

FORT SAM HOUSTON News Leader

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



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**TREE
LIGHTING
CEREMONY**
DEC. 1
5-8 p.m.
Post Flagpole

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

502nd ABW implements all-day appointments for CAC/ID cards

Starting Dec. 1, the 502nd Air Base Wing will implement new procedures for customers requiring new identification cards, common access cards, and Defense Enrollment Eligibility Reporting System services.

To help reduce excessive wait times currently experienced by customers, the existing walk-in customer services at its main ID Card/CAC issuance facilities will be replaced with an all-day appointment only process for all military members, retirees, dependents, civil service employees and contractors customers.

Appointment times will be between 8 a.m. and 3:20 p.m., Monday through Friday, and will be scheduled in 20-minute intervals.

Changes to existing ID Card/CAC and DEERS services will only affect the main DEERS ID Card/CAC issuance facilities at these locations:

502nd Force Support Squadron, Building 367, Fort Sam Houston; 221-0415

802nd Force Support Squadron, Building 5616, Lackland Air Force Base; 671-4178

902nd Force Support Squadron, Building 399, Randolph AFB; 652-1845

Customers can schedule appointments at any of these facilities by visiting <https://rapids-appointments.dmdc.osd.mil/> or call to set up an appointment.

EXEMPLARY HONORS FOR VETERANS DAY



Fifth-grade students from Cole Elementary School's Exemplary Music and Drama classes wear patriotic attire while singing a medley of songs. Fine Arts, Physical Education, Media and Instructional Technology teachers organized two simultaneous ceremonies Nov. 10 to honor both active duty and retired military. The two events were scheduled at the same time to accommodate the number of students, staff, and veterans with performers transitioning between the cafeteria and gym. For more photos from a variety of Veterans Day events, turn to Pages 14 and 15.

Photo by Jayne Hatton

IMCOM: Help wanted - some travel required

By Ned Christensen
IMCOM Public Affairs

The U.S. Army Installation Management Command is deploying two 13-member teams of installation management specialists in November to spend a year in Afghanistan.

These garrison command teams will apply their skills and expertise to running Camp Leatherneck and Bagram Airfield - the two major forward operating bases for U.S. and coalition troops.

Meanwhile, IMCOM is seeking a few more base operations professionals to join a roster of expeditionary specialists willing and able to fill any vacancies or new requirements on the current teams. They could also serve on future teams if this becomes an enduring IMCOM mission.

"Since the Installation Management Command is the Army's expert in BASOPS [base opera-

See IMCOM, P10



File photo

Members of the U.S. Army Installation Management Command Mobile Training Team tour Camp Leatherneck in Afghanistan.

VISIT NEWS LEADER ONLINE: [HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/pao)

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Stronger Installation Management Community, stronger support for Soldiers, civilians and families

By Lt. Gen. Rick Lynch
Commander, Installation
Management Command



When I took command of the Installation Management Command in November 2009, we set out to validate that we were doing the right things and doing things right, and to find better ways of doing business.

This self-evaluation was particularly important at the time, as the Army was focused on finding the right kinds and levels of support for Soldiers and Families stressed by repeated and extended deployments.

First we started expanding our identity. Today when we talk about providing for Soldier, civilian and family quality of life, we don't just mean the Installation Management Command – we mean the Installation Management Community, which also includes the office of the assistant chief of staff for installation management and the offices of the assistant secretaries of the Army for installations, energy and environment, and manpower and reserve affairs.

And then we started to focus the talent and expertise of this diverse community on our common goal: providing Soldiers, civilians and families with a quality of life commensurate with their service.

In March 2010, we published version 1 of the Installation Management Campaign Plan, which outlines how we provide the facilities, infrastructure, programs and services required to

support Soldier, civilian and family readiness and well-being.

Since then, each update has reflected a stronger sense of community and more robust strategy for addressing the challenges we face.

Over the past two years the IMC has

reviewed programs, services and infrastructure in areas such as child care, youth development, housing, education, employment, recreation and behavioral health.

As a result, a number of programs and services have been enhanced, to include Survivor Outreach Services, the Exceptional Family Member Program, the Army Community Service, Child, Youth and School Services, the Army Substance Abuse Program, the Total Army Sponsorship Program, the Army Career and Alumni Program, and Soldier and Family Assistance Centers.

At the same time that we have enhanced the

effectiveness of programs, services and infrastructure, we have worked to improve the efficiency of delivery at every level, starting from the top.

As we moved IM-

COM's headquarters from Virginia to Texas under Base Realignment and Closure, we also integrated a subcommand, the Family and

See LYNCH, P7

Weekly Weather Watch

	Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22
San Antonio Texas	68° Sunny	73° Mostly Sunny	78° AM Clouds PM Sun	80° AM Clouds PM Sun	81° AM Clouds PM Sun	81° Isolated T-Storms
Kabul Afghanistan	59° Partly Cloudy	63° Sunny	66° Mostly Sunny	65° Partly Cloudy	63° Partly Cloudy	64° Mostly Sunny
Baghdad Iraq	73° Partly Cloudy	74° Sunny	75° Partly Cloudy	69° Sunny	67° Partly Cloudy	68° Sunny

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

News Briefs

FSH Firefighters Respond to Another Dumpster Fire

Firefighters from 502nd Fire Emergency Services responded to dumpster fire this past weekend on the North East corner of Building 1479. The initial investigation showed cigarette butts and a bottle of lighter fluid in the dumpster, which is the probable cause of the fire. This is the third dumpster fire of the year. The first two occurred earlier this year, with one caused by discarded lit cigarettes and the other by hot charcoals. All three have been near student dormitories. Ensure cigarettes and charcoals are doused with water before discarding into dumpsters. Another cause of fires in the past has been from unused Meals Ready to Eat heaters being discarded into dumpsters. These absorb moisture, causing the heating process to start and igniting the trash. Never discard unused MRE heaters in dumpsters. Even if the heaters are not used to heat the meals, follow the instructions on activating the heating process and wait until they are thoroughly cooled before discarding them. For more information on fire safety practices, contact the Fire Prevention office at 221-5052 or 221-4798.

Patient Centered Medical Home

The Wilford Hall Ambulatory Surgical Center General Pediatric and Adolescent Medicine Clinics have transitioned to Patient Centered Medical Home. PCMH is an active approach to establish a "medical home" for every patient. Each child's healthcare needs is coordinated by their individual provider who leads a team of medical professionals dedicated to delivering positive health outcomes through improved access to continuous and comprehensive care. Focus is placed on meeting all of the child's medical needs through their PCMH team or "medical home." Contact the Pediatric Group Practice Manager at 292-6623 for more information.

Wilford Hall ER Closed

The Wilford Hall Ambulatory Surgery Center has closed its emergency department and re-designated the area as an urgent care center. The UCC is an option for common acute minor medical problems when an individual cannot obtain an appoint-

See NEWS, P4

IMCOM deputy commanding general promotes warrior wounded by IED

By Luke Elliott
IMCOM Public Affairs

It has been many years since he stood on a hilltop near Verdun, France, overlooking thousands of white tombstones at an American World War I cemetery. It was in that moment that Rafael E. Chicolugo, then 16 years old, decided he would join the military.

"It was just like an epiphany that came over me," recalled Chicolugo. "I'm supposed to do this. I'm meant to do this with my life. I can't walk away ... the feeling is just too strong."

That moment was on his mind eight years later, as he was promoted to first lieutenant in a ceremony at the

Warrior and Family Support Center at Fort Sam Houston Nov. 7.

Chicolugo joined the Army about two years ago. He was injured Sept. 16 when an improvised explosive device detonated during a dismounted combat patrol in Afghanistan, resulting in the amputation of his lower left leg.

Chicolugo, who "operated in one of the most difficult circumstances that anyone could find themselves in, has proven that he has the potential to take on the added responsibility of a first lieutenant," said Brig. Gen. John Uberti, the deputy commanding general for support for the U.S. Army Installation

See WOUNDED, P13



Photo by Luke Elliott

Brig. Gen. John Uberti (left), U.S. Army Installation Management Command's deputy commanding general for support, promotes Rafael E. Chicolugo (second from left) to the rank of first lieutenant during a ceremony Nov. 7 at Fort Sam Houston's Warrior and Family Support Center. Chicolugo was also presented with a Purple Heart and Combat Action Badge during the ceremony. He was injured Sept. 16 when an improvised explosive device detonated during a dismounted combat patrol in Afghanistan, resulting in the amputation of his lower leg. With the lieutenant is (from right) his father, Henry Chico, and his mother, Isabel Chico.

