



Briefs

Summer Gazebo Concert, Sunday

Brig. Gen. C. William Fox, Brooke Army Medical Center commander, will host a Summer Gazebo Concert featuring the Army Medical Command Band on Sunday at 6:30 p.m. on Staff Post Road. Restored military vehicles, such as an original 1942 Ford four-door general staff car, will be on display. The public is invited. Vehicles without Department of Defense decals must enter at the Walters Street gate.

FSH Newcomers' Extravaganza, Tuesday

The Fort Sam Houston Newcomers' Extravaganza will be held Tuesday at 9 a.m. in the Roadrunner Community Center. This is the official newcomers orientation for incoming personnel and is mandatory for all inprocessing Soldiers in rank of lieutenant colonel and below. Commanders and supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. For information, call 221-2705 or 221-2418.

FSH ISD Board of Trustees Meeting, Tuesday

The Fort Sam Houston Independent School District Board of Trustees will meet Tuesday at 11 a.m. at the FSH ISD Professional Development Center, 1908 Winans Road.

32nd Medical Brigade newcomer briefing, Wednesday

All 32nd Med. Bde. Newcomer briefings will be conducted in the 32nd Medical Brigade classroom. All new personnel are scheduled to attend the upcoming briefing on Wednesday, Sept. 29. Briefings are held the last Wednesday of every month from 1 to 3 p.m. All personnel must sign in by 12:45 p.m.

Nutrition Care faculty, students open new training facility

By Phil Reidinger
FSH Public Affairs Officer

Once challenged by inefficient training facilities in an old Butler building, Army Medical Department dieticians and nutrition care students assigned to the 91M military medical specialty moved into a renovated section of Bldg. 1350 located in the 232nd Medical Battalion area.

Staff, faculty and students gathered Friday to dedicate the training facility to retired Maj. Helen Burns Gearin, a pioneer Army dietician and member of the Women's Medical Specialist Corps.

Staff Sgt. Kelli Renee Daniels began the ceremony by singing the national anthem. Lt. Col. Brenda Ellison, former chief of the Nutrition Care Branch and now chief of the Nutrition Care Division at Womack Army Medical Center, Fort Bragg, N.C., mentioned former staff and faculty who designed the facility to create a better training environment for students.

Maj. Gen. George Weightman, Army Medical Department Center and School commander, joined Col. Rebecca Hooper,



Photo by Maj. Sara Spielmann

Nutrition Care Branch students cut the ribbon to mark the opening of their new training facility located in Bldg. 1350.

chief of the Army Medical Specialist Corps, to unveil a portrait of Gearin. Nutrition Care Branch students cut the ribbon officially opening the facility for their training.

See **NUTRITION** on Page 3

Army expands anthrax, smallpox vaccinations for Soldiers

By Leah Rubalcaba
Army News Service

Anthrax vaccinations have resumed for Soldiers whose series of injections were interrupted during the anthrax vaccine shortages of 2000-2001.

The Army's immunization program has also expanded to include both anthrax and smallpox vaccinations for Soldiers assigned to 17 newly designated high-threat areas.

Active-duty Soldiers and members of the Army Reserve and Guard who stopped getting vaccinated in the middle of their six-shot anthrax series have been directed to resume their vaccination schedules, at

the point where they left off, no later than Dec. 31. The directive specifies that these Soldiers are not to repeat or receive extra doses of the vaccine — all earlier vaccinations count.

The Army's immunization program has expanded to require both anthrax and smallpox vaccinations for Soldiers assigned to the Korean Peninsula for 15 or more consecutive days. The directive also includes the vaccination of emergency-essential and equivalent civilian employees assigned to Korea and DoD contractor personnel hired to carry out mission-essential services in Korea.

The vaccination of adult military family members in Korea is voluntary.

Vaccinations are also voluntary for most Army civilian employees and their families and non-essential contractor personnel assigned to the region.

The immunization program was further expanded to include anthrax and smallpox vaccinations of all Soldiers serving in the Central Command and parts of the European theater.

The expansion adds Afghanistan, Djibouti, Egypt, Eritrea, Ethiopia, Iran, Kazakhstan, Kenya, Kyrgyzstan, Pakistan, Seychelles, Somalia, Sudan, Tajikistan, Turkmenistan and Uzbekistan to the 15 previously designated high threat areas in CENTCOM and EUCOM. Emergency-

See **ANTHRAX** on Page 3

Orthopedic surgeons restore limbs, lives

By Donna Miles
American Forces Press Service

Orthopedic surgeons here at Brooke Army Medical Center are doing more than restoring limbs for troops wounded in combat. Armed with the latest surgical techniques and state-of-the-art technology, they're giving wounded troops the tools to rebuild their lives.

Army Col. Mark Bagg, chief of orthopedics here and orthopedic consultant to the Army Surgeon General, said body armor and Kevlar helmets are

“really saving lives” on the battlefield. Yet, while these protections safeguard the torso and head, they leave other parts of the body exposed to bombs, rocket-propelled grenades and other explosives. The result: about 65 percent of combat injuries involve the extremities.

During past wars, amputation was often the only treatment possible for severely damaged arms and legs. But before modern surgical techniques, amputation was a crude, excruciating operation in which most patients died either on the operating table or later,

from infection and gangrene.

But today, Bagg credits new procedures with saving limbs that might have once been deemed unsalvageable. And in cases where amputation is necessary, Bagg said, technological advances have made prostheses so good that their wearers can go on to live relatively normal lives.

Reconstruction — although making tremendous strides — can require multiple surgeries and recoveries. “Some of these reconstructions take a lot of time and a lot of rehabilitation and involve a lot of pain,” said Army

Lt. Col. Roman Hayda, chief of orthopedic trauma at the hospital.

Yet, Hayda said, many patients are willing to fight to save their limbs. “What strikes me with these patients is that they are all very motivated and very willing,” he said. “They know they have a bad injury but want to make the most of what they have.”

Hayda and Bagg agree that in some cases, amputation is the better option. It's a decision they say can't and shouldn't be taken lightly, and one with tremendous emotional consequences. “No surgeon takes the process of

doing an amputation lightly,” said Hayda. “Usually it's a decision made by the injury itself.”

With huge improvements in prostheses, Bagg said, amputation is often the better alternative for the wounded service member. Vacuum-assisted socket systems for below-knee prostheses prevent blistering, scarring and swelling. Above-knee prostheses with microprocessors adjust 50 times a second to the speed of a person walking to ensure stability. Prosthetic forearms are being

See **ORTHOPEDICS** on Page 5

Some retirees could get Medicare-surcharge refund

By **Samantha L. Quigley**
American Forces Press Service

A collaborative effort among officials at the Department of Defense, Centers for Medicare and Medicaid Services, and the Social Security Administration could prove beneficial to certain Medicare-eligible uniformed services beneficiaries.

The Medicare Modernization Act of 2003 provides a chance for Medicare-eligible uniformed serv-

ices beneficiaries to enroll in Medicare Part B without having to pay higher premiums because of late enrollment. Beneficiaries who enrolled in Part B in 2001 through 2004 will get a refund of surcharges they have paid in 2004.

By law, uniformed services beneficiaries who are entitled to Medicare Part A, by reason of disability, end-stage renal disease or age, must also enroll in Medicare Part B to maintain their TRICARE eligibility. TRICARE, the

military health benefit program, is secondary payer following Medicare for beneficiaries entitled to Medicare Parts A and B.

The Part B premium is \$66.60 per month for 2004. The Part B premium will increase to \$78.20 per month for 2005. Officials encourage beneficiaries to take advantage of this limited, one-time opportunity. If beneficiaries decline enrollment in Part B, they will have to pay a premium surcharge of 10 percent for each 12-

month period in which they were eligible to enroll but did not.

"This is an important announcement for uniformed services retirees who are entitled to Medicare Part A and don't have Part B, also, (for) those who enrolled in Medicare Part B ... Jan. 1, 2001, through 2004," said Dr. Mark McClellan, a CMS administrator.

Officials are mailing notification to eligible beneficiaries to inform them that they have been

enrolled in Medicare Part B.

Those who are eligible for a refund will get a letter and a separate refund check. This legislation does not provide relief for beneficiaries.

"The new Medicare law protects thousands of military retirees from having to make higher payments to enroll in Medicare Part B," McClellan said. "This will allow eligible military retirees to use their TRICARE benefits as a Medicare supplement."

Fort Sam Houston News Leader

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Alamo Chapter welcomes General Paul Kern at luncheon

By Phil Reidinger
FSH Public Affairs

Diane Moore, Alamo Chapter president, Association of the United States Army, introduced Gen. Paul Kern to the post community during the local chapter's monthly luncheon at the NCO Club, Sep 15. Kern, who was the keynote speaker at the luncheon, is the commander of the U.S. Army Materiel Command.

Kern talked about how different the Army is today, Army Transformation initiatives, the missions of Army Materiel Command, military to civilian conversions, accomplishments of civilian con-

tractors and military support agencies in Iraq, and the need to streamline processes to support soldiers in the field.

Kern has been associated with Army Transformation initiatives since 1996. As the 4th Infantry Division commander, he led the way in developing network centric warfare ideas and capabilities. His concepts such as consolidating logistics functions and personnel into the Division Support Command also significantly reduced the footprint of the division.

Prior to his current assignment he served as the military deputy to the Assistant Secretary of the Army for Acquisition, Logistics and Technology. He also served as the senior military assistant to the Secretary of Defense and Deputy Secretary of Defense. His ties to the Bradley Fighting Vehicle Systems include an assignment as program branch chief.

A graduate of the U.S. Military Academy at West Point, Kern has earned graduate degrees in both mechanical and civil engineering and taught weapon systems and automotive engineering at West Point.



Photo by Esther Garcia

City of San Antonio Councilman Carroll Schubert was among community civic and business leaders who attended the AUSA Alamo Chapter luncheon to meet Army Materiel Command commander Gen. Paul Kern. Kern spoke about his command's roles and missions supporting Army Transformation and Operations Iraqi Freedom and Enduring Freedom. Schubert is the chair of the San Antonio city council military affairs committee.

Photo by Esther Garcia (Right) General Paul Kern and Brig. Gen. Sheila Baxter, assistant Surgeon General for Force Sustainment, talk briefly following the AUSA luncheon.



Photo by Esther Garcia

General Paul Kern talks with Pvt. First Class Kristin Helms and Private Amanda Sasser, who are both assigned to E Co. 187th Medical Battalion following the AUSA luncheon.



Nutrition

Continued from Page 1

Remembering the "old gray shed," Lt. Col. Rhonda Podojil, school faculty, said the new facility is outfitted with multiple classrooms and state of the art computer training systems connected to data bases the students will use, such as the Composite Health Care Systems and Nutrition Management Information System. A fully equipped kitchen is connected to a clinical dietetics office with dedicated phone and computer lines for training realism to allow students to practice clinical functions. Instructors also can monitor student progress with smart podiums to send exercise information to students and allow them to transfer files to the instructor. Students will also have

Internet access for research projects.

Hooper noted that as long ago as 1933 Gearin was a pioneer who recognized that dieticians were good for the Army.

"She had the vision to see that nutrition was a component of the Soldier system that made a difference," she said.

Hooper emphasized the motto of Army Dietetics, that nutrition and readiness are inseparable and that Gearin pioneered the concept of making sure that Soldiers, especially wounded Soldiers, received proper nutrition.

"Whether you call it clinical dietetics, sports nutrition, food service and production or fuel handling for the Soldier system, let us dedicate this building to Maj. Helen Burns Gearin, Army Dietetics, and

let's make a difference," she said.

Gearin was a distinguished Army dietician who served from 1933 to 1955. Serving at Walter Reed General Hospital, Washington D.C., from 1933 to 1942, she supervised the training course for student dieticians. In 1942, Gearin was appointed superintendent of Army dieticians and established standards and procedures at Army hospitals. She was the first dietician commissioned under Public Law 77-828 and in February 1948 took office as the chief dietician Women's Medical Specialist Corps. She completed her career at Valley Forge General Hospital, Pa., as executive officer to the chief of the Women's Medical Corps and Chief Food Service Division.



