

FORT SAM HOUSTON News Leader

“HOME OF ARMY MEDICINE”



Photos by Esther Garcia

Katie Rae Davis gives a special performance for Warriors in Transition at the Warrior and Family Support Center in the Powless Guest House here. Davis later performed for about 25,000 service members and their Families at MacArthur Parade Field as the opening act for the Tim McGraw concert.

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Country artists honor Soldiers

Country superstar Tim McGraw shakes Patrick Garr's hand while his mother, Garrison Commander Col. Mary Garr, siblings Evan and Gwendolyn, and Installation Commander Maj. Gen. Russell Czerw look on during a backstage meet-and-greet. McGraw performed a free concert at Fort Sam Houston Sept. 11 for military members and their Families to thank them for their service and sacrifice.



Garrison supports FEMA with hurricane relief operations

By Jeff Crawley
Fort Sam Houston Public Affairs Office

major distribution point for supplies and personnel for disaster relief operations. As a FEMA national logistical staging area, about 800 people and almost 600 vehicles, mostly 18-wheelers loaded with food, water and generators, parked in formation near the Directorate of

Plans, Training, Mobilization and Security building. Once FEMA gave the word they headed out toward coastal areas.

“This is a full-court press to support FEMA from a garrison perspective,” said Dale

See FEMA P6

U.S. Army South honors victims of 9/11 attacks

By Sgt. 1st Class Robert Ramon
U.S. Army South Public Affairs Office

his backyard under a clear, blue sky.

He entered his home to find a minutes-old telephone message from his son in college. Confused by the message of an attack on the Pentagon, Boelens turned on the television as a sober real-

A distinct, thunderous sound in the distance abruptly ended a peaceful morning for Chaplain (Col.) James Boelens, who was enjoying a day of leave from his job at the Pentagon by relaxing in

See 9/11 P4

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Job opportunities abound at Hiring Heroes Career Fair

Workshops offered to prepare attendees, resumes

The Hiring Heroes Career Fair will be held Sept. 23 from 9 a.m. to 3 p.m. in the Sam Houston Club. The fair is for injured service members, their spouses and caregivers.

The Department of Defense-sponsored event is expected to attract more than 75 federal, corporate and contractor exhibitors whose focus is to speak to warriors about

employment opportunities after military service.

Attendees are highly encouraged to bring their resumes to this event to expedite the initial steps of the employment information and hiring process.

To help prepare attendees, several workshops will be offered Sept. 22 in the Sam Houston Club's Bowie Room. The workshops include:

- 9 to 9:50 a.m. – Writing a

See **HIRING HEROES P11**

You are cordially invited to participate in the Hiring Heroes Workshops & Career Fair
(Job Opportunities for Injured Service Members and their Spouses/Caregivers)

Monday, September 22, 2008
Resume Writing Workshop and Career Fair Preparation
8:00 AM to 4:00 PM
(Get assistance with writing professional resumes and career fair preparation.)

Tuesday, September 23, 2008
Hiring Heroes Career Fair
8:00 AM to 3:00 PM
Talk to over 70 DoD, Federal and Private Sector recruiters about opportunities in various civilian career fields.

Both events will be held at:
The Sam Houston Club
1395 Chafee Road
Fort Sam Houston, TX

	Sept. 18	Sept. 19	Sept. 20	Sept. 21	Sept. 22	Sept. 23
San Antonio	Mid to High 80s Partly Cloudy	High 80s Sunny	High 80s Sunny	High 80s Sunny	High 80s Sunny	High 80s Sunny
Kabul Afghanistan	80° Partly Cloudy	80° Partly Cloudy	80° Clear	78° Clear	75° Rain	78° Clear
Baghdad Iraq	107° Clear	107° Clear	105° Clear	104° Clear	104° Clear	104° Clear

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



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News Briefs

Gazebo concert

Brig. Gen. James Gilman, commanding general, Great Plains Regional Medical Command and Brooke Army Medical Center, will host a concert Sept. 21 at 6 p.m. at the gazebo on Staff Post Road. The public is invited to bring lawn chairs and blankets, and enjoy the sounds of the U.S. Army Medical Command Band.

Audition for Army video

Army Medical Department Television seeks an Army military instructor or active-duty noncommissioned officer to portray the part of a military instructor in the video production, "Battlemind – Jr. Leaders." The actor will be responsible for memorizing a script. Auditions will be held the week of Sept. 22 to 26 at AMEDD Television, Building 912, Patch Road. Production days are Oct. 8 and 9 from 7 a.m. to 5 p.m. For more information or to audition, call Mary Wilbourn at 221-3111.

Hispanic Heritage Month events

In honor of Hispanic Heritage Month, the following events will be held:

- An observance for Soldiers from the 32nd Medical Brigade, hosted by the 187th Medical Battalion, Sept. 25.
- 5K Fun Run Sept. 27 starting at 9 a.m. at the Jimmy Brought Fitness Center. The first 100 runners to show up will get a free T-shirt.
- Soccer tournament Oct. 4 from 8 a.m. to 5 p.m. at Leadership Field, across from the fire department. The deadline to register is Sept. 26 at 7:45 a.m.
- Latin Night comedy show Oct. 4 at the Sam Houston Club. For information, call Doug Rush at 224-2721.

The events are sponsored by the 470th Military Intelligence. For more information, call Sgt. 1st Class Megan Grant, project officer, at 295-6800.

Retirement ceremony

The monthly Retirement Ceremony will be held Sept. 25 at 7:45 a.m. at the post flagpole on Stanley Road. The retirees are Chaplain (Col.) Paul Clark, Medical Command; Chief Warrant Officer Johnny Moncada, 470th Military Intelligence; Master Sgt. Jorge Morales Scharon, Brooke

See **NEWS BRIEFS P4**

Soldiers honored at Purple Heart ceremony

Story and photo by Jen Rodriguez
Brooke Army Medical Center

The commander of Brooke Army Medical Center and Great Plains Regional Medical Command honored six Warriors in Transition Aug. 26 during a Purple Heart ceremony in BAMC's fourth floor auditorium.

Along with the six combat heroes, Brig. Gen. James Gilman praised the BAMC medical staff for their continued dedication to the care and recovery of Warriors in Transition.

"Your support of our young men and women willing to go in harm's way is important to us and to them (warriors) for their recovery," said Gilman.

More than 50 Family members, comrades and medical staff attended the ceremony.

Medal recipient Spc. Nicholas Hinton expressed his gratitude to "the BAMC staff for the greatest care, Warrior in Transition leadership, my parents, and people in my platoon who rescued me and patched me up and helped with my recovery," he said.

The oldest military decoration in the world, the Purple Heart is awarded to members of the armed forces of the United States who are wounded by an instrument of war in the hands of the enemy.

Purple Heart recipients

Sgt. Nathan Rolens was injured July 8 in Iraq. While on an escort mission, a 50-pound pressure plate improvised explosive device was detonated, resulting in Rolens' combat injuries. Rolens is an infantryman/Stryker commander assigned to Headquarters and Headquarters Company, 1st Battalion,



Purple Heart recipients (from left) Sgts. Nathan Rolens and Nicholas Hinton, and Spcs. Andrew Howard, Jeremy Hubatka, Joshua Reed and Nicholas Lingua are honored for their sacrifice Aug. 26 during a Purple Heart ceremony in the Brooke Army Medical Center fourth floor auditorium.

21st Infantry, 2nd Brigade Combat Team, 25th Infantry Division.

Hinton was injured Jan. 8 in Iraq. While on a mounted patrol, Hinton's vehicle encountered an IED resulting in his combat injuries. Hinton is an infantryman assigned to Headquarters and Headquarters Co., 3rd Squadron, 2nd Cavalry.

Spc. Andrew Howard was injured April 29 in Iraq. Howard was responding to a distress call from another vehicle when his vehicle was struck by an IED resulting in his combat injuries. Howard is an infantryman assigned to B Co., 1st Bn., 14th Inf., 2nd Bde. Combat Team.

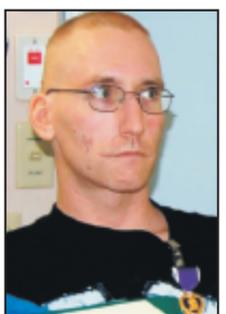
Spc. Jeremy Hubatka was injured March 29 in Iraq. Hubatka was on patrol when his vehicle was struck by an IED resulting in his combat injuries. Hubatka is an infantryman assigned to A Co., 1st

Bn., 30th Inf. Regiment, 2nd Stryker Cav. Regiment.

Hubatka also received the Combat Infantryman Badge, which recognizes Soldiers who engage the enemy or are engaged by the enemy during a combat operation.

