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VS Leade NOVEMBER 29, 2013 VOL. 55, NO. 46

JBSA HOTLINES

DOD Safe Helpline 877-995-5247 JBSA Sexual Assault Hotline 808-SARC (7272) JBSA Domestic Abuse Hotline 367-1213 JBSA Duty Chaplain 221-9363

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



ARSOUTH HOSTS STRYKER VISIT





VOLUNTEER KNITS FOR KIDS

PAGE 6



STILWELL HOUSE ANNIVERSARY

PAGES 10 & 15

JBSA-Fort Sam Houston, San Antonio communities meet, discuss progress of school-unit partnerships

By Sgt. 1st Class Christopher DeHart Army North Public Affairs

Army representatives from Joint Base San Antonio-Fort Sam Houston met with several local independent school district school staffs and superintendents at the Sam Houston Community Center for a fall luncheon Nov. 12.

The meeting, hosted by U.S. Army North (Fifth Army) as part of the Fort Sam Houston Adopt-A-

See ISD, P18



Lt. Gen. Perry Wiggins (right) stresses the importance of the return on the time invested in the program for the students and Soldiers involved in the school-unit partnerships Nov. 12 at the Fort Sam Houston Adopt-A-School Fall Luncheon in the Sam Houston Community Center. Wiggins is the commanding general for U.S. Army North (Fifth Army) and the senior Army commander of Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis.

Photo by Sgt. 1st Class Christopher DeHart

NEW STUDENT ACTIVITY CENTER OPENS

Ben Paniagua, recreation director for the new Student Activity Center on the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston, cuts the ribbon Nov. 25 with the help of Brig. Gen. Robert LaBrutta, JBSA and 502nd Air Base Wing commander, and other senior leaders including Maj. Gen. Stephen Jones, U.S. Army Medical Department Center and School commander, and Rear Adm. William Roberts, METC commandant. The \$21.2 million, 62,000-square-foot facility features three levels, a snack bar, club, student business center, coffee bar, gaming lounge, music rooms and movie theater to serve the more than 6,000 students at JBSA-Fort Sam Houston. An article with photos about the new facilty will be featured in the Dec. 6 issue of the News Leader.

Photo by Lori Newman



News Leader

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Embrace the diamonds in the rough

By Col. Christine Erlewine Commander, 902nd Mission Support Group Joint Base San Antonio-Randolph

Throughout our lives and our military careers we are fortunate, and in some ways forced, to interact with many people. However, the pace of operations and our daily responsibilities don't always allow us the time to really get to know many of those people, and we often lose out at the chance to find a "diamond in the rough."

I found my diamond in the rough quite by chance.

I was a new squadron commander and had just been briefed on our physical training stats. I was very disappointed in the number of failures and believed there really was no valid reason for the failures.

This was a fairly small squadron that had periods of heavy workload but not a consistently heavy workload, allowing ample time most weeks for our personnel to complete PT during normal duty hours.

Also bothersome was the fact that young Airmen were the majority of the PT failures at that time. Quite unexpectedly, my solution to improving PT test scores came from an unlikely source.

I was at an off-base



Col. Christine Erlewine

event interacting with mostly people I knew. I did, however, strike a conversation with an older woman at the event named Ellie Buford.

I spent a considerable amount of time talking to Ellie and found her story intriguing. Ellie was a spouse whose military sponsor retired shortly after they were married. She never lived on a military base or experienced things that military spouses do.

Unfortunately, her husband died at a young age and Ellie did something that women in the 1970s didn't do. She joined the business world. As a businesswoman, Ellie traveled the world, places like India, China, Tibet, Siikim, Bhutan, Nepal and also extensively travelled Africa where she climbed Kilimanjaro and tracked mountain gorillas in Rwanda.

Ellie is a remarkable woman who has done some amazing things. The one I will highlight is that she convinced her company, Digital Equipment Co., to let her train and climb Mount Everest in Tibet in 1985. These were the beginning years of China first allowing visitors into Tibet, which had been closed to the outside world for more than 50 years.

She trained with Tenzig Norgay, the same guide that led Sir Edmund Hilary on his climb. Though weather prevented them from reaching the summit, she climbed that mountain! In her mid-60s, Ellie kept her fitness by running three miles a day...amazing!

So, as Ellie continued to tell me about her adventures and accomplishments, a light bulb went off in my head. If this "granny" figure could run three miles a day, then why can't my young Airmen pass a PT test?

I asked Ellie if she would come to the squadron, meet some of the leaders and then complete a PT session with us. She jumped at the chance and I found my diamond.

Ellie's stories had the senior leaders of the squadron in stitches with her dynamic personality. Then she ran with us... talking the whole time!

I decided this diamond in the rough was worth sharing with the entire squadron. Ellie came to my next commander's call. I took a chance that this granny figure would be accepted by the Airmen and was she ever. You could hear a pin drop during her stories...then she ran with us.

I challenged the Airmen that if this granny could run three miles a day, then what was their excuse for not maintaining their fitness.

She was a complete hit and, not so miraculously, our PT test pass rate went to 100 percent in just a few months.

Ellie became "Granny Ellie" to my squadron. She, along with my honorary squadron commander, attended unit gatherings, set up terrain walks at World War I battlefields and more.

She helped me find the best local restaurants and venues for distinguished visitor visits and I introduced her to my command's senior leaders. Eventually, the commander of Air Mobility Command (now retired Gen. Raymond Johns Jr.) made Ellie his civilian advisor in Europe. My diamond in the rough became a treasure for AMC as well.

Through her dynamic personality and ties to the civilian community, both in Europe and in her Bostonarea stateside home, she is able to tell the Air Force story.

You can say it was destiny really, that shortly after I met Ellie, my husband and I were invited to dinner with some of the folks he worked with in the Department of Defense Dependent School system. Lo and behold, we went to their house for dinner and who was there? Ellie was a close friend of theirs as well.

I met Ellie more than eight years ago. She is still the squadron's "Granny." She's now in her mid-70s and still running, climbing and lifting weights.

She's still interacting with AMC leadership and, most of all, still affecting Airmen's lives. I know this for a fact because one of my young logistics readiness squadron lieutenants came in from Europe and when I met her she said, "You know Granny Ellie?" She had come from my old squadron and couldn't stop talking about the diamond in the rough.

Take some time to give thanks for all the people that have made a difference in our lives. You never know when you will find that diamond in the rough that will make a difference in so many people's lives. I am thankful for my diamond, Ellie Buford, a great American.

The 2013 Combined Federal Campaign has been extended and runs through Jan. 15, 2014. The points of contact for Joint Base San Antonio are:



COMBINED **FEDERAL CAMPAIGN** POINTS OF CONTACT 502nd Air Base Wing: 221-4321 Alternate 671-6705

502nd Mission Support Group: 221-1844 **Alternate 221-2207**

802nd MSG: 671-2528 Alternate 671-5511 902nd MSG: 652-3797 **Alternate 652-6915** Alternate 652-3088



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http://www.jbsa.af.mil http://www.samhouston.army.mil/pao

News Briefs

Holiday Tree Lighting Ceremony

The Holiday Tree lighting ceremony for Joint Base San Antonio-Fort Sam Houston is from 6-8 p.m. Wednesday at the main flagpole on Stanley Road. The event features real snow, a visit with Santa Claus, hay rides, a special holiday story and warm winter goodies. For more information, call 221-1718.

Flu Vaccination Clinic Update

Flu vaccinations are available at Military and Family Readiness, building 2797, from 9 a.m. to 4 p.m. Wednesday, as well as Dec. 11, 13 and 18. Shots will also be given at the San Antonio Military Medical Center on the first floor by the information desk from 8 a.m. to 4 p.m. every Monday until Dec. 16. It will also be available on Dec. 6 and Dec. 20. The shots are available for all active duty service members, retirees, civilians, family members, volunteers and children 6 months and above.

MICC Change of Command

Command of the Mission and Installation Contracting Command changes hands during a 10 a.m. ceremony Monday at the Quadrangle on Joint Base San Antonio-Fort Sam Houston. Brig. Gen. Kirk Vollmecke will relinquish command to Col. Jeffrey Gabbert, who has been selected for promotion to brigadier general. Gabbert served as the special assistant to the Army Contracting Command commanding general at Redstone Arsenal, Ala. Vollmecke becomes the deputy for acquisition and systems management at the Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology in Washington, D.C.

JBSA Hearts Apart Holiday Palooza

The first Joint Base San Antonio Hearts Apart Holiday Palooza begins at 7 p.m. Dec. 6 in the Military and Family Readiness Center at JBSA-Fort Sam Houston. The child-friendly celebration is open to all families that are geographically separated from their service member in all service branches. The event includes music, dinner, gifts, givea-ways and a visit from Santa Claus. The reservation deadline is Thursday. To sign up, call 221-9079, 671-3722 or 652-5321 and provide the number and gender of any children attending.

See NEWS BRIEFS, P6

Army South hosts Colombian army group's visit to Fort Hood Stryker regiment

By Frederick Hoyt Army South Public Affairs

As part of a weeklong visit hosted by U.S. Army South, a delegation from the Colombian army traveled to the 3rd Cavalry Regiment headquarters and the Combined Arms Training Center at Fort Hood, Texas, to learn more about Stryker vehicles and operations.

The 3rd Cavalry Regiment's Stryker Sabre Squadron showed the Colombian delegation how a Stryker-equipped regiment and squadron operates. This was the first time the command team for the new Colombian combined arms battalion visited a U.S. Stryker regiment.

"The Colombian army is currently in a period of transformation and will be adding a combined arms brigade to their existing inventory over the coming years through 2020," said Maj. Michael Burgoyne, Colombian desk officer for U.S. Army South.

A combined arms brigade is usually made up

of infantry and armored elements.

"This week's visit is the result of many months of planning and is an important initiative to build Colombian interoperability from the inception of the new unit," Burgoyne added.

In July, at the request of the Colombian army, Army South sent a transformation planning assistance team to Colombia. During the 10-day visit, both armies worked closely together to optimize Colombian army transformation planning efforts.