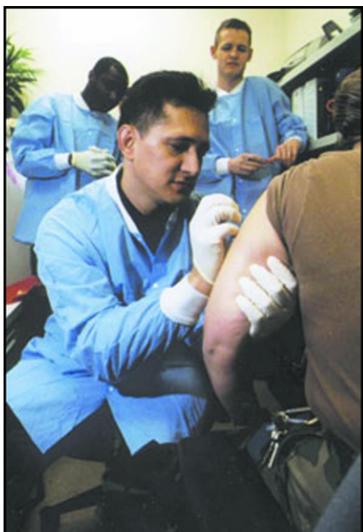
Photo by Maj. Sara Spielmann

Col. Rebecca Hooper, chief of the Army Medical Specialist Corps, speaks at the dedication of a renovated training facility for Army Medical Department dieticians and nutrition care students assigned to the 91M military medical specialty.

Anthrax

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Courtesy photo A technician at Walter Reed Army Medical Center, Washington, D.C., immunizes a Soldier against smallpox in 2002 when the inoculation program began. The program has now expanded to require vaccinations for Soldiers going to 17 additional high threat countries.



essential and equivalent civilian employees and mission-essential contractors assigned to these areas are also included in the expansion.

"The Army vaccinates Soldiers to keep them healthy," said Col. John Grabenstein, deputy director for military vaccines at the Army Surgeon General's Office. "Vaccines offer the best round-the-clock protection against infectious disease and help Soldiers come home healthy."

A policy revision released in August increased the pre-deployment administration window of

the anthrax and smallpox vaccinations from 30 to 60 days before departure. According to medical officials, by beginning the administration of the vaccines 30 days earlier, more injections can be administered before deployment. This revision applies to any overseas movement to areas covered by the anthrax and smallpox vaccination program.

According to Department of the Army and Department of Defense officials, both anthrax and smallpox are counted among the top biological warfare threats to U.S.

troops. Health officials say the vaccines provide Soldiers with an additional layer of protection, in addition to antibiotics.

"The Army has been giving anthrax vaccine for over seven years now and smallpox vaccine for two years. We continually review these programs to assure the highest quality standards," Grabenstein said. "We recently reevaluated the bioweapon threats to our forces and found that the threat continues. So we continue to vaccinate to protect the Force."

Source: Army News Service

City of San Antonio recognizes post Soldier



Photo by Esther Garcia
Spc. Edgar Hernandez, assigned to the Fort Sam Houston Dental Activity, is presented the San Antonio Patriots Award by Mayor Ed Garza at a Military Recognition Ceremony held at City Council Chambers on Sept. 16.

By Esther Garcia
FSH Public Affairs

Spc. Edgar Hernandez, former Iraqi prisoner of war, was honored at a Military Recognition ceremony held at City Council Chambers on Sept. 16. Mayor Ed Garza presented Hernandez the San Antonio Patriots Award for service to his country. The award recognizes Soldiers in support of Operation Iraqi Freedom and Operation Enduring Freedom.

In March 2003 Hernandez, assigned to the 507th Maintenance Company, was on a

convoy passing through a small village in Iraq. Hernandez was in the rear of the convoy that received enemy fire from both sides. Hernandez, who was wounded during the attack, and four other Soldiers were captured and held Prisoner of War for three weeks. The Iraqi military transferred them to different locations for three weeks to avoid being rescued by Coalition Forces. On April 13, 2003, a United States Marine Corp. unit rescued Hernandez and the rest of the members of the 507th Maintenance Company.



Photo by Esther Garcia
Maj. Gen. John Gardner, commander, U. S. Army South, congratulates and presents a commander's coin to Spc. Edgar Hernandez in honor of his recognition by the City of San Antonio. Standing next to Hernandez is his wife, Edleen.

"American Soldier" author signs books



Photo by Esther Garcia
General Tommy Franks, U.S. Army retired, author of "American Soldier," autographs a book for Spc. Edgar Hernandez. Franks was at the post exchange on Saturday autographing copies of his book. Franks is a former U.S. Central Command commander.

Why I serve: fulfillment from helping wounded troops

Story and Photo by Donna Miles
American Forces Press Service

"I enjoyed the camaraderie, the discipline, the interaction between Soldiers," said Staff Sgt. Heather Martin after three years testing the waters of military life in the Army Reserve in her native Ohio. That was nine years ago, when she opted to dive into active duty service.

Today, as an occupational therapy assistant here at Brooke Army Medical Center, Martin said she's discovered tremendous fulfillment helping wounded troops from Iraq and Afghanistan rebuild their lives. Most of Martin's patients have lost arms or use of their arms in combat.

During sessions ranging from 45 minutes to an hour, Martin slowly helps them move beyond their injuries.

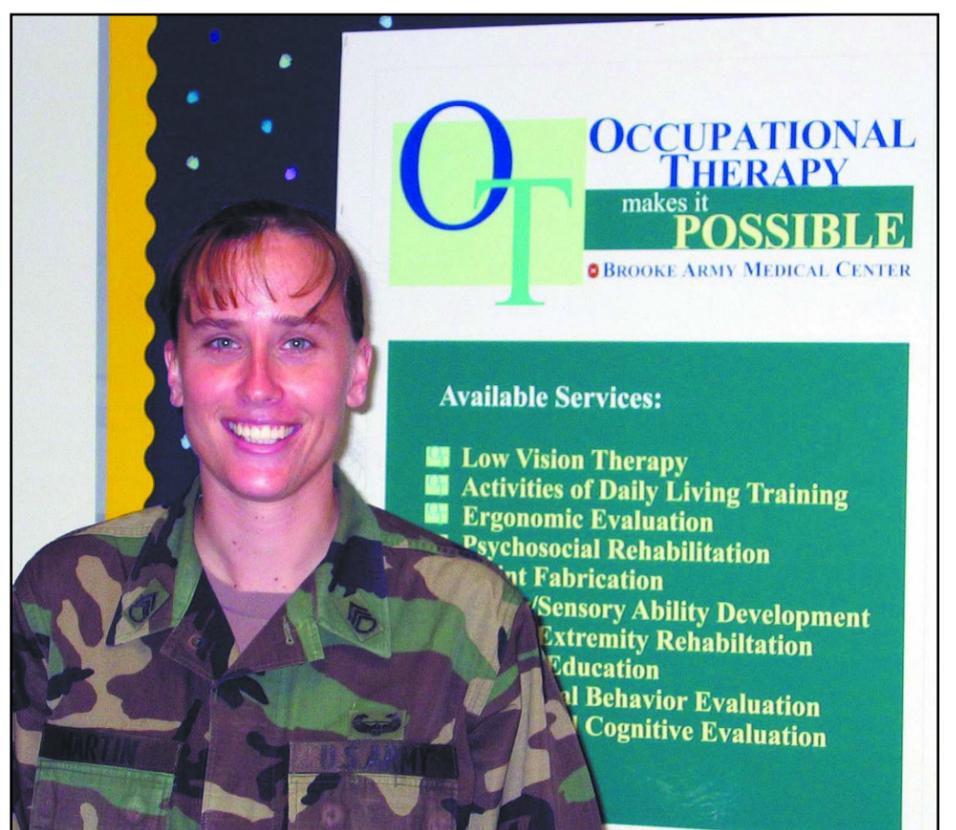
"I teach them how to have a normal life — day-to-day things like how to button their shirts or brush their teeth," she said. "When they first get here, they're often depressed. And it's tremendously rewarding to watch them gain independence and transform into social people with a positive outlook on what's ahead for them."

Martin said she feels a strong affinity with her patients. "They're like my brothers and sisters," she said. "You really feel what they've been through, and their pain. My job is to take care of them when they get back."

And while she's not serving in Southwest Asia or other hot spots around the world, Martin said she feels she's playing an important role in the war on terror. "I may not actually be on the front lines, but somebody has to be there for the soldiers when they get back to help them get to the point where they can be soldiers again," she said.

Although she acknowledges that she "never planned on staying" on active duty, she's now convinced that she could never find anything quite as rewarding as military service in the civilian world. "I love my job and I love what I do," she said.

"The Army has been very good to me. There's a real sense of family and you know that there will always be somebody there for you," she said. "I'm not sure that there's a job on the outside that could offer that much."



Staff Sgt. Heather Martin said she's found tremendous gratification in the Army helping Soldiers wounded in Iraq and Afghanistan restore their lives.

Orthopedics

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fitted with myoelectric robotic hands that provide almost lifelike movement. Rubberized hands are engineered to detect pressure, and sensors designed into the fingers detect the resistance an object exerts.

"Sometimes a prosthesis can work better than a leg," Bagg said.

Consider the case of Army Spc. B.J. Jackson, an Iowa National Guard Soldier whose Humvee tripped a phosphorous landmine hidden along the road in downtown Baghdad last August. The explosion, compounded by four hits from rock-

et-propelled grenade fire on his vehicle door, left Jackson's legs mangled and seriously burned. Unable to save the limbs, U.S. Army doctors in Iraq amputated both Jackson's legs.

Like all orthopedic patients, Jackson went through the long process of recovery, with physical and occupational therapy and numerous medical follow-ups. Yet four months later, he was not only walking, but also running and snow skiing.

Now medically retired from the Army, he returned to Brooke Army Medical Center last week to receive his sixth set of prosthetic legs. "The technology is

getting better every day," he said.

This set, one laminated with images of the 9/11 postage and the other, with logos of his beloved NFL Kansas City Chiefs, is held in place with a vacuum-assisted socket system and restores Jackson to his original 6-foot, 6-inch height.

Carefree and optimistic by nature, Jackson credits the staff at Brooke Army Medical Center, as well as his wife and children who stood by him throughout his ordeal, with helping him get back on his feet — literally.

The biggest annoyance, he said, was when the bouncer at a nightclub denied him and his

wife admission because Jackson was wearing running shoes, in violation of the club's dress code. Jackson hadn't yet learned how to change the shoes attached to his prostheses. He showed the bouncer his artificial legs and explained his predicament, but was still denied entrance. "That really got my wife mad," he said.

Jackson has come a long way since that day. He's learned to change his shoes, most recently sporting a pair of open-toed sandals. He's become deeply involved in the Coalition to Salute America's Heroes, a non-profit organization committed to helping wounded troops. And

he's looking to the future, with plans to return to college after his wife finishes her nursing degree.

The day he received his newest set of legs, Jackson boarded a plane at San Antonio International Airport, headed home to his family in Des Moines, Iowa. Curious eyes paused on Jackson's colorful new legs, revealed under a pair of khaki shorts.

"It's hot out, so why would I wear long pants?" he said, after being questioned about his decision not to cover his legs. "Besides, I'm not ashamed. This is just something that happened to me. Life goes on."

From weight lifting to lifting patients

Surgical technicians train at former recreation center



Photo by Julie Vasquez

Army surgical technicians learn the fundamentals of operating room procedures such as surgical hand and arm scrub during the U.S. Army 91D Operating Room Specialist Course.

By Julie Vasquez
Special to the News Leader

Each year from Sept. 19 to 25, the nation recognizes the contributions of surgical technicians and technologists during National Surgical Technologist Week.

Hundreds of Army surgical technicians and technologists train at Fort Sam Houston every year for a serious career in a building once well known for its lighthearted entertainment.

First built as a place of recreation and sustenance for Soldiers, Bldg. 615 is now a place for building integral members of the surgical team.

The building is home of the U.S. Army 91D Operating Room Specialist Course. This Army surgi-

cal technician training program can be traced back to 1939; however, the course did not have a permanent facility until 1984 when it assumed its current residence.

More than 400 Soldiers take the nine-week course each year. Instructors teach students fundamentals of the operating room and material supply, including surgical hand and arm scrub, passing techniques and identification, and how to don a gown and gloves.

The building's mission has changed a lot in its 113-year history. It was originally built in 1891 as the first consolidated mess hall, and also housed a post exchange and gymnasium.

Although the physical exterior has changed only slightly throughout the years, the inside has changed dramati-

cally. Where Soldiers once went for a haircut, surgical students now cut into mock patients for surgery. Where they once danced with a cross-hand hold, people now identify cross contamination. Instead of bowling strikes, Soldiers prevent strike-through. And, instead of shooting bullets in a shooting gallery, students use a bullet probe to explore a surgical wound.

While its mission has changed, the building remains an important location for the post and its future surgical technicians.

For more information on Bldg. 615's history, go to the Fort Sam Houston Museum's Web site at www.cs.amedd.army.mil/rlbc/. For more information on National Surgical Technologist Week, go to www.ast.org.



Courtesy photo

Military barbers cut Soldiers' hair at Bldg. 615. The building is now home to the U.S. Army 91D Operating Room Specialist Course.