Spc. Nicholas Lingua was injured May 25 in Iraq. While on mounted patrol, Lingua's vehicle drove over a pressure plate mine resulting in his combat injuries. Lingua is an infantryman assigned to the 2nd Bn., 327th Inf., 1/101st Airborne.

Spc. Joshua Reed was injured June 1 in Afghanistan. During a patrol, Reed's squad was ambushed and he was hit with a rocket-propelled grenade, resulting in his combat injuries. Reed is an infantryman assigned to D Co., 1st Bn., 506th Inf., 101st Airborne Div.



Sgt. Daniel Thornhill is awarded a Purple Heart medal at bedside Sept. 4 at Brooke Army Medical Center.

Soldier awarded medal at bedside

Story and photo by Jen Rodriguez
Brooke Army Medical Center

Sgt. Daniel Thornhill was awarded a Purple Heart at bedside Sept. 4 surrounded by Family, medical staff and friends at Brooke Army Medical Center.

Thornhill is a military policeman assigned to Headquarters and Headquarters Command, 173rd Special Troops Battalion (Airborne) in Afghanistan.

Among the well-wishers were his father, Douglas Thornhill, a retired Marine and Vietnam veteran, mother Susan and brother Matthew.

Brig. Gen. James Gilman, commander, Great Plains Regional Medical Command and Brooke Army Medical Center, called the Soldier's Purple Heart ceremony a celebration of heroism.

"I know you're working hard in rehabilitation to be better and

feel better," Gilman said.

Thornhill thanked his Family for their support.

"My mom has been here since I arrived. Mom is a great help," he said.

The MP was injured May 31 when his vehicle was struck by an improvised explosive device resulting in his combat injuries.

"I'm going to keep on stepping to where I want to be," he said.

News Briefs

from P3

Army Medical Center; Sgt. 1st Class Martha Chavez, 31st Combat Support Hospital, Fort Bliss, Texas; and Staff Sgt. Deborah Chapa, MEDCOM Band.

Community FIRST focus group

A Community FIRST focus group, comprising Warrior in Transition Battalion Soldiers and their Family members, is scheduled for Oct. 8 from 8:30 to 11:30 a.m. in the Soldier and Family Assistance Center Conference Room, Building 3931. For more information or to participate in the focus group, call Russell Matthias, Fort Sam Houston Customer Service Officer, at 221-2543 or e-mail samh.cms@conus.army.mil.

For more information about Customer Management Services, call Russell Matthias, CSO, at 221-2543 or e-mail samh.cms@conus.army.mil.

Partial road closure

Portions of Garden Avenue, at the intersection of Harney Road, will close for the construction of a new storm water drain system for the new Medical Education and Training Campus dining facility. One lane of the road will be closed the evening of Sept. 26 through the evening of Sept. 28. After work hours, the excavation will be covered with steel plates to allow vehicle traffic through.

Update emergency contact information

The Department of the Army has established an Emergency Contact Data System for both appropriated fund and nonappropriated fund employees to list who to contact during an emergency. Providing updated information in this system greatly increases the efficiency and speed an employee's designated contact can be reached if there is an emergency at the workplace. It is also a tool used in maintaining contact during natural disaster evacuations and other national emergency situations. Employee participation is not mandatory; however, all employees are strongly encouraged to participate. Employees can update their emergency contact information by visiting <http://www.cpol.army.mil>, select "MyBiz," "Update My Info," and choose "Emergency Contact Information."

9/11 from P1

ity set in. The date was Sept. 11, 2001, and within minutes, Boelens would don his military uniform, voluntarily report to Fort Belvoir, Va., and be on an ambulance heading to provide support at the attack site.

This was one of several personal stories shared during a Patriot Day memorial ceremony at the Gift Chapel Sept. 11. Sponsored by U.S. Army South, the ceremony honored the victims of the 9/11 attacks with a video presentation, a moment of silence at the exact time of the initial impact on the World Trade Center, the playing of taps, a rendition of "God Bless America," and reflections by U.S. Army South Soldiers.

"(The attacks of Sept. 11) changed history and gave us a time to reflect on what is really important in life," said Maj. Gen. Keith Huber, U.S. Army South commander. "We are here to remember and pay our respects, and we have a responsibility to ourselves, to our Families and to our nation to ensure that we're not simply surviving life, but that we're making a contribution."

Boelens, the U.S. Army South command chaplain, spoke of the many personal contributions and sacrifices made by Americans everywhere since the attacks on 9/11.

"(Americans) are a kind and generous people," Boelens said. "The heroes of Sept. 11 include tens of thousands of common citizens who simply resolved to deny terrorism and tyranny a foothold in our world. America is filled with good people."

Another U.S. Army South Soldier touched by the events on 9/11 was Lt.



Lt. Col. Patrick Budjenska speaks about his Sept. 11, 2001, experiences during a Patriot Day memorial ceremony at the Gift Chapel Sept. 11. Budjenska is the U.S. Army South inspector general.



Staff Sgt. Gary Jackson rings a bell during a Patriot Day memorial ceremony at the Gift Chapel Sept. 11. Jackson, a U.S. Army South chaplain assistant noncommissioned officer, rang the bell 30 times during the ceremony — once for every 100 persons who died in the 9/11 attacks.

Col. Patrick Budjenska, U.S. Army South inspector general. Spectators in the chapel listened intently as he described how his boss ordered him to attend a meeting across town on the morning of Sept. 11, 2001. Literally minutes before the attack, Budjenska reluctantly departed the Pentagon to attend the meeting.

Holding up a palm-sized chunk of marble that was presented to him at the conclusion of his Pentagon assignment, Budjenska explained that it was a piece of the Pentagon building destroyed in the attacks.

"I carried this in my rucksack when I went into Afghanistan," he said of the marble piece. "It's the heaviest piece of stone I've ever picked up."

Budjenska said the rock symbolizes the refocusing he's made in his life since the attacks.

"I've chosen to pursue reconnecting and dedicating myself to my Savior," Budjenska said. "I've also placed greater emphasis than ever before on my Family, and I've vowed to be a good neighbor. As devastating as it was, I've seen a lot of good and a lot of strength from people just like you," he said to the audience, many of whom previously served on the front lines in the war on terror.

Huber re-emphasized the strength and courage displayed in the days since the attacks on 9/11.



Chaplain (Col.) James Boelens observes a moment of silence during a Patriot Day memorial ceremony at the Gift Chapel Sept. 11. Boelens is the U.S. Army South command chaplain.

"Within each of us is that sense of courage, love, respect, hope and determination," Huber said. The attacks "caused us to search for and bring that out; to realize there's more to life than ourselves."

At the conclusion of the ceremony, Huber challenged the audience that simply remembering is not enough.

"Everyday we have the opportunity to demonstrate to people the purity of our heart, the strength of our character and the courage of our beliefs," Huber said. "We should remember always to not be spectators to a memory, but to take action."

Huber stepped down from the podium as the audience reflected on his words. The sound of a lone bell pierced the silence. It tolled 30 times — once for every 100 persons who died during the tragedy that day — Sept. 11, 2001.

Photos by Sgt. Nina Ramon

Medics receive Battlemind training to help fellow Soldiers

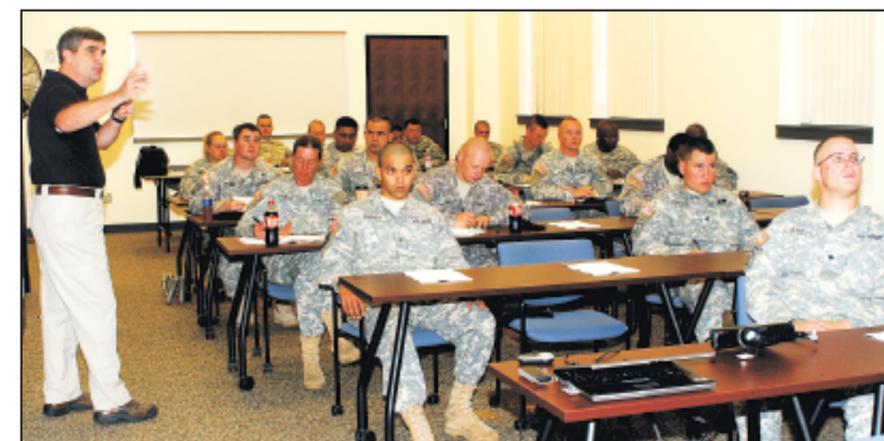
Story and photo by Hannah Hayner
Fort Drum Blizzard Staff Writer

FORT DRUM, N.Y. — Hundreds of Soldiers from Fort Drum, N.Y., received training on one aspect of war that does not always take precedence: the battle of the mind.

Retired 1st Sgt. Michael Rinehart, training specialist for the U.S. Army Medical Department Center and School, Fort Sam Houston, traveled here in early September to offer Battlemind Warrior Resiliency Training.

