



Briefs

San Antonio Spur, Devin Brown, signs autographs at the commissary, today

San Antonio Spurs player Devin Brown will sign autographs at the Fort Sam Houston commissary today from 1:30 to 2:30 p.m. near the store's entrance to thank U.S. Soldiers and their family members for their sacrifices. Brown's mother, Ann, is a member of the Defense Commissary Agency East, San Antonio Area Office.

Coliseum Gate will be permanently closed tomorrow

The installation will permanently close the Coliseum Access Control Point on Friday and open the new Jadwin Access Control Point, 100 feet from the Coliseum gate, on Monday. The Jadwin Access Control Point will replace Coliseum gate operations. The Jadwin gate will operate Monday through Friday from 6 a.m. to 6 p.m. and close on weekends and holidays.

Repairs limit traffic at Wilson gate

Repairs on the roof of the guard house at the Wilson Vehicle Access Control Point started Monday. The repairs require the operation of one lane for inbound and outbound traffic and will last approximately two weeks. People should expect delays, especially during the lunch period, and look out for flagmen directing traffic.

Fort Sam Fall Fest, Oct. 16

Enjoy a fun day at McArthur Parade Field from 8 a.m. to 8 p.m. with lots of family activities including a chili cook-off, mini marathon for kids, arts and crafts fair and a car show for auto enthusiasts. For more information, call 221-2307 or 221-2926.

Base ops Most Efficient Organization stands up Friday

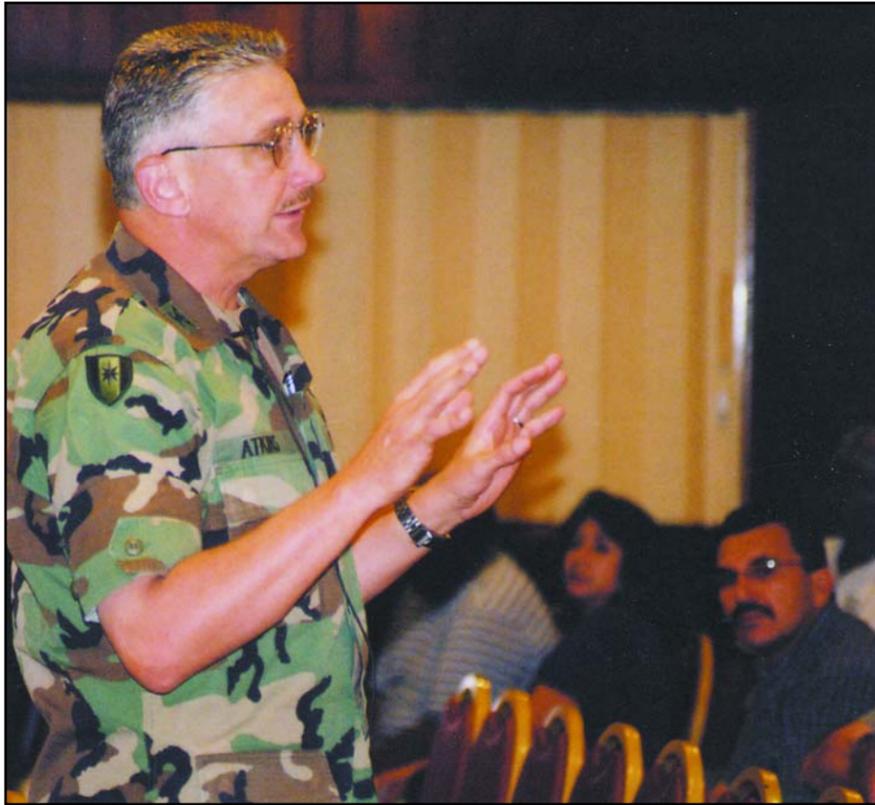


Photo by Esther Garcia

Col. Garry Atkins, U.S. Army Garrison commander, informs post employees about the Most Efficient Organization during a monthly town hall meeting. The town hall meetings provided employees an opportunity to raise concerns and questions about the MEO, which stands up tomorrow.

By Elaine Aviles
Fort Sam Houston News Leader

The Fort Sam Houston community will see the results of more than six years of hard work and countless challenges when the Base Operations Most Efficient Organization stands up tomorrow.

Although the change should be transparent, for the most part, to FSH customers, the MEO affects hundreds of civil service employees as eight new organizations with mission and structural changes become functional.

"How well we operate from tomorrow on will measure our success," said Mike Merrill, Base Operations MEO program manager. "This is a big undertaking but we have the tools and the right people in place to make it work."

The MEO is the culmination of a four-year study to determine the most cost-effective method of obtaining services available in the commercial market. The study is conducted under guidelines spelled out in a document called the Office of Management and Budget A-76 Circular.