Courtesy photo

Bldg. 615, built in 1891, housed a consolidated mess hall, post exchange and gymnasium.

Army brat-Airman becomes Soldier

Story and photo by Jennifer Gunn
San Antonio Recruiting Public Affairs

The second San Antonio Airman crossed over from the blue Sept. 9 at the Military Entrance Processing Station at Fort Sam Houston.

Airman 1st Class Joshua Burnett, 21, will don the Army green Oct. 29 when he ships to the Warrior Transition Course at Fort Knox, Ky.

Burnett has been in the Air Force for more than two years and began his career training in Special Operations. During this training, he became ill with bronchitis, so the Air Force assigned him to another job, munitions systems specialist.

For two years, Burnett built, tested, inspected and shipped nuclear and non-nuclear ammunitions.

"If it went zip, pow, bang or bang, I did it," Burnett said.

Then the Air Force began to downsize and re-shape its force structure.

Burnett said he wasn't worried – his career field wasn't overstaffed and he was maintaining all the service standards – but still, he was not doing the job for which he signed on.

When he discussed the situation with his wife Allison, then an Army specialist, they came up with the solution.

"My wife said I should have been a Soldier from day one," Burnett admits. It was a conclusion she came to after hearing her husband's career goals.

Wielding a little-known Department of Defense Regulation, the Burnetts walked into the West Recruiting Station to find out more information.

During their inquiry process, the Operation Blue to Green program came into effect, so Burnett decided to forge ahead with the change.

His decision was based on the opportunities alone.

"I wasn't allowed to pursue the career paths I wanted (in the Air Force)," Burnett said, "and the Army is going to allow me to control my own career."

Burnett was able to secure a job as an Information Systems Operator-Analyst, or computer programmer, and a first duty station in Germany.

"Hooah," Burnett said as the counselor reviewed his new contract. "I was born in Berlin, so I'm excited about going back to Europe," said the Army brat-Airman turned Soldier.

Burnett's father went from active duty Army to Army Reserve and now is the equivalent of a lieutenant colonel in the U. S. Public Health Service, which uses Navy ranks.

Both his wife and his father showed him the opportunities in an Army career would be well worth the transition, said his recruiter, Sgt. 1st Class Lee Jackson, West Recruiting Station commander.

"We're getting a Soldier the Air Force was limiting what he could do," Jackson said, "and now he's chosen his (Army) job. That's the big plus."

Burnett wanted to be in a career field where he would have more opportunities for training and promotion.

"In the Army, you can be a cook and say you want to get your jump wings. If the class is available, they will send you," Burnett said. Not true in the Air Force.

"(In the Air Force), all training is solely based on your job. In the Army, these things are open and available to everybody," he said.

Burnett has decided to take advantage of the Army's Airborne jump school training.

But the best things about this deal is that, "I'll retain my rank, have no break in service, lose no benefits, and my wife and child will still have the same health care provider," Burnett said.

Speaking of retaining his rank, Burnett is Air Force was promotable to senior airman as of Sunday. Although his Army conversion paperwork lists him as an E-3, he will simply bring his promotion orders with him when he ships and he will be "promoted" from an Army private first class to a specialist on the spot.

Burnett said he knew coming in that he intends to make a career of the military. This is the reason he chose a six-year Army enlistment instead of four.

"He wants to be a Soldier," Jackson said and went on to explain how Burnett came in for Saturday physical training with the West Station applicants, even though he didn't have to.

"Squad leaders wish they had an entire squad of Soldiers like him," Jackson concluded.

"Give me a gun," Burnett said, "let me go behind enemy lines. Boy Scout summer camp was just the tip of the iceberg,



Airman 1st Class Joshua Burnett from Lackland Air Force Base, shakes the hand of his Army recruiter, Sgt. 1st Class Lee Jackson, after signing on the dotted line at the Military Entrance Processing Station at Fort Sam Houston, Sept. 9. Burnett will leave for the Warrior Transition Course at Fort Knox, Ky., Oct. 29, as an Information Systems Operator-Analyst specialist.

that's what I want to do."

Burnett and his wife Allison have a three-week-old son, Noah.

To learn more about Operation Blue to Green, call a local Army recruiter at 1-800-USA-ARMY or log onto goarmy.com/btg.

National Hispanic Heritage Month, 2004 A Proclamation

During National Hispanic Heritage Month, we recognize Hispanic Americans for helping to shape our national character and strengthen our communities. The warmth and vitality of the Hispanic culture are great gifts to America and are part of the unique fabric of our country.

Hispanic Americans have enriched our Nation through contributions in many professions and fields, including education, law, government, business, science, sports, and the arts.

Since our Nation's founding, Hispanic Americans have served bravely in the United States Armed Forces, earning more than three dozen Medals of Honor and numerous distinguished military decorations for their leadership, courage, and patriotism.

Today, Hispanic Americans in our Armed Forces, National Guard, and Reserve units continue this proud legacy as they stand watch on the front lines of freedom. The hard work, values, and devotion to community of Hispanic Americans set a positive example for all Americans. Across our country, we are working to continue helping Hispanic Americans realize the great promise of America.

In 2002, I set a goal of increasing the number of minority homeowners by at least 5.5 million by the end of the decade. We are making good progress — having added more than 1.6 million minority homeowners so far. My Administration's business agenda and economic policies have helped create an environment in which Latino small business owners in the United States are starting new businesses and employing millions of people, expanding trade throughout the Americas, and generating billions in revenue.

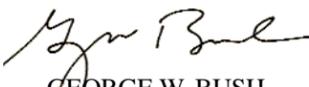
Through the No Child Left Behind Act of 2001, we are working to ensure that schools are serving every student. In addition, we are committed to improving immigration services while strengthening national security.

I join with all Americans in celebrating the heritage, culture, spirit, and contributions of Hispanic Americans.

To honor the achievements of Hispanic Americans, the Congress, by Public Law 100-402, as amended, has authorized and requested the President to issue annually a proclamation designating September 15 through October 15, as "National Hispanic Heritage Month."

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim September 15 through October 15, 2004, as National Hispanic Heritage Month. I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate ceremonies, activities, and programs.

IN WITNESS WHEREOF, I have hereunto set my hand this seventeenth day of September, in the year of our Lord two thousand four, and of the Independence of the United States of America the two hundred and twenty-ninth.



GEORGE W. BUSH

Army Community Service

Family Advocacy Program Class September Schedule

Class Title	Dates	Time
Beyond Your First Baby	29	8 a.m. – Noon
Building Effective Anger Management Skills (Series 3-6)	23	11 a.m – 12:30 p.m.
Evening class (Series 1-3)	28	6 – 7:30 p.m.
Commanders Training	23	8 – 9:30 a.m.
Girl Talk! Ages 6-8	29	3 – 4 p.m.
Healthy Pregnancy	27	1 – 4 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	28	9 – 11 a.m.
The Middle Way (Parenting Class)	23, 30	6 – 8 p.m.
Truth or Consequences? (Three-part series)	28	4:30 – 5:30 p.m.

To sign up for classes or for more information, call ACS Family Advocacy Program at 221-0349/2418.

Hawley-Bowland promoted to brigadier general

Story and Photos by Phil Reidinger
FSH Public Affairs Officer

Maj. Gen. Kevin C. Kiley, acting Medical Command commander, promoted the commander of the European Regional Medical Command during a ceremony Sunday at the Army Medical Department Museum.

Brig. Gen. Carla Hawley-Bowland assumed command of the U.S. Army's Europe Regional Medical Command and became the Command Surgeon for U.S. Army Europe and 7th Army July 15. The Europe Regional Medical Command is responsible for the operation of medical treatment facilities in Germany, Belgium and Italy. She is also the TRICARE Europe lead agent.

Several general officers and members of the Army Medical Department commu-

nity joined the Hawley-Boland family to congratulate her as she assumed her new rank. Kiley and her husband, retired Col. Warren Boland, pinned her rank to her uniform. Her son, Spc. Scott Bowland, presented her the general officer flag and her parents presented her the general officer belt.

Before assuming command, Hawley-Bowland worked as the Medical Command deputy director for Health Policy and Services, chief consultant; and chief of the Clinical Services Division. She received her Doctor of Medicine in 1978 from Creighton University, Neb., under the U.S. Air Force Health Professions Scholarship Program. After completing a general surgery internship at Sinai Hospital in Baltimore. She transferred to the Army, serving as a

general medical officer at Fort Meade, Md. She then completed residency training in obstetrics and gynecology at Walter Reed Army Medical Center, Washington D.C., and was assigned as a staff obstetrician and gynecologist at Darnall Army Community Hospital, Fort Hood, Texas.

Her assignments include chief of the Department of Obstetrics and Gynecology at William Beaumont Army Medical Center, Fort Bliss, Texas; deputy commander for clinical services, Womack Army Medical Center, Fort Bragg, N.C.; commander of the General Leonard Wood Army Community Hospital, Fort



Maj. Gen. Kevin C. Kiley, U.S. Army Medical Command acting commander, and retired Col. Warren Bowland, pin the rank of brigadier general on the uniform of Brig. Gen. Carla Hawley-Bowland, commander of the European Regional Medical Command, Sunday during her promotion ceremony.



Spc. Scott Bowland presents his mother, Brig. Gen. Carla Hawley-Bowland, commander of the European Regional Medical Command, her general officer flag during Hawley-Bowland's promotion ceremony Sunday at the Army Medical Department Museum.

Leonard Wood, Mo.; and commander of the William Beaumont Army Medical Center.

Certified by the American Board of Obstetrics and Gynecology, she is a fellow of the American College of Obstetricians and Gynecologists, and served as the Army Section vice-chairman, the Army Section chairman, and is currently the vice chairman of the Armed Forces District of ACOG. She is a fellow of the American College of Surgeons, a member of the Association of GYN Laparoscopists, the Army Uro-Gynecologic Society, the American Medical Association and the

Association of Military Surgeons of the United States.

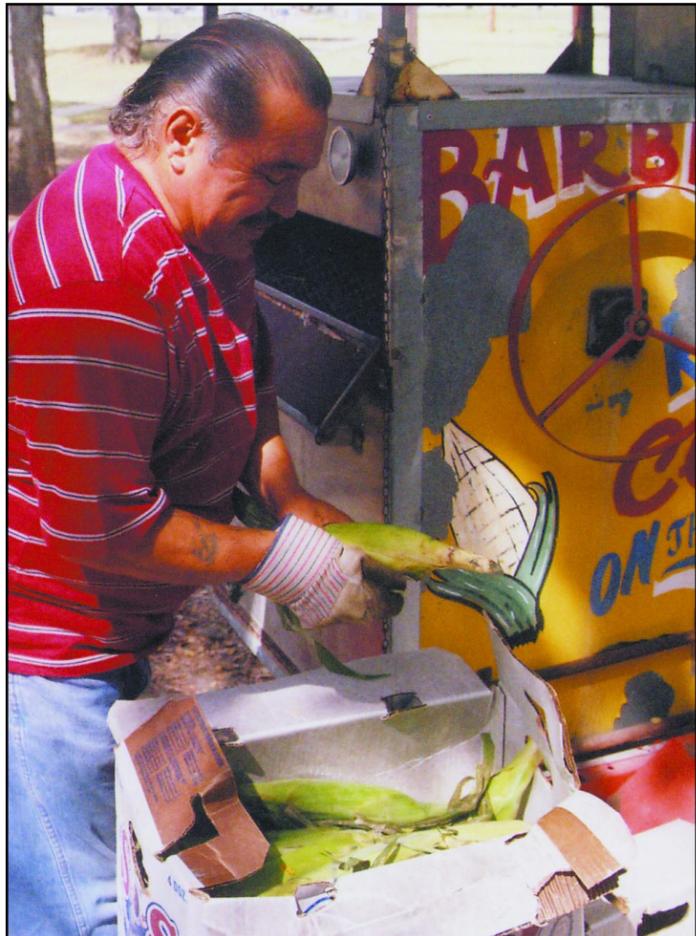
She served as consultant to the Army Surgeon General for Women's Health Issues from 1990 to 1996, and as the obstetrics and gynecology consultant to the Army Surgeon General from 1996 to 1999. Hawley-Bowland has also served as the Department of Defense representative on the Women's Health Initiative Advisory Board, and on the Joint Programmatic Review Panel for the Defense Women's Health Research Program.