Army North, Pershing Elementary School sign covenant

By Staff Sgt. Keith Anderson
ARNORTH Public Affairs

Leaders from Headquarters and Headquarters Battalion, U.S. Army North, signed a covenant with school officials Nov. 8 at John J. Pershing Elementary School and unveiled a new sign at the school commemorating the military and community partnership.

Battalion commander Lt. Col. Shannon Miller, along with Command Sgt. Maj. Eddie Fields, signed the formal charter with Pershing Elementary principal Kathleen St. Claire before cutting a ribbon and unveiling a new sign at the school as part of the Fort Sam Houston "Adopt-a-School" program.

"Although our unit has been partnered with Pershing Elementary since last school year, we wanted to establish the covenant with a formal charter – and unveil our new sign – because this truly is a

partnership, a binding agreement between both communities, and truly takes commitment on everyone's part," Miller said.

The partnership is impor-

tant, said St. Claire, because it makes a difference for the students.

"You enrich the lives of these children," St. Claire said to volunteers from Army North

at the ceremony. "You make an impact in the lives of our students. When they are 18 or 19 years old, they are going to remember you, and we hope that you are going to remember them."

The program has made a difference for the students at the school, and efforts like the Adopt-a-School program have helped students improve their scores, said Debbie Andrew, Pershing Elementary case manager, Communities in Schools.

The school improved to "Recognized" under the Texas Education Agency accountability ratings system after the last school year. The four possible TEA rankings in order from best to worst are: "Exemplary," "Recognized," "Academically Acceptable," and "Academically Unacceptable."

Miller, who tutors Jalynn, a third-grader at the school,



Photo by Staff Sgt. Keith Anderson

(From left) Kathleen St. Claire, principal, John J. Pershing Elementary School, along with Lt. Col. Shannon Miller, commander, Headquarters and Headquarters Battalion, and Command Sgt. Maj. Eddie Fields, cut a ribbon Nov. 8 to symbolize the new official partnership between the school and the Army North battalion as part of the Fort Sam Houston Adopt-a-School program.

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News Briefs

from P3

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

RCI, LMH Office Closures

The Residential Community Initiatives office and the Lincoln Military Housing office will be closed from noon to 3 p.m. Nov. 18 for office functions. Other closure dates are all day Nov. 24 and 25, noon to 3 p.m. Dec. 9, and all day Dec. 26 and Jan. 3.

Volunteer Work Day at the Quadrangle

In conjunction with National Public Lands Day, butterfly and pollinator gardens are being installed at the historic Quadrangle. Garden preparation takes place during the afternoons of Nov. 17 and 18 and an all-day "National Public Lands Day" event from 8 a.m. to 6 p.m. Nov. 19. Tools will be provided at this family-friendly event and there will be more than 750 plants for volunteers to plant in the prepared garden beds. For additional information, call 388-2067 or 218-7915.

Wilford Hall ASC/SAMMC down days

The Air Education and Training Command has designated Nov. 25, Dec. 23 and Dec. 30 as "down days" for military personnel. This will affect most of the clinics/services at Wilford Hall Ambulatory Surgical Center. Patients should contact their respective clinic/department before coming to Wilford Hall on these days. At the San Antonio Military Medical Center, these days will be "training days," and many clinics and some services may also be affected.

See NEWS, P10

U.S. Naval Forces Southern commander visits Army South headquarters

By Eric R. Lucero
ARSOUTH Public Affairs

The top Army and Navy leaders for southern military forces, Maj. Gen. Simeon G. Trombitas, commander U.S. Army South, and Rear Adm. Kurt W. Tidd, commander U.S. Naval Forces Southern and U.S. 4th Fleet (COMUSNAVSO/C4F), met during a visit to Army South headquarters Nov. 8.

The visit was a chance for Trombitas and Tidd to brief each other on their respective commands' missions and operations. The visit also allowed the commanders to interact and discuss ways their staff sections can better support the overall U.S. Southern Command's mission and area of responsibility.

SOUTHCOM's mission is to conduct joint and combined full-spectrum military operations and support whole-of-government efforts to enhance regional security and coop-



Photo by Eric R. Lucero

Rear Adm. Kurt W. Tidd (left), commander U.S. Naval Forces Southern and U.S. 4th Fleet, listens to Maj. Gen. Simeon G. Trombitas, commander U.S. Army South, during a visit to Army South headquarters Nov. 8. Tidd visited Army South to discuss the missions and strategies of both commands.

eration in Central and South America and the Caribbean region.

"It's a great opportunity to have Admiral Tidd here to give him an idea of our capabilities, how we operate and to discuss

how we can better work together to support the SOUTHCOM mission," Trombitas said.

In August, the two commands worked together during Fuerzas Aliadas PANAMAX, an annual U.S. Southern Com-

mand-sponsored multinational exercise series that focuses on ensuring the defense of the Panama Canal.

About 3,500 personnel, 22 ships and 16 nations, including the United States, participated in live and simulated training scenarios in the vicinity of Panama and from various U.S. locations during this year's exercise.

Exercises such as PANAMAX allow the Army and the Navy to work in conjunction with partner nation forces to gain valuable skills and training while forging personal working relationships.

These relationships help to build trust between the participating nations and assist in a concentrated, multinational effort to address the region's challenges.

"What we're beginning to see on the Navy side are some traditional enemies that have had some troubled border relationships and are now starting to work together," Tidd said. "We see that as a good thing."

Other points of discussion

See ARSOUTH, P7

METC instructor makes cut in Sailor of the Year competition

By Lisa Braun
METC Public Affairs

Hospital Corpsman First Class Oswaldo Hernandez, assigned to the Navy Medicine Training Command, was selected to represent the Navy Medicine Support Command as the Regional Sailor of the Year.

Hernandez, an instructor for the Medical Education and Training Campus Biomedical Equipment Technician Mammography Imaging Systems course, was selected from more than 130 first class petty officers to win the NMTC SOY title.

He then competed against SOY winners from five medical support commands and 15 medical learning centers across the United States to win the NMCS Regional SOY distinction.

NMTC is the Navy component that supports METC.

"It is an indescribable feeling to be chosen as NMSC Sailor of the Year from among the best Sailors that Navy Medicine has to offer," said Hernandez. "This selection is a culmination of both my senior leadership's guidance and mentorship, and my junior sailors and students having confidence and trust in my abilities to lead and mentor them myself."

His leaders feel Hernandez's humility and pursuit of excellence are what make him stand out and ultimately become selected to compete in the SOY competition.

"He seeks excellence in all he does, and while he seeks to be excellent he never seeks to be recognized," said Chief Hospital Corpsman Gentry

Lloyd, one of Hernandez's supervisors.

"I think those two traits, humility and the pursuit of excellence, are the reasons why HM1 Hernandez has made it this far in the competition. I can definitely tell you it's the reason why the leadership in the BMET program selected him in the beginning to represent us," Lloyd added.

Hernandez stated that his selection represents his command's hard work and dedication to establish a new NMTC command that will produce the world's finest medics, corpsmen, and technicians. But he also credits the support he received from home for getting this far.

"It's an achievement that



Photo courtesy U.S. Navy

Hospital Corpsman First Class Oswaldo Hernandez was selected to represent the Navy Medicine Support Command as the Regional Sailor of the Year.

See METC, P7

Staff Sgt. Ruben Cuellar (left) observes for safety as Staff Sgt. Matthew Orahood operates the HMMWV Egress Assistance Trainer to simulate the rollover of a vehicle with Soldiers strapped inside.

Photo by 1st Sgt. Carlton Green



Bring the HEAT: 401st MI Co. conducts rollover training

By Gregory Ripps
470th MIB Public Affairs

Soldiers of the 401st Military Intelligence Company trained to survive a vehicle rollover during Sergeants' Time Training on the HMMWV Egress Assistance Trainer on Camp Bullis Oct. 27.