After the Department of Army announced an A-76 study for FSH base operations sup-

See **MEO** on Page 3

Residential Communities Initiative to improve housing operations

By Teresa ElHabr
Special to the News Leader

The Department of the Army and Lincoln Military Housing are collaborating to form Fort Sam Houston Family Housing, LP (FSHFH) to own and operate military housing at Fort Sam Houston. Formed under the authority of the Residential Communities Initiative, this public-private partnership will eliminate inadequate housing and provide Soldiers and their family members with improved homes and high quality community and recreational facilities

FSHFH will construct, improve and maintain Fort Sam Houston family housing for the next 50 years. This partnership will assume responsibility and control over every aspect of the family housing operation. The FSHFH Property Management will provide a team of trained personnel to guide residents through the move-in process, satisfy their maintenance and service requests during occupancy, and walk them through the move-out process. Upon move-out, residents will be required to leave the house in a broom-swept condition, including a thorough cleaning of appliances, bath-

rooms and the kitchen. Also, upon move-out, a modified cleaning standard will be applied to any home that is scheduled for renovation and demolition.

FSHFH Property Management and FSHFH Maintenance Operations staffs will meet the resident's needs on a daily basis with 24-hour, seven-days-a-week emergency maintenance response. All emergency service requests will be responded to within one hour from receipt of a call after business hours and 30 minutes from receipt of a call during normal

See **HOUSING** on Page 4

Iraqi prime minister thanks Soldiers on Capitol Hill

By Dennis Ryan
Army News Service

Ayad Allawi, the interim prime minister of Iraq, addressed Congress Sept. 23 and expressed his gratitude to America and its Soldiers.

"We are succeeding in Iraq," Allawi said. "Thank you America. We know Americans have made enormous sacrifices. We promise you your sacrifices are not in vain."

The prime minister of Iraq also expressed his thanks personally to a group of Soldiers, who

served in Iraq over the past two years. The Soldiers sat in the gallery next to Mrs. Cheney and had the opportunity to meet dignitaries in the vice president's Senate office.

Maj. Dan Schnook served with the 3rd Infantry Division in its push from Kuwait to the Baghdad Airport.

"They wanted to represent the different trades of the Army," Schnook said about being invited to the Capitol. "They needed a logistician. We supported all the needs of the 1st Brigade. They were a great unit. The brother-

hood you get in a deployed unit is awesome."

"I told my wife, 'guess where I'm going tomorrow?'" Schnook said. "She said 'right.'"

Eventually the major's wife realized he was telling the truth because he had come early to get a haircut and make sure his Class A uniform was squared away.

Sgt. Jason Lang, an Army Reserve Soldier with the 352nd Civil Affairs team, helped to get the medical equipment operating after the Iraqi hospitals were looted.

"It's a shame such smart doctors had to work in such conditions," Lang said. "The Iraqi doctors were phenomenal. They spoke like six languages."

Lang earned a Bronze Star with a V device for valor for giving aid to fellow Soldiers with complete disregard for his own safety.

"I was wounded," he said. "I was doing my job."

Allawi told Congress, "elections will occur in Iraq on time in January." He listed some problems, but stressed, "They will take place and they will be free and fair."

Lt. Col. Fared Betros, a second-generation Lebanese-American, worked on the political side of the fence. He served with for the Coalition Provisional Authority as an expert on Middle Eastern affairs.

"I got there right after major combat maneuvers," Fared said. "My job was the stipend pay program. It paid former Iraqi military a monthly salary. Ambassador Bremer had dissolved the Iraqi military."

See **IRAQI** on Page 4



Gen. Richard B. Myers
USAF Chairman of the Joint
Chiefs of Staff

It's your future, vote for it!

In this election year, you – our men and women in uniform – are stationed around the globe serving our Nation and defending democracy. We have both the responsibility and the privilege to participate in our democracy by exercising our fundamental right to vote.

I encourage every eligible man and woman in uniform, as well as all family members of voting age, to join in the democratic process

and cast your ballots. You will have the opportunity to vote, either in person or through absentee ballots, in primary, special run-off and general elections – no matter where you are stationed or what operation you are participating in.

Recent elections have demonstrated the importance of every absentee ballot. Your vote does count!

The 2004 elections will determine our choice for president and

vice president, 34 senators, the entire House of Representatives, and 13 governors, as well as thousands of local officials. I urge each of you to participate, starting with the primaries already underway and continuing through the general election on November 2nd.

Most of you will be using the absentee voting process, which has never been easier than it is today. For those of us in the

Armed Forces and our family members, starting the process is as easy as filling out and mailing the Federal Post Card Application. The FPCA is available from your Unit Voting Assistance Officer, who can also assist you with your state procedures.

As members of the Armed Forces, we each have a responsibility to take part in determining our Nation's leadership.

Fort Sam Houston News Leader

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Cougar Medics learn combat skills

Story and photos by 1st Sgt. Armand Fermin
232nd Medical Battalion

The new class of Cougar Medics from C Company, 232nd Medical Battalion, were put to the test recently during common skills testing.

The day started at 6:30 a.m. with a road march to the Salado Creek training site and continued with round robin instruction. The day's events included evaluation

of a casualty, map reading, radio operations, M16-A2 functions, grenade throwing, identification of land mines and NBC decontamination. Drill sergeants ensured tasks were taught to standard and Soldier medics had a thorough understanding of the training. Several prior service Soldiers added invaluable experience to the day's events based on recent deployment experience.



