

FORT SAM HOUSTON News Leader

OCTOBER 5, 2012
VOL. 54, NO. 40



**OKTOBERFEST
2012**

OCT. 12, 5-11p.m.
OCT. 13, noon-11p.m.
MacArthur
Parade Field
Open to all DOD
members, families
and guests
Free parking &
admission

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



Photo by Sgt. 1st Class Christopher DeHart

Command Sgt. Maj. Alvin Chaplin Sr., Headquarters, Headquarters Battalion, U.S. Army North, helps Gold Star Mothers Esther Campbell Gates out of the Fort Sam Houston Theater following the Survivor Outreach Services Ribbon Cutting ceremony Sept. 29. Gates' son, Spc. 4 Keith Campbell, was killed in action in Vietnam in February of 1967. The post library is dedicated in his name.

Survivor Outreach Services opens to the community

By Sgt. 1st Class
Christopher DeHart
ARNORTH Public Affairs

Post leaders cut the ribbon for the newly remodeled Survivor Outreach Services Sep. 29 to officially open the facility and to honor Gold Star Mothers and Families.

More than 100 survivors, family, friends and community members attended the ceremony at the Fort Sam Houston Theater, which hosted the event for the outreach facility dedicated to those who have lost service members.

"To our Gold Star Mothers

and family members here today, thank you for making the trip," said Maj. Gen. Adolph McQueen Sr., deputy commanding general for support, U.S. Army North. "Whether it was a few blocks or many hours of travel, we are

See SOS, P9

AMEDD Medal of Honor Walk pays tribute to legacy of Army medics

By Valecia L. Dunbar
U.S. Army Medical Command Public Affairs

The U.S. Army Medical Department Museum on Joint Base San Antonio-Fort Sam Houston is now the home of the nation's first monument recognizing AMEDD recipients of the Medal of Honor.

Lt. Gen. Patricia D. Horoho, the Army surgeon general, spoke of the bravery and legacy of these Army medics during the dedication of the AMEDD Medal of Honor Walk on

the museum grounds Sept. 28.

Retired Maj. Gen. Patrick Sculley, deputy surgeon general from 1998 to 2002, served as master of ceremonies.

He said the event was "the fulfillment of a dream" for him and many others who envisioned the monument as an outdoor memorial and living reminder of 52 AMEDD members who took actions of uncommon valor and sacrifice result-

See AMEDD, P18



Photo by Kirk Frady

(From left) Al Dominguez, AMEDD Museum technician; Lt. Gen. Patricia Horoho, Army surgeon general and commanding general of the U.S. Army Medical Command; Maria Rocco, widow of Medal of Honor recipient Chief Warrant Officer 2 Louis R. Rocco; retired Maj. Gen. Patrick Sculley, chairman of the AMEDD Museum Foundation; retired Maj. Gen. Kenneth Farmer Jr., former Army deputy surgeon general; Scott Schoner, AMEDD Museum director; and Marc Long, vice president for business development from contractor Tetra Tech, cut the ribbon on the AMEDD Medal of Honor Walk.

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JBSA reducing consumption, committed to conservation

By Andy Hinojosa
 Base Energy Manager
 Joint Base San Antonio-Lackland

October is Energy Awareness Month and Joint Base San Antonio is committed to reducing energy consumption to meet all conservation directives.

The JBSA Energy Program is designed to comply with federally mandated energy goals while maintaining a healthy and productive workplace.

Energy reduction goals are specified by Executive Order 13423 and the Energy Independence and Security Act of 2007, which requires federal installations to reduce its energy use by 3 percent every year for 10 years.

The goal is to reduce energy per square foot by a total of 30 percent by fiscal year 2015, based



on a FY2003 baseline.

Joint Base San Antonio is currently at 11.2 percent of its energy reduction goal for FY2012.

People are encouraged to be vigilant and persistent in assisting JBSA efforts to reduce energy consumption in FY2013.

Keep conservation in mind at all times, not

only to meet base goals, but to become good stewards of natural resources for generations to come.

JBSA and San Antonio utility providers are planning to promote energy awareness month by setting up energy conservation display tables at JBSA locations throughout the month of October.

Representatives from CPS Energy, the San Antonio Water System and all civil engineering squadrons will be distributing pamphlets about energy and water conservation, including informational tips on how to conserve natural resources.

Here's a simple checklist with ideas people can use in office and

work areas to reduce energy:

- Buy Energy Star certified appliances such as refrigerators, microwaves, desk lighting, etc.
- Turn off office equipment (monitors, printers, copy machines, fax machines) at night and on weekends.
- Report energy

wastes, including water leaks, building deficiencies and energy abuses.

- Check the age and condition of your major appliances, especially the refrigerator. Perhaps it can be replaced with a more energy-efficient model.

- Survey incandescent lights for opportunities to replace them with compact fluorescents. These lamps can save three-quarters of the electricity used by incandescents. New CFLs come in many sizes and styles to fit in most standard fixtures.

- Do not over-cool air conditioned spaces and report all energy problems in your building to the facility manager or energy monitor.

For more information, call the JBSA Base Energy Manager at 808-0180.

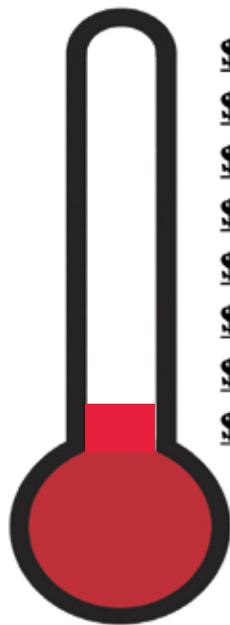
Combined Federal Campaign goals



The Joint Base San Antonio-Fort Sam Houston Combined Federal Campaign runs through Dec. 1.

The JBSA-FSH goal is \$1,411,250, while the overall JBSA goal is \$4,668,787. There are more than 2,700 local, national and international charitable agencies to choose from. For more information, call 221-2207.

JBSA-Fort Sam Houston Campaign Target:
\$1,411,250.00
Total Contributions:
\$72,944.00
Percent of Target Achieved: 5%



\$ 1,411,250.00

\$ 750,000.00

\$ 700,000.00

\$ 600,000.00

\$ 500,000.00

\$ 200,000.00

\$ 100,000.00

\$ 25,000.00



Scan with Smartphone app to access the Joint Base San Antonio website at www.jbsa.af.mil

Weekly Weather Watch

	Oct 4	Oct 5	Oct 6	Oct 7	Oct 8	Oct 9
San Antonio Texas	91° Partly Cloudy	88° All Clouds PM Sun	83° Partly Cloudy	67° Cloudy	73° Partly Cloudy	78° Partly Cloudy
Kabul Afghanistan	78° Sunny	79° Sunny	78° Sunny	78° Sunny	76° Sunny	75° Sunny

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

Edwards Aquifer Level

in feet above sea level as of Oct. 3

CURRENT LEVEL * = 651.3'

*determines JBSA water conservation stage

Normal - above 660'
 Stage I - 660'
 Stage II - 650'

Stage III - 642'
 Stage IV - 640.5'
 Stage V - 637'



For water restrictions, visit <http://www.502abw.af.mil>.

News Briefs

Schofield Road Closures

The construction management section of the 502nd Civil Engineer Squadron has announced several upcoming closures along Schofield Road. Between Oct. 5 and 9, it will be closed between Dickman and Stanley Roads to install power lines for the MacArthur Field lighting project. The Schofield/Dickman and Schofield/Stanley intersections will remain open throughout. From Oct. 5 to 7, Schofield Road between Stanley Road and the entrance to the Rocco Dining Facility to install communication lines to Rhoades Dental Clinic. During this time, the Schofield/Stanley intersection, Rocco DFAC entrance, and eastern entrance to North Beach parking lot will remain open throughout. For more information, call 221-3110.

Free Tops in Blue tickets

Joint Base San Antonio is scheduled to feature a free Tops in Blue show 4 p.m. Nov. 4 at the Laurie Auditorium on the Trinity University campus, 715 Stadium Drive. Seating is on a first-come, first-served basis, but patrons must have a ticket to get in. Tickets will be available starting Tuesday and can be picked up at the Randolph Community Services Mall, Building 895; Sam Houston Community Center, Building 1395, Chaffee Road; and Lackland Information, Tickets and Travel Office, Building 5506. Doors at the Laurie Auditorium will open no earlier than 45 minutes prior to show time.

Rambler 120 Teams Forming

The seventh annual Rambler 120 Team Challenge at Canyon Lake takes place Oct. 20, with registration closing Oct. 5. The challenge includes a 22-mile bike ride, six-mile run, two-mile rafting trip, plus a mystery event, with gates opening at 6 a.m. It is open to federal government employees, 18 and older. Minors 16 and 17 years old can participate with a parent or guardian and one non-federal employee is allowed per team. Cost is \$100 for extreme four-person teams and \$150 for relay teams of five to eight people. Categories are all male, all female and coed. For more information, call 267-7358. To download a registration form, click on <http://www.randolphfss.com/cm/articlefiles/1-RamblerCombo.pdf>.