About 40 Soldiers from the company's Analysis and Control Element joined members of Army South to par-

ticipate in training that does more than teach Soldiers how to safely extricate themselves from a turned-over vehicle.

According to Sgt. 1st Class Charles Baldwin, NCO in charge of the training, the training also enhances teamwork and adaptability and

stimulates morale and esprit de corps through problem solving.

"This training event was brought together by some of the ACE non-commissioned officers," Baldwin said. "They wanted to get their Soldiers away from the

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ARSOUTH from P4

during the visit were maximizing the working relationship and sharing of information between the two component commands. By collaborating on common objectives,

the commands will be able to maximize efforts in countering illicit trafficking and transnational criminal organizations on land and at sea.

“We’re looking more closely at working with Army South to focus on

the land aspect,” said Navy Capt. Francis Molinari, executive officer COMUSNAVSO/C4F. “That’s one area in particular we can partner and capture efficiencies with a collective approach.”

Both commanders

agreed that partnering and combining efforts was key to effectively conducting their theater security cooperation mission.

“Working side-by-side with partner nation army and naval forces has proven to be an effective

way to enhance security and stability within the Central and South American and Caribbean region,” said Dan Meyer, deputy chief of staff, Army South.

Army South and COMUSNAVSO/C4F are two

of the five component commands that comprise SOUTHCOM. Other component commands include U.S. Marine Corps Forces South, 12th Air Force (Air Forces Southern) and Special Operations Command South.

LYNCH from P2

Morale, Welfare and Recreation Command, into the headquarters, and reduced from seven to four regions worldwide. In doing so, we reduced overhead costs and streamlined delivery of services to our customers.

Even as we are addressing today’s fiscal challenges, we are looking to the future and how we will support the Army of 2020.

Through BRAC, our installations have built and renovated facilities to support the reshaped

Army. Through initiatives such as Army Net Zero, our installations are developing sustainable practices to ensure we will continue to have the resources to accomplish our mission.

Through improved knowledge management, we continue to strengthen our shared understanding of how to operate in a dynamic environment in ways that save time and money.

And we continue to invest in our most important asset: our people. Through a new command-wide approach to talent management and

workforce development, we are making sure we will have in place the right people with the right skills to take on future challenges.

The IMC has a huge impact on the lives of Soldiers, civilians and families – on how we work, train, live and play. The immediate resource challenges only intensify our focus on the mission. We are dedicated to doing our best in serving Soldiers and families today – and we will find ways to serve even better tomorrow.

METC from P4

has been supported from the home front by my family and friends, especially my wife who is herself achieving a very difficult goal of her own, an MBA from Texas A & M in College Station.”

Next, Hernandez will travel to Washington, D.C. to compete for the Bureau of Medicine and Surgery Sailor of the Year against all the Regional Sailor of the Year winners in Navy Medicine.

If Hernandez gets selected at the BUMED level, he will compete at

the Vice Chief of Naval Operations level then move on to the CNO SOY competition. The final winner at the CNO level will be meritoriously promoted to Chief Petty Officer.

The Mexico City, Mexico native is a graduate of Redondo Union High School in Redondo Beach, Calif. He entered the Navy through the Delayed Entry Program and completed basic training at Recruit Training Command Great Lakes, Ill. He is currently pursuing a bachelor’s degree in kinesiology at the Uni-

versity of Texas at San Antonio in preparation for medical school.

Hernandez said being surrounded by an entire motivated METC staff and students have only strengthened his determination to achieve his goal of “being a health-care provider for our military brothers and sisters and their families.” But for now he has a closer goal in mind.

“I see myself representing everyone from BUMED in the CNO Sailor of the Year board, and hopefully being chosen for this once in a lifetime opportunity.”

NEWS from P4**Walk-In Pet Vaccination Clinic**

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

Photocopying of Military ID/CAC Cards Prohibited

Recent incidents regarding the photocopying of military identification cards and common access cards by commercial establishments to verify military affiliation or provide government rates for service, have been reported. Photocopying of U.S. government identification is a violation of Title 18, US Code Part I, Chapter 33, Section 701 and punishable by both fine and/or imprisonment. Criminal elements and terrorist organizations place U.S. government identifications as a high value logistical element when planning acts against the U.S. military. Although commercial establishments are not prohibited from asking for military/government identification, many government personnel and commercial

establishments are unaware of the prohibition on duplication of government identification. It is recommended that military/DOD personnel provide a state driver's license or other form of photo identification to be photocopied if an establishment insists on a photocopy of the traveler's identification. This does not apply to medical establishments (i.e. doctor's office, hospitals, etc.) who are allowed take a copy for the purpose of filing insurance claims; and other government agencies in the performance of official government business.

Cars with DV Plates Can Park in Handicapped Spaces

According to Fort Sam Houston Regulation 190-8 and Texas Criminal and Traffic Law Manual (Section 681.008), disabled veterans can park in any handicapped space. Section 504.202 of the manual requires the disabled veteran's license plates to display the letters "DV." Law enforcement officers on Fort Sam Houston will look for either the national symbol (wheelchair) or the "DV" letters on license plates when checking handicapped parking spaces.

NAF Employment Info

For information about non-appropriated fund employment, contact the NAF Human Resources Office for Fort Sam Houston, Joint Base San Antonio. For information on Army Veterinary Command NAF, Fisher House NAF and Army Recreation Machine Program, call 808-2873 or 221-7289. For more information on Air Force NAF, call 808-7577.

Complete Joint Base Travel Survey; win prizes

The 502nd Air Base Wing is conducting a Traffic Points of Origin study to evaluate military, retiree and civilian population traffic patterns at Lackland and Randolph Air Force Bases, Fort Sam Houston and Camp Bullis. All Joint Base San Antonio active-duty service members, Reserve, Department of Defense civilians and contractors, retirees, and dependents age 18 and older who travel on and around Joint Base San Antonio installations are eligible to participate in the survey. Each respondent will receive a coupon for a free cup of coffee at any JBSA AAFES Express store and automatically be entered to win one of three prizes - a \$100 gas card, or one of two \$50 exchange gift cards. The survey is online at <https://www.surveymonkey.com/s/JBSAsurvey>.

IMCOM from P1

tions], who is better than IMCOM to bring that expertise to the expeditionary environment?" said Maj. Gen Reuben D. Jones, IMCOM deputy commander for operations.

"It's a different environment, but it's still BASOPS and it's a tremendous opportunity for willing IMCOM civilians and Soldiers to say, 'Take me - I will serve,'" Jones said.

The members of the two garrison command teams were briefed at IMCOM headquarters in San Antonio Nov. 7 through 10. The GCTs left for Afghanistan Nov. 16.

They follow a smaller mobile training team deployed in September. The MTT spent three months training theater units

in the fundamentals of base operations. The MTT and GCT deployments mark the first time IMCOM sent cohesive teams of garrison managers to support expeditionary bases.

IMCOM has been deploying individual civilians to support various expeditionary missions since its inception as the Installation Management Agency in 2001. IMCOM currently has more than 50 civilians individually deployed to missions all over the world.

Jones toured expeditionary bases in Afghanistan, Iraq and Kuwait with an exploratory team of senior installation management specialists earlier this year. They saw first-hand the issues and the role IMCOM

could play.

IMCOM is currently recruiting volunteers from all installation management specialties to fill any short-notice vacancies or to join a future garrison command team if this becomes an enduring mission.

The civilian specialists will serve as part of a military-led team dedicated to running forward operating bases. The IMCOM Operations Directorate, G3, needs a few more people to fill some last-minute vacancies on these teams.

To volunteer for a position on a garrison command team, call 466-0144. For more information on joining the Defense Civilian Expeditionary Workforce, visit <http://www.cpms.osd.mil/expeditionary/>.

201ST MIB SOLDIER SPEAKS AT BOWDEN ELEMENTARY FOR VETERANS DAY

First Sgt. Jason Hunt of the 201st Military Intelligence Battalion delivers a speech about Veterans Day to children at Bowden Elementary School Nov. 10. "One of the first things children identify with when they see a military service member in uniform is a Soldier," said Hunt after the Fort Sam Houston Adopt-A-School event. "Veterans Day means enriching their understanding."