(Top) Cougar medics study the finer points of map reading. The training focused on combat skills such as grenade use, identification of land mines and radio operations.



(Left) Cougar Company drill sergeants and prior service Soldiers provide a block of instruction on NBC during Common Task Training.

New Horizon Panama moving forward

By Robert Appin
U.S. Army South Public Affairs

U.S. Army South's Humanitarian Civic-Activities Division held the mid-planning conference for the humanitarian assistance projects in the Republic of Panama in a local hotel in San Antonio Sept. 21 and 22.

Walter R. Leon, exercise planner for HCA, USARSO, welcomed the more than 200 Reserve Soldiers and civilians to the planning conference.

"We are here for the next two days to start finalizing all the requirements for the humanitarian assistance project known as New Horizons 05 Panama," said Leon.

The schools, clinics and wells that will be constructed in remote locations in Panama require that many details be worked out, he added.

The final requirements include what Reserve units will participate, who will provide reverse-osmosis-purification units to have water at the base camp, and aviation support.

Personnel from the Army Reserve's 416th Engineer Command has the lead in rounding up the troops required to support NH 05 Panama. Maj. Daniel R. Dolwick, 416th operations officer, ensured unit representatives received a detailed explanation of the various functional areas necessary to conduct the humanitarian project in the Republic of Panama.

In addition to laying the ground work for the various construction sites, HCA's medical planner synchronized the medical readiness portion of the project.

"Many Reserve doctors will participate in this event," stated Maj. Fernando Santana, chief,

medical plans branch, HCA, USARSO.

"For this exercise we will not only provide basic medical care, but also include a specialty one of dental care," added Santana.

The dental portion of the medical exercise will include extractions and prostheses.

The medical portion of NH 05 Panama will provide basic medical care to approximately 30,000 patients. Patients will be treated for different diseases that range from malaria to infections caused by parasites. A team of Reserve Soldier veterinarians will also treat pets and farm animals.

New Horizon projects have been conducted in Latin America and the Caribbean since 1986, and in the last four years, more than 100,000 patients have received basic medical care, 15,000 dental care, 100,000 personal hygiene



Photo by Jose Saez

(Left to right) Commissioner Victor Casanova, National Panama Police; Gregory T. Norton, civil affairs specialist, USARSO, deputy chief of staff for operations; and Melissa Flynn, chief, administrative section, U.S. Office of Defense Cooperation in Panama, review details of host nation support.

instruction and more than 50,000 pets and farm animals have been treated.

Since 1997, more than 40,000 Active and Reserve Soldiers

have participated in New Horizon projects, improving the quality of life for the citizens of 100 communities and 11 countries.

MEO

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port, government and commercial firms developed proposals for their "most efficient organizations."

"This was the largest-scale operation of this type the Army has seen," said Merrill. "Normally studies are implemented for individual functions, but in this case, we were looking at converting functions post-wide."

In 2002, the contracting office opened up a bid. In this case, the government won.

"A qualified private sector offer wasn't received," said Jeana Berban, Business Development Office A-76 operations chief.

"We determined that keeping the business 'in house' was the best deal for the taxpayer."

With a final decision in hand, FSH leaders were then faced with the massive task of streamlining and realigning its current workforce to match the proposed organization, or the MEO, that won the bid.

"We had to take more than 1,200 garrison employees and streamline to an end strength of 500-plus people," Merrill said.

Determined to minimize the impact on employees, post leaders struggled to find acceptable solutions. Some Department of Defense civilians opted for early retirement and others will assume new responsibilities, job

descriptions and, in some cases, move to different work centers tomorrow.

"Our job, our mission, is to provide a better quality of life for our Soldiers and their families and making Fort Sam Houston a better place to live," said Col. Garry Atkins, U.S. Army Garrison commander. "We will continue to focus on that mission."

While working personnel issues, the Garrison also aligned positions into eight organizations, which include the Fiscal Management Office, Camp Bullis, Environmental Office, Public Information Office, Human Resources and Administration Services, Fort Sam Houston Readiness and Logistics,

Information Technology and Telephone, and Engineering and Maintenance Operations. All stand up tomorrow.

Other positions, which are either governmental in nature or didn't fall under the MEO for various reasons, fall under Continuing Government Activity. This includes "oversight" positions, which are required to monitor and survey MEOs and interpret policy.

The MEO, CGA and a visual information MEO, the results of a separate study, fall under Michael Waldrop, deputy to the Garrison commander. Non-studied functions, such as civilian personnel, chaplains, community activities and the staff judge

advocate, still fall directly under the Garrison commander.

"I want to thank our employees for their steadfast support through the transition, and now into the implementation of the first Whole Base Competitive A-76 Study won by the government," Atkins said. "I ask that they continue their efforts providing the very best base operations support to the installation's 62 tenant organizations and their command missions and operations supporting the nation at war."

(Editor's note: This is the first in a series of MEO articles. Future stories will highlight the new organizations and introduce management and functional points of contact.)