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Army North joins Army-wide suicide prevention stand down

By Staff Sgt. Keith Anderson
ARNORTH Public Affairs

More than 500 Soldiers and civilians from U.S. Army North gathered at Evans Auditorium Sept. 27 to participate in an Army-wide suicide safety stand down to focus on the military's greatest asset – its military and civilian team members.

The mandated stand down follows a spike in the number of self-inflicted deaths, with 187 suspected suicides this year alone. This included 38 suspected suicides in the month of July alone, which is the worst month on record in the Army.

"This is an enormously serious issue, and one our nation and our Army have to deal



Photo by Sgt. Lee Ezzell

Lt. Gen. William Caldwell IV, commanding general, U.S. Army North, and senior commander, Fort Sam Houston and Camp Bullis, addressed more than 500 Soldiers, civilians and contractors Sept. 27 during the Army-wide suicide prevention safety stand down day.

with," said Lt. Gen. William Caldwell IV, commanding general,

Army North, and senior commander, Fort Sam Houston and Camp

Bullis. "This isn't a one-day event; this is the beginning of a change in our Army."

Attendees heard from guest speakers who lost someone to suicide, including Maj. Phillip Lenz, Army North Provost Marshal Office, who shared his experience dealing with the death of his brother, Jeff, in December 2010.

Lenz said that he had to try to understand why his brother took his own life.

He said everyone had pieces of the puzzle, and that the warning signs were there, but his brother didn't discuss everything he was going through, and that friends and family members didn't talk to each other about Jeff's situation.

"He never gave anyone the full puzzle," Lenz said. Health problems, debt, the loss of a close friend and the loss of his business were all contributors.

"Look for identifiers and telegraphed signals," Lenz advised his gathered teammates.

Those that get noticed get helped, and the best help often comes from friends and loved ones, said Lt. Col. Zoltan Krompecher, Army North Headquarters and Headquarters Battalion commander.

"You'll hear a lot of statistics today, but here's one that struck me – in 80 percent of the cases where suicidal thoughts were prevented from becoming suicide attempts, it was Soldiers, family members and friends who intervened and helped – not necessarily mental health professionals," Krompecher said.

See ARNORTH, P15

BAMC Fisher House celebrates 19th anniversary

By Maria Gallegos
BAMC Public Affairs

Brooke Army Medical Center's Fisher House celebrated its 19th anniversary Sept. 23, as well as the birthday of late Zachary Fisher, who would have turned 102 years old.

Fisher and his wife, Elizabeth, founders of the Fisher Houses, were well known for their continuous support and dedication for veterans and their families.

"This day could not have been a success without the support from our community, our volunteers and our staff," said Maj. Gen. M. Ted Wong, commander

of Brooke Army Medical Center and Southern Regional Medical Command as he welcomed guests and many of the local community supporters of the Fisher Houses. "Thank you for all you do."

Wong also stressed the importance of the Fisher Houses and how it was important for the wounded warriors and their families.

"The great thing about the Fisher House is that there is no lodging cost for patients or their families," he said. "These costs are covered by the Fisher House Foundation,

See FISHER, P11



Photo by Maria Gallegos

(From left) Inge Godfrey, Fisher House manager; Staff Sgt. Daniel Burgess, Fisher House resident; Nancy Fisher, Audrey Fisher, and Maj. Gen. M. Ted Wong, commander of Brooke Army Medical Center and Southern Regional Medical Command; cut the cake to celebrate Fisher House's 19th birthday. BAMC has four Fisher Houses located near the medical center, servicing more than 500 family members per year. The event included a barbeque and live entertainment for wounded warriors, their families and BAMC staff.

Navy Medicine training headquarters opens at JBSA-Fort Sam Houston

By Petty Officer 1st Class

Bruce Cummins

Navy Medicine Education and Training Command Public Affairs

The Navy Medicine Education and Training Command officially opened the doors of its new San Antonio location during a Sept. 28 ribbon-cutting ceremony at Joint Base San Antonio-Fort Sam Houston.

NMETC, the Navy Bureau of Medicine and Surgery's point of accountability for all Navy Medicine training, relocated to Fort Sam Houston after a July change of command ceremony at the establishment's former headquarters at Naval Air Station Jacksonville, Fla.

"We have the best-trained hospital corpsmen, nurses, doctors, allied health and other medical professionals in the world," said guest speaker Navy deputy surgeon general Rear Adm. Michael H. Mittelman. "This is a direct result of the very talented people who comprise



Photo by L.A. Shively

(From left) Capt. Gail Hathaway, commander Navy Medicine Education and Training Command; Command Master Chief James "Rusty" Perry, NMETC command master chief; and Navy deputy surgeon general Rear Adm. Michael H. Mittelman unveil NMETC's new logo during the headquarters opening and ribbon-cutting ceremony at Joint Base San Antonio-Fort Sam Houston Sept. 28.

Navy Medicine - those who manage and provide the training from our numerous training facilities located across

the country and around the world.

"Locating our education and training headquarters alongside the

Army and Air Force headquarters builds on their great expertise and traditions and can only serve to further our

Navy and joint mission - to ensure the men and women we train continue to save lives all over the world," Mittelman added.

NMETC, which is focused on the education and training mission of preparing personnel to perform in the garrison and operational environments, also has detachments in Jacksonville and Bethesda, Md.

The relocation stems from the Navy surgeon general's vision of streamlining Navy Medicine into a more effective, efficient and responsive organization that improves accountability, and command and control.

"Navy Medicine exists to save lives," said NMETC commander Capt. Gail L. Hathaway. "Our priority is to support the men and women deployed on the ground in combat and on ships, submarines and in the air.

"NMETC is ready to support this work by providing medical personnel education and training that supports readiness and is of value to the individual and the Navy."

Initially, 12 military and civilian person-

nel will be assigned to NMETC's new location with approximately 60 personnel remaining at the Jacksonville and Bethesda locations.

The Navy Medicine Operational Training Center in Pensacola, Fla., the Navy Medicine Professional Development Center in Bethesda, Md., and the Navy Medicine Training Support Center at JBSA-Fort Sam Houston are what is known as echelon four commands and aligned to NMETC.

The official opening of NMETC takes place one year after the Hospital Corps School -- the largest Navy "A" School -- relocated to JBSA-Fort Sam Houston as part of the 2005 Base Realignment & Closure Commission order.

NMETC is part of the Navy Medicine team, a global health care network of Navy medical personnel around the world who provide high-quality health care to more than one million eligible beneficiaries.

Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

Did you know?

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>.



News Briefs

from P3

Wilson Way, Liscum Road Intersection Closure

The intersection of Wilson Way and Liscum Road is closed Oct. 5. During this closure, traffic from the Wilson/Cunningham gate will be detoured from Wilson Way right onto Liscum Road, left onto S-6 Road, and left onto N. New Braunfels Avenue back to Wilson Way. Traffic from the Walters gate turning left on Wilson Way will turn left onto N. Braunfels Avenue, right onto S-6 Road and right onto Liscum Road back to Wilson Way. There will be detour signs posted to mark the route.

Cole High School Recognizes Hispanic Heritage Month

Robert G. Cole High School holds its annual National Hispanic Heritage Month celebration from 4:30 to 6 p.m. Oct. 16, in the high school mall area. The celebration begins with a performance by the high school varsity choir. One hundred Spanish II students will present original and interactive projects promoting this year's national theme "Diversity United, Building America's Future Today." Activities include games, food, dancing, face painting, storytelling and guitar playing. The event is open to the public.

Child Safety Seat Clinic

A child safety seat clinic is scheduled from 1 to 3 p.m. Oct. 18 at the Joint Base San Antonio-Fort Sam Houston fire station, 3101 Schofield Road, Building 3830. This program includes safety seat check-ups, installation education and recall notices. Registration is required and children must be present to be weighed and measured. Call 221-0349 or 221-9425 to register for more information.

Army Candidate School Structure Interview Panel

The 502nd Force Support Squadron's Military Personnel Branch conducts an Army Officer Candidate School structure interview panel board at 8 a.m. Oct. 24 in Room 117B, Building 2263, on Stanley Road. All Soldiers must have a bachelor degree and cannot be more than 28 years old. For a complete listing and checklist of the OCS requirements and forms, visit <https://www.hrcapps.army.mil/>. All OCS applicants must see their S1/G1 prior to submitting

See NEWS, P19

Warrior Transition Battalion Soldiers continue with 68W combat medic training

By Marsha Huffman
BAMC Public Affairs

Wounded warriors assigned to the Brooke Army Medical Center Warrior Transition Battalion trained to renew their Nationally Registered Emergency Medical Technician license at Fort Sam Houston Sept. 11.