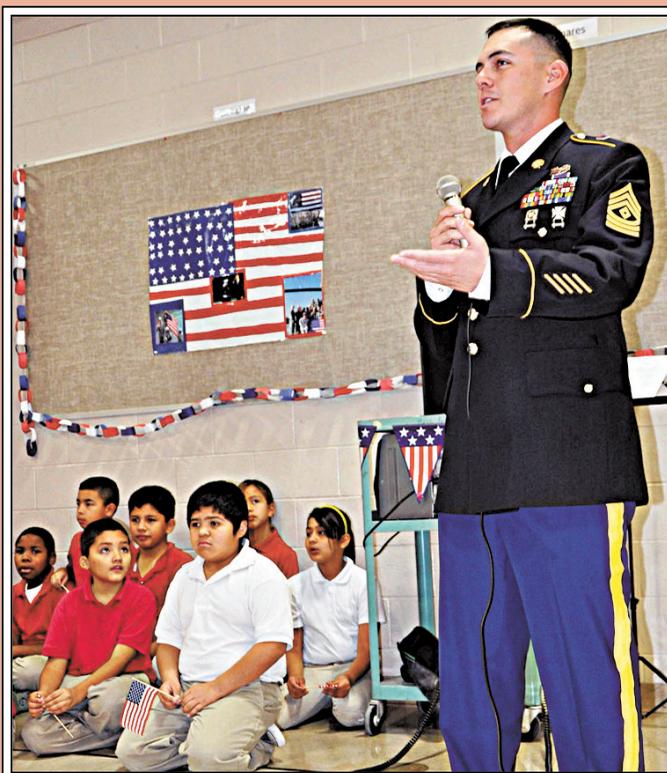


Photo by Spc. Qaasim Jenkins

RADIOLOGY TECHS CELEBRATE

Airman Edward McCrory, Brooke Army Medical Center radiology technician and Steven Gregg, chief of Army Medical Department civilian corps, cuts the cake during the celebration of the National Radiologic Technology Week Nov. 9 at San Antonio Military Medical Center. The BAMC radiology department provides more than 350,000 radiology exams yearly and performs more than 350 radiology exams per month. The department specializes in breast imaging, computed tomography, cardiac-interventional procedures, magnetic resonance imaging, nuclear medicine, ultrasound, radiation therapy and general diagnostic radiology.



Photo by Kelly Schaefer

HEAT from P5

daily grind of intelligence assessments, imagery reports and signal summaries and have them work as a team under challenging conditions.”

The other NCOs responsible for this training were Master Sgt. Ulysses Martin, officer in charge; Staff Sgt. Ruben Cuellar, range safety officer; Staff Sgt. Matthew Orahoad, Staff Sgt. Jason Young and Staff Sgt. James Lynn, HEAT trainers; and Staff Sgt. Beau Lynd, Staff Sgt. Mark Howell, Staff Sgt. David Waren and Staff Sgt. Jason Soper, first aid trainers.

“Being in a vehicle crew in combat is a team event because every person has an essential function and every crew member contributes to the success of the team,” Baldwin explained.

“These contributions are essential in egressing



Photos by 1st Sgt. Carlton Green

Staff Sgt. Mark Howell helps another Soldier of the 401st Military Intelligence Company emerge from an overturned vehicle simulation during training on the HMMWV Egress Assistance Trainer at Camp Bullis Oct. 27. The Soldier carries a simulated M16 rifle.

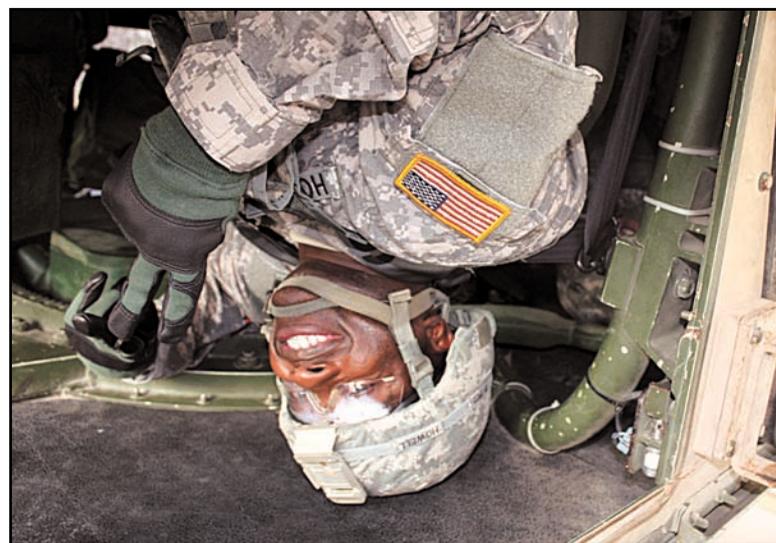
a vehicle after a rollover,” Baldwin added.

“Sitting upside down in a HMMWV is an out-of-the-ordinary experience; it unbalances the occupants, changes their orientation, and tests their ability to stay focused and concentrate on the

task at hand.”

Staying focused becomes all the more difficult if the occupants of a turned-over HMMWV are under fire.

But while the HEAT training did not simulate a combat situation, the Soldiers still had to



demonstrate their proficiency in critical tasks. They were evaluated on their ability to egress the vehicle, establish security, evacuate and evaluate a casualty, and send out a medical evacuation request.

Soldiers and junior NCOs also received an opportunity to take a leadership position as a

vehicle commander and lead the effort to recover personnel.

HEAT scenarios also have implied vehicle and personal safety messages for off-duty activities.

This training teaches Soldiers the importance of safety practices such as securing equipment in a vehicle, wearing seatbelts and main-

taining situational awareness.

“Turning upside down in a HMMWV a couple of times pales in comparison to the critical lesson of staying alert to stay alive,” added Baldwin. “Every Soldier should know that safety is a constant whether in a garrison or in a combat environment.”

Most people finding themselves upside down in a vehicle would not wear the smile Staff Sgt. Mark Howell wears during his learning experience with the HMMWV Egress Assistance Trainer.

Air Force officials launch Respite Care Program for San Antonio families

By Master Sgt. Raheem Moore
Air Force Public Affairs Agency

Air Force officials have teamed with the National Association of Child Care Resource and Referral Agencies to launch the Air Force Exceptional Family Member Program Respite Care Program.

The program is built around providing a break for parents with special-needs children.

It allows parents to receive eight to 20 hours of respite care per month at no charge as long as they meet eligibility requirements.

The program was launched in July in seven regions with a high concentration of Air Force families, officials said.

The locations include: San Antonio; The National Capital Region; Tacoma, Wash.; Honolulu; Colorado Springs, Colo.; Charleston, S.C.; and Hampton, Va.

Currently, these are the only locations where the program is offered, but Air Force officials are working with NACCRRRA to identify additional locations.

"The goal is to hit every (continental U.S.) location that needs respite care," said Dianna Hills, the Exceptional Family Member Program manager.

The program is open to active duty, Guard and Reserve (activated for 31 days or more) Airmen, stationed at or near one of the seven

locations, officials said.

For families to be eligible for the program, the child must be enrolled in the Exceptional Family Member Program, diagnosed with moderate to severe special needs, 18 years or younger, and reside with the Airman.

To apply for the program, contact Child Care Aware at 800-424-2246 or at <http://www.naccrra.org> and they will connect the Airman's family to a local participating agency.

The agency will work with the family to complete the necessary application and assist with connecting the family with a local respite care provider.

ARNORTH from P3

when she's not commanding the battalion's Soldiers, said tutoring is a good change of pace and is rewarding.

"I think the difference is that you can see the progress your student is making at each session," Miller said. "I didn't realize at the onset that I'd

have such an impact."

The charter outlines terms and areas of responsibility for the school and the Army North battalion. Under the agreement, Army North volunteers will conduct regular school visits, coordinate for mentor and tutor volunteers upon request, coordinate installation

usage for on-post program activities and other requirements.

School officials will provide training for mentors and tutors, provide mentoring locations, instructional supplies and other materials, and provide supervision of children during partnership projects and activities.