The training was integrated into the advanced individual training for health care specialists and AMEDD Officer Basic Leader Course/Basic Officer Leader Course curriculum in July, and a mobile training team teaches it to Soldiers throughout the Army.

Rinehart offered two-hour courses for those certified in combat lifesaving and four-hour courses for medics to teach them how to help them-



Retired 1st Sgt. Michael Rinehart, training specialist from the U.S. Army Medical Department Center and School at Fort Sam Houston, points out some facts listed on the projection screen Sept. 5 during a Battlemind Warrior Resiliency training session at Fort Drum, N.Y.

selves and others when they are dealing with stresses of military life. The medics' portion was a "train the trainer" segment to give them valuable information to take back and teach fellow medics and others.

"Warriors go to other warriors — someone they trust —

when they have a problem, and you need to know how to deal with it," Rinehart told Soldiers Sept. 5. "And for some of you, they are already coming to you."

Rinehart talked about how some people are more able to cope than others, and even mild stressors can set people

bodies where you haven't trained their minds to go. If you send them before their minds are ready, there's a price and you're going to pay it. Treat them now, or you'll treat them later," Rinehart said. "Preparing yourself and your Family is extremely important, too."

"Medics, especially, do everything they can for others — stay up late for their Soldiers, take care of their Soldiers — but they don't take care of themselves," he added. "Don't forget about the ones who don't necessarily have battle buddies looking out for them, like the commander and the doc."

Rinehart also talked about those who already are suffering effects of deployments.

"You can get (stress) from standing in line at Wal-Mart," he said.

He told participants they should make it their responsibility to help fellow Soldiers be mentally prepared for combat or other military deployments.

"You can't keep sending

See **BATTLEMIND P7**

FEMA from P1

Roth, director of DPTMS. "We receive, stage and assist with the onward movement of this body of support."

Not only were there supplies, but FEMA Mobile Emergency Response Support crews were here. The MERS go into devastated areas and set up command and control facilities, Roth said.

Semi tractor-trailers, recreational vehicles and sport utility vehicles began arriving on post Sept. 10, said Mark Magalski, watch chief of the Fort Sam Houston Installation Operations Center. This was in the midst of the installation's preparations for a Tim McGraw concert scheduled for the next day.

"When we got the (FEMA) notice we were right in the middle of planning for 25,000 folks for the concert so we kind of had to do simultaneous operations and divide our attention," Magalski said.

DPTMS had also been preparing for a weeklong post-wide force protection exercise, which was scheduled to begin Monday. A Naval exercise was

also planned for the weekend at Camp Bullis. Both exercises were postponed because of the hurricane.

Another concern was the weekend weather forecast for San Antonio.

"Initial weather indications were that we were going to receive category 1 hurricane force winds," Magalski said.

All these scenarios kept the watch standers, emergency preparedness personnel and first responders at DPTMS very busy, Magalski said.

The stores in the staging area included 2.7 million meals-ready-to-eat, 3.6 million liters of water, 900 tons of ice and 15 fuel trucks.

As relief operations began, FEMA dispatched vehicles to Beaumont, Texas, and moved others to an auxiliary airfield at Randolph Air Force Base, where they would be directed to other areas, Roth said.

All the garrison's directorates were involved in the staging operations, Roth said.

The Directorate of Emergency Services provided security for the staging area. The Directorate of Public Works provided logistical sup-



Photo by Mark Szyman

A Federal Emergency Management Agency command and communications vehicle sits with tractor-trailers at the staging site near the Directorate of Plans, Training, Mobilization and Security building Saturday. About 600 vehicles loaded with food, water, ice and comfort items were ready to assist with Hurricane Ike disaster relief operations.

port, including trash receptacles, Roth said. The Directorate of Logistics provided, among other things, fuel for the trucks. The Directorate of Information Management provided secure Internet access. The Directorate of Family and Morale, Welfare and Recreation provided golf carts for the FEMA officials and use

of showers 24/7 at the Jimmy Brought Fitness Center.

"It was a team effort," said Sam Shattuck, chief of the Plans and Operations Division at DPTMS. "I was most impressed with the support from the Garrison. If we needed something, they responded right away."

Since the 2005 hurricane season, FEMA has used Fort

Sam Houston as a staging site.

"We've covered Emily, Rita and Katrina," Roth said.

DPTMS officials agreed that the staging operated efficiently.

"I think it went extremely well," said Magalski, a logistician. "Everything went smoothly; the mission was accomplished with no injuries or significant glitches."

BATTLEMIND from P5

ma and barriers to seeking behavioral health care if people know they're struggling. Some people don't go because they think others will look down on them, think they're incompetent or crazy or weak, but they need to know that what they're going through is normal."

Rinehart said it is important for Soldiers to find a way to tell their Families what they have been through.

"It's important to be able to redevelop the same cohesive bonds that you developed with your fellow warriors with the people who should be the most important in your life - your Family," he said. "You have to be able to discuss your experiences in a way you're comfortable telling it, and above all, you have a right to be proud of your service."

Rinehart added that medics should take it seriously that some Soldiers really need help.

"You should ensure early identification of an at-risk warrior," he said. "You're no longer the medic friend, you're the medic authority. If you know someone who's acting like they're still down-range, but they're sitting at home, there's a problem."

He talked about the TAIL light effect. Warriors need help getting help, and this acronym gives some pointers.

T: Tell them you are concerned; listen to their story without getting in the way,

and then tell them what you are seeing and hearing so they can hear it back.

A: All are impacted by war, and it could be any Soldier, so watch out for each other during deployment and at home.

I: Insist they see someone, and have names and numbers of resources available, like a chaplain or behavioral health professional. Explain that you have been taught enough to know when to be worried, but not enough to treat them. Remind them they would do the same for you, as a good battle buddy.

L: Look for ways to help, whether it is offering to go with them, make the phone call for them, drive them, get directions for them. Check back with them often, letting them know you are there to help and that you are not going to let this drop.

Another thing Rinehart emphasized is how medics deal with the death of a Soldier.

"You can't think you're not worthy to do your job because a Soldier died," he said. "People die when you do everything right. You have to

be genuine about that and honest with yourself and others."

Maj. Matthew Barry, chief of psychiatric services, Behavioral Health, U.S. Army Medical Activity at Fort Drum, facilitated bringing the training to post because he sees people all the time who suffer from common stress and emotional issues stemming from the high operational tempo here.

"We want people to know that it is most common for Soldiers to turn to their peers, but here is what to do if it is over your head," Barry said. "We need to break down the stigma that holds people back from getting help. No one is being held back from promotion - there is no adverse effect to getting help."

"The good news is, what they are going through is completely treatable," he added.

"People feel like they can't be helped, but if they get the right treatment and stay away from avoidance techniques, like drinking and drugging, it is treatable."

For more information on Battlemind, visit <https://www.battlemind.army.mil/>.

Story of survival



Photo by Maria Gallegos

Pentagon survivor retired Lt. Col. Brian Birdwell shares his 9/11 experiences during a visit to Brooke Army Medical Center Sept. 11. Birdwell was standing about 20 yards away from the spot where American Airlines Flight 77 crashed through the outer wall of the Pentagon. He sustained burns on more than 60 percent of his body, and underwent over 30 surgeries and therapy sessions.

Personnel invited to learn about environmental program

By Minnie Jones
Fort Sam Houston Public Affairs Office

The Directorate of Public Works, Environmental Division will host an Environmental Management System kick off Sept. 25 from 8 a.m. to noon at the Army Community Service center on Stanley Road.

The EMS is a set of processes and practices that enables an organization like

Fort Sam Houston to reduce its negative environmental impacts and increase its overall operating efficiency.

The kick off will discuss Fort Sam Houston's objectives in implementing an EMS program on post and the initial steps that need to be taken to jump-start the program. The program

intent is not to create a new method of environmental management, but focus on contin-

ued improvement through a management process that drives best practices.

"We want to inform the entire installation of their roles and responsibilities when it comes to environmental stewardship," said Tray Cooper, DPW, ENV Division.

The EMS program for Fort Sam Houston and Camp Bullis is driven by Army Regulation 200-1, Environmental

"We want to inform the entire installation of their roles and responsibilities when it comes to environmental stewardship."

Tray Cooper

Directorate of Public Works, Environmental Division

Protection and Enhancement; requiring that all operations under the control and the influence of Fort Sam Houston and Camp Bullis comply with the program.

"(The kick off) is a start, but the Army cannot do this alone. We need the assistance of everyone on the installation to reach the goals set forth in Army and DoD policies. More importantly, we want everyone on Fort Sam Houston to know what their responsibilities are regarding environmental regulations," said Christopher Beck, natural

resources program manager, DPW, ENV Division.

"Most people just think of the basics like recycling paper, plastic and cardboard ... but EMS goes far beyond that.