This is the first year the WTB and the Pre-Hospital Medicine Branch of the U.S. Army Medical Department Center and School at Joint Base San Antonio-Fort Sam Houston coordinated efforts to train and coach the warriors to remain current on their NREMT recertification.

"The WTB did not have this type of training in the past," said

Master Sgt. Emmanuel Martinez, battalion medical noncommissioned officer in charge for the BAMC WTB.

"This is a great opportunity for the warriors to get involved and refresh their EMT skills."

Supported by the Department of Combat Medic Training and the U.S. Army 68W EMS office at JBSA-Fort Sam Houston, the recertification is a part of a series of training events that allows the wounded warriors to recertify their NREMT license.

Even though wounded warriors are exempt from their NREMT expiring, they continue to succeed regardless of the challenges they face.

"Some of these warriors have not had the



Photo by Marsha Huffman

Combat medic wounded warriors Sgt. Vicente Ayala and Cpl. Aaron Jacinto perform cardiopulmonary resuscitation on a simulated baby mannequin during the basic life support segment of the 68W combat medic training at Joint Base San Antonio-Fort Sam Houston Sept. 11.

opportunity to complete training due to their injuries and illnesses and are exempt from their NREMT license,

but they go above and beyond what is required of them in order to maintain their skills," Martinez said.

The course includes EMT classroom lectures and basic life support on simulated mannequins.

"The difficult part of this training has been balancing on my legs while I'm performing simulation exercises," said Cpl. Aaron Jacinto, from the BAMC WTB and a double amputee, who was injured last November in Afghanistan.

"This training is truly motivating to our warriors and shows others that they can continue on despite of their injuries," Martinez said.

"However, it's important that all medics, including staff, should recertify their license every two years to maintain their MOS qualification."

U.S. Army Environmental Command welcomes new top NCO

By Barry R. Napp
USAEC Public Affairs

Command Sgt. Maj. Gene E. Canada took over as U.S. Army Environmental Command's top enlisted Soldier during a change of responsibility ceremony held at the Installation Management Command's campus Sept. 19.

He replaces Command Sgt. Major Earlene Y. Lavender, who is now the garrison CSM at Joint Base Myers-Henderson in Alexandria, Va.

Canada had been command sergeant major of the U.S. Army Garrison Kaiserslautern in Germany and has held every leadership

position from squad leader to CSM. The 25-year veteran has three tours in support of Operation Iraqi Freedom, starting as an ammunition specialist with the 1st Cavalry Division at Fort Hood.

"I'm very excited and honored to be here on the AEC team," he said.

"As the senior enlisted Soldier, I must make sure our Soldiers here and around installations worldwide understand the importance of environmental stewardship so they can maximize training to be combat ready and protect our Nation."

A native Texan born at Joint Base San Antonio-Fort Sam

Houston and raised in Austin, Canada is an experienced leader who USAEC leadership feels will bring big dividends to the command.

"This is great news for us, as CSM Canada is experienced in IMCOM business. He has played a critical role as a leader throughout his Army career and knows and cares about Soldiers and their Families," said Col. Mark A. Lee, USAEC commander.

"This command sergeant major will take the Army Environmental Command into the future," Lee added. "He will provide Soldiers



Photo by Barry R. Napp

Col. Mark A. Lee (right), commander, U.S. Army Environmental Command, exchanges a salute with Command Sgt. Maj. Gene E. Canada during an assumption of responsibility ceremony held at U.S. Army Environmental Command headquarters Sept. 19.

See USAEC, P20

RETIREES HONORED AT QUADRANGLE CEREMONY



Photo by Sgt. Lee Ezzell

Friends, family members and colleagues said farewell to (from left) Master Sgt. Gerardo Lopez, U.S. Army Installation Management Command; Master Sgt. Keith Robinson, 187th Medical Battalion; Sgt. 1st Class Paul Dunstan, Fort Stewart, Ga.; and Sgt. 1st Class Arturo De La Garza, U.S. Army South; during the retirement and awards ceremony at U.S. Army North's historic Quadrangle grounds Sept. 28.

232ND MEDICAL BATTALION CONDUCTS SUICIDE PREVENTION TRAINING



Photo by Sgt. 1st Class April A. Hansberry

Lt. Col. Erik B. Sones, 232nd Medical Battalion commander, leads suicide prevention and master resiliency training with combat medic instructors, civilians and battalion staff Sept. 25. He shared his own lessons learned during command, as well as his personal experiences. Other presenters were Capt. James J. Greene Jr., Headquarters and Headquarters Company, 232nd Medical Battalion commander; Chaplain (Capt.) Loren A. Raiford, battalion chaplain; Maj. Karen P. Luisi, battalion executive officer; and Sgt. 1st Class Ernest J. Lubin, a master resiliency trainer from Company A, 232nd Medical Battalion.

SOS from P1

glad you could be here.”

McQueen followed on the heels of Debbie Agnew, a Gold Star Mother and keynote speaker for the event.

Agnew's son, Army Staff Sgt. Clint Newman, was killed by terrorists during an improvised-explosive device attack while serving in Afghanistan Feb. 13, 2006. He was assigned to the 321st Civil Affairs Brigade at Joint Base San Antonio-Fort Sam Houston.

Agnew said of all the things she learned from her experiences and ordeal, there was one thing that made the biggest impact in her life and it was because of the help she received from SOS.

“No matter how horrible the situation we may find ourselves in, there is always something to be positive about,” Agnew said.

“It's not about the

storms we must weather but about learning to dance in the rain. I would love to say I learned all this on my own, but I had many people who were there for me along the way.”

And while it was a lesson she learned over time, she knew that she was not alone following the death of her son.

“I began to understand what the term ‘Army Family’ truly meant,” she said. “The help we receive is not just to honor the lives of our fallen loved ones but to help us accept the situation and the reality of what has happened and to be able to move on from that. I thought that was harsh at first, but I see now how important it was.”

Agnew said she was very glad to have what SOS offered and that she felt the new facility would expand on the support for the families.

It will be a place to be proud of – as well as ap-

preciated, she added, and having a facility such as this is important.

“We share the same loss; we understand each other, and we know there is no need for excuses,” Agnew said, in talking about the bond Gold Star Mothers and families share with one another.

It is important, McQueen added, that the military community maintains its close ties and strong support for its military family members.

“SOS was born out of the recognizable need to never stop supporting our Gold Star families in our community,” he said. “When we are far away from home, our families are something to be cherished eternally.

“You will never be left out in the cold – you will always be a part of our family.”

For more information on SOS, call 221-0275/9500 or 466-1168.



Photo by Sgt. 1st Class Christopher DeHart

Mary Laureana Aguirre Garza, Gold Star Mother of Army Cpl. Nathaniel Aguirre, shares her story with local news media about her son and her ordeal following his death in combat in Oct. 22, 2006. Garza was present for the Survivor Outreach Services ribbon cutting ceremony Sep. 29 at the Fort Sam Houston Theater.

Helping protect the environment: know what not to flush

By Scott B. Reed
502nd Civil Engineer Squadron
Environmental Flight

Just because you flush human waste down the toilet doesn't mean San Antonio Water System sewers are waste disposal units.

Sewers are designed to take away wastewater from sinks and baths, as well as toilet paper and human waste flushed down the toilet.

But hundreds of people cause blockages in sewers or damage to the environment by putting trash down the toilet.

Just because an item is called disposable doesn't mean it is safe to flush. Instead you should bag it and put it in the garbage ... don't flush it!

Our sewers are not designed to cope with modern disposable products,

and as a result these items can cause blockages.

The drains connecting your home to the main sewer are only big enough to carry water, toilet paper, and human waste. They are often no wider than four inches.

Approximately 75 percent of blockages involve disposable items. To avoid drain pain and a drain on finances, remember to bag it and put in the garbage ... don't flush it!

Disposable products, such as cotton balls, condoms, diapers and plastics can find their way into the environment if they are flushed down the drain.

To prevent damage to the environment, cotton balls, ladies' products, bandages, diapers, plastics, and dental floss should be disposed of in the garbage along with

other household trash. As for condoms, tampons, and applicators, wrap them well and dispose of in the trash.

Grease is a byproduct of cooking. It comes from meat, lard, oil, shortening, butter, margarine, food scraps, baking goods, sauces, and dairy products.

Grease in sewer pipes causes sewer maintenance problems for Joint Base San Antonio-Fort Sam Houston's civil engineers, property owners and SAWS.

Never pour grease in your sink drain and try to use your garbage disposal less.

When grease washes down the sink, it sticks to the insides of the pipes that connect your home or business to the SAWS sewer. It also coats the insides of the SAWS

sewer pipes.