One of the outcomes was an analysis, which laid the framework for the development of a Colombian combined arms brigade, based on the Light Armored Vehicle III or Stryker platform.

"This trip is very important for us because the Colombian army is going through a force transformation process," said Lt. Col. Norman Rey, commander, 3rd Light Armored Vehicle Battalion, Colombian army. "The U.S. Army has given us good advice



Photo by Frederick Hoyt

Lt. Col. Norman Manuel Rey, Colombian army (left), speaks with 2nd Lt. Amanda Mathews, 3rd Cavalry Regiment, about the Stryker vehicle during a Nov. 18 visit to the 3rd Cavalry Regiment motor pool at Fort Hood, Texas.

and has been very helpful during this whole process."

"We are also hoping to transfer this enormous learning process. We want the technical, tactical and doctrinal changes to our army to take place in a smooth and efficient manner," Rey said.

For the last 50 years, Colombia had significant internal security challenges, according to Burgovne. However, over the last decade, Colombia and its army have greatly reduced the threat and brought the Revolutionary Armed Forces of Colombia, known as FARC, to peace negotiations in Havana, Cuba.

With an end to narcoinsurgency in its sights, the Colombian army is now looking to the future configuration of its forces.

"We are trying to help facilitate this

positive transformation within our country and our army for the benefit of our citizens and the region," Rey said.

"This new equipment will give us multimission capability and we look forward to future joint engagements and training exercises with the U.S. and our regional partners," Rev added.

As the Army Service Component Command to U.S. Southern Command, Army South works closely with partner nation armies throughout the western hemisphere to strengthen regional security. The command recognizes Colombia as an important partner and ally in the collective effort of combating transnational organized crime.

"It's been great to be a part of this process and to see it coming to fruition," Burgoyne said. "This will undoubtedly provide soldiers from both of our armies with many new training opportunities and professional partnership exchanges."

Being nutrition efficient: Find the best 100-calorie foods

By Senior Airman Catherine S. Scholar Wilford Hall Ambulatory and Surgical Center Outpatient Nutrition Clinic

Ever look at the nutrition label of a candy bar, pastry or your favorite chips and thought "Geez, that's a lot of calories for a small piece!"

These quick "to-go" candy snack items could

range from 200 to 600 calories, depending on the name brand.

These calories are best described as empty calories or calories with little to no nutritional value. They are absent of vital vitamins and minerals that support your muscles, circulatory system and brain.

Many times you find these items located in the middle aisles of a grocery store, or tempting you at the register as you wait in line to purchase what you really came to the store to buy.

Making smart nutrition choices are a necessary part of everyone's daily life.

The Academy of Nutrition and Dietetics suggests one or two snacks that are less than 200 calories per day for the average adult.

Look to the perimeter aisles of the grocery store to find fruits, vegetables, and nuts that make excellent healthy snacks that are low on calories.

Listed are several 100-calorie items that may surprise you:

- One half cantaloupe
- One nair cantaloupe
 Two one-ounce, low-

fat cheddar cheese cubes
• One cup straw-

- berries and three tablespoons of fat-free whipped cream
- 1 1/4 ounce of turkey jerky
- One cup of baby carrots with two tablespoons of hummus
- About one-half cup of frozen yogurt

See NUTRITION, P18

Soldier medics give back to community

By Command Sgt. Maj. Jawn Oilar 232nd Medical Battalion

In an effort to give back to the community and show their appreciation for all that San Antonio does for its military family, Soldiers from 232nd Medical Battalion took time from their studies and spent Nov. 16 making improvements to Woodard Park and volunteering at the San Antonio Food Bank. A total of 55 medics from Company A helped paint benches, plant flowers, pick up trash, and spread mulch on the playground. Another 35 medics from Company C palletized more than



Photo by 1st Sgt. Gilberto Colon

Soldiers Medics from Company A, 232nd Medical Battalion, at Ruth Woodard Park Nov. 16 after painting benches, planting flowers, picking up trash and spreading mulch on the playground.

49,000 pounds of food, which will provide more than 38,000 meals to those in need throughout South Texas.

All the volunteers are attending the 16-week "68-Whiskey" Health Care Specialist course, which is the Army Medical Department's premier school training Soldiers to save lives on and off the battlefield.

The other six companies that make up the 232nd Medical Battalion are also actively engaged with community projects around San Antonio.

Current projects include the Adopt-a-Highway program, Hope Action Care, Alamo Honor Flight and various other community support organizations.

As the medics prepared to return to Joint Base San Antonio, 1st Sgt. Michael Nelson talked to



Photo by 1st Sgt. Michael Nelson

Soldier Medics from Company C, 232nd Medical Battalion, outside the San Antonio Food Bank Nov. 16 after palletizing more than 49,000 pounds of donated food.

them about the importance of selfless service.

"Soldier medics, thank you for volunteering today and demonstrating one of the core Army values," Nelson said. "One of the most important aspects of progression in all spheres of life is the offering and provision of service to others without any thought of reward."

SPANNING THREE GENERATIONS OF ARMY MEDICINE

(From left) Retired Army Col. Mark Bagg, Capt. Jennifer Bagg-Case and retired Army Col. Raymond Bagg pose after a promotion ceremony at San Antonio Military Medical Center Nov. 15. Bagg-Case was promoted to captain on the San Antonio Military Medical Center's 4 West, where she serves as a staff nurse. Her father, Mark Bagg, was a former Brooke Army Medical Center orthopedic surgery chief and her grandfather, Raymond Bagg, was also a former orthopedic surgery chief at William Beaumont Army Medical Center in El Paso, Texas. Spanning three generations, these three Army medical officers reflect a tradition in Army medicine, providing a combined 56 years of service. Also continuing the Army medicine legacy is Bagg-Case's husband, Army Capt. Christopher Case, who is currently serving as a BAMC pediatric resident.



Photo by Robert Shields

News Briefs

Continued from P3

Legal Office Closure

The 502nd Mission Support Group legal office at 2271 Reynolds Road will be closed from 7:30-11 a.m. Dec. 9 and closed all day Dec. 13. For emergencies, call the command post at 221-9363, 221-9364 or 221-9365.

Be a Santa To a Senior Program

The Home Instead Senior Care office has teamed up with area retailers and volunteers to sponsor the Be a Santa to a Senior program during the holiday shopping season. Through Dec. 11, participating retailers will display Christmas trees that feature ornaments with seniors' first names and their gift requests. Shoppers can pick an ornament from the trees, buy the items listed and return them unwrapped to the store with the ornament attached. For more information, visit http://www.BeaSantatoaSenior.com or call 614-1132.

Holiday in Blue

The U.S. Air Force Band of the West presents its annual Holiday in Blue concerts at 3 p.m. Dec. 15 and at 7 p.m. Dec. 17 at the Bob Hope Theater, 1560 Stewart St., Joint Base San Antonio-Lackland. The concerts are free and suitable for all ages, however, tickets and base access are required. Tickets are available at the JBSA-Lackland and JBSA-Randolph ITT offices and the JBSA-Fort Sam Houston MWR office. Visit http://www.bandofthewest.af.mil for more information.

Army Medical Officer Programs Briefings

The Inter-Service Physician Assistant and Army Nurse Corps Commission Program and other medical commissioning program qualifications and application procedures will be briefed from 9:30-11:30 a.m. Jan. 7 in the auditorium of the Military and Family Readiness Center, building 2797. For more information, visit http://www.usarec.army.mil/armypa or http://www.usarec.mil/mrb/aecp.

MacArthur Parade Field Renovations/Construction

Due to the renovations and construction at the MacArthur Parade Field, the pavilion and grandstand are not available for any functions through Jan. 31.

SAMMC volunteer puts knitting needles to work comforting pediatric patients

By Elaine SanchezBrooke Army Medical
Center Public Affairs

An 86-year-old volunteer is hoping to weave her lifelong love of knitting into some holiday cheer for children receiving treatment at the pediatric hematology/oncology clinic at the San Antonio Military Medical Center.

Shirley Adcock, a volunteer at the U.S. Army Institute of Surgical Research Burn Center, donated dozens of her hand-crafted dolls and stuffed animals to the clinic recently.

"I hope they bring some joy to the children," said Adcock, who sits surrounded by the fruits of her labor – elephants, bears, koalas, pandas and frogs – all painstakingly crafted down to the colorful laces on their knitted shoes.

As a volunteer in the burn intensive care unit, Adcock offers comfort to family members waiting to see their loved ones after a surgery or treatment. When the waiting room is empty, she reaches for the knitting needles that have practically become an extension of her hands for more than 82 years.

"The toys are an outlet for me," she said with a trace of an Australian accent – a remnant of her youth in Sydney.
"I'm hoping to teach some of the ladies in the waiting room so they can fill the time."

Adcock's grandmother first taught her to knit when she was 4 years old. She knitted socks and sweaters for her family until they were "socked out."

As a teen in the early 1940s, she helped the war effort by knitting



Photo by Robert Shields

Shirley Adcock, a volunteer at the Burn Center, displays her hand-knitted stuffed dolls and animals at the San Antonio Military Medical Center Nov. 19. Adcock donated dozens of handmade toys to the pediatric hematology/oncology clinic.

wool socks and balaclavas, a type of ski mask, to keep the Australian soldiers warm. One night a week, she and other ladies would set up shop in an empty store in the Sydney suburbs and sew camouflage netting.

Soon after, she was selected to work for the

U.S. Army Air Corps and shipped to the Philippines, where she did administrative work for several generals, including Gen. Curtis LeMay. She was en route to Washington D.C. for a new job when she met her husband, a Detroit police officer and World

War II veteran named Benton Adcock. That was 65 years ago.

While her husband served in the Army Reserve and the U.S. Border Patrol, Adcock took on a number of office jobs over the years, but never lost her passion for knitting. After retirement, she decided to volunteer one day at week at BAMC, where she and her husband are enrolled for medical care and launched her stuffed toy venture on the side.

"I wanted to put my knitting to good use," she said, and "there's no better way to do that than giving to children."