WOUNDED from P3

Management Command.

"It's really not about what he did, although that's part of it, but it's really about what he is going to do," said Uberti, who also presented Chicolugo with a Purple Heart and Combat Action Badge during the ceremony. "It's about his potential."

Chicolugo described the ceremony as bittersweet because, while he appreciated the recognition, he was still mourning the

loss of one of his Soldiers, Spc. Robert Dyas, who was killed in combat few days after Chicolugo was wounded.

"I just want to honor him and dedicate my Purple Heart, my promotion and my pinning to Spc. Robert Dyas," Chicolugo said. "To lose one of my own in combat really hurts my heart, and I will miss him dearly."

Henry Chico, Chicolugo's father and a retired command sergeant major, said that he was very proud of his son.

"It's a deep, deep feeling in my heart seeing his promotion," said his father. "I know that he is going to overcome this situation and move forward. I am proud of my son. I am proud of all the Soldiers they have here because they have paid a sacrifice defending our country."

Chicolugo said that he plans to continue serving the Army despite his injuries.

"I am a proud artilleryman, and I plan to stay that way," he added.

FSH NATIONAL CEMETERY

Photos by Steve Elliott



The Sergeant-at-Arms and the Joint Services Color Guard prepare to post the colors at the start of the Veterans Day ceremony at the Fort Sam Houston National Cemetery Nov. 11.



Army veteran Sgt. James Gerard (right), who served from 1951 to 1972, speaks with Carolyn Mitchell, 1st junior vice commander of Alamo Chapter 5, Disabled American Veterans, after the Veterans Day ceremony at the Fort Sam Houston National Cemetery Nov. 11.



A wide variety of groups and organizations paid their respects by laying wreaths during the Veterans Day ceremony at the Fort Sam Houston National Cemetery Nov. 11.



A wide variety of groups and organizations paid their respects by laying wreaths during the Veterans Day ceremony at the Fort Sam Houston National Cemetery Nov. 11.



The Texas Children's Choir perform before the start of the Veterans Day ceremony at the Fort Sam Houston National Cemetery Nov. 11. The choir performed on their own, as well as in concert with the 323rd Army Band "Fort Sam's Own."



Some of the Soldiers, Sailors, Airmen and Marines who became U.S. citizens at a naturalization ceremony raise their right hands for the oath of citizenship during of the Veterans Day ceremony at the Fort Sam Houston National Cemetery Nov. 11.

VETERANS DAY

BUFFALO SOLDIERS

Photos by Lori Newman

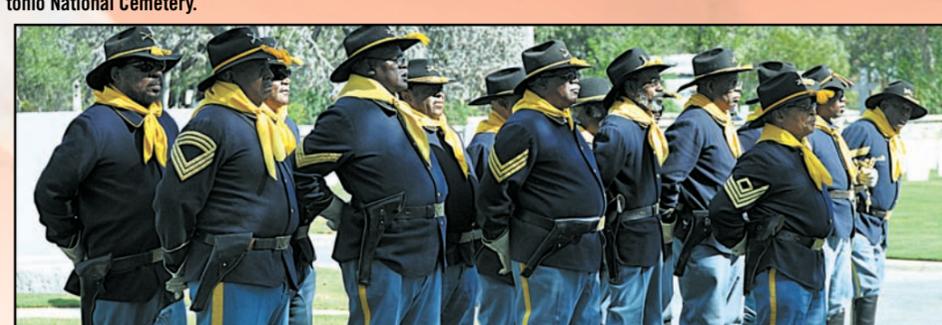
Maj. Gen. Simeon G. Trombitas, commanding general, U.S. Army South, was the guest speaker for this year's Veterans Day commemorative ceremony at the San Antonio National Cemetery Nov. 11. Trombitas highlighted the Army core values and how the Buffalo Soldiers exemplified those values.



Carl J.J. Johnson leads at white horse draped in a dark cloth with boots reversed in the stirrups to represent fallen heroes during the Buffalo Soldiers Veterans Day commemorative ceremony Nov. 11 at the San Antonio National Cemetery.



Eugene Wilson leads the Bexar County Buffalo Soldier Color Guard during the Veterans Day commemorative ceremony Nov. 11 at the San Antonio National Cemetery.



The Bexar County Buffalo Soldiers host a Veterans Day Ceremony each year at the San Antonio National Cemetery. The ceremony is held in conjunction with The Greater San Antonio Chamber of Commerce Celebrate American's Military events throughout the city. The association is a multi-cultural organization dedicated to educating the public about the history of the Buffalo Soldiers and Black Indian Scouts and their contributions in settling the western sector of the United States during the early 1880s.

MILITARY COMMUNITY SALUTES VETERANS

Photos By Esther Garcia



(From left) Veterans Parade participants participate in a wreath presentation honoring past veterans at a ceremony held at Alamo Plaza prior to the parade. Participants are from left Honorary Grand Marshal Fil Villarreal; Grand Marshal John Spahr, State VFW Commander; Delia Guajardo, president, U.S. Army Military Veterans Parade Association; Gen. Edward Rice, commanding general, Air Education Training Command, Randolph Air Force Base; Rear Adm. Bob Kiser, commandant, Medical Education and Training Campus; Lt. Gen. Guy Swan, commanding general, U.S. Army North; Capt. Brendan Frost, U.S. Coast Guard; and Lt. Col. Ed Tovar, 4th Reconnaissance. Following the wreath ceremony, all participated in the parade.

Gen. Edward Rice, commanding general, AETC, waves to the crowd at the annual veterans parade hosted by the U.S. Military Veterans Parade Association.



Master Sgt. Hector Santiago, Army Medical Department Center and School, presents a plaque on behalf of the U.S. Military Veterans Parade Association to Lt. Gen. Guy Swan III, commanding general, U.S. Army North, in appreciation for his participation in the parade and his service to the nation. All Armed Forces participants received a plaque for their attendance and support of the annual Veterans Parade.



Fort Sam's Own, the 323rd Army Band, led by drum major Master Sgt. Eric Basora, and under the direction of Chief Warrant Officer 5 Douglas Paarmann, entertain the crowd with patriotic music as they march pass the Alamo during the 2011 Veterans Parade.

FSHISD WEEKLY CAMPUS ACTIVITIES NOV. 21-27

Fort Sam Houston Elementary School

Nov. 21-25

Thanksgiving Break

Nov. 29

Student Council Meeting in Library,
3:15 – 4:30 p.m.

Dec. 1

College T-shirt day

Progress reports sent home

Robert G. Cole Middle and High School

Nov. 21-25

Thanksgiving Break

Nov. 28

Cole Band A TSSB Regional
Auditions, Marion H.S. at 4 p.m.

Dec. 1

Senior class picture retakes

Dec. 3

Cole Band/Choir Commissary Concert, FSH
Commissary 11 a.m.- 2 p.m.

Did you know?

Mission leaders and service provider managers need a method to track, understand, and gauge the true determinant of how well services are provided within their organization.

Over the past two fiscal years, the use of the Interactive Customer Evaluation or ICE has grown greatly.

FY 10, there were 2,920 ICE submissions to Fort Sam Houston organizations and in FY 11, 4,356 ICE submissions. More importantly, the overall satisfaction rate increased from 85 percent in FY10 to 87

percent in FY 11.

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



Cole hosts 'Take a Vet to School' event



Photo by Jayne Hatton

Maj. Gen. M. Ted Wong, commanding general of Southern Regional Medical Command and Brooke Army Medical Center, addresses the Veterans Day Assembly at Robert G. Cole High School Nov. 10.

By Robert Hoffmann
FSHISD

Approximately 100 veterans from all branches of the military were honored for their service to their country during a morning assembly Nov. 10, which was attended by the entire student body of Robert G. Cole Middle/High Schools.

Sponsored locally by Time-Warner Cable and nationally by The History Channel/A&E, the annual "Take a Vet to School" program encouraged the Cole student body to invite a veteran to attend the tribute to be honored and recognized.

The hour-long program featured a short one-act play, a video tribute from San Antonio Mayor Julian Castro. There were

also performances by the Cole Middle/High School bands and choirs, and addresses by the Director of the History Channel/A&E, Mike Bakos and Maj. Gen. M. Ted Wong, commanding general of Southern Regional Medical Command and Brooke Army Medical Center.