AGR Recruiter program expanding

The Army Reserve is seeking 400 enlisted Soldiers to take active-duty tours to fill new recruiter positions located across the country.

Soldiers already in the Active Guard Reserve, or AGR, program will be detailed into recruiter positions for three years. These Soldiers will retain their original military occupational specialty for future assignments, officials said. They said Soldiers who are newly hired into the AGR recruiter program will hold the recruiter designation as their primary specialty.

Those who are accepted into the AGR Recruiter program will attend the seven-week Army Recruiter Course at Fort Jackson, S.C.

"We are looking for those Soldiers who want to volunteer to take on the challenging mission of those in recruiting," said

Sgt. 1st Class Gabriel Fierro, recruiting program noncommissioned officer, with the Army Reserve Active Duty Management Directorate at U.S. Army Human Resources Command – St. Louis. "We work hard to place our volunteers where they want to be."

Fierro served as an AGR detailed recruiter from 1997 to 2000. "I loved it," he said of recruiting. "If you really think about it, how many jobs can you hold where you can go out knowing that you are changing someone's entire life?"

"As a recruiter, you have a direct influence on someone's perspective, future and ambition," Fierro explained. "It is the greatest feeling when you work with someone and put them into the military because you know how far they can go."

Fierro said one of his greatest memories

from recruiting was an invitation he received to put sergeant's stripes on the second person he had brought into the military.

Beyond the intangible benefits, which come with the job, he points out that there are many other benefits to becoming an AGR recruiter. They include:

- Promotion potential – AGR recruiter positions are designed for sergeants first class. This gives those who succeed the opportunity to be promoted to this level, officials said.

- Special Duty Assignment Pay - \$450 is paid monthly to AGR recruiters.

Fierro recognized that the hours can be long and the work can be demanding, but being a recruiter is a great place for someone who has served in the field and is now placed in a unique position to help, guide and mentor others.

"People who have been in theater and know the good stories and the whole truth about the great things our military does can be very effective recruiters," Fierro said. "They can share what they've learned with new recruits. A good recruiter helps someone realize their potential and what they can achieve in the military," he said.

More about how to become a detailed or newly hired AGR recruiter can be learned by visiting the the AGR section of the U.S. Army Human Resources Command – St. Louis Web site at <https://www.2xcitizen.usar.army.mil/soldierservices/programs/agr/agrdetaile-drecruiter.asp>

(Editor's note: Information provided by HRC-St. Louis.)

Source: Army News Service

DoD officials urge generosity in annual giving campaign

By Kathleen T. Rhem
American Forces Press Service

Defense Department employees donated \$13 million in the 2003 Combined Federal Campaign, and officials in Washington hope to top that number this year.

At a campaign kick-off event in the Pentagon Tuesday, DoD's Director of Administration and Management Raymond F. DuBois spoke about this year's campaign theme: Superheroes. "All of us can be supermen and superwomen when it comes to helping those of our families and

friends and neighbors who need our help," DuBois said.

The Combined Federal Campaign is the federal government's only authorized workplace solicitation of donations. Military and civilian employees choose which charity or charities they elect to support and can make straight donations or set up payroll deductions.

In 2003, DoD raised \$13 million for the campaign — \$1.5 million more than the agency's goal. This year officials set a goal of \$12.1 million, and Deputy Defense Secretary Paul Wolfowitz said he believes the department

will again exceed its goal.

In a short speech at today's kick-off ceremony, Wolfowitz likened donating to CFC to the work American servicemembers are doing overseas. Both, he said, are forms of selfless service.

"(Servicemembers and civil servants) are helping people today, particularly in Afghanistan and Iraq, on a truly heroic scale," Wolfowitz said. "While our armed forces serve us so faithfully, the charities of the Combined Federal Campaign give gifts of education, nutrition and other life-giving support to those who need it most."

The deputy secretary said it's important to note that most of the charities that responded to the tragedies of Sept. 11, 2001, are part of the Combined Federal Campaign. Likewise, he said, so are the charities that are providing humanitarian relief in hurricane-damaged sections of the southeastern United States.

"CFC organizations are once again making a huge difference



in helping people put their lives back together," he said.

For more information or a list of post CFC unit representatives, call Sgt. 1st Class Martha Vela, CFC campaign point of contact at 221-1548.

Housing

Continued from Page 1

business hours. Routine service requests will be completed by the end of the following business day. When the FSHFH maintenance operations center is established in March, requests may be submitted in person, by telephone or online. FSHFH Maintenance Operations will stagger their staffing schedules, allowing normal hours of operations from 7:00 am to 7:00 pm.

The size and scope of the Self-Help Center will be reduced with only light bulbs, air filters and garden tools available to the residents at the FSHFH Maintenance Operations facility. In response to the reduction of the Self-Help Center, FSHFH will provide lawn and landscape maintenance i.e. mowing, pruning and edging to all unfenced areas in housing. FSHFH will also provide a comprehensive interior and exterior pest con-

trol program to every home. As part of the Preventative Maintenance Program, each home will be assessed quarterly for routine maintenance items such as replacement of air filters and mechanical inspections.