Each night, Adcock and her husband sit side by side and watch their favorite shows, the rapid clicking of her knitting needles a nearly constant companion.

See VOLUNTEER, P17

LEADERS SERVE UP MEAL TO GIVE THANKS TO WOUNDED WARRIORS



Col. Kyle Campbell (second from left), Brooke Army Medical Center commander, serves up ham during a Thanksgiving meal at the Warrior and Family Support Center Nov. 20. The annual event was hosted by the Warrior Transition Battalion and the WFSC for the wounded warriors and their families. Campbell, along with other senior leaders on Joint Base San Antonio-Fort Sam Houston, helped serve the meal.



Photos by Staff Sgt. Corey Baltos

Leaders from Joint Base San Antonio-Fort Sam Houston help to serve a Thanks-giving meal for wounded warriors in the courtyard of the Warrior and Family Support Center Nov. 20. Maj. Joshua Daily, WTB executive officer, said more than 460 people enjoyed the meal of turkey, ham, sweet potatoes, cranberry sauce and pumpkin and pecan pies.

ARMY NORTH SOLDIERS HELP OUT LOCAL FAMILIES

Maj. Barrick Elmore (right) presents a Thanksgiving turkey to Louise Rivera, a local parent, and her grandson, Juan Rivera, a first-grade student at Pershing Elementary School, during the inaugural Pershing Elementary turkey giveaway Nov. 20. The Soldiers of Headquarters and Headquarters Battalion, U.S. Army North, have adopted the school through the Joint Base San Antonio-Fort Sam Houston Adopt-a-School program. Elmore is the battalion's logistics officer in charge.



Photo by Sgt. Lee Ezzell

Army Knowledge Online email ends for Army retirees, family members

Army retirees and family members need to activate the forwarding function for their Army Knowledge Online email before Dec. 31, officials said, because after then they will no longer be able to access their AKO accounts.

As part of the Army's AKO transition to enterprise services, retirees and family members can have their AKO email automatically forwarded to a commercial email address until the end of

2014. In the past, users could only forward AKO email to a government email address, Army G-6 officials pointed out.

Users may need to update business and billing accounts – such as utilities, credit card companies, banks and other financial institutions, mailing lists, etc. – if AKO email was used for these accounts, G-6 officials said. Retirees may need to update their MyPay email address to continue getting messages from

the Defense and Accounting System.

Even though AKO will no longer be available, retirees and family members can continue to have access to personnel and benefits information on DOD and Veterans Administration websites through DOD Self-Service Logon, known as DSLogon.

During the transition, AKO email addresses can be used to logon to DOD and VA websites until March 31. Starting in April, these websites can only be accessed through DSLogon or an alternate method, officials said.

All Soldiers (active duty, Guard, Reserve, retirees, veterans) and eligible family members can obtain a DSLogon account, which allows access using a single username and password. DSLogon complies with federal security guidelines and provides a secure user experience, according to G-6 officials. They point out that users must be enrolled in the Defense Enrollment Eligibility Reporting System to obtain an account.

For sites not currently using DSLogon, such as MyPay, users must establish an individual username and password.

The Army remains committed to virtually connect with all retirees and family members, officials said. The Army public website at http://www.army.mil remains the source of official Army news, information, and social media. It is accessible from any location and on any device.

All Army business

STILWELL HOUSE celebrates 125th anniversary

By Lori Newman

JBSA-Fort Sam Houston Public Affairs

One of the most historic residences on Joint Base San Antonio-Fort Sam Houston will celebrate its 125th anniversary with an open house from 4:30-7 p.m. Dec. 5.

The 125-year-old Stilwell House was once in such disrepair it was almost demolished. Thankfully, a small group of historic conservationists took on some big challenges to save the structure and see it restored to its former glory.

Today, the Stilwell House is available for meetings and social functions and is the central meeting place for the Preservation Fort Sam Houston, Inc., (formerly named The Society for the Preservation of Historic Fort Sam Houston).

Originally built in 1888 at a cost of \$11,476.98, the house, which overlooked the parade field in front of the Long Barracks, served as the commanding officer's quarters.

The building was named for one of its residents, Brig. Gen. Joseph Stilwell, also known as "Vinegar Joe," because he rarely smiled.

Stilwell commanded the 3rd Brigade in the 2nd Division from 1939 to 1940 and lived in the house at 626 Infantry Post at that time.

The house served as housing quarters until 1967. Throughout the years, the house underwent several modifications and served many purposes.

The Fort Sam Houston Museum occupied the building from 1968 to 1975. After that, the Stilwell House was used by the Funeral Escort Detachment of the Honors Platoon to practice the rendering of honors. The military police also used the building occasionally to practice their special weapons and tactics and hostage rescue techniques.

Other possible uses for the house were considered, but rejected, because the renovation cost was too high. One idea was to convert the house into several small apartments for families of children being treated at Brooke Army



Photo by Lori Newman

The 125-year-old house was once in such disrepair, it was almost demolished. A small group of history conservationists took on the challenge to save the Stilwell House and see it restored to its former glory.

Medical Center. The other idea was offices for the Fort Sam Houston School District.

In the meantime, the unoccupied building deteriorated.

In 1984. the Society for the Preservation of Historic Fort Sam Houston, a 501c(3) private, non-profit organization was formed to advocate and support historic preservation on group met

monthly in the backroom of the Fort Sam Houston Museum.

"We started as a social group," explained Joan Gaither, president of the Preservation Fort Sam Houston,

> Inc. "We really didn't become activists until John Manguso (then the FSH Museum director) brought the tentative demolition of the Stilwell House to our attention."

Manguso group if they see the house.

"The place looked like a scene from 'The Munsters.'" Gaither said. "The decision to see if we could save this house was a very big one."

The society requested and received an outgrant for the building and grounds under the provision that the society would renovate the building in accordance with Army Regulations and the Department of the Interior standards.

"We started a very extensive grantwriting campaign and were successful in bringing in some very large grants," Gaither said.

The society's strategy was to renovate one room as a demonstration and use that room as an example. Sponsors would then be sought for each of the remaining rooms.

"It was a very unusual idea we came up with - we sold the rooms for \$10,000 each," she explained.

A grant was obtained from the San Antonio Conservation Society to renovate the left front parlor and the project was on its way.

The Ince family of San Antonio sponsored the installation of the heating, ventilation and air conditioning system and the installation of a refrigerator. In return, the dining room is named in their honor.

Nov. 19, 1993, a ceremony was held at the Stilwell House to unveil a Department of the Interior National Historic Landmark marker for the Infantry Post structure. The society had a grand opening of the restored left front parlor.

Dr. T. R. Fehrenbach, commissioner of the Texas Historical Commission, presented the Texas Award for Historic Preservation to the Society for the Preservation of Historic Fort Sam Houston and Fort Sam Houston for their exemplary stewardship in the renovation of the Stilwell House.

Fehrenbach later donated a collection of his books, which is currently displayed in the library. "I am very proud that T.R. Fehrenbach let us have



Photo by Kathy Salazar

The Stilwell House, 626 Infantry Post on Joint Base San Antonio-asked the Fort Sam Houston, celebrates its 125th anniversary this year. The the post. The Preservation Fort Sam Houston Society is holding an open house would like to 4:30-7 p.m. Dec. 5 to celebrate this milestone.

See STILWELL, P15

NOVEMBER 29, 2013 NEWS LEADER PAGE 11



Monthly Events

December

Arts & Crafts

Save with value-priced crafting supplies

The JBSA-Lackland Arts and Crafts Center features value crafting supplies for \$1. Choose from an assortment of holiday punches, ink pads, note cards, stickers, cling and wood stamps, glitter, and more! For more information, call 671-2515.

Bowling

The Grinch bowls at Skylark

JBSA-Lackland Skylark Bowling Center holds the annual Bowl with the Grinch event Dec. 7, 10 a.m. to 2 p.m. The special package price of \$7.95 per child includes one game, a snack and goody bag. For more information, call 671-1234.

Enjoy a special holiday lunch at Susie's Kitchen

A ham dinner with all the trimmings is served for lunch Dec. 11 at JBSA-Lackland Bowling Center's Susie's Kitchen. Enjoy ham, sweet potatoes, macaroni and cheese, com and pumpkin pie for \$8.95. To place an order, call 671-1224.

Skylark offers free winter break passes

JBSA-Lackland Skylark Bowling Center offers free game passes for one free game per day valid Dec. 23–Jan. 3. Customers can pick up passes at the front counter beginning Dec. 10. Shoe rental is not included. For more information, call 671-1234.

Patrons enjoy bowling with Santa and the Grinch

Visit the JBSA-Randolph Bowling Center Dec. 21, 10 a.m. to 1 p.m., and enjoy bowling with Santa and the Grinch. The cost for this event is \$10 per child and includes two games of bowling/rental shoes, refreshments, goodie bags and photos with Santa and the Grinch. For more information, call 652-6271.

Bowling center open during holidays

Bowl Dec. 24, 2-10 p.m. and Dec. 25, noon to 8 p.m., at the JBSA-Lackland Skylark Bowling Center. For more information, call 671-1234.

Bowling specials for Christmas break

The JBSA-Randolph Bowling Center invites patrons to get out of the house during the Christmas break Dec. 24-28, 10 a.m. to 4 p.m., (excluding Christmas day) and bowl for 2.50 per game, per person with \$2.35 shoe rental. For more information, call 652-6271.

Bowling livens up the holidays

The JBSA-Randolph Bowling Center offers patrons two options for discounted bowling Dec. 24, noon to 7 p.m. The first special is \$1.50 per game, per person with \$2.35 shoe rental. The second option allows patrons to rent a lane for \$40, which includes bowling for two hours, a 16-ounce soda each and a large pizza (does not include rental shoes). For more information, call 652-6271.

Bowl off the holiday calories

The JBSA-Randolph Bowling Center opens for recreational bowling Dec. 26, 1-5 p.m., with special priced bowling of \$2.50 per game, per person and \$2.35 rental shoes. The bowling center will close at 5 p.m. for the Military Bowling Championship Tune-Up Tournament. For more information, call 652-6271.