Source: European Medical Command press release

St. Anthony's parishioners enjoy picnic at Salado Creek



(Left) The "Tailpipes" provide vintage music from the 1960s to entertain St. Anthony parishioners during their annual picnic at Salado Creek Park. The band includes current or retired Army medical community members Frank Berlingis, Gregg Stevens, Eric Daxon, Chris Pate, Patrick McAleney, Pat Kelley and Rebecca Dyer. Band member Sylvia Altherr is a UPS employee.



Eddie Vera spent the day roasting corn and accommodating long lines of parishioners waiting to taste his specialty during the St. Anthony's picnic.

Photos by
Phil Reidinger



(Right) Pvt. Mirna Barraza, D Company 232nd Medical Battalion, gets an assist from retired Col. Gregg Stevens in tuning an instrument prior to joining the band for a few songs.



Plenty of food, entertainment and music were available for St. Anthony parishioners. The picnic also served to introduce new parishioners to the post Mentor Program and children met their religious education teachers for the new school year.



Russell Matthias greeted parishioners with St. Anthony parish shirts and manned several information booths announcing parish programs to new parishioners.

(Right) Brian Merry, director of Religious Education, Barbara Bruno, St. Anthony's Parish Council president, and Chaplain (Col.) James Coindreau greet Pvts. Mirna Barraza, Brenda Padilla, Brenda Cantu and Elizabeth Dominguez, all D Company 232nd Medical Battalion Soldiers, at the parish picnic.



187th Medical Battalion's Vision Day sharpens unit leadership skills

The 187th Medical Battalion recently sponsored a "Vision Day" to sharpen unit leadership skills. The leaders' day encompassed seven command teams of first sergeants, company commanders and the primary battalion staff.

Using the Air Force Recreation camp for the setting, teams focused on communication among the battalion leaders, discussing whether the organization is best meeting its potential and applying its resources appropriately.

"As a commander I wanted to create opportunities to know each other beyond 15-hour days at the office," said Lt. Col. John Collins, 187th Medical Battalion commander.

The sessions included a review of the battalion's core competencies, how successes are measured and concluded with a review of the implementation of "Warrior Ethos" training. The day ended with two hours of interaction between leaders while on a pontoon boat at Canyon Lake that limited discussions of work-related topics and encouraged interaction between the command teams.

The battalion transitioned five commanders and numerous key staff positions during the past several months.

"We can't lose focus on what moves this battalion - the leaders and cadre,"

Collins said. "The battalion mission is to train soldierization, support medical training and develop family readiness that will foster academic excellence to produce high quality medical Soldiers that work as a team, live the Army values, and are capable of surviving on the battlefield in support of the fighting force."

The battalion mission applies to every officer course and enlisted Military Occupational Specialty course. The battalion trains 21 officer, 14 enlisted and 10 additional skill identifier courses, and supports 228 classes encompassing over 12,000 Soldiers annually, with classes ranging from two to eight weeks. Further adding to the challenge, the battalion's F Company is located 350 miles at Sheppard Air-Force Base, Texas, in a tri-service setting.

"From an organizational perspective, we need to revalidate our mission and

vision as a continuing process improvement," Collins said. "At the same time, we need to ensure we are providing for our greatest resource - our Soldiers. If we continually ensure our ax is sharp, our leaders

will continue to possess the attitude and skills needed to work together productively while producing world-class Soldiers."

Source: 187th Medical Battalion



Courtesy photo

The 187th Medical Battalion command teams participate in Vision Day events.

Widow honors husband's memory with bugle donation

Story and photo by Master Sgt. C.S. Allbright
Fifth U.S. Army Public Affairs

Hauntingly mournful, "Taps" is sounded as a final salute for veterans at military funerals. One widow's moving tribute to her late husband will ensure "Taps" is shared with other veterans' families for years to come.

Recently, Amelia Diana Wysocki donated two pre-programmed bugles to the Fort Sam Houston Memorial Services Detachment in memoriam of Michael A. Wysocki, a military retiree and Vietnam veteran who died Aug. 3, 2003, at 65 years old.

"Our veterans should be remembered properly, and I think that Michael would have wanted it this way," said Diana Wysocki, who is from Teralingua, Texas.

Memorial Services Detachment members are volunteer veterans who render honors to fellow veterans who served the nation during times of peace and war. In 1991, the detachment was formed

because world events prevented active-duty Soldiers from being present at funerals of many veterans whose service sometimes dated to World War I. Since its inception, the detachment has rendered honors at more than 15,000 funerals.

In the past, when a bugler wasn't available, "Taps" was sounded from a portable radio or speakers on the detachment's van. While this fulfilled the requirement, it was impersonal. Since contracted buglers cost \$70 per funeral, pre-programmed bugles will save money spent on services.

The donated bugles have the look, feel and sound of the real thing.

"If you're off in a distance, you can't tell it's not an actual bugler. It will add some warmth to the program," said Tony Kuberski, detachment commander.

The dignity of the lone bugler will be restored to the services for those veterans interred at Fort Sam Houston National Cemetery.

"You put it in your mouth and push the on button and it plays 'Taps,'" said Frank Perales, a detachment member, who was in the military for 33 years starting in 1946. When he was a basic trainee at Fort Jackson, S.C., he used to lie awake at night waiting to hear "Taps" in the night air.

"It was the most special sound, and it made me feel good to be in the Army," Perales said.

Wysocki was at the ceremony in spirit. Diana Wysocki brought a portrait of him, smiling, in his dress blue uniform with her at his side to the ceremony.

Wysocki, originally from Belleville, N.J., served 10 years in the Navy and 23 years in the Army. His first stint in the Navy ended when it was discovered that he was too young to have enlisted originally. After his Navy experience, Wysocki went to Penn State



University, Pa., and was later commissioned in the Army. He served throughout the world, including a tour in Vietnam. He retired as a lieutenant colonel and later became a chiropractor. A local trophy shop owner attached a plaque on the bugles to honor the gift and memorialize Wysocki at no cost. The engraving memorializes Wysocki and his wife's gift.

Memorial Detachment member Eugene Tofil activates the newly donated bugle that is pre-programmed to sound "Taps." Diana Wysocki presented the bugles to the detachment members Sept. 15 at the Fort Sam Houston National Cemetery in honor of her late husband, Michael Wysocki, who died in August 2003. Also pictured are detachment members, and Jack Prindible, president of the Veterans of Greater San Antonio (in chair), and Paula Haley, the assistant director of the National Cemetery.

to honor the gift and memorialize Wysocki at no cost. The engraving memorializes Wysocki and his wife's gift.

"Every time that we have someone do the service, we will remember Michael Wysocki," Kuberski said.

What every woman should know about ovarian cancer

By Susie Ferrise, RN
BAMC Health Promotion Center

Ovarian cancer is the fifth leading cause of new cancer cases and accounts for approximately 4 percent of all cancers in women. One in 55 women in the United States will be diagnosed with ovarian cancer in her lifetime. The American Cancer Society estimates that approximately 25,500 new cases will be diagnosed and 14,500 women will die from ovarian cancer each year.

The symptoms of ovarian cancer, especially in the early stages, are sometimes vague and indistinct. In some cases, they may be overlooked completely. Some symptoms of ovarian cancer include:

- Pelvic or abdominal pain or discomfort;
- Vague, but persistent gastrointestinal upsets such as gas, nausea and indigestion;
- Frequency and/or urgency of urination in absence of an infection;
- Unexplained changes in bowel habits;
- Unexplained weight loss or weight gain, particularly weight gain in the abdominal region;
- Pelvic and/or abdominal swelling, bloating and/or feeling of fullness;
- Pain during intercourse;
- Ongoing fatigue;
- Abnormal postmenopausal bleeding (this is rare).

Like most cancers, if ovarian

cancer is detected and treated early the five-year survival rate is very good. If the cancer is confined to the ovary the survival rate for ovarian cancer approaches 93 percent. Unfortunately, because most of the symptoms are "quiet" only 24 percent of all cases are diagnosed in this early stage. Depending on the type of tumor, the overall five-year survival rate for women with ovarian cancer is only between 35 and 47 percent.

Currently there is no consistently reliable and accurate screening test for ovarian cancer. Many women are under the impression that the Pap test will screen for ovarian cancer. This simply is not true. The following tests are available and should be used:

- Annual vaginal exam for women 18 and above and rectovaginal exam for women 35 and over.
- Transvaginal sonography for women, especially those at high risk.
- Blood test to determine if the level of a tumor marker called CA-125 has increased in the blood for women at high risk. This test is not always accurate and therefore can not be considered definitive.

If any of these tests are positive, a referral to a gynecological oncologist should be considered for further evaluation.

Women can inherit an increased risk for ovarian cancer, especially if a first-degree rela-

tive—a mother, sister or daughter—had ovarian, breast or colon cancer. Additionally, women with a strong family history are more likely to develop the disease at an early age (younger than 50).

Women of Ashkenazi Jewish descent are also at greater risk if they have an affected family member. There are studies that indicate that women who inherit a defect in the BRCA 1 or BRCA 2 genes also have an increased risk for developing ovarian cancer by about 3 to 5 percent.

Other factors that may increase a woman's chance of getting ovarian cancer include:

- Personal history of endometrial, breast or colon cancer;
- Uninterrupted ovulation (infertility, no pregnancies or never used birth control pills);
- Increasing age.

Remember that having identified any of the above risks does not automatically mean that a woman will develop ovarian cancer. It simply means that she needs to be more vigilant in watching for the early signs.

There are no known ways to prevent ovarian cancer, but there are some things that appear to reduce the risk of developing the disease.

They include:
oral contraception, breast-

feeding and pregnancy, tubal ligation, hysterectomy and prophylactic oophorectomy.

If you would like additional information regarding ovarian cancer, call the Health Promotion

Center at 916-3352. People can also the National Ovarian Cancer Coalition has a toll free number (1 800-OVARIAN) as well as a Web site (www.ovarian.org).



Fort Sam Houston Tell a Friend Luncheon

Friday, Oct. 15, 11:30 a.m. - 12:30 p.m.
Fort Sam Houston Officers Club



Photo by Esther Garcia

Senior Airman Mary Holmes, Randolph Air Force Base, receives information about breast cancer from breast cancer survivors, Deb Verbrigghe, Connie Cumings, Belinda Koeller and Connie Cumings at the post exchange. Susie Ferrise, is the Breast Health Educator at BAMC.

**Featuring the Pink Ribbon Players in
"Handle With Care"**

\$12 per lunch ticket

For ticket information call 916-3352 . Advance sales only—no tickets will be sold at the door.

Health Promotion Center exhibit promotes blood pressure awareness

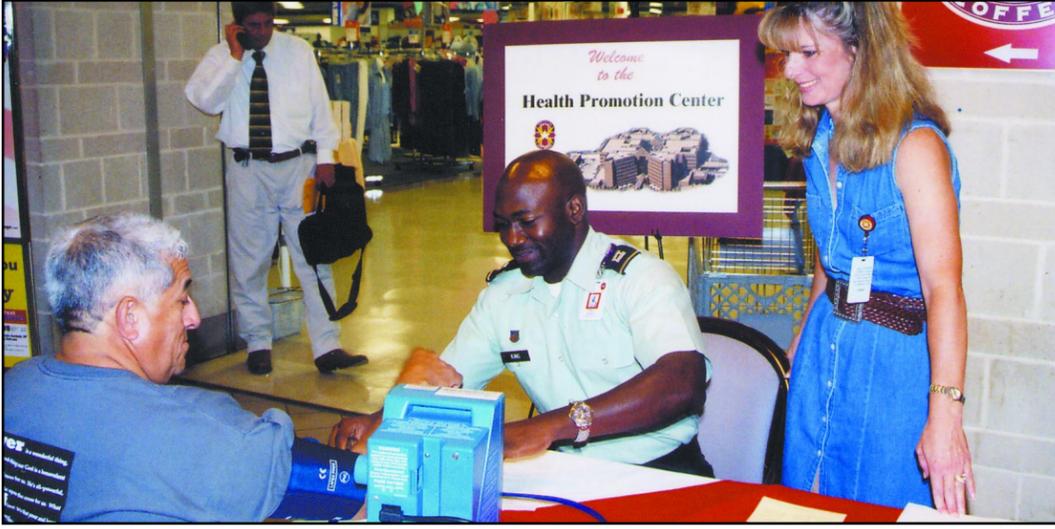


Photo by Esther Garcia

Capt. Johnny King and Capt. Andrea Bishop, Community Health Nurses, Health Promotion Center, Brooke Army Medical Center, provided blood pressure checks to post exchange patrons on Saturday to increase blood pressure awareness. Table exhibit provided literature related to blood pressure management and the programs available at the Health Promotion Center located at the hospital.