Fort Sam Houston has set goals regarding the EMS and requires that everyone from the directors down to the Soldiers living in post housing, to do their part in protecting the environment," said Beck.

The EMS kick off is open to all personnel. For more information regarding EMS or the kick off, call Cooper at 221-5057.

Lincoln Military Housing to change on-post housing office location

Lincoln Military Housing is changing its on-post housing office location. Starting Oct. 1, residents requiring service or information for on-post Family housing should go to the resident community center location that services their respective rank and bedroom requirement as indicated below:

Lincoln Resident Center

Building 407, Dickman Road
Office: 270-7638
Fax: 270-7699

Ranks: O-1 to O-6 requiring two, three or four bedrooms.

Harris Heights

Community Center

3751 Patch Rd.

Office: 824-9587

Fax: 270-7699

Ranks: E-1 to E-6 requiring two

bedrooms and E-7 to O-3 requiring three or four bedrooms.

Watkins Terrace

Community Center

5840 Frazier Road

Office: 832-8104

Fax: 270-7699

Ranks: E-1 to E-6 requiring three or four bedrooms.

(Source: Residential Communities Initiative)

Runners should avoid construction haul roads

An increasing number of construction crews and equipment are using the recently paved haul road that runs just outside the Brooke Army Medical Center perimeter fence. This road runs along the west and north sides of the BAMC campus and connects Binz-Engleman Road and Petroleum Drive. This road should not be used for jogging or hiking.



Lost mail?

Soldiers can inquire about lost parcels via e-mail

Military members now have an efficient way to inquire about a footlocker, duffle bag or parcel that may be lost in the mail.

Service members and their families can contact the Military Postal Service Agency via e-mail at MPSA-MRC@conus.army.mil to inquire about or claim mail that has yet to arrive and was sent more than 60 days from the date of mailing.

The e-mail address is also linked on the MPSA Web site at <http://hqdainet.army.mil/mpsa/index.htm>; go to "MPSA Took Kit" and click on "Lost Military Parcel Procedures."

People should include the

following details in their e-mail to MPSA: contact phone number; e-mail address; rank; first and last name; mailing address; return address; any insured, certified, registered or confirmation number, if applicable; date of mailing; type of container used for mailing; a detailed description of the container's contents; and any additional information that could be used to help identify a package or bag, such as distinctive markings.

Once the information is received, MPSA will contact the service



member to positively identify the owner and ship the item to the recipient should it be found.

"The best way to ensure your package is delivered, in the event the address label is lost or destroyed, would be to enclose the mailing address information on the inside of each parcel," said Tech. Sgt. Steven Bennett, mail recovery coordinator for MPSA.

Address information can be typed or legibly written on 8 1/2 by 11-inch bond paper or a 3 by 5-inch

"The best way to ensure your package is delivered, in the event the address label is lost or destroyed, would be to enclose the mailing address information on the inside of each parcel."

*Tech. Sgt. Steven Bennett
Mail recovery coordinator for MPSA*

index card, and must include the complete address of the mailer and recipient. This will help postal employees determine who the article belongs to and provide them an address to forward items.

"This is just one example of the Department of Defense doing what we can to better serve those that

serve the American people — our Soldiers and Families. Help us help you by contacting the Military Postal Service Agency at MPSA-MRC@conus.army.mil," said Col. David Ernst, MPSA deputy director.

(Source: U. S. Army Human Resources Command release)

HIRING HEROES from P2

Resume for Private Sector Employment, taught by Army Career and Alumni Program.

- 10 to 10:20 a.m. - Veteran's Preference, taught by the Office of Personnel Management.

- 10:30 to 11:30 a.m. - Writing a Resume for Federal Employment, taught by OPM.

- 12:30 to 1:15 p.m. - Reasonable Accommodations, taught by Equal Employment Opportunity.

- 1:30 to 2:20 p.m. - How to Work a Job Fair, taught by ACAP.

- 2:30 to 3:30 p.m. -

Preparing for Success, taught by Army Community Service.

A Last Chance Resume and Federal Job Application Workshop also will be offered Sept. 22 from 9 a.m. to 4 p.m. at the Sam Houston Club on a walk-in basis. One-on-one help will be provided to build or fine-tune resumes and applications.

People are urged to prepare their resumes in advance to help better present their talents, skills and experience to prospective employers.

For more information, call ACAP at 221-1213 or 221-9255.

San Antonio Military Community Job Fair

The San Antonio Military Community Job Fair will be held Sept. 24 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, exit Pat Booker Road off IH-35. The fair, hosted by local military installations, Disabled American Veterans and the Texas Workforce Commission, is expected to attract more than 100 employers from various career fields who are looking to hire veterans.

Parking notice for career fair

The parking lot behind the Sam Houston Club will be reserved for service members attending the Hiring Heroes Career Fair. Reserved parking also will be available in the lot at the corner of Scott and Harney roads, adjacent to Building 2640. A shuttle van will run between the reserved parking area and the Sam Houston Club about every 15 minutes from 8:30 a.m. to 3:30 p.m.

FMWRC recruiting at career fair

The Family and Morale, Welfare and Recreation Command will be recruiting at the Hiring Heroes Career Fair Sept. 23 at the Sam Houston Club and the San Antonio Military Community Job Fair Sept. 24 at the Live Oak Civic Center. Various FMWRC positions will be moving to Fort Sam Houston. Subject matter experts in human resources, contracting, business programs and the Management Trainee Program will be at the fair to answer questions. For more information, call 703-508-0732 or 571-480-3575.

Hiring Heroes Career Fair
Transportation to the Hiring Heroes Career Fair

located at the
Sam Houston Club
will depart the
Powless Guest House
Sept. 22 and 23
starting at 8:30 a.m.
Shuttles will run every 30 minutes.

Due to construction and limited parking,
the use of shuttles
is highly recommended.

For more information, call
Transportation - 289-8296
Staff Sgt. Matney - 422-7259



National Prostate Health Month

Fort Sam employee overcomes prostate cancer

By Elaine Wilson
Fort Sam Houston Public Affairs Office

Seven years ago, Brad Barrett was 41 and retiring from the Air Force. Healthy all his life, he figured his final medical exam prior to separation would be a breeze.

The doctors ordered a full range of tests, including a prostate-specific antigen blood test, which is used to detect prostate cancer. The choice to conduct the test was somewhat out of the ordinary; it's not routine until men reach age 50.

It turned out to be a good choice for Barrett. Test results showed his PSA levels were rising, a possible indicator of a prostate problem.

"My level was higher than usual but not at a level to warrant a biopsy at the time," said Barrett, now working for Army Emergency Management, Directorate of Plans, Training, Mobilization and Security here.

Doctors recommended Barrett take the test annually and four years ago,

"I didn't have a Family history or other risk factors. I'm just very grateful my military doctors went the extra mile and ordered that test."

Brad Barrett
Cancer survivor

his PSA level was high enough to cause concern and a biopsy was ordered.

"The results showed I had early-stage prostate cancer," Barrett said.

The news was upsetting, particularly when Barrett thought about the consequences if he had not undergone the test as early as he did.

"I was really lucky," he said.

Barrett successfully underwent radiation therapy, one of several options for treating prostate cancer, and so far the treatment has been effective. However, he still must go for a test every six months for five years.

"It's traumatic the days and weeks before a test," he said. "Before I take the test, I always wonder, will I live or die?"

Although it's not highly publicized,

prostate cancer is the most common non-skin cancer in America, affecting one in six men, according to the Prostate Cancer Foundation. The cancer is more commonly seen in older men. More than 65 percent of all prostate cancers are diagnosed in men over age 65. The risk of developing prostate cancer is 1 in 10,000 for men under age 40, but shoots up to 1 in 14 for men ages 60 to 69.

Race and Family history play a role in men's risk for prostate cancer. According to the foundation, African-American men are 61 percent more likely to develop prostate cancer compared with Caucasian men and are nearly 2.5 times as likely to die from the disease. Men with a first-degree relative – father, brother or son – with

a history of prostate cancer are also at a higher risk; they are twice as likely to develop the disease.

In its early stages, like with Barrett, most men will not experience any symptoms, underscoring the need for testing. The American Cancer Society recommends an annual PSA blood test and digital rectal exam beginning at age 50. Men at high risk should begin testing at age 40 or 45 depending on Family history.

An early detection can prove a life-saver. Nearly 100 percent of men diagnosed when the cancer is in the local and regional stages will be disease-free after five years, according to the foundation.

Barrett hopes to be one of those success stories.

"I didn't have a Family history or other risk factors," he said. "I'm just very grateful my military doctors went the extra mile and ordered that test."

For more information on prostate cancer, visit www.prostatecancerfoundation.org.