Tune up your bowling game

The JBSA-Randolph Bowling Center hosts a Military Bowling Championship Tune-Up Tournament, Dec. 26, 7 p.m. The tournament is a four-game singles format with handicap and scratch divisions. Cost is \$25 per bowler and prizes will be given for first, second and third place winners. For more information, call 652-6271.

Bowling centers offer New Years celebrations

The JBSA-Lackland Skylark Bowing Center hosts a New Year's Eve bowling party Dec. 31, 9 p.m. The package price is \$20.14 per person which includes cosmic bowling, pizza, party favors and disc jockey entertainment. For more information, call 671-1234.

Celebrate the end of 2013 at the JBSA-Randolph Bowling Center, Dec. 31, 8 p.m., with three games of Colorama Bowling and cash prizes. The cost is \$30 per person and includes a complimentary glass of Champagne and breakfast afterwards. This is an adults only party. Reservations are accepted starting Dec. 1. For more information, call 652-6271.

Pro shop offers holiday gift sale

The JBSA-Randolph Bowling Center Pro Shop is offering 10 to 25 percent off selected balls, bags and shoes until Dec. 23. For more information, call 652-6271.

Clubs

Live entertainment featured at Gateway Club

JBSA-Lackland Gateway Club hosts an evening of live entertainment featuring the Fourth Quarter Band Dec. 6, 6–9 p.m., in the Lonestar Lounge. Enjoy a great bar menu, beverage specials and music. For more information, call 645-7034.

Feast on holiday lunch at Gateway Club

The JBSA-Lackland Gateway Club features a holiday lunch buffet Dec. 12, 11 a.m. to 3 p.m. Feast on entrees such as turkey with wild rice sausage stuffing, glazed harn and roast beef au jus. Price per person is \$9.95. For more information, call 645-7034.

Patrons enjoy brunch with Santa

The JBSA-Randolph Parr Club offers brunch with Santa Dec. 15, 10 a.m. to 1 p.m. Santa will be available for photos, listening to Christmas wishes and will give out candy canes to the children. For more information, call 652-4864.

Holiday meals available for take-out

The JBSA-Lackland Gateway Club offers holiday meals for take-out until Dec. 21. Patrons may choose a 9-11 pound turkey or 12-14 pound ham as the main entrée. Also available is a meal package with the turkey or ham, stuffing, whipped potatoes with gravy, sweet potatoes, corn, green beans, cranberry sauce, and a choice of pecan or apple pie. Orders must be placed at least two days in advance. The last day to order is Dec. 18 and last day to pick up is Dec. 21. Pick up time is Monday–Friday, 2-6 p.m. Cost is based on member and nonmember pricing. For more information, call 645-7034.

Celebrate New Year's at the Gateway Club

Ring in the New Year at the JBSA-Lackland Gateway Club Dec. 31. Doors open 6:30 p.m. with access to festivities in the Fiesta Ballroom and Lonestar Lounge. Members pay \$60 and nonmembers pay \$70 for an evening which includes hors d'oeuvres, dinner, party favors, Champagne at midnight, breakfast and a pay-as-you-go bar. Patrons must be at least 18 years old to attend. For more information, call 645-7034.

Community Programs

Harlequin Dinner Theatre presents "Step into Christmas"

"Step into Christmas" runs through Dec. 21 at the JBSA-Fort Sam Houston Harlequin Theater and features over 50 holiday favorite songs. Make your reservations now, this show is selling out fast! "Step into Christmas" is sponsored by Silver Eagle Distributors and T-Mobile. For reservations or more information, call 222-9694.

Fitness and Sports

10-mile holiday ride offered for bikers

The JBSA-Randolph Fitness Center hosts a 10-mile holiday bike ride Dec. 7, 8 a.m., at Eberle Park. This event is sponsored by Randolph Family Housing. For more information, call 652-7263.

The content and layout in the Force Support Squadron section of this newspaper was provided by the Joint Base San Antonio FSS Marketing Team. No federal endorsement of sponsors intended.

Runners go indoors

The JBSA-Randolph Fitness Center hosts an indoor marathon, where participants complete 26.2 miles running or walking within one week, Dec. 9-13. Participants may pick up their mileage logs at the front desk. For more information, call 652-7263.

Patrons play in reindeer games

JBSA-Lackland Fitness Center hosts Reindeer Games Dec. 11 beginning at noon. The event consists of an outdoor obstacle course challenging participants in strength and cardio exercises. For more information, call 925-4848.

Gillum hosts wallyball tournament

JBSA-Lackland Gillum Fitness Center invites patrons to compete in their wallyball tournament Dec. 13, 7 a.m., using rally scoring. Teams of four must include at least one female player. For more information, call 977-2353.

Start the new year with a run

The New Year's Day run consist of a four-mile race starting at 10 a.m. and a 1.5 mile walk or run starting at 10:10 a.m. The start/finish line is at the new Pershing Sports Complex by the RV Park on JBSA-Fort Sam Houston. This is a free event open to all DOD ID cardholders. For more information, call 221-3593 or 4887.

Belly dance your calories away

Patrons are invited to learn the art of belly dancing in the free class at the Jimmy Brought Fitness Center on JBSA-Fort Sam Houston from 6:30-7:30 p.m. This class is open to all DOD ID cardholders. For more information, call 221-1234.

Physical fitness fanatics enjoy three new classes

JBSA-Fort Sam Houston Fitness Center on the Medical Education Training Campus offers three new classes which include body sculpting, boot camp and core fitness. Body sculpting is every Monday at 5 p.m. and Tuesday at 6:30 a.m. Boot camp is every Wednesday at 6:15 p.m. and core fitness is every Thursday at 6:15 p.m. For more information, call 808-5709.

Parents and toddlers enjoy exercise

JBSA-Fort Sam Houston Fitness Center on the Medical Education Training Campus offers parents with strollers use of the indoor track, Monday-Friday, 9-11 a.m. For more information, call 808-5709.

Golf

Golfers invited to scramble

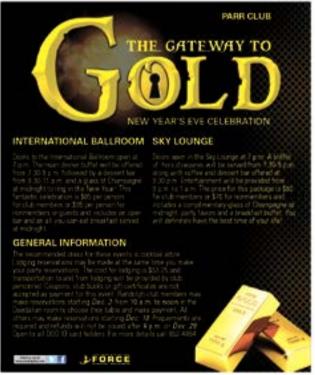
Golfers are invited to play in the Warrior Four-Person Scramble Dec. 6, with a 12:30 p.m. shotgun start time, at the JBSA-Fort Sam Houston Golf Course. The cost is \$25 for members and \$35 for nonmembers. The scramble includes 18 holes of golf, dinner, gift certificates for the winners of the longest drive, the closest to the pin and for first, second and third place. For more information, call 222-9386.

Junior golf classes offered over the holiday

The JBSA-Randolph Oaks Golf Course offers two fivesession junior golf classes Dec. 26-28 and 30-31. The class for the 8-11 age group is 11 a.m. to 12:30 p.m. and the class for the 12-15 age group is 1-2:30 p.m. The fees are \$40 per player and or bag. For more information, call 652-4570. include a rule book, balls and instruction by Charles Bishop. Classes are limited to 10 players. For more information, call Golfers improve swing

Golf course offers winter fee specials

The JBSA-Lackland Gateway Hills Golf Course offers green fee, cart fee, a hot dog and a 16-ounce draft beer or 20-ounce fountain drink for \$25 on Monday and Wednesday, 6:30 a.m. to 3 p.m. through Dec. 31. Tuesday and Thursday twilight rates begin at 11:30 a.m. For more information, call



Shop the golf pro shop for great deals

Golfers should take advantage of pro shop specials at the JBSA-Lackland Gateway Hills Golf Course Dec. 14-15 and receive 10 percent off their entire merchandise purchase. Customers get a chance to win free merchandise or up to 50 percent savings on their entire purchase for purchases of \$50-\$149. Customers also get a chance to win a 2014 annual green fees membership for a single item purchase over \$150. For more information, call 671-3466.

Pro Shop offers great holiday deals

The JBSA-Randolph Oaks Pro Shop offers fantastic gifts

for that special person. Gift certificates are also available and make great gifts for that hard-to-shop-for person. During December customers receive a ticket with the purchase of \$10 in merchandise for a chance to win a set of irons, driver, putter

The JBSA-Randolph Oaks Golf Course offers golfers the opportunity to improve their game and lower their scores. Golfers can make appointments with Brian Cannon or Charles Bishop for golf lessons. For more information, call 652-4653.

Tee Time Deck in full swing

The JBSA-Randolph Oaks Golf Course offers special event packages for retirements, promotions, weddings and sports outings. For more information, call Corita at 652-4852.

Information, Tickets and Travel

Travel with Information, Tickets and Travel to the Hill Country

JBSA-Lackland Information, Tickets and Travel holds a Hill Country Holiday Lighting Tour Dec. 14, 11 a.m. to 11 p.m. Patrons will spend time in Fredericksburg for shopping and dining, in Burnet for the Walk Though Bethlehem, in Johnson City for the light show and Marble Falls for the famous Walk of Lights. The price is \$37 per person. Advance reservations are required. For more information, call 671-3133.

Celebrate the holidays cowboy style

JBSA-Lackland Information, Tickets and Travel invites patrons to celebrate the holidays in an old west theme park Dec. 21-22 at Enchanted Springs Ranch in Boerne. Enjoy a live nativity scene, a puppet show, races, caroling, pistol show, tractor rides through a wild animal park, crafts and a visit with Cowboy Santa! Food and beverages are available for purchase, plus a variety of vendors will be on-site selling their wares. The price for adults is \$11, children ages 3-12 is \$4.50 and children ages 3 and younger are free. For more information, call 671-3133.