Health Promotion Center

September Class Schedule

Class	Date	Time
Breastfeeding Support Group	24	1 - 2:30 p.m.
Diabetes Education	27	12:45 - 4:30 p.m.
Cholesterol and Lipids	28	1 - 3 p.m.
Office Yoga	28	Noon - 1 p.m.
Diabetes Education	28	12:45 - 4:30 p.m.

October Class Schedule

Class	Date	Time
Introduction to Weight Reduction	1	12:00-1:30 pm
Breastfeeding Support Group	1	1:00-2:30 pm
Diabetes Education	4	12:45-4:30 pm
Office Yoga	5	12:00-1:00 pm
Diabetes Education	5	12:45-4:30 pm
AD Self Care	7	8:00-10:00 am
Back Pain	7	1:30-3:00 pm
Breastfeeding Support Group	8	1:00-2:30 pm
Office Yoga	12	12:00-1:00 pm
Stress Management	12	1:00-2:30 pm
Breast & GYN Cancer Support Group	13	9:30-11:00 am
Self Care & Health	14	9:30-11:00 am

For information, call the Health Promotion Center at 916-3352. Health classes are offered for DoD civilians and military beneficiaries.

Pediatric Clinic announces immunizations

Effective Oct. 1, the Pediatric Immunization Clinic will administer immunization by appointment only. No walk in service will be available. This change is an effort to better serve the community by decreasing the waiting time. To schedule an appointment, call 916-5791.

232nd Medical Battalion Soldier and Junior Leader of the Week



Courtesy photo
Pfc. Mauricio Valencia, was selected Soldier of the Week. He is from Waukegan, Ill. Valencia relaxes playing video games. He plans to attend medical school in the future.



Courtesy photo
Pfc. Brandon Trumble was selected Junior Leader of the Week, he is from Marshfield, Mo. Trumble enjoys sports and music. With two years of college behind him, Trumble is on his way to becoming a registered nurse in the Army.

'Train to Save' Soldiers provide mobility for wheelchair-bound residents



Soldiers from the 187th Medical Battalion pose for group photo with residents following the construction of a new wheelchair ramp on Saturday.

Story and photo Chaplain (Capt.) David Schlichter
Special to the News Leader

Two teams of Soldiers of the 187th Medical Battalion joined forces on Saturday and gave their time, energy and talent to impact the lives of two San Antonio residents. Working in cooperation with the Repair and Modification Program, a division of the San Antonio Alternative Housing Corporation, the Soldiers built two wheelchair ramps that will provide mobility and independence to the wheelchair bound.

These Soldiers demonstrated nothing less than enthusiastic motivation. Each team was given an address, one on the North and one on the South end of town. Upon arriving, they met the project coordinator and found all the materials and tools needed for the job. The rest was purely high-charged energy.

For one team the project grew from simply building a wheelchair ramp to also rebuilding an entire front porch. The other team created a 36-

foot ramp of mobility. The Soldiers experienced that as a team, each member is important and these Soldiers learned new skills and employed others in a tangible way. This past Saturday they provided mobility, independence and freedom as they prove the Army value of selfless service.

One team was truly touched as members received a hug from the homeowner and with

tear-filled eyes she praised them and stated that she could never repay them for what they were giving her. These "Train to Save" Soldiers made me proud to be a Soldier and their Chaplain. As these young men and women train to become the Army's best-qualified medical specialists, they learn to become technically and tactically proficient in warrior leader skills.

I extend a special thanks to the following 187th Medical Battalion Soldiers who participated in this worthy project: Spc. Erica Puz, Pvt. Jenni Merritt, Pfc. Clarrissa Mercado, Pfc. Erin Leighton, Pfc. Rhachel Demetropoulos, Pvt. 2 Samantha Deveraux, Pvt. 2 Jaime Malasig, Pfc. Michael McCormick, Pvt. Brian Rodriguez, Pfc. Ernessa Bitsui, Pvt. 2 Adrian Vasquez, Spc. Davia Brown, Spc. Chris Headdress, Spc. Nick Rivera, Spc. Heidi Inguez, Pfc. Jose Lapella, Pvt. David Rudolph, Pvt. 2 Christopher Myers, Pvt. 2 Michael Thrun, Pvt. 2 Adrian Lewis, Pfc. Roderick Houston, and Pvt. Joseph Fish.

Fort Polk specialist becomes headquarters IMA Soldier of the Year runner up

By Ron Joy
SW Region Office IMA

What began as a competition to determine who was the best garrison Soldier for 2003 turned into far more than the Installation Management Agency Southwest Region Soldier thought it might be.

Last spring, Spec. (then Pfc.) Justin Moon from Fort Polk, La., was nominated and then won the garrison's Soldier of the Year Award. This put him in the running for the IMA SWR competition held May 27 at Fort Sam Houston, Texas.

While, Moon didn't win that competition, he did finish second in his category.

As fate would have it, the selected IMA SWR Soldier of the Year had to withdraw from competition making Moon the

region's winner. With that title, Moon continued his climb to the top by competing in the Headquarters IMA competition held July 11-15, in Washington, D.C. At this level, Moon competed with the six other IMA region winners throughout the world. The winner then competed at the National Capitol Region contest.

Much the same as the IMA SWR competition, Moon was deeply involved in four day's worth of challenging events. These included: a physical fitness test, day and night land navigation, weapons qualification, Common Task Training, a written exam and essay and a stressful oral board.

"The experience of the SWR and Headquarters IMA boards have helped me be a more professional and knowledgeable Soldier and person," Moon said.

"When I become a noncommissioned officer one day, I will be better able to train and lead Soldiers with these experiences."

IMA SWR Command Sgt. Maj. Kenneth Fyffe said, "Army Specialist Moon is a tremendous American Soldier. As an example, Moon was notified that he would represent SWR as our Soldier of the Year at the next higher level only one week prior to the start of the HQ IMA competition. His professionalism and desire that he demonstrated during that time and throughout IMA's competition make even this old Soldier envious. Moon is the role model for what our next greatest generation represents: America at its best. Congratulations to Specialist Moon and the Fort Polk U.S. Army Garrison team."

Moon, who is a fund clerk for the Fort Polk Chaplaincy, is from Conyers, Ga. and has been in the Army since January 2003.

In a special ceremony at IMA SWR Headquarters, Moon was presented with a trophy and plaque and some very nice prizes. Sponsors supporting the award include: American Eagle, Army Air Force Exchange

Services; Association of the United States Army, Bank of America; Eisenhower National Bank, First Command Financial Planning, Government Employees Insurance Co., Miles Program, Dealer's Financial Services; Morale Welfare and Recreation, San Antonio Federal Credit Union, and USAA.

Attention

personnel assigned to AMEDDC&S

All personnel with orders assigning them to Army Medical Department Center and School will now report to 32nd Medical Brigade, Bldg. 902, for in-processing. The Officer and Enlisted Strength Managers have moved from Bldg. 2263 to Bldg. 902, Wagner Hall. The new phone numbers are: 221-3369, Officer Strength Manager and 221-4542 or 221-3177, Enlisted Strength Manager.

Cole Cougars lose to Natalia



Photo by Jennifer Wilber

The Cole Cougars practice a pass to the left in preparation for the game against Natalia.

By Dr. Gloria Davila
Associate Superintendent

The Robert G. Cole High School Cougars lost their first football game last Friday night to Natalia, 43 to 8, for a 3-1 record. The winning streak had included victories over Three Rivers (27-7), St. Anthony (37-15), and Jourdanton (20-6).

"Our boys gave it a great effort, but we ran up against a good team (Natalia)," stated Larry Ransom, Cougar football coach for ten years. "We're looking for another victory against Center Point next week."

Howard Baer, Eric Boehme, Darrell Kurek and Brian Sotak make up the rest of the Cougar football coaching staff.

Returning starters for the offense for the 2004 season are seniors: Jon Brown, Julio Burgos, Josh Collins and James

Starcher. Returning starters for the defense are Brown, Collins, junior Matt Newcomer and Starcher. The other Cougar team members are James Bryant, Sha Cameron, Ben Carter, Tre Cortinas, Alexander Dochnal, Stanley Goodman,

Versie Graham, Paul Parker, Tim Pedro, Mike Ruiz, J.R. Simmons, Erin Simmons, Chris Talamantez, T.J. Tudela, Christian Vega, Erick Walker, Mark Weathersby and Jason West.

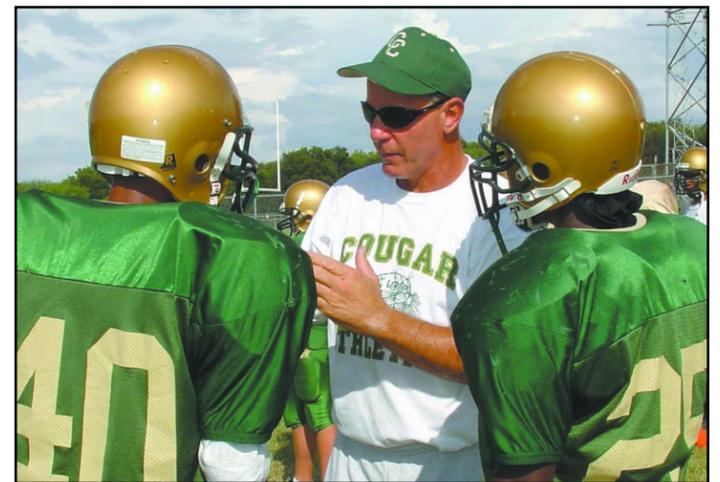


Photo by Jennifer Wilber

Cole H.S. football Coach Larry Ransom provides pointers to two of his players during practice.

Fort Sam Houston Independent School District Weekly Campus Activities September 27 – October 2, 2004

Fort Sam Houston Elementary School

Tuesday, September 28

Fort Sam Houston ISD School Board Meeting in Professional Development Center – 11 a.m.
Individual School Pictures

Friday, October 1

Spirit Day

Robert G. Cole Jr. / Sr. High School

Monday, September 27

Student of the Month Photos / Breakfast in Mall Area, 9:50 a.m.

Tuesday, September 28

Fort Sam Houston ISD School Board Meeting in Professional Development Center, 11 a.m.
Volleyball vs Randolph at Cole, Freshmen – 5 p.m.; Junior Varsity – 6 p.m. and Varsity 7 p.m.

Wednesday, September 29

Cub Scout Meeting in Cafeteria, 7 p.m.

Friday, October 1

Varsity Volleyball at Blanco, Freshmen - 4 p.m.; Junior Varsity – 5 p.m.; Varsity – 6 p.m.

Saturday, October 2

JROTC Corps Day at Cole Football Field, 8 a.m. – Noon
TMI Cross Country Invitational at TMI, All Day

Notice of Public Meeting

to discuss FSH Independent School District's State Financial Accountability Rating

The Fort Sam Houston ISD will hold a public hearing during the called meeting of the Board of Trustees at 11:00 a.m., Sept. 28, 2004 in the Professional Development Center, 1902 Winans Road San Antonio, Texas 78234.

The purpose of the meeting is to inform the Fort Sam Houston Independent School District's community of its "Superior Achievement" Rating based on the Financial Integrity Rating System of Texas (FIRST).

Want to reduce your credit debt?



If your answer is yes, we have good news for you. The Army Community Service Financial Readiness Program provides a service that can help. For more information, call 221-1612.

Antiterrorism Awareness Training (Level I) is mandatory

Army Regulation 525-13 mandates annual Antiterrorism Awareness Training (Level I) for all military and DoD civilians. DoD contractors are provided this training as specified in the contract. This annual training requirement may be fulfilled one of two ways, online or face-to-face from a certified instructor.

Online training is encouraged as it's convenient and saves time. The Web site is www.at-awareness.org (access code: aware).

The Fort Sam Houston Antiterrorism Office will conduct classroom style training at Evans Theater, Bldg. 1396, on Garden Avenue, Oct. 15, 9 to 11 a.m. and Oct. 26, 1 to 3 p.m. Training is open to all FSH personnel and seating is on a first-come basis.

If you have questions, contact Terri Stover, FSH Antiterrorism Office, 295-0535 or e-mail theresa.stover@samhouston.army.mil.