Saving lives



Photo by Olivia Mendoza

Second Lt. Helen Chandler, A Company, 187th Medical Battalion, fills out a bone marrow donor application with help from Frank Tapia during the post's bone marrow drive Friday outside the Post Exchange. The postwide drive was held in support of the Department of Defense Marrow Donor Program. People can still register to be a donor; call Tapia at 221-0679. For more information on DoD's donor program, visit <http://www.dodmarrow.com>.



Photo by Cheryl Harrison

Garrison Command Sgt. Maj. Pedro Class swabs his cheek so he can register to become a bone marrow donor Sept. 11 at a bone marrow drive booth at MacArthur Field. The information from Class' oral swab sample will be placed in the national registry. If a preliminary match is made, Class will have the option to donate marrow for a patient in need. As of Dec. 31, 2007, more than 500,000 Department of Defense volunteers were registered in the DoD and National Marrow Donor Program files, and over 2,300 have provided marrow to help a stranger's life, according to a DoD Marrow Program fact sheet.

9th Annual
Tell-A-Friend
Cancer Awareness Luncheon

Friday, Oct. 3 at 11:30 a.m.
San Antonio Country Club
4100 N. New Braunfels

Tickets: \$15
Complimentary Valet Parking

Checks should be made payable to: Henry M. Jackson Foundation

"Hope for the Future"
by
Col. George E. Peoples, MD, FACS
Director, Cancer Vaccine Development Program
Deputy Director, United States Military Cancer Center
Chief, Surgical Oncology, Department of Surgery

To purchase tickets, call:
Susie Ferrise at 295-4335, Sandy Terrazzino at 292-3125
or the American Cancer Society at 884-0581.

Ticket deadline is September 29th.

Please join us for this event.
You can help too...
Tell-A-Friend!!!

Sports

Intramural softball standings

Sept. 9

Team	Win	Loss
USARSO	6	0
264th Med. Bn.	3	1
USAG	1	1
4th Recon.	1	1
1/141st Inf.	1	2
ARNORTH	0	1
MEPS	0	2
418th Med. Log.	0	2
BAMC Pharmacy	0	2

Intramural fall flag football standings

Sept. 10

Team	Win	Loss
USARSO	3	0
BAMC	3	1
32nd TSC	2	1
BAMC Pharmacy	1	1
USAG	1	2
DENTAC	0	3
Co. D, 187th Med. Bn.	0	1
14th MI Bn.	0	1

2008 Club Championship

The Fort Sam Houston Golf Club will conduct its annual Club Championship Sept. 27 and 28. This 36-hole stroke play event is open to all members, active-duty military and their family members and Department of Defense employees and contractors assigned to Fort Sam Houston. The championship will be played on the La Loma Grande and Salado Del Rio courses, with a shot-gun start time of 8 a.m. on both days. Register in the Golf Course Pro Shop from 7 a.m. to 7 p.m. through Sept. 25. The registration fee is \$35 for members and \$60 for non-members. For more information, call 222-9386.

Bench press contest

FMWR will hold a bench press contest Sept. 27 at 10:40 a.m. at the Jimmy Brought Fitness Center. Weigh-in is from 9:30 to 10:30 a.m. The entry fee is \$20 and includes a T-shirt for all participants. For more information, call 221-1234.



Hometown star

Fort Sam Houston personnel who want to share news of their accomplishments and achievements with Family members and friends back home can participate in the Army and Air Force Hometown News Program.

Whether active duty, Reserve, Guard or a Department of Defense civilian, you can fill out the Hometown News Release, the Department of Defense Form 2266, and forward it to Public Affairs. PA will then forward the form to the Air Force News Agency for distribution to every media outlet within a 50-mile radius of the zip code specified on the form.

Complete the DD Form 2266, posted on the Fort Sam Houston Public Affairs Web site at <http://www.samhouston.army.mil/publicaffairs>, and submit it to PA by fax at 221-1198 or e-mail to HometownNews@samhouston.army.mil.

For more information, visit <http://www.samhouston.army.mil/publicaffairs>, call 221-1139 or 221-0546; or e-mail Minnie Jones at minnie.l.jones@us.army.mil or Olivia Mendoza at olivia.mendoza1@us.army.mil.



Did you know?

Did you know that you might be able to find out who lived in your family quarters on Fort Sam Houston?

Though only partially completed, the database of family quarters' residents maintained by the Fort Sam Houston Museum already contains more than 7,448 entries.

Most people know that Gen. John J. Pershing lived at Number 6, Staff Post in 1917, and that Vinegar Joe Stilwell lived at 626 Infantry Post in 1939. But not many people may know that Col. Roger Brooke lived at 117 Artillery Post Road, Sgt. Maj. Jimmy Brought lived at 810 Patch Road, Maj. Maxwell Taylor lived at 535 Wheaton Road and Shaquille O'Neal lived at 373 Clem in the former Harris Heights.

Historians from the museum have been mining city directories, census reports, telephone books and other documents to compile a database of the residents of family quarters on post. But, it has not been easy.

The first of the two biggest roadblocks to a complete database is the fact that the Army did not routinely keep lists of the residents of each set of quarters. Even if it had kept such lists, Army record-keeping procedures would have required the periodic destruction of these records or their retirement to a records repository.

The second roadblock is the nature of telephone books.

The post did not have any phonebooks before the installation of phones in all the quarters. The telephone exchange was not built until 1913. Even then, not all the Family quarters or bachelor quarters had telephones. A few officers even refused to have such contrivances in their homes!

Complicating the situation was the fact that phonebooks were not updated at the same rate that quarters changed occupants. And, starting in the 1970s, the Privacy Act prohibited the listing of family quarters' addresses and phone numbers in the post telephone directory. But, the search for data goes on.

Along with the database of residents, the museum has copies of the original floor plans for all the quarters built before 1960 as well as a large collection



Capt. Oskaloosa Smith (left) relaxes outdoors at his quarters, #11 Staff Post, in 1885. Smith served during the Civil War and the Indian Wars before becoming a staff officer at Fort Sam Houston.

of photos of individual quarters and neighborhoods. People can access the database and other information about family quarters by visiting the Fort Sam Houston Museum, 1210 Stanley Road. The Museum is open Wednesday through Sunday from 10 a.m. to 4 p.m. For more information, call 221-1886.

(Source: Fort Sam Houston Museum)



Maj. Maxwell Taylor and his Family pass on holiday greetings at their quarters on Wheaton Road. Taylor later became a general and chairman of the Joint Chiefs of Staff. These quarters were re-numbered 535 in 1947.

Country singer Katie Rae Davis walks to the main stage as thousands of screaming fans cheer her on Sept. 11 at MacArthur Parade Field. The East Texas native was the opening act for the free Tim McGraw concert.



Photo by Esther Garcia



Family member Nicole Alvarado plays with her 18-month-old son, Marley, Sept. 11 on an inflatable play area at MacArthur Parade Field. Preconcert activities began at 3 p.m. with numerous activities for Families, including games, music, information booths and food concessions.



Photo by Jeff Crawley

Sgt. Kat Williams dances with her husband, Sgt. Joe Williams, during the Army Medical Command Band's performance Sept. 11 at MacArthur Parade Field. The Williams sang and danced to the song "Family Tradition." The two performed as part of the MEDCOM's "Rock Band" - which performed a variety of music during preconcert activities.



Photo by Esther Garcia

Country superstar Tim McGraw signs an autograph for Warrior in Transition Staff Sgt. Allan Annaert. McGraw met with several wounded warriors and their Families backstage before the concert to thank them for their sacrifice.

Musical tribute

Country superstar thanks troops with free concert

By Elaine Wilson
Fort Sam Houston Public Affairs Office

Country music superstar Tim McGraw thanked the military for their service and sacrifice by performing a free concert for about 25,000 service members and their Families Sept. 11 at MacArthur Parade Field here.

"We can only begin to sympathize the immense sacrifice the Soldiers and their Families make on a daily basis," said McGraw in a press release. "We hope our show gives them a brief interlude of their duties and time to enjoy themselves for a little while."

The Grammy-winning artist drew fans from throughout San Antonio to the field behind the post flagpole, which was transformed into a high-tech concert arena complete with giant view screens and a strip of vendor booths.

"I think this was a great idea ... definitely a good thing to mark Sept. 11," said Air Force Airman Ashley Dyer, Lackland Air Force Base, Texas. "I am a Tim McGraw fan and I was very excited to have the opportunity to be here to see him."

Before he rocked the post country-style for nearly two hours, McGraw

took a few minutes to meet with wounded warriors and Family members backstage. He took individual pictures and signed autographs on everything from posters to a little girl's guitar.

"I'm going to be a singer and songwriter some day," Erin Silvas told McGraw while he signed her guitar. "Would you like my autograph?"

On stage, the Louisiana native sang his old favorites and new hits while the full-capacity crowd sang along word for word. In tribute to the star, Soldiers pulled their Velcro name tags off their uniforms and threw them on stage. McGraw picked each one up, and without losing a beat, placed them on speakers in front of his band, the Dancehall Doctors.