Wong related the moving story of the Veterans of Foreign Wars "Buddy Poppies," which had been passed out to everyone in attendance, while Bakos summed up the day stating, "Freedom isn't free, it is earned."

The assembly concluded with a rousing rendition of all of the service anthems; with the assembled veterans standing for their particular branch, to cheers from the crowd.

Texas Patriot Festival entertains Fort Sam Houston

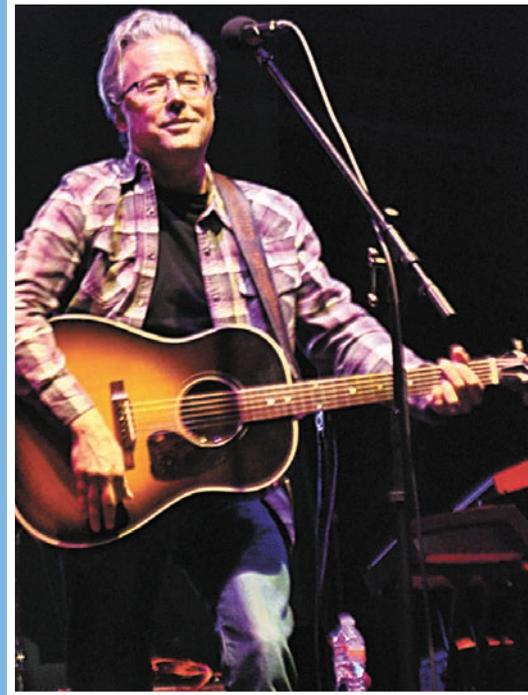
Photos by Shawn Kjos



Tanya Tucker covers Lee Greenwood's "God Bless the USA" to close her set at the Texas Patriot Festival on Fort Sam Houston Nov. 11.



Patsy Torres teaches the crowd the "Cumbia de Tejas" at the Texas Patriot Festival.



Radney Foster sings "Nobody Wins," a Billboard "Hot Country Hit."

Fire safety tips for holiday cooking

Fort Sam Houston Fire Emergency Services and the U.S. Fire Administration want people to enjoy their holidays, so they are passing along some fire safety tips for the upcoming cooking season.

Cooking fires continue to be the most common type of fires experienced by U.S. households. This is even more apparent during the holidays.

There is an increased incidence of cooking fires on Thanksgiving, Christmas Eve, and Christmas Day. Cooking fires are also the leading cause of civilian fire injuries in residences. These fires are preventable simply by being more attentive to the use of cooking materials and equipment.

According to statistics from the State Farm Insurance Company, Texas led the nation from 2005

to 2009 in claims as a result of Thanksgiving cooking fires.

Learn the facts about cooking fire safety today, so you don't become a cooking fire casualty tomorrow.

Safe cooking tips

- The kitchen can be one of the most hazardous rooms in the home if you don't practice safe cooking behaviors. Here are some safety tips to help:
 - Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.

- Stay alert! To prevent cooking fires, you have to be alert. You won't be if you are sleepy, have been drinking alcohol, or have taken medicine that makes you drowsy.

- Keep anything that can catch fire – potholders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels, or curtains – away from your stovetop.

- Keep the stovetop, burners, and oven clean.

- Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire if it comes into contact with a gas flame or electric burner.

- Plug microwave ovens and other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance, as it

can overload the circuit and cause a fire.

If you have a cooking fire

- When in doubt, just get out. When you leave, close the door behind you to help contain the fire.

Call 9-1-1 or the local emergency number after you leave.

- If you do try to fight the fire, be sure others are already getting out and you have a clear path to the exit.

- Always keep an oven mitt and a lid nearby when you are cooking. If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan (make sure you are wearing the oven mitt). Turn off the burner. Do not move the pan. To keep the fire from restarting, leave the lid on until the pan is completely cool.

- In case of an oven fire, turn off the heat and keep the door closed

to prevent flames from burning you or your clothing.

- If you have a fire in your microwave oven, turn it off immediately and keep the door closed. Never open the door until the fire is completely out. Unplug the appliance if you can safely reach the outlet.

- After a fire, both ovens and microwaves should be checked and/or serviced before being used again.

Nuisance smoke alarms

If a smoke alarm sounds during normal cooking, you may need to move it farther away from the kitchen (according to manufacturer's instructions) and/or install a smoke alarm with a pause button.

If your alarm already has a pause button, push the pause button, open the door or window, and fan the area around the

See COOKING, P19

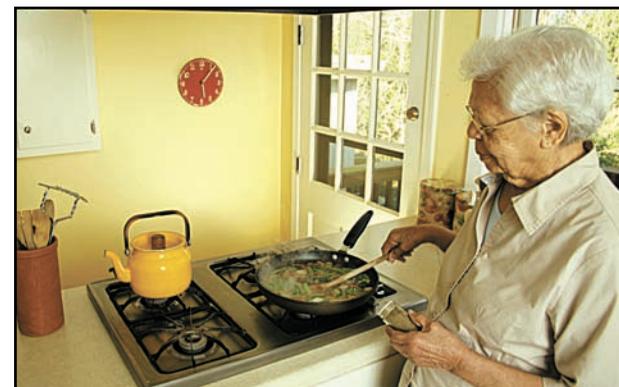


Photo courtesy U.S. Fire Administration

COOKING from P18

alarm with a towel to get the air moving. Do not disable the smoke alarm or take the batteries out!

Treat every smoke alarm activation as a likely fire and react quickly and safely to the alarm.

Turkey fryer safety tips

- Use turkey fryers outdoors a safe distance from buildings and any other combustible materials.
- Never use turkey fryers in a garage or on a wooden deck.
- Make sure fryers are used on a flat surface to reduce accidental tipping.
- Never leave the fryer unattended. Most units do not have thermostat controls. If you do not watch the fryer carefully, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer even



Photo courtesy of Underwriters Laboratories Inc.

if it is not in use. The oil inside the cooking pot can remain dangerously hot hours after use.

- To avoid oil spillover, do not overfill the fryer.
- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear

safety goggles to protect your eyes from oil splatter.

- Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix; water causes oil to spill over causing a fire or even an explosion hazard.
 - The National Turkey Federation recommends thawing the turkey in the refrigerator approximately 24 hours for every five pounds in weight.
 - Keep an all-purpose or class "K" fire extinguisher nearby. Never use water to extinguish a grease fire. If the fire is manageable, use your all-purpose or class "K" fire extinguisher. If the fire increases, immediately call the fire department for help. Class "K" fire extinguishers are specifically designed for grease/oil cooking fires.
- Burns and scalds**

Most burns associated with cooking equipment, cookware, and tableware are not caused by fire or flame. In 2009, ranges or ovens were involved in an estimated 17,300 thermal burn injuries seen in U.S. hospital emergency rooms. (Source: NFPA) Microwaves are a leading cause of scald burns. Be extra careful when opening a heated food container. Heat food in containers that are marked 'microwave safe.' Since foods heat unevenly in the microwave, make sure you stir and test the food before eating.

Protecting children from scalds and burns

Children under five face a higher risk of non-fire burns associated with cooking than of being burned in a cooking fire. (Source: NFPA) You can help prevent these injuries by following a

few basic tips:

- Keep children at least three feet away from where food and drink are being prepared or carried.
- Keep hot foods and liquids away from the table or counter edges.
- Use the stove's back burners if you have young children in the home.
- Never hold a child while cooking, drinking, or carrying hot foods or liquids.

Also, teach children that hot things burn!

For more information on Fire Safety tips you can check out the US Fire Administration web site at <http://www.usfa.fema.gov/> or contact the Fort Sam Houston Fire Prevention Office at 221-5452 or 221-4798.

(Source: Fort Sam Houston Fire Emergency Services and U.S. Fire Administration)

THE FACTS

Cooking was the cause of almost half (46 percent) of residential building fires in 2009.

Males face a disproportionate risk of cooking fire injury relative to the amount of cooking they do.

Young children and older adults face a higher risk of death from cooking fires than do other age groups.

Young children are at high risk from non-fire cooking-related burns.