Crime Prevention Month Poster Contest

Hey Kids!
McGruff is looking for the best poster for October's Crime Prevention Month!

- The contest is open to all children attending the Fort Sam Houston Elementary School.
- Three age groups: K-1st grade, 2nd-3rd grade; and 4th-6th grade
- Poster should be no larger than standard poster-board size.
- Print your full name, age, home phone, grade, and parent's name and rank on back of poster.
- Turn in your poster by 4 p.m., Friday, Oct. 8 at Bldg. 2250, (between the MP Station and the Education Center) to the Crime Prevention Section.
- Judging will be conducted on Oct. 12 and winners will be contacted by Oct. 15.

BAMC celebrates Organization Day



Photo by Nelia Schrum

Cynthia Murphy, 4, models her balloon crown created by balloonman Selwyn Garner. Long lines formed for Garner's special creations.



Photo by Nelia Schrum

Sgt. Joseph Holtz paints the face of Nathan Ales, 6 months, as his grandmother Sharon Burnet tries to keep him from squirming. Nathan's mom, Maj. Noel Ales works in BAMC's allergy department, while his dad, Maj. Greg Ales, works in neurology.

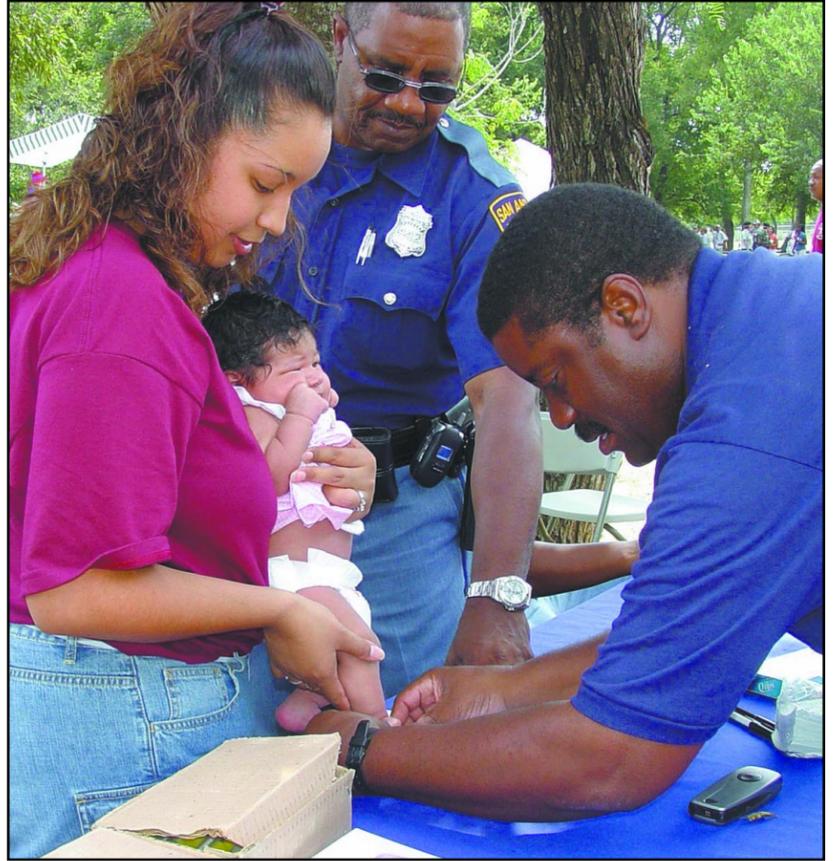


Photo by Nelia Schrum

One-month-old Alexis Alvarado, held by her mom, Brenda Alvarado, is reluctantly footprinted by San Antonio Police Department's Officer Phillip Doxide. The police department fingerprinted children for parents during BAMC's Organization Day, Friday.



Photo by Staff Sgt. Frederick Williams
(Left) BAMC's Catherine Hobson and Terry Gallardo join the Spurs Coyote at Organization Day. The Coyote greeted BAMC employees, entertaining them with Coyote antics.

Photo by Nelia Schrum
(Right) Gold Medal recipient and Silver Stars point guard Shannon Johnson receives a Brooke Army Medical Center Organization Day T-shirt and hat from BAMC's troop commander, Lt. Col. Rolando Glenn.



Photo by Nelia Schrum

Despite true grit and determination, BAMC's A Company fell to HHC during the tug-of-war competition.



232nd Medical Battalion conducts field-training exercise



Photo by 1st Sgt. Raymond Price

Soldiers call in to the battalion aid station for mission directions to locate a wounded pilot in a simulated downed aircraft.

By Capt. Alejandro Gonzalez
Special to the News Leader

Soldier medics from D Company, 232nd Medical Battalion put their medical skills and field craft to the test during a recent field training exercise at the Camp Bullis Soldier medic training site.

During the exercise, Soldiers were tested on conducting trauma assessments in a field environment, establishment and operations of a battalion aid station, transporting patients utilizing conventional and improvised modes of evacuation, conducting intravenous training, and executing a platoon level

attack at the Camp Bullis Military Operations in Urban Terrain site.

Additionally, while conducting lane training, Soldier medics must also establish a casualty collection point for further treatment and then call in medical evacuation assets to get their patients to the next level of care. The training is setup to be as realistic as possible with simulated combat sounds, role player aggressors, and numerous simulated patients. The 232nd Medical Battalion Soldiers run through multiple iterations allowing for increased exposure to each of the training lanes.



Photo by 1st Sgt. Raymond Price

Soldier provides security while a battalion aid station is being set up to receive patients. Soldier medics are trained to provide security for casualty collection points, battalion aid stations and medical companies.



Photo by Mia Jones

D Company Soldiers transport a wounded Soldier to a casualty collection point inside of a building at the Military Operation Urban in Terrain training site at Camp Bullis.



Photo by 1st Sgt. Raymond Price

D Company Soldiers move to the next training site for briefing prior to executing mission. Training scenarios are set up on four independent lanes providing a variety of patient casualty scenarios and tactical situations.



Photo by Mia Jones

Two Soldiers provide first aid to a wounded Soldier at daybreak. One of the Soldiers starts an IV.



Photo by 1st Sgt. Raymond Price

Soldier medic gives aid to a wounded Soldier during a chemical attack scenario.

Child and Youth Services news



3-Day Part Day Preschool Program CYS is surveying interest for a two-day part day preschool program. Contact Central Registration to put your child's name on the list. Fees will be assessed by calculating Total Family Income. For more information call 221-4871.

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post

with certified providers. Types of care are full day, part day, before and after school care, hourly care, extended hour care and long term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723. FCC is looking for family members interested in becoming certified FCC providers to offer home based child care. There is a no-

cost start up plan. For more information, call 221-3820 or 221-3828.

Parent Child Incorporated (PCI) Headstart program is currently taking applications. PCI/Headstart is a federally funded program that provides free childcare for parents who meet the federal poverty guidelines. For information and eligibility, call 221-3788 or 221-3835.

CDC Categories Effective Oct.1, fee structure at the CDC will be as follows: Category I- \$196 from \$181; Category II- \$295 from \$290; Category III- \$349 from \$346; Category IV- \$404 from \$393; Category V- \$462 from \$454 and Category VI- \$522 (no change). Hourly care will be \$2.50 an hour for patrons in Category I and \$3.50 and hour for Category II through VI. CDC's fee struc-

ture is based on Department of Defense policy and must be implemented consistently within and across Installation Management Agency Regions. This ensures consistency and predictability of CYS fee structure and procedures for Army patrons as they move from installation to installation and region to region.

The Child Development Center has full-time day immediate openings for ages 3 to 5 years. To register, call Central Registration at 221-4871 or 221-1723.

Child Development Center waiting list - If your child's name is on the wait list for full day care at the Child Development Center, check your status on the wait list from the day you complete the form; otherwise your child's name will be

purged from the list. To check your status, call Central Registration at 221-4871 or 221-1723.

Instructional Classes - If you are interested in instructional classes such as Tae Kwon Do, piano, quarterly babysitter training or gymnastics, call 221-4882 or 221-4871/1723. For babysitter training or information, call 221-4871 or 221-1723.

School Age Services (kindergarten through fifth grade) offers after school and weekend open recreation (open recreation available to children in first through fifth grade) opportunities and after school hourly care options. Hourly and Open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to using the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

Sixth through 12th graders seeking after school and weekend opportunities can contact Youth Services at 221-4882 or CYS Central Registration at 221-4871.

MWR Youth Happenings

Free Afterschool Program for Middle School students

Youth Services offers an after school program for sixth through ninth graders weekdays until 6 p.m. YS will pick up children from either the elementary or junior/senior high school.

Students go to the Youth Center, have a snack, work on homework, participate in clubs and do fun, innovative projects. They can join the 4-H club, photography club, a computer technology club and a variety of other clubs. YS can add areas of interest that appeal to the parents and students. Students must be registered with Child and Youth Services, which is an \$18 annual fee, but the after school program for middle and high school students is free. For more information, call 221-3502.

Youth Services seeks volunteers

Youth Services is looking for volunteers to assist with youth programs, including coaches, computer-skilled people, people with craft hobbies or people who just care about kids. For more information or to volunteer, call the Youth Center at 221-3502.

Saturday Open Recreation

First through 12th graders can participate in open recreation at

the Youth Center Saturdays. First through fifth graders meet from 3 to 8 p.m., sixth through eighth graders from 3 to 10 p.m. and ninth through 12th graders from 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, ping pong and movies. People must be registered with Child and Youth Services to attend. For more information, call 221-3502.

Saturday shuttle

Youth Services offers a Saturday shuttle to and from the Youth Center. There is no cost but parents with children nine years old and younger must wait for the van and sign them in and out. The shuttle schedule is:

- 3 p.m. - Leave the Youth Center
- 3:07 p.m. - Gorgas Circle (picnic tables)
- 3:10 p.m. - Schofield/Dickman on Schofield
- 3:15 p.m. - Reynolds and Dickman on Reynolds
- 3:20 p.m. - Officer's Club tennis courts
- 3:25 p.m. - Artillery Post Road at bus stop
- 3:30 p.m. - Easley/ Infantry Post at bus stop 660
- 3:42 p.m. - Patch Road (playground)
- 3:46 p.m. - Patch Road (shop-pette parking lot)

3:50 p.m. - Foulois/ Scott Road Harris Heights

3:54 p.m. - Forage/ Foulois
4:00 p.m. - Powless Guest House

The return shuttle will leave the Youth Center at 7:30 p.m. for those in fifth grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in ninth grade and up. These shuttles are for youth who live on the installation.

Parents Wanted!!!!

Parents are invited to come to the Youth Center every third Saturday of the month from 6 to 9 p.m. to join the Youth Center staff and the teens and middle school youth in a game of basketball. Parents and staff try to outmaneuver the teens and score a few baskets. Refreshments are provided. For more information, call the Youth Center at 221-3502.

Piano Instructor

Youth Services seeks a certified piano instructor willing to teach first through 12th graders. Instructor must be able to teach on weekday afternoons and evenings or Saturdays. For more information, call the Youth Center at 221-3502.

TAE-BO

Youth Services is offers Tae-Bo Wednesdays from 4:15 to 4:45 p.m. at the Youth Center. Classes are held in the gym and all youth are welcome to attend. The class is free. For more information, call the Youth Center at 221-3502.

Alternative Dance Class

Come join the Youth Services staff and volunteers for the next dance craze. The class includes salsa, hip hop, swing, country line dancing and more. For more information, call 221-3502.

Dance classes

Dance classes will be offered Saturdays at the School Age Services building, Bldg. 1705, starting Oct. 2. The following classes times are available.

- 9 to 9:30 a.m.: 2-year-old creative dance class
- 9:30 to 10:10 a.m.: 3- to 4-year-old ballet, tap and jazz class
- 10:10 to 11 a.m.: 5- to 7-year-old tap, ballet and jazz class
- 11-11:50 a.m.: 4-years-old and older cheerleading class
- 11:50 a.m. - 12 p.m.: 8-years-old and older jazz and hip hop class

The cost is \$24 for 30-minute classes, \$26 for 40-minute classes, \$28 for 50-minute classes and \$30 for 60-minute classes.

For more information or to sign up, call 221-3502 or 221-4882.

Van to Cole Away Game

Youth Services will take a van to the Cole High School away football game to Center Point, Texas, Friday. The cost is \$2 per person and game ticket must be purchased before departure. Sign up today at 221-3502.