Eventually, the grease can build up until it completely blocks sewer pipes. Blocked sewer pipes can cause raw sewage to back up into your home or business, or overflow into streets and streams.

Garbage disposals don't keep grease out of sewer pipes. Products that claim to dissolve grease may dislodge a blockage, but will only cause problems farther on down the line when the grease hardens again.

To avoid expensive sewer backups, plumbing emergencies, and rate increases to cover sewer maintenance and repairs, while helping protect water quality in your community, follow these steps:

- Recycle used cooking oil or properly dispose

of it by pouring it into a sealable container and placing the sealed container in the trash. To recycle large amounts, such as what's left over from a catfish fry or frying a turkey, call 221-4967.

- Scrape food scraps into the trash, not the sink.

- Wipe pots, pans, and dishes with dry paper towels before rinsing or washing them. Then throw away the paper towels.

- Place a catch basket or screen over the sink drain when rinsing dishware, or when peeling or trimming food, to catch small scraps that would otherwise be washed down the drain. Throw the scraps in the trash.

- Rinse dishes and pans with cold water before putting them in the dishwasher. Hot water

melts the fats, oils, and grease off the dishes and into the sewer pipes.

Later on in the sewer, the hot water will cool and the fats, oils, and grease will clog the pipes.

- Don't use a garbage disposal or food grinder. Grinding food up before rinsing it down the drain just makes the pieces smaller. Even non-greasy food scraps can plug your home's sewer lines. Don't put food of any kind down the drain.

- Don't pour cooking oil, pan drippings, bacon grease, salad dressings, or sauces down the sink or toilet, or into street gutters or storm drains.

- Don't use cloth towels or rags to scrape plates or clean greasy or oily dishware. When you wash them, the grease will end up in the sewer.

- Don't run water over dishes, pans, fryers, and griddles to wash oil and grease down the drain.

AtHoc emergency mass notification system can be a lifesaver

By Dianne Moffett
AETC Public Affairs

What do you do when you are on base and severe weather is fast approaching or a gunman has started randomly shooting people on base?

The installation command post will warn and provide instructions simultaneously to all government computers, telephones, building public address systems, the outside "giant voice" public address system, and through social media.

All Air Education and Training Command installations have an emergency mass notification system to rapidly disseminate critical information to all personnel within minutes of an emergency situation.

"AETC's emergency notification system is AtHoc Installation Warning System-Alerts," said

Chief Master Sgt. Timothy Garcia, AETC Command Post functional manager.

"The system is a network-centric emergency mass notification system capable of notifying base personnel within minutes of an emergency from a single, centralized, web-based system," Garcia said.

"AtHoc is currently installed on all network computers throughout AETC."

Each base's command post is the primary owner. The command post will push alerts at the direction of installation commanders or their representative, Garcia said.

"A forthcoming AETC EMNS concept of operations will outline operational details and provide guidance about ways installations are to use the system.

Installation command-

ers will be the final approval authority for local implementation and use," he said.

End users should keep their contact information current and respond to alerts in a timely manner.

Base personnel can update their information by using the AtHoc IWS-Alerts self service module; right click on the purple globe icon at bottom of your screen and select "Access Self Service" and update accordingly.

Garcia points out that though the system notifies base personnel in a short period of time and provides robust notification capabilities, everyone must remember their wingman responsibilities

to ensure the 100 percent solution.

For the daily user, with the exception of the desktop alerts, users will only be notified on their personal phone lines for actual emergency situations such as, but not limited to, severe weather events, evacuation orders, specialized recalls, active shooter alerts, etc.

"Ultimately, the goal of the installation command post is to provide a means of rapidly notifying AETC personnel during times of emergencies, through multiple avenues, and to accelerate the installation's response," Garcia said.

"AtHoc IWS-Alerts provides the capability to reach thousands of people within the AETC via computer pop-ups, land and cell phones, text messaging and installation giant voice systems in real time."

FISHER from P3

which is a huge relief for many, if not all, of our residents."

Since 1990, the Fisher House Foundation has built almost 58 comfort homes throughout the United States, Germany and veterans medical centers.

A new Fisher House is currently under construction, next to the Audie L. Murphy VA Hospital in San Antonio; it is scheduled to open this year.

The Fisher House mission is to support the wounded service members and their families by offering comfortable living situations in their times of medical crisis and utmost needs.

"Fisher House is very important for our

wounded warriors and their families," said Inge Godfrey, Fisher House manager since 1990.

"Staying together is the best medicine for faster healing and self-improvement."

BAMC has four Fisher Houses located near the medical center, servicing more than 500 family members per year.

"We do this every year to thank our BAMC staff for their support and also to remember Mr. and Mrs. Fisher for their generosity and their continued support for our wounded warriors and their families," Godfrey said.

For more information about the Fisher House, log onto www.fisher-house.org or call (888) 294-8560.

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

FIRE PREVENTION WEEK: 2012 JOINT BASE SAN ANTONIO

Fire Department urges residents to have two ways out

If you woke up to a fire in your home, how much time do you think you would have to get to safety? According to the National Fire Protection Association, one-third of Americans households thought they would have at least six minutes before a fire in their home would become life threatening.

Unfortunately, the time available is often less. The Joint Base San Antonio-Fort Sam Houston Fire Department is teaming up with NFPA during Fire Prevention Week – which runs from Oct. 7 to 13 – to urge residents to “Have Two Ways Out!”

This year’s theme focuses on the importance of fire escape planning and practice. In 2010, U.S. fire departments responded to 369,500 home structure fires. These fires caused 13,350 civilian injuries, 2,640 civilian deaths, and \$6.9 billion in direct damage.

“One home structure was reported every 85 seconds in 2010,” said Sherry Salone, an inspector with the JBSA-FSH Fire Department. “Fire is unpredictable and moves faster than most people realize.”

“Having a tried and true escape plan with two ways is essential to ensuring your family’s safety should fire break out in your home.”

Salone recommends families follow these tips for planning their escape in case of a fire:

- Make a map of your home. Mark a door

and a window that can be used to get out of every room.

- Choose a meeting place outside in front of your home. This is where everyone can meet once they’ve escaped. Draw a picture of your outside meeting place on your escape plan.

- Write the emergency telephone number for the fire department on your escape plan.

- Have a grown-up sound the smoke alarm and practice your escape plan with everyone living in your home.

- Keep your escape plan on the refrigerator and remind grown-ups to have your family practice the plan twice a year or whenever anyone in your home celebrates a birthday.

The JBSA-FSH Fire Department will be hosting fire extinguisher training, static displays and an open house during Fire Prevention Week to promote “Have Two Ways Out!”

Through these educational, family-oriented activities, residents can learn more about the importance of fire escape planning and practice, as well as the power of prevention.

To find out more about Fire Prevention Week programs and activities, contact the JBSA-FSH Fire Department at 221-2727. Visit the NFPA website at <http://www.firepreventionweek.org> to learn more about “Have Two Ways Out!”

(Source: JBSA-FSH Fire Department)

FPW ESCAPE PLAN

How to Make a Home Fire Escape Plan

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home.
- Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Learn the emergency phone number for your fire department.
- Practice your home fire escape drill!



(Illustration courtesy National Fire Prevention Association)

WHEREAS, the 502nd Air Base Wing is committed to ensuring the safety and security of all those living in and visiting Joint Base San Antonio; and

WHEREAS, fire is a serious public safety concern both locally and nationally, and homes are the locations where people are at greatest risk from fire; and

WHEREAS, home fires killed more than 2,600 people in the United States in 2010, according to the latest research from the nonprofit National Fire Protection Association, and fire departments in the United States responded to more than 369,000 home fires; and

WHEREAS, residents who have planned and practiced a home fire escape plan are more prepared and will therefore be more likely to survive a fire; and

WHEREAS, only one-third of Americans have both developed and practiced a home fire escape plan, and

WHEREAS, almost three-quarters of Americans do have an escape plan; however, less than half have actually practiced it, and

WHEREAS, one-third of Americans households who made one and estimate they thought they would have at least 6 minutes before a fire in their home would become life threatening. The time available is often less, and

WHEREAS, working smoke alarms cut the risk of dying in reported home fires in half; and

WHEREAS, the 502nd Air Base Wing first responders are dedicated to reducing the occurrence of home fires and home fire injuries through prevention and protection education; and

WHEREAS, the 502nd Air Base Wing residents are responsive to public education measures and are able to take personal steps to increase their safety from fire, especially in their homes; and

WHEREAS, the 2012 Fire Prevention Week theme, “Have Two Ways Out!” effectively serves to remind us to develop and practice a home fire escape plans during Fire Prevention Week and year-round.