In addition, FSHFH Property Management will provide a limited renter's insurance policy to protect the contents of the home and provide limited liability protection for the resident.

The transition period for RCI will commence in December 2004 and will end when the transfer of operations is complete on 01 March 2005. Future Town Hall meetings will be scheduled during the transition phase to keep all residents informed.

For any questions or additional information, please contact Teresa ElHabr, RCI Program Manager, at 221-0948 or Patricia Baker at 221-0891.

Iraqi

Continued from Page 1

Former Iraqi troops were rioting and causing all sorts of trouble, so Betros helped to formulate a plan to pay 310,000 former Iraqi military personnel a total of \$250 million until the end of next year. The Iraqi Veterans Agency is operating the program now.

"It definitely helped to maintain stability," Betros said. "We have made a lot of progress. There is still a severe security problem. I believe they are mostly pro-American."

Staff Sgt. Grant Northrup served with the

307th Military Police Company from May to December 2003. He was wounded when an improvised explosive device went off and destroyed his vehicle.

"We did law and order in Baghdad and helped to establish the new Iraqi police force," Northrup said. "We trained them and got them up and running."

Sgt. Carlos Maraz, now stationed at Fort Myer, worked in communications network support with Combined Task Force 7 from November 2003 until July of this year.

"I was there when V Corps was leaving and III

Corps took over," Maraz said. "It was pretty quiet. We used to get hit every now and then with mortars. One month before I left we got hit with two rockets. They hit about 1,000 yards from our tent. That was kind of scary. I saw it get worse and worse, but now it's quieting down."

The Iraqi Prime Minister reiterated a positive result of Operation Iraqi Freedom in his speech.

"Today we are better off," Allawi said. "You are better off. The whole world is better off without Saddam Hussein."



Photo by Sgt. Reeba Critser
Secretary of Defense Donald H. Rumsfeld (right) escorts Iraqi Prime Minister Ayad Allawi past a 3rd U.S. Infantry (Old Guard) Soldier in the joint-service honor cordon as the prime minister arrives at the Pentagon Nov. 24.

187th Medical Battalion welcomes new Headquarters Detachment commander



Courtesy photo

Outgoing commander 1st Lt. Rachel Atherton watches as incoming commander 1st Lt. Albert Garcia (left) accepts the Headquarters and Headquarters Detachment, 187th Medical Battalion guidon from Lt. Col. John Collins, battalion commander, at a change of command ceremony recently held at Blesse Auditorium.

Civilian employees recognized for their contributions



Photo by Esther Garcia

Employees assigned to Visual Information were recently recognized by their co-workers at a luncheon for their many years of contributions to the Fort Sam Houston community. Left to right, retiring with 39 years of federal service is Frank Barron, Ronald Mason retires with 20 years civil service and 3 years military service, Raymond Turner retires with 59 years and 4 months of combined military and civil service, Robert Posey retires after 23 years of federal service, and Don Beardslee retires following 11 years of military service and 17 years of federal service.

Camp Bullis User's Conference



Date: 26 October 2004

Time: 0700-1600

Location: Post Theater

POIC: SFC Lane @ (210) 295-7510/7732 Email: Ronald.Lane@samhouston.army.mil
 Pat Jennings @ (210) 295-7686/7699 Email: Patricia.Jennings@samhouston.army.mil

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Blood is fluid of life

The BAMC Blood Bank is running critically low of O Negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

Contact the Donor Center to lend a helping hand. To donate blood, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Honduran government honors USARSO Officer



Photo by Sgt. Sarah Garcia

Col. Victor M. Rosello (left), deputy commander for operations, U.S. Army South, receives formal recognition from Federico Breve, minister of defense for the government of Honduras, for his contributions to the armed forces of Honduras during the past five years.

Lopez kicks off Hispanic Heritage Month

(Right) Sgt. Maj. Jose M. Lopez, deputy chief of staff for operations, U.S. Army South, speaks to military and civilian personnel during the Hispanic Heritage Month opening ceremony, Sept. 20 at the Roadrunner Community Center.



Photo by Jose Saez

Health Promotion Center October Class Schedule

Class	Date	Time
Introduction to Weight Reduction	Friday	12-1:30 p.m.
Breastfeeding Support Group	Friday	1-2:30 p.m.
Diabetes Education	Monday	12:45-4:30 p.m.
Office Yoga	Tuesday	12-1 p.m.
Diabetes Education	Tuesday	12:45-4:30 p.m.
AD Self Care	7	8-10 a.m.
Back Pain	7	1:30-3 p.m.
Breastfeeding Support Group	8	1-2:30 p.m.
Office Yoga	12	12-1 p.m.
Stress Management	12	1-2:30 p.m.
Breast & GYN Cancer Support Group	13	9:30-11 a.m.
Self Care & Health	14	9:30-11 a.m.
Body Fat Testing	15	8-11 a.m.
Introduction to Weight Reduction	15	12-1:30 p.m.
Breastfeeding Support Group	15	1-2:30 p.m.
Cholesterol	18	9-11:30 a.m.
Diabetes Education	18	12:45-4:30 p.m.
Breast Health	19	9-10 a.m.
Office Yoga	19	12-1 p.m.
Diabetes Education	19	12:45-4:30 p.m.
Tobacco Cessation "Readiness to Change"	19	5-7 p.m.