Unattended cooking is the single leading factor contributing to cooking fires.

Many other cooking fires begin because combustibles are too close to cooking heat sources.

Frying is the cooking method posing the highest risk.

More than half of home cooking injuries occur when people try to fight the fire themselves.

Educational effectiveness may be enhanced by linking burn prevention and fire prevention.

Technology may be the best long-term solution to dealing with the cooking fire problem.

Wounded warriors take to tennis courts

By Jen D. Rodriguez
SAMMC Public Affairs

Seven wounded warriors were treated to an afternoon of tennis by the United States Tennis Association Oct. 28 at the Tennis Park at Whispering Oaks in San Antonio.

Capt. Victor Munoz, 1st Lt. Matthew Anderson, Staff Sgt. Darius Johnson, Staff Sgt. Thomas Janusz and Cpl. William Johnson were some of the soldiers who took part in tennis therapy clinic geared towards introducing the warriors to a new group of friends and an alternative to therapy.

"We're very excited about working with wounded, ill and injured service members at the SAMMC and eventually connecting them with existing tennis programs wherever they call home," said Robin Jones of the USTA National Military Outreach, National Facilities consultant.

Jones said there are more than 1,100 tennis programs across the



Photo by Jen D. Rodriguez

Capt. Victor Munoz sets his sights on the ball to return a serve during tennis drills. Munoz has participated in the U.S. Tennis Association tennis therapy clinic twice.

United States for wounded warriors to participate in.

During the clinic, San Antonio Military Medical Center patients paired with national trainers, tennis professionals and San Antonio-area champions, who ran through

drills with the Soldiers to help jumpstart their interest in tennis.

As an added bonus, the USTA also invited them to come out to the tennis park on Wednesday and Friday nights to play and learn more skills.

Munoz said he's going

to take USTA up on that offer and is the second time he will participate in one of their programs. Anderson is also considering the idea as well, along with Johnson, who has been playing tennis since they were children.

"I've played competitively since I was about 8 years old, all over the East coast," Anderson said. "I also played in high school and was ranked No. 1 in singles and doubles for Dickinson College for three years."

An infantry platoon leader, Anderson was injured Oct. 16, 2010 in Afghanistan when he stepped on an anti-personnel landmine, resulting in a shattered heel, ankle and fractured tibia and fibula and 17 surgeries.

Although he hasn't played in about three years, Anderson said, "It felt good – really rusty – but good, to get out on the courts again."

W. Johnson, a Tyler native, is also no stranger to the tennis courts. The

Edwards Aquifer Level

in feet above sea level
as of Nov. 16

CURRENT LEVEL * = 647.7'

*determines JBSA water conservation stage

Normal - above 660'

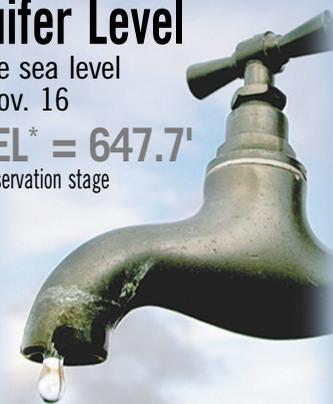
Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'



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

Army corporal played for four years at the University of Texas in Austin and grew up playing for the love of the game.

W. Johnson was injured in 2009 in Balad, Iraq. With his fingers taped and missing two digits on his right hand, he learned to grasp the racket with his injured hand to accomplish the two-handed and one-handed backhand.

"I was a little rusty," he

said. "It's like learning it all over again, but I want to get back into it."

Unlike Anderson, Johnson and Munoz, Janusz and D. Johnson tried tennis for the first time that afternoon.

"I've never played before but it was fun," said D. Johnson, a South Carolina native who lost his left arm July 16 in Afghanistan. "At this point in my life, I've learned to enjoy everything."

Rocco Dining Facility Menu Building 2745, Schofield Road

Dining Room Breakfast Hours:

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

Friday – Nov. 18

Lunch – 11 a.m. to 1 p.m.

Chicken gumbo soup, cream of potato soup, jaegerschitzel with mushroom gravy, breaded catfish, chicken cordon bleu, grilled citrus chicken breast, vegetable stuffed peppers, parsleyed egg noodles, German potato cakes, macaroni and cheese, green peas, red cabbage with sweet and sour sauce, corn on the cob

Dinner – 5 to 7 p.m.

Bombay chicken, barbecued beef cubes, grilled pork chops, oven-browned potatoes, red beans and rice, honey Dijon vegetables, yellow squash

Saturday – Nov. 19

Lunch – noon to 1:30 p.m.

Beef noodle soup, cream of mushroom soup, Greek lemon turkey pasta, tropical pork chops, Cajun catfish fillets, mashed potatoes, macaroni and cheese, hopping john rice, cauliflower, collard greens

Dinner – 5 to 6:30 p.m.

Herb-baked chicken, meat loaf, baked stuffed fish, baked cheese manicotti with marinara, rice pilaf, potato au gratin, carrots, asparagus

Sunday – Nov. 20

Lunch – noon to 1:30 p.m.

Vegetable soup, cream of broccoli soup, orange chicken stir fry, hamburger yakisoba, vegetable egg rolls, vegan pierogy with marinara sauce, spaghetti with meat sauce,

steamed rice, mashed potatoes, green beans with mushrooms, vegetable stir fry

Dinner – 5 to 6:30 p.m.

Sauteed shrimp, steak ranchero, hamburgers, cheeseburgers, grilled cheese sandwiches, barbecued pork sandwiches, black bean veggie burgers, mashed potatoes, baked beans, steamed rice, broccoli, corn, sauteed mushrooms and onions, baked sweet potatoes

Monday – Nov. 21

Lunch – 11 a.m. to 1 p.m.

Cream of chicken soup, French onion soup with croutons, beef pot pie with biscuits, honey chicken wings, baked cod, bean burritos, chicken lasagna, garlic-roasted potato wedges, rice pilaf, calico cabbage, mixed vegetables, cauliflower au gratin

Dinner – 5 to 7 p.m.

Asian barbecued turkey, roast turkey, beef enchiladas, beef ravioli, Italian broccoli pasta, refried beans, mashed potatoes, steamed rice, carrots, green beans

Tuesday – Nov. 22

Lunch – 11 a.m. to 1 p.m.

Vegetable soup, cream of mushroom soup, roast pork tenderloin, herbed Cornish hens, barbecued roast pork tenderloin, chicken enchiladas, broccoli-rice and cheese, sweet potatoes, Mexican rice, wild rice, pinto beans, collard greens, okra and tomato gumbo

Dinner – 5 to 7 p.m.

Oven-fried chicken, roast beef, Mexican baked chicken, vegetarian nuggets, redskin potatoes, steamed rice, turnip greens, mixed

vegetables, zucchini

Wednesday – Nov. 23

Lunch – 11 a.m. to 1 p.m.

Beef noodle soup, cream of potato soup, savory baked chicken, Italian beef and rice, apple-glazed corned beef, pasta primavera, caviar medley rice, parsley red potatoes, carrots, cabbage, lima beans

Dinner – 5 to 7 p.m.

Braised beef and noodles, salmon croquettes, buffalo chicken wings, beef stir fry, rice frittata, brown rice, paprika potatoes, asparagus, yellow and zucchini squash, green bean combo

Thursday-Nov. 24

(Thanksgiving)

Lunch – noon to 2 p.m.

Shrimp cocktail, eggnog, cream of broccoli soup, chicken noodle soup, roast turkey, baked ham with pineapple sauce, prime rib au jus with horseradish, herbed cornish hens, broccoli quiche, cornbread dressing, savory bread dressing, mashed potatoes, rice pilaf, marshmallow sweet potatoes, glazed baby carrots, green beans with mushrooms, corn, macaroni salad, Waldorf salad, cucumber-tomato-red onion salad

Dinner – 5 to 6:30 p.m.

Chicken parmesan, baked spaghetti, spinach lasagna, sweet and sour chicken, whole wheat pizza, garlic-roasted potato wedges, rice pilaf, broccoli, succotash, cauliflower au gratin

Menus are subject to change without notice



For Sale: Pre-paid \$600 car painting certificate, choice of color, exterior only, body work, if needed, is extra, \$375. Certificate void if not used by Nov. 23. Call 313-0061, after 8 p.m.