THEREFORE, I as Installation Commander, do hereby proclaim Oct. 7 through 13, 2012, as Fire Prevention Week throughout this state, and I urge all the people of Lackland, Randolph and Fort Sam Houston to practice their home fire escape plan during Fire Prevention Week 2012, and to support the many public safety activities and efforts of the 502nd Air Base Wing Fire and Emergency Services.

THERESA C. CARTER
Brigadier General, USAF
Commander,
Joint Base San Antonio and
502nd Air Base Wing



FIRE SAFETY TIPS FOR KIDS

There's more to fire prevention than just having two ways out. Use these tips to plan your escape and stay fire safe!

Plan your escape

- Make a map of your home. Mark a door and a window that can be used to get out of every room.

- Choose a meeting place outside in front of your home. This is where everyone can meet once they've escaped. Draw a picture of your outside meeting place on your escape plan.

- Write the emergency telephone number for the fire department on your escape plan.

- Have a grown-up sound the smoke alarm and practice your escape plan with everyone living in your home.

- Keep your escape plan on the refrigerator and remind grown-ups to have your family practice the plan twice a year or whenever anyone in your home celebrates a birthday.

Know when to go

- If there is a fire in your home, there will be smoke.

- A smoke alarm will let you know there is a fire.

- A smoke alarm makes a loud noise – beep, beep, beep.

- When the smoke alarm sounds, get outside and stay outside.

- Go to your family outside meeting place.

Sound the alarm

- Ask a grown-up to check to be sure there are smoke alarms on every level of your home, inside each bedroom and outside each sleeping area.

- Remind grown-ups to test smoke alarms once a month.

Cook safely

- Remind grown-ups to stay in the kitchen when cooking. Keep things that can burn (potholders, towels, and paper) away from the stove.

- Stay three feet away from the stove when a grown-up is cooking.

Wire check

- Help grown-ups check electrical cords to make sure they are not damaged.

- Turn down the Heat

- Remind grown-ups to keep space heaters 3 feet from anything that can burn.

- Grown-ups should always turn off space heaters every time they leave the room and before going to bed.

- Remind grown-ups never to use an oven to heat your home.

Candle with care

- Remind grown-ups to put out lit candles when they leave a room.

- Stay three feet away from burning candles

(Source: National Fire Prevention Association)

FACTS ABOUT HOME FIRES

Home Fires

- One home structure fire was reported every 85 seconds in 2010.

- Most fatal fires kill one or two people. In 2010, 19 home fires killed five or more people. These 19 fires resulted in 101 deaths.

- In 2010, U.S. fire departments responded to 369,500 home structure fires. These fires caused 13,350 civilian injuries, 2,640 civilian deaths, and \$6.9 billion in direct damage.

Escape Planning

- According to an NFPA survey, only one-third of Americans have both developed and practiced a home fire escape plan.

- Almost three-quarters of Americans do have an escape plan; however, less than half actually practiced it.

- One-third of Americans households who made and estimate they thought they would have at least 6 minutes before a fire in their home would become life threatening. The time available is often less. And only 8 percent said their first thought on hearing a smoke alarm would be to get out!

Smoke Alarms

- Almost two-thirds (62 percent) of reported home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

- Working smoke alarms cut the risk of dying in reported home fires in half.

- In fires considered large enough to activate the smoke alarm, hardwired alarms operated 92 percent of the time, while battery powered alarms operated only 77 percent of the time.

Cooking

- Cooking has been the leading cause of reported home fires and home fire injuries since 1990. Unattended cooking was by far the leading cause of these fires; Two-thirds of home cooking fires began with ignition of cooking materials, including food, cooking oil, fat, or grease .

- Cooking caused two of every five (42 percent) of reported home fires, roughly one of every seven (15 percent) home fire deaths, and two of every five (37 percent) home fire injuries, and 11 percent of direct property damage from home fires in 2010.

- Ranges accounted for the 58 percent of home cooking fire incidents. Ovens accounted for 16 percent.

- Children under five face a higher risk of non-fire burns associated with cooking than being burned in a cooking fire.

- 90 percent of burns associated with cooking equipment resulted from contact with hot equipment or some other non-fire source.

Heating

- Heating equipment was the leading cause of reported home fires in the 1980s and has generally ranked second since them. It is the second leading cause of home fire deaths. Fires involving heating equipment peak in December,

January and February, as do deaths from these fires.

- The leading factor contributing to heating equipment fires was failure to clean, principally creosote from solid fueled heating equipment, primarily chimneys.

- Portable or fixed space heaters, including wood stoves, were involved in one-third (32 percent) of home heating fires and four out of five (79 percent) home heating deaths.

- Half of home heating fire deaths resulted from fires caused by heating equipment too close to things that can burn, such as upholstered furniture, clothing, mattresses or bedding.

Smoking Materials

- In 2010, smoking materials started and estimated 17,500 home structure fires, resulting in 540 deaths, 1,320 injuries and \$535 million in direct property damage. Smoking materials are the leading cause of home fire deaths.

- Sleep was a factor in two of every five home smoking material fire deaths. Possible alcohol impairment was reported in one quarter of these deaths.

- In recent years, Canada and the United States have required that all cigarettes sold must be “fire safe,” that is have reduced ignition strength and less likely to start fires.

Electrical

- Half (49 percent) of home electrical fires involved electrical distribution or lighting equipment. Other leading types of equipment were washer or dryer, fan, portable or stationary space heater, air conditioning equipment, water heater and range.

- In 2010, electrical failures or malfunctions were factors in an estimated 46,500 home structure fires resulting in 420 deaths, 1,520 injuries and \$1.5 billion in property damage.

Candles

- On average, there are 35 home candle fires reported per day.

- More than one-third of these fires started in the bedroom.

- More than half of all candle fires start when things that can burn are too close to the candle.

- In 2010, candles caused 3 percent of home fires, 4 percent of home fire deaths, 6 percent of home fire injuries and 5 percent of direct property damage from home fires.

Home Fire Sprinklers

- Automatic fire sprinkler systems cut the risk of dying in a home fire by about 83 percent.

- Home fire sprinklers can contain and may even extinguish a fire in less time than it would take the fire department to arrive on the scene.

- Sprinklers are highly effective because they react so quickly in a fire. They reduce the risk of death or injury from a fire because they dramatically reduce the heat, flames and smoke produced, allowing people time to evacuate the home.

(Source: National Fire Prevention Association)

FIRE PREVENTION WEEK ACTIVITIES

Oct. 8 Static display in the Post Exchange lobby	10 a.m.-noon
Oct. 9 Static display in the AMEDDC&S lobby Fire Safety House tours at Child Development Center	8-11 a.m. 8:30 a.m.-2 p.m.
Oct. 10 Poster contest winner presentation at Cole Elementary School Fire truck and fire safety house display at Cole Elementary School Fire truck and fire safety house display at Child Development Center	8:30 a.m. 8-10:30 a.m. 2-4 p.m.
Oct. 11 Static display in SAMMC lobby Fire extinguisher training, Building 4196 Fire truck display at Marvin R. Wood playground Fire truck display at Parent Child Incorporated/Head Start, Building 1720 Fire truck on display at Watkins Terrace Community Center	10 a.m.-noon and 10:30 a.m. 8:30 a.m., 9:30 a.m. 9-9:30 a.m. 9:30-10 a.m. 10:15-10:30 a.m.
Oct. 12 Open house at the FSH Fire Station	10 a.m.-2 p.m.

ARNORTH from P3

Army noncommissioned officers and leaders need to stay involved in the lives of their subordinates and peers, Caldwell noted.

“Engage people in a positive way,” Caldwell said.

“People forget about giving each other grace. We are all one big team – we take care of each other.”

Caldwell said that during the last decade of warfare, some of the regular Army mechanisms like routine counseling as a tool for professional development have become abbreviated into event-orientated “negative” counselings.

“Let’s get back to some of our time-honored traditions,” Caldwell said.

“The intent of counseling is to make you a better person. Leaders,



Photo by Staff Sgt. Keith Anderson

More than 500 Soldiers, civilians and contractors from U.S. Army North gathered Sept. 27 at Evans Auditorium to participate in Army-wide suicide prevention safety stand down day training.

grow and improve your subordinates, don’t ‘grade’ them.”

After the meeting in the auditorium, Army North personnel got the opportunity to break off into sections and watch interactive videos and engage in candid discus-

sions about recognizing and responding to suicidal intentions and ideations.

The training stressed the importance of taking the time to get to know those around you, to stand shoulder-to-shoulder.

“I cannot overemphasize how important this

issue is to me,” wrote Gen. Raymond Odierno,

chief of staff, U.S. Army, in a memo sent throughout the Army.

“Every life lost to suicide is a tragedy to our families, to our units and to our Army.”

Odierno stressed the importance of applying the day’s training, and of growing a more resilient force.