Bask in a European Dream Tour during spring vacation

The JBSA-Lackland Information, Tickets and Travel offers an 11-day Spring Break European Dream Group Tour March 9-19. Travel to the cities of Rome, Venice, Varese, Lucerne, Paris and London with rates starting at \$3,500 per person, including airfare. Additional discounts are available. Make your dream a reality with ITT's payment plan. A \$200 non-refundable, land-only deposit per person and a \$10 service fee is due per booking. If airfare is purchased through Trafalgar Tours, a \$300 non-refundable air deposit is required at time of booking. For more information, call 671-7111.

Discount tickets offered to customers

The JBSA-Fort Sam Houston Ticket Office sells discount tickets and often has free tickets to local events. For more information, call 808-1378.

Great stocking stuffers available

The JBSA-Randolph Information, Tickets and Travel offers

great gift ideas for the holidays. Customers can choose from IMAX and Regal Theaters, Natural Bridge Caverns, Natural Wildlife Ranch, theme parks, entertainment books, Disney World, Disneyland Tickets or even tickets to a Broadway play! For more information, call 652-5142, option 1.

Santa gear available for rent

The JBSA-Randolph Information, Tickets and Travel has complete Santa suits available for \$25 a day or \$37.50 for the weekend. Reserve your Santa suit now for that special holiday party whether it is a unit function or neighborhood gathering. Reservations must be made in person at ITT in the Community Services Mall. For more information, call 652-5142, option 1.

Library

Children's story time entertains and teaches

The JBSA-Randolph Library offers story time at 10 a.m. every Wednesday. It is a great opportunity for children to listen to wonderful stories and participate in a simple craft. Story time also allows children to interact with other young children and to start building their social skills. Story time themes are as follows: Dec. 4, Winterfest - "Let it Snow"; Dec. 11 and 18, Happy Holidays; and Dec. 25 and Jan. 1, no story time. For more information, call 652-5578/2617.

Stories, crafts and songs are part of the story time at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library, every Thursday at 10 a.m. This month's story time dates are Dec. 5, 12 and 19. For more information, call 221-4702.



Patrons compete in gingerbread house contest

The JBSA-Randolph Library hosts a gingerbread house contest for all DOD ID cardholders. Entries must be submitted by Dec. 6. Gingerbread houses will be on display at the library so that patrons and staff will be able to vote for their favorite gingerbread house between Dec. 9-21. The winner will be selected Dec. 23 and will be awarded a special prize. For more information, call 652-2617.

Unique holiday story time for kids

Parents and children can enjoy holiday stories and activities as they relax in their pajamas. This special holiday story time takes place Dec. 7 at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library from 2-3 p.m. For more information, call 221-4702.

Library hosts craft and recipe sharing night

Patrons are invited to the JBSA-Randolph Library Dec. 12, 4:30-6:30 p.m., to make crafts and share their favorite recipes with other families. For more information, call 652-2617.

Library celebrates Candyland Christmas

The JBSA-Lackland Library hosts Candyland Christmas Dec. 14, 2–4 p.m. Children and adults enjoy a special holiday story, treats, cookie decorating and crafts at the free event. For more information, call 671-3610.

Military and Family Readiness

Family Readiness Group offers hunt for the good stuff

Families learn to counter negative bias, create positive emotions and analyze what is good and right Dec. 3, 9:30-11 a.m., at the JBSA-Fort Sam Houston, Military and Family Readiness Center. For more information, call 221-9079.

Patrons learn coping skills for the holidays

The JBSA-Randolph Military and Family Readiness Center offers a coping with holiday grief class Dec. 5, 3-4 p.m. Participants discuss what bothers most people during the holidays, ways to cope with grief, helping children cope with holiday grief and developing a holiday plan. For more information, call 652-5321.

Family members of deployed members celebrate

The first JBSA Holiday Celebration Hearts Apart event takes place Dec. 6, 6-9 p.m., at the JBSA-Fort Sam Houston Military and Family Readiness Center. Attendees can enjoy music, dinner, good conversation and lots of fun for the kids. For more information, call 221-0946/9079.

Expecting parents learn about caring for a baby

The JBSA-Randolph Military and Family Readiness Center hosts "Bundles for Babies" Dec. 6, 8:30-11:30 a.m., and the JBSA-Lackland Military and Family Readiness Center hosts the class Dec. 12, 1-4:30 p.m. This program is an Air Force Aid Society program for active-duty members (of any rank), DOD employees, NAF employees and their spouses who are expecting a baby. Presentations are given on budgeting for baby, dental and pediatric care and new parent support. Active-

duty Air Force attendees receive a gift at the conclusion of the workshop. For more information, call 652-5321 at JBSA-Randolph or 671-3722 for JBSA-Lackland.



Pick up an application at the Clubs or at www.AFclubs.net

Learn about the Veterans Affairs claims process

The JBSA-Lackland Military and Family Readiness Center offers a Veteran's Affairs Claims Process class Dec. 11, 10 a.m. to noon. Topics include how the claim process works, electronic benefits, how to fill out claim forms and the power of attorney process. For more information, call 671-3722.

Learn to write effective resumes

The JBSA-Lackland Military and Family Readiness Center hosts two resume writing courses in December. Resume Writing Techniques is Dec. 13, 11:30 a.m. to 3:30 p.m., and covers commonly used formats, guidelines on how to prepare and what to include in a resume, how to write cover letters and reference lists. Create an Effective Resume takes place Dec. 18, 11:30 a.m. to 1:30 p.m., and includes writing career objectives and descriptive accomplishment statements and preparing a draft resume. For more information, call 671-3722.

Learn how to decipher credit scores

The JBSA-Randolph Military and Family Readiness Center offers patrons a chance to learn about credit scores Dec. 17, 9-10:30 a.m. Attendees learn how to interpret their credit report and correct common errors. For more information, please call 652-5321.

-JBSAFSS

Patrons learn interviewing skills

The JBSA-Randolph Military and Family Readiness Center offers patrons an interviewing skills workshop Dec. 19, 10 a.m. to noon. The class focuses on how to research prospective employers, how to answer questions and how to dress. For more information, all 652-5321.

Child safety seats inspected

The JBSA-Fort Sam Houston Fire Department inspects children's safety seats Dec. 19, 1-3 p.m., for recalls, functionality and proper installation. Registration is required. Children must be present for proper weight and height measurements. For more information, call 221-0349/2418.

Family movie unpacks self esteem

The JBSA-Fort Sam Houston Military and Family Readiness Center is showing the movie "Turbo" Dec. 30, 1-3 p.m. After the movie there will be a open group discussion about self-esteem. Popcorn and drinks will be provided. For more information, call 221-0946.

Patrons prepare for future employment

JBSA-Fort Sam Houston Employment Readiness offers classes at the Military and Family Readiness Center designed to help patrons acquire employment. The general resume writing class and federal resume writing class both focus on proper styles. Multiple classes are available throughout the month of December. For more information, call 221-0516.

Outdoor Recreation

Rent boats at a discount

JBSA-Lackland Outdoor Recreation offers boat rental discounts during the winter season. Patrons receive a 25 percent discount through Dec. 31 on ski and pontoon boat rentals. For more information, call 925-5532.

Santa suits available for rent

JBSA-Lackland Outdoor Recreation has Santa, Mrs. Claus, elf and Grinch costumes available for rent. For more information, call 925-5532.

Archery hunting season open

Big game archery (white-tail deer) and turkey hunting is open at JBSA-Camp Bullis until Jan. 5. All DOD ID cardholders are welcome to participate. For more information, call 295-7577.

Wide variety of equipment for rent

The JBSA-Fort Sam Houston Outdoor Recreation Center has equipment rentals for everyone's needs. Camping, trailer and towing, water fun, sports and biking, barbecue and party, and equipment for around the house and garden; ORC has it all. For more information, call 221-5224/5225.

Archery Range open for shooting

The Camp Bullis Archery Range is open Thursday-Monday, 8 a.m. to 4 p.m. They have targets which range from 10-60 yards and the cost is \$3 for a daily pass or \$20 for an annual pass. For more information, call 295-7577.

Ski boats rent for half price

Rent a ski boat for \$20 per hour, \$47.50 for half a day or \$90 all day at the JBSA Recreation Park at Canyon Lake during December. The price includes skis and vests but not fuel. This is the time to take advantage of a less crowded lake and also save money. For more information, call 830-994-3576.

Youth Programs

Parents get a night off

JBSA-Lackland Youth Programs and the Lackland Child Development Program hold Give Parents a Break/Parents' Night Out Dec. 7, 1–5 p.m. The fee is \$15 per child. Fees may be waived with a Give Parents a Break referral. Advance registration is required. For more information, call 671-2388 for Youth Programs or 671-1072 for the CDP.

Winter crafts available

The JBSA-Randolph Youth Programs host a winter craftapalooza Dec. 7, 11 a.m. to 2 p.m. Youth, ages 5 and older, can have fun creating gifts for the holidays. The cost is \$5 per child. Sign up deadline is Dec. 4. For more information, call 652-3298.

Youth have fun at winter ball

Join JBSA-Randolph Youth Programs Dec. 13, 6-9 p.m., for a winter ball. This event is for youth, ages 9-12 years old, and the cost is \$3. Light snacks will be provided. For more information, call 652-3298.

Register for First Steps basketball

JBSA-Lackland Youth Programs holds First Steps Basketball registration Dec. 10–14 for ages 3–5. The fee is \$35 per child. Sessions meet one hour per week for six weeks. A current physical and immunization record are required at time of registration. For more information, call 671-2388.

Babysitters receive training

JBSA-Lackland Youth Programs hosts a Red Cross babysitter's course Dec. 23, 8 a.m. to 5 p.m., open to ages 11–15. Topics include first aid, CPR, how to make responsible decisions, basic care such as diapering, feeding and dressing, handling bedtime issues, and how to find and interview for babysitting jobs. Upon successful completion, students receive a babysitter's certification. The course fee is \$55. Registration runs Dec. 2–18. For more information, call 671-2388.

Parents register youth for holiday camps

JBSA-Randolph Youth Programs offers a holiday camp Dec. 23-Jan. 3 for youth K-6th grade (ages 5-12 years), Registration is required and takes place through Dec. 6. Placement is based on eligibility priority and fees are based on total family income. All required paperwork must be on file (pay stubs and shot records are required). For more information, call 652-3298.