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

Mammograms vital to early detection of breast cancer

By Susan Ferrise
Brooke Army Medical Center

Breast cancer is the second leading cause of cancer death in American women. Approximately 220,000 women will be diagnosed this year and another 44,000 will die from the disease. Breast cancer, if found early, is virtually curable. While all women are at risk for developing breast cancer there are some lifestyle changes we can

make which may decrease our risk.

What you eat is important. The American Cancer Society recommends that women eat at least five servings of vegetables and fruits a day. Choose whole grain products such as breads, cereals, rice or beans. Limit the amount of high-fat food you eat. Use reduced-fat or fat-free products. Limit the amount of red meat you eat, especially high fat cuts.

If you drink alcohol, women should limit their intake to one alcoholic beverage a day. Work some physical activity like walking, gardening or dancing into your day. And if you smoke, stop.

These are things we can control and will help to reduce the risk of breast cancer as well as other types of cancer.

Mammograms play an important role in the early detection of breast cancer. Women 40 and older should get annual mammograms. The risk for breast cancer gets greater as a woman gets older. Most breast cancer occurs in women over 50 but is not exclusive to this age group. That's why mammograms are recommended beginning at 40. If you have a family history, your physician may recommend screening even earlier.



Courtesy photo

The Brooke Army Medical Center Pink Ribbon Players, a group of breast cancer survivors, will perform "Handle with Care" at the annual Tell-a-Friend Breast Health Awareness Luncheon Oct. 15 at 11:30 a.m. at the Fort Sam Houston Officers Club.



Fort Sam Houston Tell a Friend Luncheon

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

**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.



Photo by Esther Garcia

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

Fire Prevention Week focuses on smoke alarms, fire safety

By Terry Davis
Fire Inspector

The Fort Sam Houston Fire Department will join the National Fire Protection Association and other safety advocates to remind children and adults about fire safety during Fire Prevention Week, Sunday through Oct. 9.

This year's theme, "It's Fire Prevention Week: Test Your Smoke Alarms," highlights the importance of installing and maintaining smoke alarms in the home.

Smoke alarms are the most effective early warning device available for the home. Since they were introduced to consumers in the 1970s, they have helped to reduce the home fire death rate by one-half. Although they are now widely popular, roughly 70 percent of home fire deaths result from fires in homes without smoke alarms or because the smoke alarms failed to work.

Fires can spread through a home rapidly, and in some cases, individuals may have as little as two minutes to escape to safety once the alarm sounds. The Fort Sam Houston Fire Department encourages residents to keep smoke alarms working and to leave immediately when a smoke alarm sounds.

Smoke alarm installation and maintenance tips include:

- Install at least one smoke alarm on every level of the home and outside each separate sleeping area.

- Mount the smoke alarms on ceilings or high walls. Test the smoke alarms once a month, and follow the manufacturer's instructions.

- Replace batteries once a year or as soon as the device "chirps," indicating that the battery is low.

- Replace all smoke alarms after 10 years, even those that are hard-wired or smoke alarms with "long-life" (10-year) batteries.

Smoke alarms with long-life batteries also need to be replaced when the alarm "chirps" or fails to respond to periodic testing. The batteries in these units cannot be replaced.

- A qualified electrician should install alarms that are hard-wired to the home's electrical system.

The NFPA has been the official sponsor of Fire Prevention Week since 1922. The campaign's purpose is to raise public awareness about the dangers of fire, how to prevent it and how to be protected from it. Fire Prevention Week commemorates the Great Chicago Fire of 1871, in which more than 250 people died, 100,000 were left homeless and more than 17,400 structures were destroyed. Fire Prevention Week is the longest running public health and safety observance on record, according to the NFPA.

FSH Fire Department to host Open House Oct. 9.

The Fort Sam Houston Fire Department will host an Open House Oct. 9 from 9 a.m. to 3 p.m. at the Fire Station, Bldg. 3830, on the corner of Schofield and Garden. During the Open House, firemen will help residents develop a home fire escape plan, identify escape routes in their home and to choose an outside meeting place where everyone can gather after they've escaped. Practice ensures that everyone in the home knows the fire escape plan, are familiar with the sound of the smoke alarm and know how to exit quickly.

Schedule of events for Open House

9 a.m. – Opening remarks with continental breakfast

10 a.m. – Live fire demonstration

11 a.m. – Water polo competition

Noon – Food and drinks

1 p.m. – Guest speaker, retired Marine Staff Sgt. Eric Alva, a veteran of Operation Iraqi Freedom

1:15 p.m. – Poster contest winner presentations

Noon to 3 p.m. – Special appearances by Sparky, McGruff and T-Bone of the San Antonio Rampage

Other activities

Dunkin' Booth

Moon Walk

Fire safety games

Face painting

Fire Extinguisher Training:

The fire department will also conduct live fire extinguisher training Monday through Oct. 7 at 9, 10 and 11 a.m. at Bldg. 1240.