“We are a resilient Army, and we are committed to building our individual and collective strength – physically, emotionally, socially, spiritually and within our Families,” Odierno wrote.

“You must continue to refine and apply the resiliency skills you learn.”

LIGHT THE**NIGHT WALK**

Volunteers are needed to assist with the Light the Night Walk from 7 to 9:30 p.m. Oct. 20 at HemisFair Park. Call 998-5126 for more information.

SCHOOL FIX-UP**PROJECT**

Veterans, active duty military personnel and their families are needed from 8 a.m. to 12:30 p.m. Nov. 10 at Sarah King Elementary School, 1001 Ceralvo St. to help paint hallways, classrooms and murals; create reading nooks; and help with light carpentry and landscaping. Visit <http://missioncontinues.org/event/Veterans-Day-with-Target-in-San-Antonio-2012> for more information.

**NOTICE OF PUBLIC MEETING
TO DISCUSS FORT SAM HOUSTON
INDEPENDENT SCHOOL DISTRICT'S
State Financial Accountability Rating**

**The Fort Sam Houston Independent School District
will hold a public meeting on**

Oct. 30, 2012 at 11 a.m.

**at the Fort Sam Houston Elementary School at
3370 Nursery Road, San Antonio, Texas.**

**The purpose of this meeting is to discuss the
Fort Sam Houston Independent School District's
Superior Achievement Rating
on the state's financial accountability system.**

FSHISD WEEKLY CAMPUS ACTIVITIES**Fort Sam Houston
Elementary School****Oct. 8**

Columbus Day Holiday

Oct 9-12

National Fire Prevention Week

Oct. 10

Hispanic Heritage luncheon, 10:25

a.m.-1 p.m., cafeteria

Pre-K through first grade, fire
truck tour, 8:30-11 a.m.

Second through fifth grade, fire
safety house tour, 8:30-11 a.m.

Oct. 12

Monthly PTO Meeting, 8:30-9:30

a.m., Room 51

323rd Army Band Performance,

Pre-K through second grade,

9-9:30 a.m.; third through fifth
grade, 9:45-10:15 a.m.

Football Fun Run for second to
fifth grade at Cole track, 7:10 p.m.

Dad's Day, 7:30 a.m. -3 p.m.

**Robert G. Cole Middle and
High School****Oct. 8**

Columbus Day Holiday

Middle school volleyball vs. Brooks
Academy at Cole, 5/6 p.m.

Oct. 9

F/JV/V Volleyball at Dilley, 5/6/7

p.m.

Project Graduation fundraising

meeting for all seniors, 1-1:20 p.m.

Oct. 10

St. Phillip's College visit during
high school lunch

Oct. 11

MS football vs. Brooks Academy,
at Cole, 5/6:30 p.m.

JV football vs. Brooks Academy, at
Brooks, 6 p.m.

Oct. 12

JV/V volleyball vs. Brooks at Cole,
4:30/5:30 p.m.

Varsity football vs. Brooks Acad-
emy at Cole, "Pink Friday" Breast
Cancer Awareness, wear pink to
show support, 7:30 p.m.

Oct. 13

Fall Musical Rehearsals at Mosely
Gym, 1-3 p.m.

**Did you
know?**

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>.



Back to school: to hold and hug during both rough and happy times

By Lt. Col. Zoltan Krompecher
Commander, Headquarters
and Headquarters Battalion,
U.S. Army North



Days quickly pass, so parents reminisce in efforts to keep children young: that first day of kindergarten was a milestone for our Leah.

To prepare, we read books about kindergarten, bought a dress, Dora backpack, and a Rosary.

She appeared excited. We were excited for her first step into the future! We worried that she might feel alone in the crowd but felt ready: we weren't.

Oh yeah, Leah would be riding a bus.

The "Big Morning" we served pancakes on Leah's favorite plate. There she sat in her white dress, daintily

wisdom — "Don't just eat your snack!" and "Wash your hands!" — Leah went quiet as Big Yellow pulled up, opening its yawning doors.

The bus driver offered a smile. Children scrambled up and took seats, all except for Leah who retreated into her mother's arms. Me? I was like many fathers: numb with inaction.

Crying, Leah explained how she wanted to stay with us and not go to school.

For a moment I thought: "Yeah. That's right. I'm not ready to give my daughter to the world just yet. Go on, Mr. Bus Driver. Go on, and don't come back!"

My wife's sharp look of "Feel free to do something to help" prompted me to act.

I scooped my little girl — my princess — into my arms and carried her onto the bus. With every step, her pleas grew louder. I gave her a last reassuring squeeze and walked away.

The door wheezed shut and Bus #5 lumbered off. We watched our daughter rest her head on the seat in front of her.

At the last moment, she turned and placed her crying face against the window, pleading with us.

With the echo of Leah's cries in my ears, I jumped into my car. I knew that bus was taking her to kindergarten but also realized it was taking her to the larger world.

I followed Bus #5 on its route. When it stopped to gobble up children into its galley of fear, I searched

vainly for Leah, thinking, "Were others nice to her, or was she suffering in silence while others spoke of topics like forgetting sneakers on gym day?"

I wouldn't be surprised if there weren't a few dads trailing behind me. No matter how close I got, I could not catch up, helplessly watching as my child took a journey only she could make.

But that year our daughter reached a new level and ended up enjoying school and new friends that year.

Me? I know that these years will fly by and this will be the first of many firsts — first dates, graduations, a walk down the aisle ... a journey to womanhood.

The little girl I once held in my arms is now a young lady, but I remem-

ber tea parties, stories ending with "Happily ever after," and prepare myself for when first love isn't and the world collapses while I hold her tight.

I will whisper how I'll always be there for her ... to hold and hug during both rough and happy times, to ponder together the wonderful moments life offers every one of us.

That's what daddies do for their little girls. Just don't put it past me to follow them in my car when they enter high school.

(Krompecher is commander of Headquarters and Headquarters Battalion, U.S. Army North, and a contributing writer to the book "Operation Homecoming," but his biggest accomplishment is being a daddy.)

ELEMENTARY SCHOOL OBSERVES CONSTITUTION DAY

Fort Sam Houston Cub Scout Pack 23 helped more than 875 Fort Sam Houston Elementary School students and faculty celebrate Constitution Day at the school's flagpole Sept. 17. That day was the 225th anniversary of the writing of the U.S. Constitution and officially named Constitution Day in America. The scouts helped to raise the flag and led a reciting of the Preamble to the Constitution. The U.S. Constitution is the oldest living national document still in force and considered to be the supreme law of the United States of America.



Photo by Dr. Melanie Morgan

COLE HONORS 'STUDENTS OF THE MONTH'



Courtesy photo

Each month Cole Middle and High Schools recognize one student from each grade level for his or her outstanding attitude, citizenship, and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The high school recipients for September are (front row from left): Alexis Gasak, eighth grade; Megan, seventh grade; and Brooklynn, sixth grade; (back row from left) Lyndsey Emry, 11th grade; Steven Lamouruex, ninth grade; and Mila Kelly, 10th grade. Not pictured is Nicholas Czelusniak, 12th grade. (The parents of Megan and Brooklynn did not wish to give their last name.)

JBSA-FORT SAM HOUSTON CELEBRATES NATIONAL NIGHT OUT



Photo by Deyanira Romo Rossell

Two-year-old Mathis Jarecke enjoys a visit from Sparky the Fire Dog during the National Night Out event at Lincoln Military Housing Oct. 2. Sparky teamed up with the National Night Out Knight and McGruff the Crime Dog to visit the housing areas on Joint Base San Antonio-Fort Sam Houston to promote the importance of neighborhood watch. National Night Out is touted as an effective, inexpensive and enjoyable program to promote neighborhood partnerships in the fight for a safer nation.

AMEDD from P1

ing in the award of the nation's highest military recognition. Three AMEDD Medal of Honor recipients currently reside outside of the San Antonio area.

"Those we honor with the AMEDD Museum Medal of Honor Walk epitomize the sacrifice and service that has always been the legacy of the Army Medical Department," Sculley said. "We desire to not only honor the Medal of Honor recipients, but to pass their legacy from generation to generation of medics."

The two-acre site adjacent to the museum is a landscaped area of the museum grounds with walkways complete with monument stations listing the names of Soldier medics from each

of the nation's wars who were awarded the Medal of Honor.

Among them is the only female recipient of the Medal of Honor, surgeon Dr. Mary E. Walker, who was awarded the Medal of Honor for valor during the Civil War.

A surrounding regimental green leads to a 250-seat amphitheater overlooking the Medal of Honor Walk and Presentation Plaza, which will support a variety of ceremonies, programs, classes, and presentations in an environment where there is always present a reminder of the full meaning of being a medic.

"This is the fulfillment of a dream for the AMEDD Museum Foundation," Sculley said. "It is very nice to be a part of a special project. We completed the project

out of our acreage and provided a lasting tribute to our Medal of Honor recipients."