"Tim is making it well known that he is here for 9/11, and we believe what he is doing for the Soldiers sets the mood for all to remember," concert attendee Bob Stanfield said.

McGraw's opening act, Katie Rae Davis, also was well received by the crowd as she performed a mix of her own music and popular country hits.

"I came down here from Fort Hood (Texas) and had surgery this morning," said Staff Sgt. Darlene Houle. "I

heard about Tim McGraw's concert and thought this would be a good way to recover from surgery. I never heard of Katie Rae before tonight, but she was great."

The East Texas native was familiar to some in attendance. Prior to the concert, the 17-year-old singer visited the Warrior and Family Support Center here, where she performed up close and personal for wounded warriors, many of whom were not able to attend the concert that night.

During a short break in the concert, post leaders showed their appreciation to Davis and McGraw. Each was given a framed picture, and McGraw a letter from the installation commander thanking him on behalf of the San Antonio military community.

"I like that he came out on a memorable day. No one will ever forget his concert on Sept. 11," said Sgt. Nathan Hunt, Warrior Transition Battalion.

The concert was co-produced by the U.S. Army Family and MWR Command, Fort Sam Houston FMWR Directorate and Glenn Smith Presents, Inc.

(Esther Garcia, Jeff Crawley, Olivia Mendoza and Cheryl Harrison contributed to this article)



Photo by Cheryl Harrison

Radio Disney dancers give a high-energy performance to entertain the crowd. Other preconcert entertainment included music from the Army Medical Command Band and a variety of booths and activities.

(Right) Country singer Katie Rae Davis is touched by the thank-you gift presented by Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School, and Col. Mary Garr, commander, U.S. Army Garrison Fort Sam Houston. Davis received a framed picture of Fort Sam Houston landmarks.



Photo by Olivia Mendoza



Photo by Olivia Mendoza

Cole JROTC helps students commemorate 9/11

By Cadet 2nd Lt. Samantha Costello
Cole Cougar Battalion Public Affairs Officer

Robert G. Cole High School's Junior ROTC helped commemorate the seventh anniversary of 9/11 at Cotton Elementary School in San Antonio Sept. 11.

A flag detail demonstrated for the fifth grade class how to properly conduct reveille and retreat by raising the United States and Texas flags to half staff. The detail, commanded by Cadet Lt. Col. Steven Wade, included Cadet 2nd Lts. Colby Register, Kayla Barber and Corey Liker and Cadet Staff Sgt. Shelby Tallent.

A moment of silence followed to remember the nation's fallen.

After the flag ceremony, Cole's senior Army instructor, retired Lt. Col. Robert Hoffmann, explained how to fold an American flag and what the folds mean while Register and Barber demonstrated.

The fifth grade members of the school's safety patrol then split up into groups with the five cadets and took turns learning to fold the flag.



Photo by Robert Hoffmann

Cole High School Junior ROTC Cadet 2nd Lt. Kayla Barber guides fifth graders as they learn to fold the American flag Sept. 11 at Cotton Elementary School in San Antonio. The ROTC cadets visited the school to help commemorate 9/11.

Public meeting

The Fort Sam Houston Independent School District Board of Trustees will hold a public meeting Sept. 30 at 11 a.m. in the Professional Development Center, 1908 Winans Road, San Antonio. The meeting is to inform the district's community of its superior achievement rating based on School Financial Integrity Rating System of Texas. School FIRST is the Texas Education Agency's system developed to monitor and improve the management of the district's financial resources.

Fort Sam Houston
Independent School District
Weekly Campus Activities
Sept. 22 to 27

Fort Sam Houston Elementary
School
Sept. 25

Elementary Parent University, 6:30 to 8:45 p.m.
The Family Advocacy Program and Army Community Service will conduct a Parent University. This series of workshops is geared toward parents. People can find the list of sessions topics on the Fort Sam Houston Elementary Web site at <http://fshelem.fshisd.net/home.aspx>.

Robert G. Cole Middle and High
School
Sept. 22

Blood drive at the Junior ROTC building, 3 to 7 p.m.

Sept. 23

Ninth grade Iowa Test of Educational Development, 8:30 to 11 a.m.

Freshmen/junior varsity/varsity volleyball vs. Johnson City, 5/6/7 p.m. respectively.

Sept. 24

Sixth and seventh grade Iowa Test of Basic Skills, 8:30 a.m.
Ninth grade Cognitive Abilities Test, 8:30 to 11 a.m.

Sept. 25

Sixth and seventh grade CogAT testing, 8:30 a.m.
Junior varsity football at Comfort, 6 p.m.

Sept. 26

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

Sept. 27

Cross Country at Live Oak City Park, TBA

BOSS bash



Spc. Shantell Ali, 591st Medical Logistics, celebrates her win in the Free Throw Basketball Tournament Sept. 5 at the basketball courts by Benner Barracks. The tournament was one of many events offered during the End of Summer Bash, coordinated by the Better Opportunities for Single Soldiers and Family and Morale, Welfare and Recreation. The event was held to inform Soldiers living in the barracks about BOSS and FMWR activities.

News Leader survey online

Submit your feedback to help improve the News Leader. The survey is available online at <http://www.samhouston.army.mil/pao/default.html>. For more information, call 221-0615 or 221-1031.

Religion

Catholic Religious Education

Catholic Religious Education will begin Sept. 28 from 11 a.m. to 12:15 p.m. at Dodd Field Chapel. Volunteer teachers are needed for third to seventh grade. For registration or to volunteer, call Brian Merry at 221-5006 or e-mail brian.r.merry@us.army.mil.

Jewish services

- Rosh Hashanah Eve - Sept. 29 at 8 p.m.
- Rosh Hashanah, First Day - Sept. 30 at 9 a.m. and 8 p.m.
- Rosh Hashanah, Second Day - Oct. 1 at 9 a.m. and 8 p.m.
- Shabbat Shuvah - Oct. 3 at 8 p.m.
- Kol Nidre - Oct. 8 at 7 p.m.
- Yom Kippur - Oct. 9 at 9 a.m.

Additionally, Sabbath services followed by an Oneg Shabbat gathering are conducted every Friday at 8 p.m. All services will be held at Main Post (Gift) Chapel, Building 2200, on Wilson Road. Personnel planning to attend services should make prior arrangements with their supervisors. For more information or to volunteer to help with High Holy Day activities, call Norton Shectman, Jewish lay leader, at 493-6660, 379-8666 or 385-8666.



Courtesy photos

Soldiers enjoy a barbecue buffet from Rudy's BBQ Sept. 5 during the End of Summer Bash at the basketball courts by Benner Barracks. The event, coordinated by Better Opportunities for Single Soldiers and Family and Morale, Welfare and Recreation, also included music, door prizes, games and milkshakes from Cheesy Janes. "We decided to do this program to inform permanent party Soldiers what FMWR and BOSS have to offer on their off-duty time," said Sgt. Edmund Perez, BOSS president and installation BOSS coordinator. "Events of this nature provide the Soldiers with a safer alternative for getting out of their barracks rooms."

Army incorporates school into CYS name

By Rob McIlvaine

Family and Morale, Welfare and Recreation Public Affairs

Army Child and Youth Services will now be known as Army Child, Youth and School Services.

The Army is renaming this key Family and Morale, Welfare and Recreation program because of the renewed focus at every level to support the schools serving Army children.

"Often a teacher looks out at the class and sees his or her students behaving normally, but there might be one child in his class whose life has just turned upside down," said M.A. Lucas, director, CYSS.

As a result of the impacts

The new name is a reminder to parents and students that Army leaders recognize the challenges and are addressing the issues military youth face.

on military-connected students caused by the stresses of deployment and troop movements, Lucas said more emphasis is being placed on support services to parents, guidance counselors, principals and teachers.

"This is a tangible sign of delivering on the promise (of the Family Covenant) for active, Guard and Reserve

See CYS NAME P23

Families invited to attend Parent University

Classes aimed at reducing impact of stress

By Angela Swain

Army Community Service Family Advocacy Program

Every parent wants their children to be well adjusted academically, emotionally and socially so they can succeed in school and at home.

The Army Community Service Family Advocacy Program has planned the Parent University to assist parents with various stressors that impact children, parents and the Family as a whole.

Parent University, which will be held Sept. 25 from 6 to 8:45 p.m. at the Fort Sam Houston Elementary School, will offer about 16 different topic sessions for parents.

The topics include: Children and Money; Family Stress Tips; Self-esteem; Attention Deficit Hyperactive Disorder; Battlemind Training; Substance Abuse Safety Tips for Kids; Parent-teen Connection; Employment

Parent University, which will be held Sept. 25 from 6 to 8:45 p.m. at the Fort Sam Houston Elementary School, will offer about 16 different topic sessions for parents.