For Sale: Brown wood trunk/chest from Germany, finished inside with material, 22.5 inches wide, 13 inches high, 14 inches deep, \$25; Croscill queen-size reversible comforter/bedspread includes two shams, dust ruffle and matching curtains with tie backs, \$35; full-size reversible comforter/bedspread includes two shams and dust ruffle, \$25; Little Tikes/Little Champs Sports Center toy, for ages 9-36 months, \$15. Call 495-2296.

For Sale: 2008 Itasca Navion motor home, 9,400 miles, 250 hp Mercedes gasoline engine and 5-speed transmission, 24.5 feet long, slide-out in dinette, like new, must sell because of health conditions, reduced from \$68,000 to \$55,000. Call 437-0042.

For Sale: REM Martinique bed with dual adjustable with massage, \$6,800 retail, must sell, excellent condition, \$3,800. Call 659-6741.

For Sale: Command sergeant major dress blue jacket, size 41 short with nine old-style hash marks, \$80; sergeant first class dress blue jacket, size 42 regular with four old-style hash marks, \$65; dress blue slacks, 37-inch waist, 30-inch length, \$30. Call 653-6244 or 312-0084.

Force Support Squadron

Family & MWR

Announcements

Fitness Center on the METC Campus

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

“Let’s Twist Again”

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

HIRED! Program

Applications are being accepted for the Winter 2012 term which begins Jan. 9. Be an apprentice for a 12-week term and learn job skills in one of the Morale, Welfare and Recreation operations. The deadline to apply is Dec. 1. A parent orientation will be held at 5 p.m. Dec. 6

at the Middle School Teen Center. A winter term training and welcome ceremony for the apprentices is 4:30-6:30 p.m. Dec. 13. Call 221-3386.

Microsoft Office Classes

Nov. 22 - Publisher
Nov. 29 - Access Level 1
Nov. 30 - Access Level 2
Classes are held at the Roadrunner Community Center, Building 2797 from 8 a.m.-noon. Registration is required, call 221-2518/2705.

Sports Scores

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

Calendar of Events

Nov. 17

Battlemind Pre-Training for Families

The training is 9-10:30 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Mandatory Initial First Term Financial Readiness

The class is 10 a.m.-noon at the Roadrunner Community Center Computer Lab, Building 2797. To register, call 221-1612.

Safety Seat Clinic

The clinic is 1-3 p.m. at the Auto Craft Shop, Building 2410, Funston Road. This clinic is open to all military ID card holding Families with children under 4 feet 9 inches, or 100 pounds. Expectant Families are encouraged to attend as well. This clinic will provide a safety seat check-up, installation education and recall checks. New car seats will be provided only if the current car seat is outdated or on the recall list. Registration is required and the children must be present to be weighed and measured. To register, call 221-0349/0326/0221.

Nov. 19

Turkey Trot

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

Nov. 21

Infant Massage

Classes are Nov. 21 and 28 from 10-11:30 a.m. at Dodd Field Chapel, Building 1721. Call 221-0349.

Nurturing Children

The class is 5:30-7:30 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0349.

Nov. 22

Post Deployment Planning

The class is 9-10:30 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

CARE Team

The training is 9-10:30 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

HUGS playgroup

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

Nov. 23

Key Caller

The training is 8 a.m.-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Nov. 29

Newcomer’s Extravaganza

The mandatory Newcomers’ Extravaganza is for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston. The Extravaganza is 9:30-11 a.m. at the Sam Houston Community Center. Everyone is invited to learn about Fort Sam Houston and the San Antonio area as well as meet representatives from many different organizations, programs and businesses. Call 221-2705/2418.

Nov. 30

Cash and Carry Sale

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

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

Dec. 1

Tree Lighting Ceremony

The post will officially launch the holiday season at the annual tree lighting ceremony, 5-8 p.m. at the post flagpole on Stanley Road. Get warmed up for a jolly holiday with hot cocoa and cookies, a visit from Santa, arts and crafts bazaar, merry tunes from the 323rd Army Band “Fort Sam’s Own” and a recitation of Clement Moore’s “Twas the Night Before Christmas.” Call 221-9904 for more information.

Dec. 31

Third Annual New Year’s Eve 2011 5K Run/Walk

Open to the whole family, dogs on leashes are welcome. The free run/walk starts at the Jimmy Brought Fitness Center, Building 230 on Wilson Road and participants are encouraged to be at the center no later than 11:30 p.m. After the run, a sparkling grape juice toast and healthy snacks will be available inside the fitness center. Registration forms are available at the Jimmy Brought Fitness Center and the Fort Sam Houston Fitness Center on the METC campus. T-shirts will be sold at the event for \$10 each. Call 221-1234.



Announcements

Driver Safety Program

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

Second Division Association

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

Neanderthal Trail Run

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

Basic Skills Education Program

The Fort Sam Houston Education Center Basic Skills Education Program is designed to teach and refresh basic college preparatory

skills to service members with a GT score less than 110. Learners must be self-motivated individuals who desire to increase their capabilities in basic skills in a rigorous learning environment, Monday-Friday 7:30 a.m.-3:30 p.m. for a period of 14 working days. Service members will receive instruction in reading comprehension, vocabulary, and math skills. Call 221-1738.

Looking For Golfers

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

Stilwell House

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

Cloverleaf Communicators Club

The Cloverleaf Communicators Club is open to military, family members and civilians who are interested in developing or enhancing their leadership and communications skills. Meetings are held the first and third Thursday of every

month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 or visit <http://powertalkinternational.com/>.

Van Autreve Sergeants Major Association

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

Sergeant Audie Murphy Club

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

Toastmasters Club

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

Calendar of Events

Nov. 19

College Station Walk

The Brazos Valley Trailblazers Volksmarch club will host a 5k and 10k walk starting at the Veteran's Athletic Park, 3101 Harvey Road, College Station, Texas. Walks start between 8 a.m. and 11:30 a.m., finish by 2:30 p.m. Call 979-774-9038 or email bvtrailblazers@gmail.com.

Nov. 21

Warrant Officer Association Meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. Call 221-7327 or 666-9818.

Nov. 17

FSH Preservation Society

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

Dec. 1

Civilian Jobs Career Expo

Civilianjobs.com will hold a career expo 10 a.m.-2 p.m. at the Sam Houston Club. Veterans who

REMINDER CALENDAR

Nov. 17	IMCOM Change of Command, 10 a.m., MacArthur Field
Nov. 18	Consolidated Monthly Retirement Ceremony, 11 a.m., FSH Quadrangle
Nov. 29	Newcomer's Extravaganza, 9:30-11 a.m., Sam Houston Club
Dec. 1	Holiday Tree Lighting, 5-8 p.m., Post Flagpole
Dec. 2	11th Annual Neanderthal Run, 6:30 a.m., Camp Bullis
Dec. 2	ARNORTH Change of Command, 10 a.m., FSH Quadrangle
Dec. 5	MEDCOM Change of Command, Change of Responsibility, 9 a.m., MacArthur Field



are non-military ID cardholders must pre-register 14 days prior to the job fair. Visit <http://www.civilianjobs.com> or call (678) 819-4153 for more information.

Religious Briefs

1101 Contemporary Chapel Service

On Nov. 20, Fort Sam Houston's 1101 Contemporary Chapel Service will move next door to Evans Theater in an effort to accommodate its growing attendance. Evans Theater is located on Garden Avenue across from the 232nd Medical Battalion. The service held each Sunday morning at 11:01, is non-traditional and features a praise band, practical biblical teaching and casual attire. For more information, email 1101ministryteam@gmail.com.

'Journey to Bethlehem' Volunteers Needed

The "Journey to Bethlehem" is an interactive experience for people of all ages as the chapel staff recreate Bethlehem Village on the grounds of Main Post Chapel from 5:30 to 8:30 p.m. Dec. 8-10. Actors are needed to be shop keepers, tribal leaders, Roman soldiers, and there are several more volunteer opportunities. This program is open to the entire JBSA community. For more information or to volunteer, call 221-5006.