The \$1.6-million Medal of Honor Walk facility was built thanks to private donations from individuals looking to preserve the history of the Army Medical Department.

The AMEDD Museum Foundation was established to raise funds that built the main museum facility over three major projects. The last project was the Medal of Honor Walk and amphitheater. After the project was completed, the gift was titled to the U.S. Government.

The museum and Medal of Honor Walk are free and open to any member of the public in possession of a valid driver's license or ID card.

INSIDE THE GATE

Oktoberfest 2012

Oct. 12, 5-11 p.m. and Oct. 13, noon-11 p.m. on MacArthur Parade Field. Enjoy an authentic German "Biergarten," food booths and live entertainment, carnival rides and children's activity tent and arts and crafts vendors. Free parking and admission. Call 221-1718

Thrift Shop Open

The Thrift Shop at 3100 Zinn Road, run by the Spouses' Club of the Fort Sam Houston Area, is open and full of clothing, shoes, housewares, toys, books, furniture, jewelry and more. There is currently a summer blowout sale with many items marked half off. The shop also has Halloween costumes and ladies formal wear. Store hours are Wednesday, Thursday and the third Saturday of each month from 9 a.m. to 2 p.m. Consigned items are taken those same days from 9 a.m. to 1 p.m. Donations are taken anytime during regular business hours. Consignment of fall items begins Oct. 17. For more information, call

221-5794/4537 or click on <http://www.scfsh.com>.

Haunted House

The Youth Center haunted house will open Friday-Saturday, Oct. 19-20 and 26-27, 6:30-10:30 p.m. and on Halloween, Oct. 31, 6-9:30 p.m. at the Youth Center, Building 1630. Casper's Fun House will be open for the little ones. The cost will be \$1 for children 5 and under, \$2 for children and youth ages 6-18 and \$3 for adults. Call 221-3502.

Doggie Dip

Oct. 20, 10 a.m.-noon, Fort Sam Houston Aquatic Center, Building 3300 on Williams Road. Free hot dogs and drinks for pet-owners and treats for dogs. Call 221-1718.

Operation Rising Star Auditions

Auditions are now open for singers aspiring to perform in the 2012 Operation Rising Star Oct. 26, 7 p.m. at the Sam Houston Community Center, Building 1395. The contestants will first sing cappella in front of a three-judge panel. The judges will select the top five finalists who will then sing with an accompaniment. For this second round, there will be a 50/50 split vote between the judges and the audience. The second and

third place winners locally receive \$250 and \$100, respectively. The first place winner at the Fort Sam Houston competition receives \$500. The video of their performance will be judged among other winners worldwide, with only 12 contestants selected for the finals. The 2012 grand prize winner receives \$1,000 and a trip for two to Los Angeles for a professional recording studio experience, valuing \$18,000. For more information, call 221-4016.

41st Combat Support Hospital Reunion

Former members of the 41st CSH are invited for a picnic reunion noon to 5 p.m. Oct. 27 at Salado Creek Park on Joint Base San Antonio-Fort Sam Houston. Cost is \$25 per person. Call 916-9527, 269-2150 or 654-3264 for more information.

Joint Base San Antonio Special Olympics

The Exceptional Family Member Program will hold a Joint Base San Antonio Special Olympics from 9 a.m. to noon Nov. 3 on JBSA-Fort Sam Houston. For more information or to volunteer, call 221-2962.

Armed Forces Action Plan

The Armed Force Action Plan Conference will be held Nov. 13-16. People can submit issues and/

or volunteer to participate in this annual event. To submit an issue, email jbsa.afap@gmail.com. Call 221-2336 for more information.

"On Golden Pond" at the Harlequin

Oct. 18-Nov. 17, Thursdays, Fridays at Saturdays at the Harlequin Dinner Theatre, Building 2652, Harney Road. Call 222-9694 for reservations.

Fort Sam Houston Ticket Office Fall Hours

Open Tuesday through Friday, 10 a.m.-5 p.m. The ticket office will reopen on Saturdays in spring 2013. Call 226-1663.

Discount Tickets for Winter Ballets

The MWR Ticket Office in the Sam Houston Community Center, Building 1395, is selling discount tickets for the Moscow Ballet, Dec. 28, 7 p.m. and Dec. 29, 2 p.m. and 7 p.m. Discount tickets are also available for the Nutcracker, Dec. 21, 7:30 p.m., Dec. 22, 2 p.m. and 7:30 p.m. and Dec. 23, 2 p.m. The ticket office also has discount tickets for Disney on Ice "Rockin' Everafter," April 10-14. For more information, call 226-1663.

JBSA-Camp Bullis Sportsman Range

The range is open Saturdays-Sundays, 10 a.m.-2 p.m., beginning Oct. 6. DOD card holders may shoot their personal pistols, rifles and shotguns. Firearms must be registered at Joint Base San Antonio-Camp Bullis. The range may close unexpectedly because of weather or troop use. Range users should call before coming out for target practice. Call 295-7577.

Hunting Season at JBSA-Camp Bullis

Archery hunting season for deer is open Friday-Sunday, 5:30 a.m. until dark at Joint Base San Antonio-Camp Bullis. Hunters must have preselected permit to hunt deer. Scouting of preselected hunting areas continues. Call 295-7577.

Theater Arts Program

Children, ages 4 and up, can take the stage after a long day at school in the Theater Arts Program at School Age Services, Building 1705. The cost is \$80 for a month of biweekly classes. Classes are 4-5 p.m. for ages 4-6, 5-6 p.m. for ages 7-10 and 6-7 p.m. for ages 11 and up. Call 221-3381 for information.

Home Child Care Providers Needed

Family Child Care on JBSA-Fort Sam Houston is looking for family members interested in providing licensed child care in their homes. Providers can earn additional income at home, full or part time. For more information, call 221-3828.

Parent Central Customer Service Hours

Parent Central will assist walk-in patrons from 8 a.m.-noon and 2-4 p.m. for registration and 12:30-1 p.m. for out processing and payments. Call 221-4871.

Before and After School Care Registration

Register your child, grades K-12, for before and after school care at Parent Central, 221-4871. Warriors in Transition and their family members should register at Soldier Family Assistance Building 3936 Acubo Barracks or call 916-6377. Registration is ongoing until space is full.

School Liaison Office

The School Liaison Office can

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their OCS packets. Packets must be turned in by Oct. 16. For more information, call 221-0885.

Mayor's Community Fitness Challenge

Joint Base San Antonio is participating in the Mayor's Community Fitness Challenge. Take a photo of any group fitness activity and provide a brief description of the event. The City of San Antonio will receive 100 points for each event. The event runs through Oct. 31. For more information about where to email the photos with the description of the event, call 292-3220.

Air Force Reserve MTIs needed

The Air Force Reserve Command is looking for traditional Reservists in the ranks of senior airman through master sergeant who are interested in filling Military Training Instructor positions at the 433rd Training Squadron, Joint Base

San Antonio-Lackland Air Force Base. The 433rd TRS is looking for high-quality Airmen to fill 76 MTI vacancies. Requirements include excellent military image and appearance, minimum fitness score of 75 (must be within last six months), ability to speak clearly, TAFMS less than 15 years, minimum score of 49 in General area on ASVAB. Call 671-7975/7336 for more information.

Flu Shots at WHASC

Flu shots are available for all active duty personnel at the main immunizations clinic at Wilford Hall Ambulatory Surgical Center. This is a mandatory requirement and must be completed by Nov. 21. Flu shots will be available for all Department of Defense beneficiaries in the WHASC atrium from 7:30 a.m. to 4 p.m. Mondays through Fridays. Active duty will have priority. Patients with booked appointments may also receive the vaccine with their primary care manager. The immunizations clinic will schedule

outreach events with the mobile flu unit to target active duty job sites across base, to include the Medina annex. Dates, times and locations are forthcoming. For more information, call 292-4278.

Budge Dental Clinic Hours Change

Walk-in exams at the Budge Dental Clinic, located at 3145 Garden Ave., Building 1278, are from 6 to 10 a.m. and noon to 2 p.m. Mondays through Fridays. Sick call is from 6 to 10:30 a.m. and noon to 3 p.m. weekdays. The clinic is open from 6 a.m. to 3 p.m., and closed for lunch from 11 a.m. to noon weekdays. There are department and clinic meetings from noon to 1 p.m. Thursdays. People may now call to schedule an exam/prophylaxis appointment in place of a walk-in exam. These combination appointments are limited and only offered certain days of the week. For more information, call 808-3736 or 808-3735.