JBSA-Lackland Youth Programs holds two holiday break camps during the upcoming school vacation. Registration must be completed by Dec. 9 for the Dec. 23–27 session and by Dec. 16 for the Dec. 30–Jan. 3 session. Camp fees vary based on household income. For more information, call 671-2388.

National fine art exhibit challenges youth to be creative

JBSA-Randolph Youth Programs hosts the annual Boys and Girls Club Fine Arts Exhibit Jan. 9-10. All artists between the ages of 6-18 are able to participate. Artwork must have been completed within the last year and cannot be from a kit, tracing, follow-the-dot, ready-made patterns or cartoon characters. Artwork must not exceed 30 by 40 inches. The deadline for artwork submission is Dec. 20. For more information, call Youth Programs at 652-3298.

Teens discuss relevant topics

This open forum allows teens to discuss relevant topics with staff and takes place Dec. 3, 4:15-5 p.m., at JBSA-Fort Sam Houston Youth Programs. For more information, call 221-5002/4058.

Youth have fun at skate night

Middle school and high school age youth can enjoy music, fun, and roller skating at skate night Dec. 13, 6-8 p.m., at the JBSA-Fort Sam Houston Middle Teen Center. For more information, call 221-5002/4058.

Youth have fun at lock in

The JBSA-Fort Sam Houston Youth Programs hosts a lockin Dec. 20, 9 p.m. to 7 a.m., for teens and pre-teens in grades 9-12. The cost is \$7 per person. For more information, call 221-5002/4058.

Youth enjoy midnight basketball

"Midnight Basketball" for youth takes place Dec. 21 at JBSA-Fort Sam Houston Youth Programs. This is a free event open to all DOD ID cardholders. For more information, call 221-3502.

Child, Youth and School Services offers multiple activities

Parents can enroll children in fun, exciting and safe activities by visiting www.FortSamMWR.com/youth.html for JBSA-Fort Sam Houston Youth Programs. This site has contact phone numbers, and a link to WebTrac, which provides lists of all activities and offers parents the option to pay online.





Photo by Lori Newman

John Manguso, former Fort Sam Houston Museum director, shows off the Haines-Swift room, which is the upstairs right-front bedroom. The room is named for Gen. Ralph E. Haines Jr. as well as Gens. Eben Swift and Innis P. Swift.

A photo circa 1907 of the post commander's quarters on Fort Sam Houston.

Photo courtesy of the Fort Sam Houston Museum





The Haines-Swift room is filled with family photos, furnishings and other memorabilia. Sponsors paid \$10,000 to renovate each room and, in turn, were allowed to place family photos and appropriate furnishings in the room.

Photo by Lori Newman



Photo by Lori Newman

Joan Gaither, president of Preservation Fort Sam Houston, Inc., shows a silver tea service that was donated to the Stilwell House by the Ovenshine family.

STILWELL from P10

his collection of books," Gaither said. Over the next five years, work on

the house continued, with sponsors being found for the renovation of all of the remaining rooms, which were named in honor of those who sponsored them. Sponsors were allowed to place family photos and appropriate furnishings in the room.

Retired Gen. and Mrs. Ralph E. Haines Jr. sponsored the left front parlor on behalf of the Stilwell family and the upstairs right front bedroom is the Haines-Swift room.

Haines lived on Fort Sam Houston in the 1920s while his father was stationed here. He later married Sally Swift, whose family included Gens. Eben Swift and Innis P. Swift.

The right front parlor is named for the McCluer and Ripley families.

The Ovenshine family sponsored the library. Gen. Alexander T. Ovenshine lived in the Stilwell House while commanding the 3rd Brigade, 2nd Division and the 23rd Infantry Regiment. His daughter, Mary Louise Ovenshine, a longtime member of the preservation society, lived in the Stilwell House as a teenager.

The Musgrave family sponsored the left front upstairs bedroom. Col. Thomas Musgrave commanded the 23rd Infantry Regiment and lived in the Stilwell House.

The left rear bedroom is designated as the Schmahl-Reed Room. Capt. Dana C. Schmal, who served on the Mexican border and during World War I, was the grandfather of Bidda Reed, former treasurer of the SPHFSH.

Col. John Chiles purchased the right rear bedroom because his father, Brig. Gen. John H. Chiles, served in the Philippines with the 57th Infantry (Philippine Scouts) and with the 2nd Infantry Division at Fort Sam Houston overseas during World War II.

Members of the Second Indianhead Division Association purchased the servant's room.

Additional furnishings and wall hangings were obtained from the San Antonio Conservation Society and the Witte Museum.

"In the process of taking the Stilwell House from a near-derelict state and not only preserving it but also putting it back into useful service in the community, the Society for the Preservation of Historic Fort Sam Houston broke new ground," Manguso said.

"The concept of a public and private partnership in the renovation of historic properties has become a model for preservation organizations nationwide."

Gaither said she has been asked many times if they would have done it knowing all the obstacles they had to overcome.

"I honestly can't answer that because we were so enthusiastic. We knew the house had to be saved at all cost and how to go about doing it never occurred to us. We just plunged ahead and did it," Gaither said.

"In every single room is a bit of history."

(Editor's note: Former JBSA-Fort Sam Houston Museum director John Manguso contributed to this article.)

Did you know?

The U.S. Army Installation Management Command mission is to synchronize, integrate and deliver services and sustain facilities in support of senior commanders in order to enable a ready and resilient Army. Services



include: Soldier

and Family Assistance Centers, Child and Youth Services, Survivor Outreach Services, Army Sports Programs and Suicide Prevention Programs.

BAMC from P6

Adcock can polish off a small toy in a day or two and a large one in a week, she said.

At 86 and "with nothing left to buy, this gives me something to do," she said.

With her first batch of stuffed toys delivered, Adcock plans to start on a new set that will include some firemen, policemen, ballerinas and more.

While she has a few ideas, "I want to make the toys the children want," she said.

She also hauled in several large stuffed clowns this week that will be displayed on the first floor of the hospital. One has a Christmas theme, complete with a wish list stuffed in a knitted pocket and a snowman perched on a winter hat.

As she walked across the hospital parking lot, clowns in hand, several people stopped her and asked her if the dolls were for sale.

She told them all no. "I'll never sell them," she said. "I do this for the children."



Photo by Robert Shields

Shirley Adcock, a volunteer at the U.S. Army Institute of Surgical Research Burn Center, hands medical clerk Mary Juarez a batch of hand-knitted stuffed dolls and animals as part of a donation to the pediatric hematology/oncology clinic at San Antonio Military Medical Center Nov. 19.

National Diabetes Awareness Month stresses impact on foot health, possible damage

By Jose T. Garza IIIJBSA-Lackland Public Affairs

The Wilford Hall Ambulatory Surgical Center presented "Learning to Love Your Feet: Diabetes and Foot Health" Nov. 20 as part of National Diabetes Awareness Month.

The session, hosted by Col. Scott Riise, medical director for family health for the 59th Medical Wing, brought awareness on the importance of taking care of one's feet whether they are diabetic or not.

The foot health presentation was the last lecture of a three-part series held at the center's Family Health Clinic throughout the month of November.

The disease has impacted nearly 26 million adults and children in the United States, according to the American Diabetes Association.

It can lead to amputation of the foot and other parts of the body.

During the 90-minute session, Riise discussed the different effects diabetes has on feet, ways for diabetics to sustain a healthy lifestyle, and when to seek help for foot problems.

"Your feet keep you active," he said. "It's kind of a use it or lose it type of situation. If you want to maintain a healthy lifestyle, independence, and manage your diabetes, it is important to have healthy feet."

Three ways diabetes can affect your feet is through foot deformities, artery and nerve damage.

Artery damage can lead to problems like the feet feeling cold, poor circulation, and reduced ability to heal from infections.

NUTRITION from P3

- 34 pieces of whole grain penne
- Two egg whites with one slice whole wheat toast
- Three cups of air-popped popcorn
- Eight shrimp and four tablespoons of cocktail sauce
- Sliced tomato with a sprinkle of feta cheese and olive oil

There are three different types of nerve damage that impact the feet which include sensory, motor and autonomic nerves. Sensory nerve damage can lead to reduced balance and possibly sensation in the feet. You may also not be able to feel foot injuries, said Riise.

Damage to the motor nerves can result in cushioning moves from contact points, deformities and muscle weakness which include 50 percent reduction in muscle size. Injuries to the autonomic nerves can cause reduced sweating and dry/cracked skin, added the medical director.

The clinic provided tips to keep your feet healthy to maintain a healthy lifestyle:

- Stav active
- Take care of your diabetes
- Wash your feet everyday
- Keep your toe nails trimmed
- Protect your feet from hot and
- Improve circulation by wiggling your toes and ankles
 - Do not smoke
 - Inspect your feet everyday
- Inspect your shoes before you put your feet in
 - Use appropriate shoes and socks
 - Consider using cushioned insoles
- Use a moisturizer on the tops and bottoms of your feet (not between toes) if needed
 - Do not walk barefoot

People are advised to have their feet examined by a podiatrist team annually. However, if problems such as ingrown toenails, warm red skin or open sores develop, or if your foot suddenly changes slope, then seek professional help immediately.

• One half cup of shelled edamame (preparation of immature soybeans in the pod)

(Reference: Top 28 Best Healthy Snacks by Lisa Drayer, R.D.)

For more nutrition information nutrition program and classes offered at the Wilford Hall Ambulatory Surgical Center, Outpatient Nutrition Clinic or to speak with a registered dietician/technician, call 292-7578.

ISD from Pl

School Program, served as an opportunity for those gathered to discuss the progress of, and the way ahead, for the school-unit partnerships.

The program is designed to develop a better understanding of the community's school system, fortify and improve school programs and curricula, and create a sense of personal involvement and more direct interaction between the installation and school staffs.

"It is a significant thing for military parents to remand the care and education of their children over to schools like theirs," said Lt. Gen. Perry Wiggins, in speaking of the trust fostered as a result of the partnership program. Wiggins is the commanding general of Army North and senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis.