Hail and Farewell pizza party and tour

Youth Services will host a Hail and Farewell pizza party for new and departing middle and high school students. The party is from 7 to 9 p.m. followed by a tour of the installation. For more information, call 221-3502.

Aerobics

Youth Services offers a youth aerobics class Tuesdays and Thursdays from 6:30-7:30 p.m. in the Youth Center gym. For more information, call 221-3502.

Cooking Classes

Youth Services offers cooking classes Fridays from 4 to 6 p.m. at the Youth Center. This week the class will make apple cake. October will feature spooky recipes. For more information, call 221-3502.

Officers' Christian Fellowship Bible study

Join fellow officers for Bible study at 1008 Gorgas Circle, Fort Sam Houston on the following in the fall:

Sept. 24; Oct. 8, 15, 29; Nov. 12, 19; Dec. 3, 10, 17

Supper begins at 6 p.m. and study at 7 p.m.

For information, contact Lt. Col. Griffith at 226-1295 or rgriffith3@satx.rr.com or Chaplain Schlichter at 221-1698 or david.schlichter@cen.amedd.army.mil

FSH Jewish Congregation High Holy Day Services

September

Service	Day/Date	Time
Kol Nidre	Fri., 24	7:30 p.m.
Yom Kippur	Sat., 25	9 a.m.
Break-the-fast	Sat., 25	8:30 p.m.

Rosh Hashanah service will be held at the Main Post Chapel, Bldg. 2200 on Wilson Ave.

Kol Nidre and Yom Kippur Services will be held at Dodd Field Chapel, Bldg. 1721, off Winans Road, near Cole High School. For more information, call 493-6660, 379-8666 or 385-8666.

September Interfaith Calendar

- **25 Yom Kippur * - Jewish** (Jewish Day of Atonement. This holiest day of the Jewish year is observed with strict fasting and ceremonial repentance.)

- **30 Lailat al Bara'ah - Islam** (Islamic Night of Forgiveness. (A night of prayer to Allah for forgiveness of the dead. Preparation for Ramadan through intense prayer.)

- **30 Sukkot begins * - Jewish** (Jewish Feast of Tabernacles which celebrates the harvest and the protection of the people of Israel as they wandered in the wilderness dwelling in tents.)

Post Worship Schedule

Main Post Chapel, Bldg. 2200, phone number: (210) 221-2754.

Catholic Services:

4:45-5:15 p.m. - Confessions - Saturdays
 5:30 p.m. - Mass - Saturdays
 9:30 a.m. - Mass - Sundays
 11:30 a.m. - Mass - Weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant
 11 a.m. - Traditional Protestant

Jewish Services:

phone numbers: (210) 379-8666 or 493-6660.
 Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat



Dodd Field Chapel, Bldg. 1721, phone numbers: (210) 221-5010 or 221-5432.

Catholic Services - Sundays: 12:30 p.m. - Bilingual Mass

Protestant Services:

5:30 p.m. - Contemporary Protestant - Sundays
 10:30 a.m. - Collective Gospel Protestant - Sundays

9:30-11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, childcare is provided

AMEDD Regimental Chapel, Bldg. 1398, phone number: (210) 221-4362.

Troop Catholic Mass: Sundays:

10 a.m. - 32nd Medical Bde. Soldiers

Troop Protestant Gospel Services:

Sundays: 11:30 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Service:

9 a.m. - 32nd Medical Bde. Soldiers



FSH Mosque, Bldg. 607A, phone numbers: (210) 221-5005 or 221-5007.

1:30 p.m. - Jumma - Fridays

10:30 a.m. - Children's Religious Education - Sundays

7:30 p.m. - Adult Religious Education - Thursdays

Brooke Army Medical Center Chapel, Bldg. 3600, phone number: (210) 916-1105.

Catholic Services:

8:30 a.m. - Mass - Sundays
 11:15 a.m. - Mass - Sundays
 11 a.m. - Mass - Weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays
 Noon - Worship - Wednesdays



232nd Medical Battalion Classroom, Bldg. 1380, phone numbers: (210) 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

Web site: www.cs.amedd.army.mil/chaplain

Smoke-free and courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip, or chew. Become one of our graduates and earn your "wings".

Health Promotion Center
 Ward 3 West, BAMC



MWR Recreation and Fitness

Sept. 25 - Keep Your Heart Healthy - A free 5K fun run/walk will be held Saturday, Sept. 25 beginning at 10 a.m. outside the Jimmy Brought Fitness Center. Participants will receive a free T-shirt. For information, call 221-2020.

Sept. 26 - Army Dillo Half Marathon - Sign-up now for the Army Dillo Half Marathon, which will take place Sunday, Sept. 26, 7 a.m. from the Brigade Gym. Registration fee for teams is \$30, individual is \$25 now through Sept. 22; after Sept. 22, fee for teams is \$40, and individual is \$35. Race day registration

starts at 6 a.m. To register, download a registration form at www.fortsamhoustonmwr.com or pick one up at the Jimmy Brought Fitness Center.

Equipment Rentals - The Outdoor Equipment Center now has softball and flag football kits available for rent. Attention hunters, in anticipation of hunting season, the Outdoor Equipment Center now has targets for sale. Visit the center at Bldg. 1111, Forage Ave. Monday-Friday, 8 a.m.-5 p.m. or call 221-5224. A full list of available equipment is on line at www.fortsamhoustonmwr.com.

Outdoor Equipment Center Archery Range New Hours - The Archery Shop, located in the Outdoor Equipment Center has extended the hours, Tuesday and Thursday from 1-6 p.m., on Wednesday and Friday from 1-5 p.m. and on Saturday by appointment. The archery shop sells tuning equipment and now offers archery targets. An indoor archery range, located in the Outdoor Equipment Center for practice, is open Tuesday and Thursday from 8 a.m. to 6 p.m., Wednesday and Friday from 8 a.m. to 5 p.m. and on Saturday by appointment.

For information, call 221-5224.

60 Days of Fitness - A motivating fitness and weight loss program designed to help lose 15 pounds in 60 days safely, using a point system. This self-paced program requires a workout 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. Participants will attend two 30-minute weight loss classes. Cost is \$40 and includes a T-shirt. For information call Lucian Kimble at 221-2020.



Photo by Alexandra Nordeck
Victoria Johnston participates in the first cycling class at the Jimmy Brought Fitness Center as part of the Aerobathon, Saturday, Sept. 18. Regular classes begin next month, see the online events calendar at www.fortsamhoustonmwr.com.

Intramural Fall Softball Standings

As of Sept. 16		
Team	W	L
Pool A		
Co C Acad Bn	3	0
5th Army	2	1
Fire Department	2	1
USARSO Sharks	1	1
418th Med Log	1	2
NMCRC	1	2
D BAMC	0	1
470th MI	0	2
Pool B		
BAMC	3	0
232nd Med Bn	3	0
Co B Acad Bn	2	0
ISR	1	0
Baylor Bears	2	2
440th BSD	0	2
MEPS	0	3
USARSO Dwags	0	4

Sept. 13			
BAMC	16	440th BSD	3
Co B Acad Bn	11	Baylor Bears	5
232nd Med Bn	26	USARSO Dwags	1
Co C Acad Bn	12	418th Med Log	7
5th Army	14	NMCRC	3

Sept. 15			
BAMC	15	MEPS	10
Baylor Bears	18	USARSO Dwags	9
232nd Med Bn	19	440th BSD	10
5th Army	11	Fire Department	2
NMCRC	8	418th Med Log	2

ISR VS 440th BSD game will be replayed as 440th BSD was still on deployment.

Intramural Flag Football Standings

Sept. 17			
Team	Wins	Loss	
1st Co A STB	3	0	
2nd BAMC	3	0	
3rd G 232nd Med Bn	2	0	
4th Co B Acad Bn	2	1	
5th 135th FA	1	2	
6th DFAS	0	2	
7th Rough Riders	0	2	
8th D BAMC	0	3	
9th The Red Legs	0	3	
10th 591st Med Log	0	3 (Dropped)	

MWR to hold Fort Sam Fall Fest Oct. 16

The Fort Sam Houston community is invited to the Morale, Welfare and Recreation Fort Sam Fall Fest, Oct. 16 from 8 a.m. to 8 p.m. at MacArthur Field. This annual family event will feature fun-filled activities like children's games, a 5K Fun Run, food and beverage booths and live entertainment. Make your plans now to participate in one or all of the following events:



Chili Cook-Off, 8 a.m. - 3 p.m. -

Calling all Chili cooks...enter your prize-winning chili. Prizes will be awarded for the best chili as judged by a panel of Army leaders. Military units can win \$200 for their unit fund and a unit trophy. To register, call (210) 221-5224.

Arts and Crafts Fair, 9:30 a.m. - 7:30 p.m. -

Vendors and crafters are needed. Items include jewelry, paintings and woodcarving. Reserve your spot for just \$30 a space. No commercial vendors. To register, call (210) 221-5224.



Open Car Show, 7

a.m. - Trophies will be awarded to 1st, 2nd and 3rd place entries in each category. Entry fee is \$20. To register, call the Auto Craft Shop at (210) 221-3962 or 221-4883.



5K Fun Run, 9:30 a.m. - Sign up now for a fun run. Awards for 1st, 2nd and 3rd place will be presented. To pre-register, call 221-3185. Same day registration will be available.



Children's Games and Race 10:30 a.m. -

Register your children now for the annual Mini Marathon. Medals will be awarded in each age category and each participant will receive a T-shirt and a medal. To register for Mini Marathon, call the youth center at (210) 221-4882. Fun games and activities scheduled throughout the day at the Youth Services tent. Activities include face painting, pony rides, carnival games and the Moon Bounce.

FSH Golf Club fees will increase Oct. 1

In order to continue to operate at the highest standards possible along with providing customers the best possible course while meeting or exceeding the Best Business Practices for Golf Clubs established by Department of the Army, it is necessary to slightly increase our fee structure beginning Oct. 1.

The decision to increase fees is always a difficult plan and was reached by management and the Golf Advisory Board after carefully reviewing all alternatives. The last increase was October 1, 2002.

During the current fiscal year, which began October 1, 2003, some \$265,000 has been spent on capital improvements such as golf carts, mowing equipment, dining room tables, chairs and kitchen equipment.

Within the next several weeks, \$100,000 will be spent and work will be done by an outside contractor enhancing the condition of our trees around the greens and tees on both courses. The markings on the trees: red for removal, yellow for pruning and white for root cutting, came at the recommendation of a recent visit by the USGA

Agronomy Section, and is expected to improve turf conditions in those areas.

You are our valued guest and we look forward to continue to improve our services to you. Below is the new fee schedule which will begin Oct. 1.

For more information, call 222-9386.

Fort Sam Houston Golf Club

Effective October 1, 2004

<i>Annual Fees Per Month</i>	<i>Single Per Month</i>	<i>Family Per Month</i>
E-1 thru E-6	\$35.00	\$50.00
E-7 thru E-9	\$49.00	\$69.00
Officers	\$60.00	\$80.00
DoD Civilians	\$60.00	\$80.00
Civilians	\$38.00	\$40.00
<i>Daily Green Fees</i>	<i>Weekdays</i>	<i>Weekends & Holidays</i>
E-1 thru E-6	\$10.00	\$12.00
E-7 thru E-9	\$15.00	\$16.00
Officers	\$16.00	\$17.00
DoD Civilians	\$21.00	\$23.00
Civilians	\$23.00	\$25.00
<i>Twilight Green Fees</i>	<i>Weekdays</i>	<i>Weekends & Holidays</i>
E-1 thru E-6	\$6.50	\$7.50
E-7 thru E-9	\$9.50	\$10.00
Officers	\$10.00	\$10.50
DoD Civilians	\$13.00	\$14.50
Civilians	\$15.00	\$16.50
<i>Daily Cart Rentals</i>		<i>Driving Range Bucket \$2.00</i>
9 holes (2 people)	\$12.00	50 Bucket Chip \$75.00
18 holes (2 people)	\$24.00	30 Bucket Chip \$50.00
9 holes (1 person)	\$8.00	20 Bucket Chip \$35.00
18 holes (1 person)	\$12.00	
Trail Fees (18 holes)	\$5.00	
Trail Fees (9 holes)	\$2.50	
		<i>Rental Clubs</i>
		\$8.00

*Twilight begins at 1:30 everyday

Que Pasa?