Preparation; Fun Play with Your Baby and Toddler; Couples Communication (conflict); Anger Management 101; Marriage 101 - Relationship Dynamics; Kids Thriving through Deployment; A Whole New Normal - Wounded Warriors and Families; Improve Your Child's Reading Skills; and the Texas Admission, Review and Dismissal Tools.

Parents will have the opportunity to select and attend at least two classes during the evening. Certificates will be awarded upon completion and the evening will conclude with a fun activity.

The program is an opportunity for parents to receive the

support needed to deal with the challenges of raising children.

Limited childcare is available for parents with children from birth to 4 years old through Family Child Care, and children 5 years old through fifth grade through School Age Services; call 221-4466 or 221-4455.

Registration is required by Sept. 19 to attend the Parent University. To sign up for childcare, people must register by Sept. 22. Registration forms are available at the Fort Sam Houston Elementary School, Child and Youth Services or the Family Advocacy Program in Building 2797 on Stanley Road.

For more information, call 221-0349.



Dining and Entertainment

Sam Houston Club

Lunch at Sam Houston Club

Stop by the Sam Houston Club during the week for lunch. The club offers a buffet-style lunch Tuesdays through Fridays from 11 a.m. to 1 p.m. The cost is \$6.95 for members and \$7.95 for non-members. The meal includes a beverage, deluxe salad bar, soup and dessert. For more information on menus, check out the Sam Houston Club page on the MWR Web site at www.fortsam-houstonmwr.com or call 221-2721.

Karaoke Fridays

Come by the Sam Houston Club every Friday at 7 p.m. for free karaoke. Practice vocals or just come out and have fun with friends to celebrate the end of the work week. For more information, call 224-2721.

MWR Ticket Office

The ticket office at the Sam Houston Club offers discounts on activities. The hours are Tuesday through Friday from 10 a.m. to 5 p.m., Saturday from 10 a.m. to 2 p.m. and closed Sunday and Monday. Come by for discount tickets on local and out-of-state events. For more information, visit www.fortsamhoustonmwr.com or call 226-1663 or 224-2721.

Auditions for Harlequin Dinner Theatre

The Harlequin Dinner Theatre will hold open auditions Sept. 22 and 23 from 7 to 8:30 p.m. The play, "Christmas Belles," a comedy by Jessie Jones, Nicholas Hope and Jamie Wooten, will be performed Nov. 5 through Dec. 13. The director will be Bruce Shirky. There are roles for four men and seven women. Other volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew. For more information, call 222-9694.

Recreation and Leisure

2008 Club Championship

The Fort Sam Houston Golf Club

will conduct its annual Club Championship Sept. 27 and 28. This 36-hole stroke play event is open to all members, active-duty military and their Family members and Department of Defense employees and contractors assigned to Fort Sam Houston. The championship will be played on the La Loma Grande and Salado Del Rio courses, with a shot-gun start time of 8 a.m. on both days. Register in the Golf Course Pro Shop from 7 a.m. to 7 p.m. through Sept. 25. The registration fee is \$35 for members and \$60 for non-members. For more information, call 222-9386.

Bowling leagues

Sign up now to participate in the fall bowling leagues at the Fort Sam Houston Bowling Center. Fall leagues begin in September. For more information on leagues, call 221-4740.



September classes

Army Community Service Mobilization and Deployment will hold several classes throughout September for Soldiers, Families and

Department of Defense employees. They include: Trauma in the Unit Training, Sept. 22, from 8:30 a.m. to 2 p.m.; Family Readiness Group Leadership Academy, Sept. 25 to 26 from 8:30 a.m. to 3:30 p.m.; and Battlemind Training for Families, Sept. 24 from 9 to 10 a.m. For more information or to register, call ACS at 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Resume writing, dress for success

Army Community Service Family Employment Readiness will hold a general resume-writing class and a dress for success class Sept. 26 from 9 a.m. to noon at ACS, Building 2797. For more information or to register, call Pam Belanger at 221-0516 or 221-2705.

Negotiating Conflict

Army Community Service Family Advocacy will hold a Negotiating Conflict class Sept. 23 from 1 to 2:30 p.m. at Red Cross, Building 2650. Learn to recognize how difficult people think, what they fear and why they may act as they do. This

class will help to reduce anxiety and stress in difficult relationships. For more information or to register, call 221-0349 or e-mail thelma.t.kegley@us.army.mil.

Women Encouraging Women

The Army Community Service Family Advocacy Program will hold a monthly seminar, Women Encouraging Women, Sept. 30 from noon to 1 p.m. at ACS, Building 2797. The seminar will cover a variety of topics including the assertive woman. The first discussion is the expectations of perfection. Register early and bring a lunch. To register or for more information, call 221-0349 or 221-0600.

Financial Planning for first PCS move

The Financial Readiness Program at Army Community Service will hold a mandatory financial planning class for all junior-enlisted Soldiers preparing for a first permanent

See MWR P23

MWR from P22

change of station move Sept. 30 from 2 to 4 p.m. at ACS, Building 2797. The class will cover costs, allowances and entitlements associated with a PCS move. The class must be taken no later than 60 days before outprocessing from the unit. For more information, call Doris Planas at 221-1612.

English as a second language

The Region 20 Education Center in partnership with Army Community Service Relocation Program will offer English as a Second Language classes beginning Sept. 30. The classes will be held each Tuesday and Thursday from 6 to 8:30 p.m. at ACS, Building 2797. The classes are designed for foreign-born spouses to increase reading comprehension, vocabulary and pronunciation. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. The classes include a block of instruction on citizenship information. Preregistration is not required.

For more information, call 221-2418.

Precious Minds New Connections

Army Community Service Family Advocacy Program will offer a Precious Minds New Connections program beginning Oct. 9 from 6 to 8 p.m. This eight-week session is an enrichment program for fathers, mothers, grandparents, step-parents, expectant adoptive and foster parents of children ages newborn to 3 years. The class will deal with issues like building baby's brain, patterns of growth and behavior and supporting development in infants and toddlers, just to name a few. For more information or to register, call Sonia Greer at 221-0326 or 221-2705.

Newcomers' Extravaganza

The next Newcomers' Extravaganza will be held Sept. 30 from 9:30 to 11 a.m. at the Sam Houston Club. The Newcomers' Extravaganza is mandatory for all permanent party in-processing Soldiers, 0-5 and below, within 60

days of their arrival at Fort Sam Houston. The extravaganza is an opportunity to learn about the post and the San Antonio area as well as meet representatives from many different organizations, programs and businesses. Come early, enjoy hot coffee, fruit and pastries, meet other new folks and stay to possibly win a prize. Commanders and supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. Soldiers, their spouses, and the entire Family are welcome, as are civilians new to the area. For more information, call 221-2418.

Child, Youth and School Services

Parent Advisory Council

A Child, Youth and School Services Parent Advisory Council meeting will be held Oct. 21 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. All CYSS patrons are encouraged to attend. PAC meetings are held the third Tuesday of each month. For more information, call 221-4871 or 221-1723.

ACT/SAT Preparation

Free ACT and SAT Power-Prep software is available to all active-duty members, Family members and veterans. Visit www.eknowledge.com/military. For more information, call 221-2214.

Volunteers for youth sports

Anyone interested in volunteering for youth sports can contact the Youth Sports Program at 221-5513 or 221-3502 or Central Registration at 221-1725 for more information on the registration process. Background checks are required.

Army Child Care in Your Neighborhood

Army Child Care in Your Neighborhood care options provide parents and guardians the same peace of mind as Family Child Care and the Child Development Center. Participants in the ACCYN program must meet standards comparable to those required in on-post care, which includes ongoing training for various national accreditations and credentials. For more information on ACCYN, call Central Registration at 221-4871 or 221-1723 or visit www.fortsamhoustonmwr.com.

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Soldiers and their Families," said Lucas. "Some schools have many military children and understand the pressures they face, but other schools only have a few military students in their classes. This is why we advocate for school liaisons to help school officials and parents help military youth make the transition."

The new name is a reminder to parents and students that Army leaders recognize the challenges and are addressing the issues military youth face.

"Although each school's standards vary," Lucas said, "as the Army transforms to an expeditionary force during this time of persistent conflict, teachers need to know that children will suddenly have to take time off to either say goodbye to their father or mother or welcome them home after a year or two overseas. In between, the wait can be stressful."

The Army, through CYSS, will do all it can to mitigate those stressors and help children cope through close cooperation with the school systems.



Community

Events

Canyon Lake Walk

Randolph Air Force Base is hosting a 5K and two 10K Volksmarch walks Sept. 20 starting at 7:30 a.m. at Randolph Recreation Park, 781 Jacobs Creek Park Road off FM 306 in Canyon Lake. For more information, call Steve Knechtel at 652-6508 or e-mail stephen.knechtel@randolph.af.mil.

