed.

### Lose Something?

All found property is kept for 45 days and disposed of unless owner is identified. Call 221-2340 or visit Fort Sam Houston Police Desk, Building 2244.

## Calendar of Events

### Sept. 16

#### FSH Preservation Society

The Society for the Preservation of Historic Fort Sam Houston will meet for a light lunch at 11 a.m. at the Stilwell House, 626 Infantry Post. Former U.S. Ambassador Sichan Siv will speak on his native country of Cambodia at noon. Reservations are not required. For information, call 527-9513, 824-1917 or 646-5704.

### Sept. 20

#### MOAA Oktoberfest

Military Officers Association of America will host a German-style picnic beginning at 5:30 p.m. at 1730 Eberle Park, Randolph Air Force Base. German attire highly encouraged. Cost is \$20 per person. RSVP by Sept. 20, call 228-9955.

### 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 & Chlucchi'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 375-9895 or 666-9818.

### Sept. 24

#### "Still Serving" Weekend

The Army and Air Force Exchange Service will salute retirees Sept. 24-26 by offering unique specials at the Fort Sam Houston Post Exchange. Exclusive savings on a wide variety of products, including \$50 off any in-stock Toshiba notebook, 25 percent off men's adidas apparel, Hanes women intimate apparel, all Nike caps and accessories, Rosetti handbags and all Rolfs belts. AAFES is also offering several "meal deals" at the Fort Sam Houston food court.

### Sept. 25

#### Cowboys Extreme Cage Fighting Discount Tickets

Cowboys Extreme Cage Fighting live amateur mixed martial arts cage fights will take place Sept. 25 at Cowboys Dance Hall, 3030 N.E. Loop 410 at Interstate Highway 35. All DoD I.D. cardholders receive special \$10 military pricing on general admission tickets and \$30 ringside tickets at the door (\$5 off the retail values). Doors open at 5 p.m. and the fights start at 6 p.m.

Visit <http://www.fortsamhouse-tonmwr.com> or [\[combatgroup.com\]\(http://combatgroup.com\) or call 836-5633 for more details.](http://www.premier-</a></p>
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### Sept. 26

#### Responsible Pet Ownership Day

The event is 10 a.m.-4 p.m. at the Lou Hamilton Community Center, Lady Bird Johnson Park. There will be demonstrations, low cost pet services, and AKC Canine Good Citizen Tests for \$10. Pets welcome on short leashes or in carriers. Call 822-6763.

### Oct. 7

#### RecruitMilitary Opportunity Expo

A free employment, entrepreneurship, and educational opportunity event for veterans, personnel who are transitioning from active duty, reserves, guard and military spouses will be held 11 a.m.-3 p.m. at the Frank C. Jr. Erwin Events Center in Austin. For more information or to register as a job-seeker, visit <http://www.recruitmilitary.com>.

### Sept. 18

#### 29th Annual 16 de Septiembre Festival and Parade

The event includes a drill team competition at 8:30 a.m., parade begins at 10 a.m. and the festival is 8:30 a.m.-5 p.m. at the Plaza Guadalupe. Call 223-3151 or visit <http://www.avenidaguadalupe.org>.



**For Sale:** 2001 Pontiac Grand Prix, automatic, black, four door sedan, 70K miles, tinted windows, power windows and locks, air condition, AM/FM radio, very clean, \$4,700 obo. Call 722-6998 or 842-7094.

**For Sale:** 2006 Chrysler 300, 42K miles, silver, 2.7 liter V-6, 4 speed automatic transmission, power steering, power brakes, power windows and locks, remote key, AM/FM/Multi-CD, immaculate condition, runs beautifully, \$14,995 obo. Located near Camp Stanley. Call 698-3756.

**For Sale:** 1998 Chevy S-10 Blazer, V-6, automatic, A/C, new tires, power everything, runs and drives great, \$2,900 obo. Call 557-7307.

**For Sale:** King size solid wood sleigh bed with nine drawer dresser and mirror includes mattress and box springs, \$200 obo; solid wood oval table with inserts, seats six with matching chairs, \$100 obo; New GE front load washer and dryer, \$900 obo. Call 337-353-2646.

**For Sale:** Entertainment center, 89 inches long by 78 inches high by 18

inches deep, with 32-inch JVC HD TV, excellent condition, \$550; 1970's Model Ford 3000 Diesel farm tractor, 40 hp, with 6 foot landscape rake and 5 foot shredder, very good condition, \$3,500. Call 488-3175 (day) or 830-438-2860 (evenings).

**For Sale:** Safety First red and pink apple travel system, car seat and stroller, new, \$100; Haynes auto repair manuals for Toyota pickups ('79-'95), Toyota 4Runners ('84-'95), GM Chevy Cavalier and Pontiac Sunfire ('95-'04), \$7 each. Call 248-4937.

**For Sale:** Oak computer corner desk/hutch, printer stand and chair, \$300 obo; Black metal futon frame, \$90. Girls clothing, Jr. size 5, box full, \$35; full-size lilac bedspread plus two matching pillows, \$15. Call 697-9261

**For Sale:** Coffee table, \$95; white desk/dresser with shelves, \$75; Little Tikes wagon, \$35; Cardioglider exercise machine, \$175. Call 633-2247.

**For Sale:** Sears garden plow, new, \$95; 150-gallon butane/propane tank, \$450 obo; antique iron wheels, two for \$100; 10-inch radial arm saw. Call 219-4327.

**For Sale:** Entertainment center, solid oak, \$150 obo; office desk, \$60, solid oak antique table, \$75. Call 550-7371.



## REMINDER CALENDAR

- Sept. 19** Army Dillo 10/20 Miler, 7:30 a.m., Jimmy Brought Fitness Center
- Sept. 21-23** Army Family Action Plan Conference, Sam Houston Club
- Sept. 21** Spouses Club Luncheon, 11 a.m.-1 p.m., FSH Golf Club
- Sept. 24** Movie Night, "Prince of Persia – The Sands of Time," 8:30 p.m., Flagpole
- Sept. 24-25** U.S. Paralympics Warrior Series, 9 a.m.-5:30 p.m., Jimmy Brought Fitness Center
- Sept. 25** Movie Night, "Marmaduke," 8:30 p.m., Dodd Field
- Sept. 25-26** Fort Sam Houston Golf Club Championship
- Sept. 26** Gazebo Concert, 6 p.m., Staff Post Road, hosted by Brig. Gen. Joseph Carvalho
- Sept. 28** Newcomers Extravaganza, 9:30-11 a.m., Sam Houston Club
- Sept. 28** Headquarters and Headquarters Company Ribbon Cutting Ceremony, 8:30 a.m., Building 2186