For more information about fire prevention, call Terry Davis, supervisory fire inspector, at 221-5452.

For more information about Fire Prevention Week, visit NFPA at www.firepreventionweek.org or visit NFPA's Web site at www.nfpa.org.

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
916-3352 or 916-5538



Knowing airport security measures avoids delays

With ever-increasing airport security measures, air travel can sometimes take longer, it seems, then traveling by foot.

However, the Transportation Security Administration, which heads up security at the San Antonio International Airport, is working to remedy that.

"TSA has changed some of its processes at the airport," said Lynda L. Johnson, TSA stakeholder manager. "We want to ensure our customers are empowered with the information they need to assist TSA and themselves in completing security screening process in an efficient and professional manner."

To help expedite military members through airport security, TSA offers the following information:

Ticket counter check in

A majority of military members travel with short-notice or one-way tickets, variables that can cause an airline's system to identify the customer as requiring secondary screening. In the past, TSA had the ability to "de-select" military members, but the agency no longer has that authority, the responsibility lies with the airline. To avoid secondary screening, military members must present their military ID to the ticket agent. If the member comes up as requiring secondary

screening, the ticket agent should "de-select," them, but they will have to leave the kiosk and go to the ticket counter.

Checked Baggage Screening

Checked baggage must be inspected by TSA. Agents use six Explosives Detection Systems for this process. Each bag is scanned by an EDS machine, which responds to military grade explosives, along with a variety of household items based on their density. TSA often has a challenge with bags that are densely over packed. If a bag triggers an alarm on an EDS, the operator will summon another screener to perform a physical inspection of the bag. Military members should take the following into consideration:

- **Do not over pack duffle bags** - It may take people an hour to get their items into a duffle bag, but TSA screeners do not have an hour to spend repacking.

- **Boots on top** - Many times, combat boots are packed "sole-to-sole," thus creating a dense area in the bag and triggering an alarm. Since boots are usually packed at the bottom of the duffle bag, the screener must remove all the contents of the bag to inspect the boots. If people put boots at the top of the duffle bag instead of the bottom, it should speed up the process.

- **Use zip-lock bags** -

Toiletries are easily inspected if they're packed in a clear zip-lock bag. This allows the screener to identify all the items without the risk of creating a mess.

- **Be familiar with what you can take** -

If you have a pocket knife, Leatherman or manicure scissors, put them in a checked bag; you cannot bring those items onto the aircraft. General rule of thumb, if it's sharp, put it in checked baggage. TSA published a listing of permitted and prohibited items that can be taken aboard an aircraft. Many items not allowed through the checkpoint may be placed into checked baggage. A list of approved items is posted on the TSA Web site at www.tsa.gov.

- **Lock your bag** - Our past message has been "unlock" your bag. All passengers have the option of locking their bag. If people choose to lock their bag, TSA recommends people stay with the bag until it has been screened. TSA agents do not open every bag that is scanned by the EDS, only those that alarm. If a bag is locked and a TSA agent cannot find the passenger, the lock may be cut off to gain access to the bag. A solution is TSA-friendly locks, produced by Travel Sentry. TSA has master keys to Travel Sentry

locking systems. For more information on Travel Sentry, visit www.travelsentry.org.

Passenger Checkpoint

All ticketed passengers must undergo security screening prior to entering the gate area. Preparation is key. To help expedite the process, passengers should:

- **Check in with the ticket agent and not the kiosk.** As mentioned earlier, military members are exempt from secondary screening procedures. All active-duty military members with a valid ID card and Reserve members with a valid ID and on orders are exempt from the process. Passengers should ask the ticket agent to ensure a secondary screening identifier isn't put on their boarding pass.

- **Have your ID and boarding pass ready when approaching the checkpoint.**

- **Dress appropriately.** If at all possible, wear clothing without a lot of metal. Shirt garters, ribbon racks, belts and taps on shoes will most likely cause the Walk Thru Metal Detector to alarm. If in uniform, TSA encourages people to display ribbons on their sport jacket, which can be removed prior to going through the WTMD. People should also remove belts and shoes.

- **Remove keys, dog tags and cell phones.** Keys and dogs tags worn on a chain around the neck are one of the biggest alarm culprits. Take them off prior to the checkpoint.

- **Remove laptops and video equipment.** Laptops and video cameras must be removed from their cases and placed in a separate bin. This video camera requirement is new.

While this information applies to most situations, there are special circumstances, which include traveling with a weapon, classified materials or personnel records sealed in a box.

If at anytime, the customer is not comfortable with the process, they simply need to ask for a supervisor or an "ambassador," Johnson said.

"Our offices are located right in San Antonio, and we would be more than happy to come over and talk to your folks or provide informational briefings," she said. "Working together to ensure safe and secure travel for all San Antonio passengers is our primary goal."