Home buyers, sellers seminar

A home buyers and sellers seminar will be held Sept. 25 from 1 to 3:30 p.m. at the Army Community Service center, Building 2797 on Stanley Road. Guest speakers will be members of the San Antonio Board of Realtors and Texas Veteran Land Board. The seminar will cover the dos and don'ts of buying and selling a

home, and will include information on the Texas Veteran Land Programs. Seating is limited and will be available on a first-come basis. For more information, call the Housing Services Office at 221-8519 or 221-8539.

Volkswalk, Upper Turtle Creek

The Kerrville Trailblazers Walking Club will host a Volkswalk at Upper Turtle Creek Sept. 27 and 28 from 8 a.m. to noon. There will be two 5K and two 10K walks. Colorful toy turtles found along the walks can be turned in to redeem prizes. For more information or directions, call 830-367-1392 or visit www.walktexas.org/KerrvilleTrailblazers/.

Gardens by Moonlight

Gardens by Moonlight returns to the San Antonio Botanical Garden Sept. 27 from 7 to 11 p.m. Tickets at the gate cost \$20 for non-members and \$15 for members. Advance tickets can be purchased for \$15 at www.sabot.org. Gates open at 7 p.m. and parking is free. Del Castillo will perform a blend of flamenco, rock, Latin, blues and world music. For more information, call 824-9474.

Nominations for Military Spouse of the Year

Military Spouse Magazine is seeking nominations for the 2009 Military Spouse of the Year Award sponsored by USAA. Nominees must be the spouse of a current member of the U.S. Armed Forces. The criteria for selection includes: impact on community change, volunteerism, personal sacrifice, education, career pursuits and other military spouse-related efforts. Nominations will be accepted through Oct. 8. For more information, call 703-288-8684. To submit a nomination, visit

www.msjoy.milspouse.com.

Training Forms training

Beginning Oct. 1, the Army Medical Department E-Forms will be eliminated and all forms will need to be done in Enterprise Web AMEDD Electronic Forms Support System within the AMEDD domain. Training opportunities are available, but not required, in Willis Hall, Building 2841. The training schedule is:

EWA forms training

Sept. 18 from 1 to 4 p.m., Room 2105B.
Sept. 30 from 8:30 to 11:30 a.m., Room 2105C.

Seating is limited. To register, e-mail julie.gueller@amedd.army.mil. Participants must bring their common access card with them for the training. For more information, call 221-6203.

Force tracking system training

The Information Management Training Branch will provide training

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for all active-military services. The Force XXI Battle Command Brigade and Below/Blue Force Tracking System is a digital, battle command information system that provides near-real-time battle command information to tactical combat, combat support, and combat service support leaders and Soldiers. The course is offered Sept. 22 to 24. To register, visit the Army Training Requirements and Resources System at <https://www.atrrs.army.mil> and enter course number 5K-F21/012-F46. For more information, call Marvin Danzy at 221-0640 or e-mail marvin.danzy@amedd.army.mil, or Hartense Green at 221-2216 or e-mail hartense.green@amedd.army.mil.

Meetings

Preservation Society meeting

The Society for the Preservation of Fort Sam Houston will meet Sept. 18 at noon at the Stilwell House on Infantry Post Road. Refreshments will be served at 11:30 a.m. Joan Gaither, president of the organization and staff writer for Military Spouse Magazine, will be the guest speaker. For more information, call Gaither at 824-1917.

Disabled American Veterans meeting

The Disabled American Veterans, Alamo Chapter #5 and Auxiliary Unit #5 meeting will be held Sept. 20 at 10 a.m. at the Rolling Oaks Christian Church, 1750 Stahl Road, located at Loop 1604 at Nacogdoches Road, behind Wal-Mart. For more information, call Cmdr. Norma Gallegos at 699-6054 or Adjutant Duke

Henderson at 830-624-1949.

Retired Officers' Wives, Widows Club

The Retired Officers' Wives and Widows Club will hold a welcome luncheon Sept. 30 at 11 a.m. at the Sam Houston Club. Stein Mart department store will present fall fashions. For more information or reservations, call Arline at 822-6559.

NCO Wives Club

The Fort Sam Houston Noncommissioned Officers' Wives Club invites all spouses to join them the first Tuesday of the month at 10 a.m. at the Sam Houston Club. New members are welcome. For more information, call Angie Luna at 333-0821 or 386-8265.

Volunteer

Community cleanup project

The American Society of Military Comptrollers is sponsoring a community cleanup project Sept. 20 from 9 a.m. to 12 p.m. at the Sunshine Plaza Apartments, 455 E. Sunshine Drive. The project involves light cleaning for senior residents. School students can earn a certificate for up to three hours of community service. To volunteer, call Angel Crawford at 536-3549.



For Sale Fort Freebies

For Sale: Chaise lounge, light beige, microfiber, new, \$190; kitchen set, Mexican rustic table with four chairs, 48 inches wide by 36 inches long, \$400; Pentair pool cleaner for in-ground pool, \$300. Call 697-9261 or 363-4056.

For Sale: Programmable Honeywell digistat thermostat for home A/C, \$30. Call 221-3549.

For Sale: Golf balls, five for \$1; red and white leather Pro RAM golf bag with foldable pull-caddy, \$25; Volvo station wagon rear storage section, black plastic liner/mat, \$25. Mardi Gras porcelain hand-painted dolls with traditional outfits, large, \$10, medium, \$7, small, \$5; lots of Mardi Gras beads, \$5 per bag. Call 481-1981.

For Sale: Horizon treadmill, wall saver, folds upright, safety key, two water bottle holders, grip pulse handle bars, transport wheels and power cord, owner's manual, three years old, good condition, selling for \$900, will take \$700 cash. Call Linda at 221-2373 or 354-2078.

For Sale: Brown king-size post bed-room set, headboard, footboard, rails, box spring mattress not included, nine-drawer dresser with mirror and armoire, \$350. Call 822-2837 or 288-6697.

For Sale: Two used professional sport bikes, one blue Novara Randonee and one red Novara Strada, both need refurbishing; cost new around \$495, will sell for \$100 each; 1992 Magnum conversion van, loaded, \$2,395 obo. Call 659-6741.

For Sale: Ladies Lynx Tigress Elegance

golf clubs, set of four woods, nine irons and bag, excellent condition, \$150. Call 804-1881.

For Sale: George Boy motor home, 29-foot, fully equipped, original owner. Call 862-5845.

For Sale: Samsung rear projection TV, 47 inches, needs some repair, \$100; three-piece wall entertainment center, pine and oak with glass shelves, \$200; portable air conditioners, 8,000 BTU Everstar with remote and 9,000 BTU Haier, \$200 each. Call 314-5775.

For Sale: Thirty sets of women's plain and patterned scrubs, size small and medium, great shape, \$6 to \$8 per set; four sets of men's medium scrubs, \$8 per set. Call Sandi at 490-5240.

For Sale: Two sets of curtains, custom-made for Wheaton-Graham kitchen windows, \$40; 175-foot fence with three gates, \$175, you take down. Call 223-5395.

For Sale: Two love sets, beige, \$125 each; washer and dryer, \$75 each; 5-inch black TV and radio, \$15; computer desk, solid wood, \$100; two-drawer metal filing cabinet, \$10. Call Sandy at 241-1291 or 637-7322.

For Sale: Queen-size sleigh bed, wrought iron and wood, great condition, \$150; twin-size captain's bed, three drawers underneath, \$80; metal gym lockers, \$100; computer desk, \$70; Murray lawnmower, \$60. Call 379-5807 or 913-8212.

For Sale: Five-piece fire pit table set, includes four aluminum frame chairs, fire pit table with screen, table is 44 inches

Submission guidelines:

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

round, surrounded with a tile top, \$250 obo. Call 818-6585.

For Sale: Large, two-piece sectional with queen-size sleeper, \$300; coffee table with two end tables, \$200. Call 256-457-0402 and leave a message.

For Sale: 2004 Honda Accord LX, gray, fully loaded, CD player, 57,800 miles, \$12,200. Call 412-1679.

Wanted: The Scout Hut is looking for a donation of two window A/C units. Receipt for donations will be given. Call Roberta Hutson, Troop Leader, at 221-3437.

Wanted: Looking for a nice bassinet. Call Rosa at 221-6900 or 310-7900 after 6 p.m.

Yard Sale: Saturday and Sunday from 8 a.m. to 1 p.m. at 363 Wagon Crossing, Universal City off of Kitty Hawk Road. Multi-family sale, items include a walker, \$100; chest freezer, 15 cubic feet, \$35; refrigerator, 18 cubic feet, \$35; HP printer, \$50; microwave, exercise equipment, stereo and speakers and more.