Nasal influenza research study

Brooke Army Medical Center is enrolling people for a self-administered nasal influenza feasibility study. Male and female applicants should be in good health, between 18 and 49 years of age and be a Department of Defense beneficiary. During the study, applicants will complete an interview and diary, have blood drawn twice, make two visits over a one-month period and be supplied with the nasal vaccination. There is a payment of \$25 for each blood draw. To apply, or for more information, call 916-6014.

JBSA FSH Voting Assistance Office

The Joint Base San Antonio-Fort Sam Houston Voting Assistance Office is open and available to provide information and resources to military and civilian personnel and their family members about the 2012 elections. The office also assists voters in registering. The office is open from 8 a.m. to 4 p.m.

weekdays at Building 2263, 1706 Stanley Road. Call 221-1424 for more information. People can also contact their unit voting assistance officer. For additional information on voting in Texas, outside of Texas and absentee voting, go to <http://www.fvap.gov>.

Suicide Intervention Skills Training Offered

Applied Suicide Intervention Skills Training (ASIST) is currently being offered for Joint Base San Antonio active duty members, civilians, and family members. The training will be held on the last Thursday and Friday of every month. Call 221-1696 to register, as seating is limited. T4T trained instructors are also needed to facilitate the course. People who have successfully completed the T4T training can also call 221-1696.

All-Day Appointments for CAG/ID Cards

The 502 Air Base Wing replaced

the walk-in customer services at its main ID Card/CAC issuance facilities with an all-day appointment-only process for all military members, retirees, dependents, civil service employees and contractor customers. Appointment times are 8 a.m. to 3:30 p.m. Monday through Friday, scheduled in 20-minute intervals. Changes to existing ID Card/CAC and DEERS services 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 AFB, 671-4178; and 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 the numbers listed to set up an appointment.



FOR SALE: 1996 white Nissan Maxima, four-door, five-speed manual transmission, AC, Michelin tires with less than 10,000 miles, AM/FM CD, gray cloth interior 197,625 miles, maintenance records available as well as consult with mechanic, transmission seals leak and need repair but vehicle drives well, \$1,895. Call 659-6741 or 827-2506.

GARAGE SALE: Oct. 5 from 8 a.m. to 4 p.m. and Oct. 6 from 8 a.m. to 1 p.m. at 1106 Sugar Pine in the Hidden Forest subdivision.

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assist patrons in registration, provide information about the local school system and community, educate parents on school policies, procedures, programs and schedules and home schooling. Call 221-2214/2256 or visit <http://www.fortsammwr.com/youth/slo.html>.

Story Time at the Library

Preschool children are invited to the weekly story time Thursdays, 10 a.m. at the Keith A. Campbell Memorial Library, Building 1222 on Harney Path. Call 221-4702.

OUTSIDE THE GATE

Candlelight Worship Service

Oct. 7, 5:30 p.m., First Presbyterian Church sanctuary, 404 N. Alamo St. A special city-wide and ecumenical service focusing on Christian faith and its impact on those affected by mental illness.

EFMP Morgan's Wonderland Resource Fair

Oct. 13, 10:30 a.m.-1:30 p.m. For more information on this annual event, call 221-2962.

Basic Skills Education Program

Classes are 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. The class is designed to teach basic college preparatory skills to service members with a GT score less than 110. Call 221-1738 to enroll.

Stilwell House

The Joint Base San Antonio-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

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month 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.

Foster a Puppy

The Department of Defense dog breeding program needs families to foster puppies for three months. Potential foster families need time and patience to raise a puppy age 12 weeks to six

of Historic Fort Sam Houston, Inc. a 501(C)(3) corporation not affiliated with the Department of Defense. Call 224-4030 or 655-0577.

Cloverleaf Communicators Club

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://power-talkinternational.com/>.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the

months, a stimulating and safe home environment and a desire to help raise a military working dog. Call 671-3686 for more information.

Dinosaur Stampede

The San Antonio Botanical Garden, 555 Funston, will feature a life-size dinosaur exhibit through Dec. 31. Call 207-3255 or visit <http://www.sabot.org> for more information.

Complimentary SeaWorld Admission for Military

Throughout 2012, members of the military and as many as three direct dependents may enter Sea-

World, Busch Gardens or Sesame Place parks with a single-day complimentary admission through last Thursday of each month, noon-1 p.m. at the Army Medical Department Museum. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 221-4424 or 837-9956.

Retired Enlisted Association

Chapter 80 of the Retired Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the Joint Base San Antonio-Lackland Gateway Club. Call 658-2344 for more information.

World, Busch Gardens or Sesame Place parks with a single-day complimentary admission through

the Here's to Heroes program. Visit <http://www.herosalute.com/cavatx/index.html>.

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Main Post (Gift) Chapel
Building 2200, 1605 Wilson Way
8 and 11 a.m. - Traditional
Dodd Field Chapel
Building 1721, 3600 Dodd Blvd.
8:30 a.m. - Samoan
10:30 a.m. - Gospel
**Army Medical Department
Regimental Chapel**
Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade
Collective Service
**Brooke Army Medical
Center Chapel**
Building 3600,
3851 Roger Brooke Rd.
10 a.m. - Traditional
Evans Auditorium
Building 1396, 1396 Garden Ave.
11:01 - Contemporary
"Crossroads"

CATHOLIC SERVICES
Daily Mass
Brooke Army Medical Center Chapel
Building 3600,
3851 Roger Brooke Rd.

CATHOLIC SERVICES

Daily Mass
Brooke Army Medical Center Chapel
Building 3600,
3851 Roger Brooke Rd.

For worship opportunities of faith groups not listed here, please visit the Fort Sam Houston Chaplain's website at <http://www.samhouston.army.mil/chaplain>.

11:05 a.m., Monday through Friday

Main Post (Gift) Chapel
Building 2200, 1605 Wilson Way
11:30 a.m., Monday through Friday

Saturday

Main Post (Gift) Chapel
4:45 p.m. - Reconciliation
5:30 p.m. - Evening Mass

Sunday

8 a.m. - Morning Mass, AMEDD
8:30 a.m. - Morning Mass, BAMC
9:30 a.m. - Morning Mass, MPC
11:30 a.m. - Morning Mass, BAMC
12:30 p.m. - Morning Mass, DFC

JEWISH SERVICES

8 p.m. - Jewish Worship,
Friday, MPC
8:30 p.m. - Oneg Shabbat,
Friday, MPC

ISLAMIC SERVICE

1:30 p.m. - Jumah,
Friday, AMEDD

LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday,
AMEDD

Roth contributions open to all active-duty service members

By Terri Moon Cronk

American Forces Press Service

Active-duty members of the Air Force, Army and Navy can now contribute to the Roth Thrift Savings Plan as part of their investment planning, Defense Financing and Accounting Service officials said Sept. 28.

The after-tax contributions will be electronically deducted from service

members' pay accounts.

Active-duty service members also can start their Roth TSP contributions now through their online MyPay accounts, which offer the fastest, easiest and most secure method to manage both Roth and traditional TSP contributions.

The second option open to service members is to submit a TSP-U-1 form to their finance office.

Active-duty Marines, guardsmen, reservists and civilians paid by DFAS were able to begin making contributions to the program in June, officials said.

Additionally, the other branches of the National Guard and Reserve will be able to make Roth TSP contributions by mid- to late 2013.

The timeline difference between active-

duty and other service members resulted from an interim solution for Reserve component members, which didn't meet Federal Retirement Thrift Investment Board requirements, according to DFAS.

While work continues for options that will be available more quickly and satisfy the law and FRTIB requirements at the same time, the new

schedule will allow time to make systems changes and electronic deductions that meet all requirements, DFAS officials said.

To begin making Roth TSP contributions, service members should determine how much of their pay is eligible. A Roth TSP worksheet can help make the calculations.

Military members are required to contribute an amount equaling 1

percent of their eligible pay to begin TSP contributions.

For those who are not participating in traditional TSP investments, the initial Roth TSP election must meet this 1 percent requirement. The IRS maximum contribution to Roth TSP is \$17,000 per year, DFAS officials said.

Military members can use pay earned in combat zones, and are excluded from federal taxes to contribute to Roth TSP.

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the opportunity to train in a way that maximizes the availability of training resources which, in turn will enhance combat readiness."

Canada told the audience that he was excited to carry on the work of Lavender, the command's first senior enlisted Soldier.

"I have had a big support team throughout

my career and I thank CSM Lavender for laying the groundwork here," he said. "But I owe the greatest success to Soldiers that came before me and taught and mentored me that the Army

is about people."

Lee hosted the change of responsibility ceremony and the symbolic passing of the NCO sword was presided over by CSM Earl L. Rice, IM-COM Command Sergeant

Major, who presented the sword to Lee, to pass on to Canada.

"Canada will make the connection between scientists and Soldiers to ensure effective environmental training and rein-

forcing education about environmental issues is extremely important," Rice said. "He is known for his team work and high standards to build relationships and accomplish missions."