"We get to come together and really impact the minds of those who will make the difference in the next generation," Wiggins said of the efforts of the relationship between the units and educators in the community.

Ten local schools, attended by students from JBSA-Fort Sam Houston Army units, each have a unit sponsor, including a new partnership this year between Camelot Elementary in the North East Independent School District and Headquarters, Headquarters Company, Installation Management Command.

The other nine schools and their partners are: Wheatley Middle School (San Antonio ISD) and the 32nd Medical Brigade; Cole Middle and High School (Fort Sam Houston ISD) and Brooke Army Medical Center; Pershing Elementary School (SAISD) and U.S. Army North (Fifth Army); Lamar Elementary School (SAISD) and the U.S.

Army Mission and Installation Contracting Command; Bowden Elementary (SAISD) and the 470th Military Intelligence Brigade; Washington Elementary (SAISD) and U.S. Army South: Wilshire Elementary (NEISD) and the 106th Signal Brigade and the 502nd Mission Support Group; East Terrell Hills Elementary (NEISD) and the 264th Medical Battalion; and Fort Sam Houston Elementary (FSHISD) and the U.S. Army Environmental Command.

Some of the events the schools have already conducted this year with their respective partners include career days, mentoring for different subjects, perfect attendance recognition, holiday decorations, lunch buddies, support for graduations, reading programs, field days and more.

Events such as lunch buddies and mentoring have been consistently popular with students in a majority of the schools and the hope is they will continue to grow.

Future events include an Easter egg hunt that Army North hosts for Pershing Elementary School students, the Angel Tree set up at the U.S. Army Environmental Command for Fort Sam **Houston Elementary School** students who may be in need of supplies during the year, as well as repeating the most successful and well-received programs, particularly sports events such as wheelchair basketball conducted at Cole Middle School and High School.

Other possibilities discussed ranged from radiology and health physics tours, to students dressing like a Soldier day, as well as a Christmas toy drive, a health fair, a beautification day and much more.

Partner units have unique capabilities and the capatility of tailoring programs for their schools, such as with USAEC and Fort Sam Houston Elementary School.

"We have a lot of unique scientific knowledge and expertise at our disposal," said Col. Mark Lee, USAEC commander, adding that his command is made up mainly of civilian personnel who have a focus on the environment and the sciences that go with it, such as entomology or toxicology.

The Army partners all agreed that they felt the interaction the Soldiers have with the children is what makes the most difference.

"In a world where there are so many distractions, when (the students are) young and growing up, just to let them know there is somebody who cares – someone who is going to take their time and sit and listen to them. That, I think, is the true gift," said Lt. Col. Zoltan Krompecher, commander of Headquarters, Headquarters Battalion, Army North.

Pershing Elementary School is Army North's partner school and Kathleen St. Clair, the school representative and principal, described the impact the partnership has had on the school just in the past year, citing that attendance has gone up and kids appear more motivated – particularly when they know partner events are coming up.

"We value our partnership, and I can't imagine what it would be like without it," St. Clair said. "The active participation (is great). When we've called them, they have come. They have supported us on so many events in the evening and during the day. The kids love them, and the parents are really appreciative as well."

"The return on your investment is actually bigger than you can imagine, and the influence on our Soldiers also will be very beneficial," Wiggins said.

Next MICC command sergeant major announced

By Daniel P. Elkins Mission and Installation Contracting Command Public Affairs Office

Mission and Installation Contracting Command officials announced their next command sergeant major, with a reporting date of January 2014.

Command Sgt. Maj. Stephen E. Bowens comes to the MICC from 1st Recruiting Brigade at Fort Meade, Md., where he serves as command sergeant major.

Bowens will assume responsibilities as MICC command sergeant major following the reassignment of Command Sgt. Maj. Rodney Rhoades in December. Rhoades departs the MICC to serve as the command sergeant major for the 21st Theater Sustainment

Command in Germany, which provides combat and support capabilities as well as theater sustainment support to U.S. Army Europe.

Bowens, a native of Saint Stephens, S.C., enlisted in the Army in June 1989 as an armor crewman. He served in armor battalions and an armor cavalry regiment before entering the recruiting military occupational specialty in 1997.

Following recruiting duty, his assignments included senior instructor and division chief at the Recruiting and Retention School, first sergeant at the battalion level, and sergeant major for the Soldier Support Institute at Fort Jackson, S.C. He served as the command sergeant major at the battalion level prior to his



Army photo

Command Sgt. Maj. Stephen Bowens (left) will assume responsibilities as the Mission and Installation Contracting Command's command sergeant major following the departure of Command Sgt. Maj. Rodney Rhoades (right).

current position.

Bowens is a graduate of all of the Army NCO Education System courses, including the Sergeants Major Academy. He also holds a Master of Business Administration in Project Management from Columbia Southern University and MBA in Human Resource Management from Trident University.

AKO from P8

processes will move off the current AKO platform onto next-generation enterprise services over the course of several years, G-6 officials said, adding that migration is expected by fiscal year 2017.

The Army is currently modernizing the AKO infrastructure and services to become more interoperable across DOD to lower cost and to improve efficiency and security, officials said.

They explained that the Army is moving toward enterprise services for collaboration, content management, and unified capabilities – including chat, Voice and Video Over Internet Protocol – which all draw on the identity service underpinning DOD Enterprise Email. AKO and many official Army sites will only be accessible via the government-issued Common Access Card or CAC. Because retirees and family members are not eligible for CACs, they will no longer have access to AKO.

The Army established AKO in the late 1990s to provide online information services for U.S. Army personnel and then later extended some AKO services to retirees and family members. Services have included email, collaboration, discussion forums, a directory, and direct access to many DOD and VA websites.

(Article provided by the Army Chief of Information/G-6 and Program Executive Office – Enterprise Information Systems.)



Youth Basketball Registration

Child and Youth basketball registration is ongoing through Jan. 2. Child and Youth must have a current physical that meets the complete season, January through March. First game will begin the second week in January. Cost is \$45 for 3-4 year olds and \$65 for 5 years and up. Call Parent Central at 221-4871 for information.

HIRED! Apprenticeships Program

Teens 15 to 18 years old can apply for the 2014 Winter Term, Jan. 13 to April 5, apprenticeship program. If selected the teen will work within the 502nd Force Support Squadron facilities and activities on JBSA-Fort Sam Houston. Registration forms are available at Parent Central, building 2797, the Youth Center, building 1630 or the Middle School Teen Center, building 2515. Application deadline is Dec. 9. Call 221-3386.

Holiday Junior Golf Classes

Two junior golf classes are scheduled to meet for five sessions starting Dec. 26-28 and Dec. 30-31. Ages 8 through 11 will meet from 11 a.m. to 12:30 p.m. and ages 12 through 15 will meet from 1-2:30 p.m. The fee is \$40 per player and includes a rule booklet, golf balls and instructions by a PGA teaching professional. For more information, call 244-3415.

Harlequin Dinner Theatre presents "Step into Christmas"

Show runs Thursday, Friday and Saturday through Dec. 21. For more information, call 222-9694.

New Squadron Commanders and First Sergeants

JBSA Family Advocacy Program is required to provide new squadron commanders and first sergeants a desk side briefing within 90 days of their arrival or assumption of command per DD 6400.1, even if temporary or as an additional duty. The briefing includes information on FAP services/classes, in an effort to assist them in promoting mission and family readiness. Call Family Advocacy at 292-5967 to set up an

appointment or for more information.

Computer Lab

The computer lab is available 8 a.m. to 4 p.m. Monday to Friday at Military and Family Readiness, building 2797. Call 221-2705 or 221-2418.

How We Roll

Monday through Friday, 9-11 a.m. at Fitness Center on the Medical Education and Training Campus, the "How We Roll" program provides parents and strollers use of the indoor track. Mondays from 9-10 a.m., a fitness trainer is available for assistance and instruction. Call 808-5709.

Fitness on Request Kiosk

The Fitness Center on the Medical Education and Training Campus hosts an innovative group fitness system including free virtual classes ranging from 20 to 60 minutes. Call 808-5709.

Belly Dancing Class

Learn the art of belly dancing 6 p.m. Wednesdays at the Jimmy Brought Fitness Center. The class is free and open to all DOD ID cardholders. Call 221-1234.

World Climb Tower Challenge

Sign up at the Jimmy Brought Fitness Center for the World Climb Tower Challenge. Call 221-1234.

JBSA-Fort Sam Houston Ticket Office Hours

The ticket office located in the Sam Houston Community Center, building 1395, Chaffee Road, is open 9 a.m. to 4 p.m. Tuesday through Friday, Call 808-1378.

Sportsman Range

The Joint Base San Antonio-Camp Bullis range is open 10 a.m. to 2 p.m. Saturday and Sunday. DOD card holders may shoot their personal pistols, rifles and shotguns. Firearms must be registered at JBSA-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 on JBSA-Camp Bullis

Now through Jan. 5, Department of Defense cardholders can bow hunt big game and turkey at Joint Base San Antonio-Camp Bullis. Call 295-7577.

SKIESUnlimited Classes

SKIESUnlimited classes for children ages 18 months to 18 years include Tae Kwon Do, private piano lessons, creative dance and ballet/tap. Call 221-3381 for dates and times.

Equipment Rentals

The Outdoor Equipment Center has all the items needed for a backyard party, unit organizational day, or weekend getaway. Rental items include canoes, boats, campers, camping equipment, outdoor games, barbecue pits and more. Call 221-5225.

Horseback Riding Lessons

The Equestrian Center offers both private and group lessons for Western and English style. Therapeutic riding lessons are also available and taught by certified instructors. Horses, saddles and tack for lessons will be provided if needed. Patrons must be at least 7 years old. Call 224-7207.

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.

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. Call 221-3828.

Parent Central Customer Service

JBSA-Fort Sam Houston Parent Central assists walk-in patrons from 8 a.m. to 5 p.m. Parent Central is located in building 2797, on Fort Sam Houston. Call 221-4871.