Community events

MOAA picnic, Friday

The San Antonio chapter of the Military Officers Association of America will sponsor a picnic starting at 5 p.m. Friday at Eberle Park at Randolph Air Force Base. The cost is \$12 per person, which includes fried catfish with all the "fixins'" and beverages. "Mule Train" Tim Perry will furnish music for entertainment and dancing. For more information or reservations, call 228-9955.

Lackland AFB walk, Saturday

The U.S. Air Force will host an annual Global Volksmarch 10-kilometer (6.2 mile) and 5-kilometer (3.1 mile) walk at Lackland Air Force Base on Saturday. For more information, call Kristin Mayer at (210) 671-3106 or Helgard Suhr-Hollis at (830) 625-6330 or e-mail helgard@texas.net.

Kelly Creek Ranch Walk, Saturday and Sunday

The Kerrville Trailblazers volksmarch club will host a 10-kilometer (6.2 mile) and 11-kilometer (6.8 mile) walk at the Kelly Creek Ranch in Ingram, Texas, Saturday and Sunday. A shorter walk will be available for those unable to complete the full route. For more information, call Robert Theis at (830) 896-3550.

Fort Parker Walk, Saturday and Sunday

The Trotting Texas Turtles volksmarch club sponsors two 10-kilometer (6.2 mile) walks and a 5-kilometer (3.1 mile) walk at Fort Parker State Park in Mexia, Texas, Saturday and Sunday. For more information, call Karl or Beverly Kittinger at (254) 547-1403 or e-mail walkabout@hotmail.com.

Botanical Garden event, Oct. 2

The San Antonio Botanical Garden hosts a Gardens by Moonlight event Oct. 2 from 7 to 11 p.m. at the garden at 555 Funston and North New Braunfels Avenue. Guests enjoy live music and food from local restaurants and caterers. Advance tickets are \$12 and can be purchased through Oct. 1 from Starbucks and the garden's gate gift shop. For more information, call 829-5100 or go to www.sabot.org. All proceeds benefit the San Antonio Botanical Society.

Cherry Mountain School Walk, Oct. 2

The Volkssportverein Friedrichsburg volksmarch club sponsors a 10-kilometer (6.2 mile) and 5-kilometer (3.1 mile) walk starting at the old Cherry Mountain School near Fredericksburg, Texas, on U.S. Highway 87 North. For more information, call Elizabeth Crenwelge at (830) 997-2533 or Becky Lindig at (830) 997-8056.

Flamenco Dancing class at NE Community Center

Adults and teens are welcomed to a six-week introductory class in flamenco dancing with Image Dance Company in Windsor Park Mall. Students will learn arm work, foot work and castanet playing as they learn the basics of this fiery Spanish dance. The class begins Sunday at 3 p.m. For more information or to register, call North East Community Education at 657-8866 or visit the web page at www.neisd.net. Contact: Mary Fisher, 657-8866 ext. 235.

Volunteer

Anthrax vaccine research study

Wilford Hall Medical Center seeks volunteers for a clinical research study to determine if the current Anthrax vaccine administered with an immune system booster is safe and effective in shortening the time to develop antibodies to Anthrax. Participants must be between 18 and 45 years old, in good health and cannot be an active-duty military member. Eligible volunteers will be paid compensation for approximately 14 outpatient visits. For more information, call Ms. Rosemary Wells at 292-0329.

WHMC seeks patients with uterine fibroids

Wilford Hall Medical Center seeks patients who require treatment for pain, discomfort or bleeding caused by uterine fibroids. Uterine fibroid embolization is a minimally invasive procedure that is available and requires no surgery, leaves virtually no scar and allows most patients to resume normal activities within days. For more information or to schedule an evaluation, call Maj. (Dr.) George Leon or Lt. Col. David Condie at 2-7839.

Male mentors needed

The Fort Sam Houston Community Mentor program needs more than 100 mentors, particularly male mentors, for 18 schools in four independent school districts in the local San Antonio area. The program provides 60 to 90 minutes of work time for active duty, government employees, family members and retirees to volunteer on a one-on-one basis for students in academic and social at-risk situations. Mentor orientation takes place Tuesdays from 11:30 a.m. to 12:30 p.m. in Bldg. 2530 (next to Burger King). For more information, call Brian Merry or Iva Winslow at 221-5005 or 221-5007.

BAMC seeks volunteers for 'Partners in Healing'

Brooke Army Medical Center is looking for active and upbeat volunteers to be "Partners in Healing." BAMC wants volunteers who understand the hardships of coping with illness or injury and who empathize with the special needs of patients. BAMC offers 130 positions to match each volunteer's skills and interests. To volunteer, call the Office of Volunteer Services at 916-5083.

U.S. Army seeks Warrant Officer candidates

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors, and Airmen to fill its Warrant Officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less

than 12 years active federal service are encouraged to apply. For more information and forms/documents required to apply, visit the Web site: www.usarec.army.mil/warrant or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is 1-800-223-3735, ext. 6 and the last four of the phone number.

Cultural Homestay International seeks host families

Cultural Homestay International, a non-profit educational exchange program, has many exchange students waiting to be placed with host families for the upcoming school year. Ideal families should be willing to open their home to the world and accept a new culture into their life. To volunteer, contact Ruth Chislett, CHI Academic Coordinator, at (210) 862-2711 or (800) 777-5724. To learn more about CHI, visit www.chinet.org.

Education

Catholic religious education begins Sunday

The Fort Sam Houston Catholic religious education program starts Sunday for children and adults. Classes are weekly from 11 a.m. to 12:15 p.m. in the Dodd Field Chapel classrooms. This year's theme is "Stewards of God's Gifts." For more information or to register, call Brian Merry at 221-5005 or brian.merry@samhouston.army.mil.

Earn a graduate degree

The National Graduate School is accepting applications for the spring session, which starts in March. Classes are held one night a week from 6 to 10 p.m. on post. Students earn a Masters of Science in quality system management by replacing a project with a thesis. The institution is regionally accredited and VA/TA approved. For more information about this degree program or Homeland Security programs, go to www.ngs.edu or call 213-1248 or 410-9147 for a personal interview. A graduate school counselor is available at the Army Continuing Education System, Bldg. 2248, Tuesdays and Thursdays from 9 a.m. to 3 p.m.

MOPS (Mothers of Preschoolers)

Your local MOPS group community is where moms come together to learn, share, and experience this important season of mothering in a caring and accepting atmosphere. Meetings are the second Wednesday of every month at NE Baptist Church.

For more information call MOPS Coordinator Tammy Duhaime at 481-6304.

San Antonio Area Council of HEP to host training seminar, Oct. 7

San Antonio Area Council of Hispanic Employment Program Managers will host a Training Seminar "Future Changes Impacting the Hispanic Workforce" on Oct. 7, from 8:30 a.m. to 4:30 p.m. in the Radisson Hotel, 502 W. Durango. Keynote speaker will be Paige Hinkle, National Security Personnel Systems. Seminar topics will include: Changing Government: NSPS; EEOC: MD 715; Library of Congress: Diversity in its workforce, Defense Intelligence Agency: Our changing government; and AFPOA: Re-engineering the Personnel System. To register, call Tina Gomez at 384-7372 or Martha Medina at 977-2897.

Facilitation Team Training, Oct. 8

The Army Family Action Plan program is sponsoring a "Facilitation Team Skills

Workshop" on Oct. 8, 8:30 to noon at the Roadrunner Community Center. The workshop will cover group dynamics, general facilitation skills, and the roles of the "facilitator" and the "recorder." A certificate will be provided at the completion of the workshop.

The training session will benefit private organization board members, volunteers and paid staff working with groups, or persons wanting to enhance their facilitation proficiency, and will cover the skills necessary for AFAP conference facilitation teams. For information and to register, call Sue York or Jai Bell at 221-2705 before Oct. 1.

Tuition assistance available for active duty Soldiers

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. For information, call 221-1738.

Meetings

USAWOA - Lone Star Chapter

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets on the third Monday of each month at 7 p.m. at VFW Post #8541, 2222 Austin Highway (between Eisenhower and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former warrant officers are invited to attend. For information, contact CW2 Matthew Watterson at 295-8773 or at matthew.watterson@us.army.mil

Purple Heart veterans sought

Purple Heart Veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month at 9 a.m. at the Roadrunner Community Center to learn more about combat related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD Form 214 and a short biography.

FSH Sergeants Major Association seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the FSH NCO Club. Army retired Sgt. Maj. Hector Viczaino, president of the association, extends a cordial invitation to all active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Sgt. Maj. Tracey James at 221-7495 or Sgt. Maj. Jeff Lavender at 221-7674.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meetings are held on the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldier input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For information, call Staff Sgt. Edward Castro at 221-8760.

Fort Freebies

Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.



For Sale: 1993 Toyota Tercel, 5 speed, 145K miles, interior excellent condition, runs good, \$1,200. Call Mario at 859-6848.

For Sale: 2001 Dodge Sherrod van with handicap lift, EZ-Lock system, 12,000 miles, great condition, \$22,500. Call 564-0767.

For Sale: 1999 Lincoln Continental, loaded, excellent condition, 78K miles, can be financed, \$7,000. Call 824-8986.

For Sale: 1994 23-foot Bayliner deckboat, seats nine people, new MP3 player/speakers, 3.0 mercruiser four-cylinder motor, good on gas, Tandem trailer rebuilt in 2003 with new axle, lots of storage, too many extras to list, PCSing, retail \$12,500, selling for \$10,000 obo. Call Darryl at 445-3805.

For Sale: Six-piece black lacquer queen set, dresser, mirror, headboard, two nightstands and chest, \$100; solid pine twin trundle bed frame, \$40; six-piece table and chairs, \$40; five-

piece hunter green iron and wood table with drop leaves, \$40; queen size mattress and boxspring, \$100. Call 564-0767.

For Sale: Electric stove in excellent condition, \$150 obo; large bathroom wicker cabinet, \$45; barbecue smoker, \$15. Call 262-8354 or 648-6321.

For Sale: Six-month TanCo tanning membership, \$100 plus \$25 transfer fee. Call 221-0336 or 497-0150.

For Sale: Dining room set with six chairs, \$175; three-cushion couch, \$150; day bed with mattress, \$25; drafting table, \$10; Air Walker, \$40. Call 646-0943.

For Sale: Twin-size bed (loveseat), \$70; microwave, \$50; full-size bed, \$75; hospital bed with trapeze, \$350 obo. Call 653-6279 or 656-6772.

For Sale: Whirlpool side-by-side refrigerator/freezer, \$325 obo; mahogany Queen Anne formal dining table and six chairs, \$275 obo. Call 646-7371.

For Sale: Entertainment system, includes Magnavox amplifier, two cassette tape deck, five CD player, two speakers, Sanyo VCR and 27-inch Sanyo television. Call 277-1234.

For Sale: 42-inch round glass, great condition, \$25. Call Sandy at 241-1291 or 637-7322.

For Sale: Oak entertainment center, holds up to 36-inch television; six stereo components and room for videos and DVDs, 64-inches high by 59-inches wide by 24-inches deep, can e-mail photo, \$375. Call (830) 980-5853 or e-mail jabbutz@earthlink.net.

For Sale: Complete single bedroom set, headboard, frame, spring box, mattress, great condition, \$99; office metal desk, nice looking, \$30. Call Sandy at 241-1291 or 637-7322.

For Sale: 3-2-2, 1,539 square foot excellent home in Northeast San Antonio, near all schools. Call 646-7371.

Career Clips



The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Bldg. 2264 or call 221-1213.

Disability Case Examiner - San Antonio. Reviews medical documentation submitted for all short-term disability claims, determines eligibility for benefits. Coordinates Third Party medical review for complex claims. Works with employee, attends physician and refinery staff to coordinate return to work.

Logistics Management Specialist - San Antonio. Evaluator for the Command Supply Discipline Program for specified exercises. Provides logistics support. Reviews, coordinates, writes and recommends policy and actions concerning logistical and operational plans.

Information Operations Planner - San Antonio. Develops information operations plans to support regional security and defense, counter-terrorism, disaster relief and operations other than war. Integrates public affairs and civil affairs strategies into all aspects of IO planning and execution.

Need an ID Card?

The ID Card Office located in Bldg. 367, is accepting appointments in the afternoon from 1 to 3:30 p.m., Monday-Friday. Normal walk-ins are still between the hours of 7:30 to 11 a.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID Card at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.