School Liaison Office

The JBSA-Fort Sam Houston School Liaison Office can 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. Visit http://www.fortsammwr.com/youth/slo.html or call 221-2214.

Library Story Time

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

Game Time at the Library

Gamers can play Xbox, Wii, PS3 and classic board games 5 p.m. the second Friday of each month at the Keith A. Campbell Memorial Library. Call 221-4702.

Thrift Shop Open

The JBSA-Fort Sam Houston Thrift Shop at 3100 Zinn Road, run by the Spouses' Club of the Fort Sam Houston Area, is open 9 a.m. to 2 p.m. Wednesday, Thursday and the third Saturday of each month. Consigned items are taken from 9 a.m. to 1 p.m. Donations are taken anytime during regular business hours. Call 221-5794/4537 or click on http://www.scfsh.com.

Pet Consult Services Available

The JBSA-Lackland Veterinary
Treatment Facility provides animal
behavior consult services for family pets. The VTF's military animal
behavior resident is scheduling
appointments. The Army resident can
assist pet owners with understanding their pet's behavior, and
preventing, managing, or resolving
pet behavioral problems. Common
problems may include aggression,
fear, anxiety, hyperactivity, inappropriate elimination and tail chasing.
Call 671-3631 or 671-2245.

Education and Training Office

The 502nd Force Support Squadron Education and Training Office offers a variety of military testing, including Professional Military Education, Career Development Courses and Defense Language Proficiency testing. PME Testing is conducted on Tuesdays, CDC on Wednesdays, and DLPT on Thursdays. Education and Training also offers Armed Forces aptitude testing such as the Armed Forces Classification Test and Armed Forces Officer Qualification Test. Tests scheduled on an asneeded basis. To schedule military testing at JBSA-Fort Sam Houston,

call 221-0852.

Basic Skills Education Program

Classes are Monday through Friday 7:30 a.m. to 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.

Personal Property Processing Office Closed Wednesdays

The Personal Property Processing Office at building 367 is closed from 2-4 p.m. Wednesdays for weekly staff training. For emergencies, please contact the PPPO at Joint Base San Antonio-Randolph at 652-1848, which is fully operational until 3:30 p.m.

Green to Gold Program Briefing

The 5th Brigade Army ROTC conducts a Green to Gold Program brief 2 p.m. the second Monday of each month excluding training/ federal holidays at the Post Education Center, building 2248, room 207C. The purpose of the brief is to educate active duty Soldiers on the benefits, options, and qualifications of the Army Green to Gold Program. Call the UTSA recruiting officer at 458-5607 St. Mary's University recruiting officer at 436-3415 or the 5th Brigade at 295-2005 or 295-0429.

Army Substance Abuse Program

The Army Substance Abuse Program is located at 1835 Army Blvd., building 2007 and serves all branches of the military, including active duty service members, trainees, Reserves on active duty and those in the Warrior Transition Battalion. The program office is open 7:30 a.m. to 4 p.m. Mondays, Tuesdays, Wednesdays and Fridays. For more information, call 295-4094.

Tobacco Cessation Program

Army Health Promotion offers active duty service members and individuals covered under TRICARE help to quit using tobacco. Call 295-2538 or 295-2399 for more information.

Cloverleaf Communicators

Meetings are held the first and third Friday of every month 11:45

a.m. to 1 p.m. at building 4011A, off Reynolds and Wilson Way. Visit http://powertalkinternational.com/ or call 916-3406 or 221-8785.

Future Speakers on the Horizon

Enjoy food and develop public speaking and leadership skills the second and fourth Wednesday of each month, noon-1 p.m. at the Joint Program Management Office, building 4196. Call 295-4921.

Top 3 Enlisted Association

The JBSA-Fort Sam Houston Top 3 meets 11:30 a.m. to 12:30 p.m. the second Thursday of each month at Building 2263. All senior enlisted members and E-7 selects are encouraged to attend. The Top 3 association is aimed at establishing important relationships across all services.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third 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 221-4028.

Enlisted Association

Chapter 80 of the Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the JBSA-Lackland Gateway Club. Call 658-2344.

Lost Property

If you have lost any property on JBSA-Fort Sam Houston, call 221-2340. To claim items, you must have a form of photo identification and be able to identify the property.



FOR SALE: Anniversary clock with glass dome, revolving pendulum movement, perfect condition, \$50 obo. Call 771-7480.

FOR SALE: 1999 Harley Davidson 1200 Sportster Sport, custom 2-1 Thunderheader exhaust, Performance Machine dual front brake system, custom front turn signals and mirrors, removable windshield, excellent condition, \$3,600. Call 605-999-9494.



Women's Survivors Group

A women's survivors group has been created for women who have experienced sexual trauma. The goal is to increase survivors' understanding to their response to victimization and the impact on their lives. The group offers a safe, open atmosphere for discussion and support to facilitate under-

standing of sexual victimization and the healing process. The group meets from 6:30-8 p.m. Mondays at the Rape Crisis Center group room at 7500 U.S. Highway 90 West, Building 2, Suite 201. Call 521-7273 for more information.

Teen Survivors Group

A teen survivors group has been created for teens who have been victims of sexual trauma. The group's goal is to help teens learn and talk about sexual abuse in a safe environment and help survivors connect to others who have been in similar situations. Females from 13 to 17 years of age who are currently attending individual psychotherapy are encouraged to attend. A therapist's recommendation is required. The group meets from 6-7:30 p.m. Wednesday at the Rape Crisis Center group room at 7500 U.S. Highway 90 West, Building 2, Suite 201. Call 521-7273 for more information.

Van Autreve Sergeants Maior 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 Road. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 539-1178.

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

Hero 2 Hired comprehensive resource for veterans, spouses

By Lisa Ferdinando Army News Service

With millions of job listings, and advice for job seekers, the "Hero 2 Hired" website is a tremendous resource for veterans and their spouses, said a top enlisted adviser.

Sgt. Maj. Wayne Bowser Sr. wants to make sure the military community is familiar with the site, H2H.jobs.

"H2H.jobs," he enthusiastically tells audiences, encouraging them to repeat, with gusto, the name several times.

Bowser, the senior enlisted adviser for Family and Employer Programs and Policy in the Pentagon's Office of Reserve Affairs, said he wants veterans and their spouses to be familiar with the site and use the tools and resources available, with good reason.

"Right now, so many folks are either underemployed or unemployed," he said. "This is a very unique time. There couldn't be a better time for Hero 2 Hired."

Bowser and his team crisscross the country with a unique tool – the Hero 2 Hired Mobile Job Store – a truck that rolls into career fairs and other events to bring the



U.S. Army photo

Sgt. Maj. Wayne Bowser Sr. (right), the senior enlisted adviser for Family and Employer Programs and Policy in the Pentagon's Office of Reserve Affairs, helps a Soldier navigate through the "Hero 2 Hired" website.

resources straight to the fingertips of the military community.

"We take the mobile job store across the nation better than 200 days a year," he said. "We take it around East Coast, West Coast, anywhere where we can find service members and spouses looking for jobs."

The mobile job store contains computer terminals where users can access the H2H.jobs website. H2H staff members are on hand to answer an assortment of questions, and to give advice on navigating the site, how to apply for jobs, and where to find career tips,

Bowser said.

Access to the site is open to current active duty or Reservists from any branch, members of the National Guard, veterans, and spouses. Registered users can apply directly to any of the more than 3.7 million jobs on H2H.jobs, Bowser said.

The initiative is part of the Department of Defense Yellow Ribbon Reintegration Program.

More than 19,000 individual employers are on the site, Bowser said, and those employers made the commitment to help service members and spouses find jobs.

People are often

surprised to learn about H2H.jobs, Bowser said. They will say they had no idea so many resources were available for free, with just a click of a mouse.

Hero 2 Hired also has a mobile app and a static display, as well as small kiosks that are deployed to Reserve units in every state and the U.S. territories, Bowser said.

Even if a person has a job, it is beneficial to know the site, said Bowser, in case his or her employment situation changes.

The website contains a wealth of information, including tips for a successful job interview, thousands of resume templates, and videos with great career advice, Bowser said.

"Some of the videos may be 30 seconds long, some interviewing-skill videos may be three minutes long," he said. "We have different professors from around the nation who took the time to put together video skits so that folks can see it and use it as a resource."

Hero 2 Hired, which is less than two years old, has been a huge success, said Bowser.

"It's growing every single week," he said.

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays

Main Post (Gift) Chapel Building 2200, 1605 Wilson Way

8 and 11 a.m. - Traditional

Dodd Field Chanel

Building 1721, 5584 Dodd Blvd. 8:30 a.m. - Samoan

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 Contemporary Service

11 a.m.- Contemporary "Cross-roads"

Brooke Army Medical Center Chapel

Building 3600, 3551 Roger Brooke Rd.

3551 Roger Brooke Rd. 10 a.m. - Traditional

CATHOLIC SERVICES Daily Mass

Brooke Army Medical Center Chapel Building 3600,

3551 Roger Brooke Rd.

11:05 a.m., Monday through Friday Main Post (Gift) Chapel

Building 2200, 2301 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

1:15 p.m. - Jummah, Friday, AMEDD

LATTER DAY SAINTS SERVICES

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

BUDDHIST SERVICES

1 p.m. - Buddhist Services, Sunday, AMEDD

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





WATER CONSERVATION TIPS

 Next time you add or replace a flower or shrub, choose a low water use plant for year-round landscape color and save up to 550 gallons each year.

Install an instant water heater on your kitchen sink so you don't have to let the water run while it heats up. This will also reduce heating costs for your household.

3. Use a grease pencil to mark the water level of your pool at the skimmer. Check the mark 24 hours later. Your pool should lose no more

than a quarter inch each day.

4. Cut back on rinsing if your dishwasher is new. Newer models clean more thoroughly than older ones.

Use a screwdriver as a soil probe to test soil moisture. If it goes in easily, don't water. Proper lawn watering can save thousands of gallons of water annually.

(Compiled by 502nd Civil Engineer Squadron)