For updated security measures or more information, go to the TSA website at www.tsa.gov. To schedule a briefing, call (210) 308-3297. (Courtesy: TSA)

**Fort Sam Houston
Independent School District
Weekly Campus Activities
Monday - Oct. 9, 2004**

FSH Elementary School

Book Fair Week
Fire Prevention Week
G.A.T.E. Testing All Week

Oct. 7
Observation / Tour Day Hispanic
Heritage Activity: Parents invited to eat
with students

Oct. 8
Spirit Day
Fire truck visit for grades kindergarten
through first
End of first nine weeks

**Robert G. Cole
Jr. / Sr. High School**
Scholastic Book Fair at Cole Media
Center all week

Oct. 5
First nine weeks tests: english and science
volleyball at Navarro – freshmen, 5 p.m.;
junior varsity – 6 p.m.; varsity – 7 p.m.

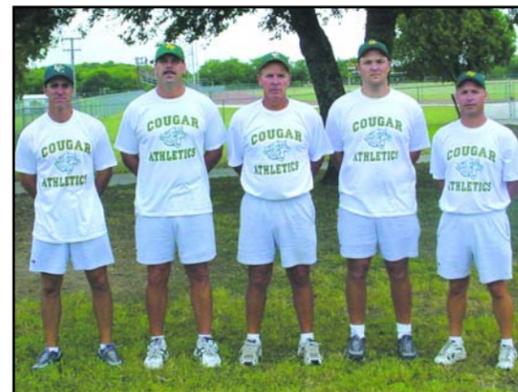
Oct. 6
First nine weeks tests: math and elec-
tives

Oct. 7
First nine weeks tests: social studies
JV football at Johnson City, 6:30 p.m.

Friday, October 8
First nine weeks tests: all make up tests
End first nine weeks (39 days)
varsity volleyball vs. Johnson City at
Cole, freshmen - 4 p.m.; junior varsity –
4 p.m.; varsity – 5 p.m.
Homecoming - varsity football vs
Johnson City at Cole, 7:30 p.m.

Oct. 9
Comfort (Hermann Sons Camp) Cross
Country Invitational at Comfort, all day

Cole High School Football Team



Courtesy photo
From left, front row: J.R.Simmons, Tre Cortinas, Versie Graham, T.J.Tudela, and Mike Ruiz. Second row: Tim Pedro, James Bryant, Christian Vega, Julio Burgos, and Chris Talamantez. Third row: Erin Simmons, Stanley Goodman, Mark Weathersby, Paul Parker, Alexander Dochnal, and James Starcher. Back row: Ben Carter, Matt Newcomer, Jason West, Sha Cameron, Eric Walker, Josh Collins, and Jonathan Brown.

Courtesy photo
Cole High School football coaching staff from left are: Eric Boehme, Darrell Kurek, Larry Ransom, Brian Sotak and Howard Baer.

Dear Parents...



**Do your children
need a safety helmet?**

Children coping with deployment

A six-week support group for children of deployed service members starts in October. The group offers a place for children 5 to 15 years old to express themselves, learn stress management and relaxation techniques and ways to cope with the separation. For more information or to sign up, call Spc. Neal Moore, Child and Adolescent Psychology Clinic, at 916-2277.

Teens coping with deployment

The Child and Adolescent Psychology Clinic is sponsoring a group for teenagers whose parents are deployed. Teens can express themselves, share coping tips, learn stress management and ways to deal with the separation. For more information or to sign up, call Spc. Neal Moore at 916-2277.



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: kindergarden - first grade, second - third grade and fourth - sixth grade
- Poster should be no larger than standard poster-board size.
- Print full name, age, home phone, grade, and parent's name and rank on back of poster.
- Turn in poster by 4 p.m., 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.

Cole JROTC participates in military funerals



Photo by Dr. Gloria Davila

Members of the Robert G. Cole Jr/Sr High School Junior ROTC Cougar Battalion provide military funeral honors at Fort Sam Houston National Cemetery. The students provide the detail on an "on call" basis for homeless veterans' funerals.

Members of the Robert G. Cole Jr/Sr High School Junior ROTC Cougar Battalion, led by retired Lt. Col. Bob Hoffman and Sgt. 1st Class John Clinton, volunteered to provide military funeral honors detail at Fort Sam Houston National Cemetery on an "on call" basis for homeless veterans' funerals. The funeral honors ceremony includes the core elements: the folding and presenting of the flag and sounding of Taps.

Seven cadets are assigned at each funeral ceremony to conduct the pallbearer detail for uniformed military personnel. JROTC Cadets Scott Gibson, Robert Keith, Arvin King,

Tommy Leeds, Amber Otjen, Angel Ramirez and Nadine Willis participated in the first military funeral of the school year Sept. 22.

"It was an honor for me to be asked to participate in the military ceremony," Amber said. "It's the least we can do for someone who served our country."

"The students provide an honorable service for those who have, in war or peace, defended our country," Hoffman said. "It is a solemn occasion they will never forget."

Source: FSH Independent School District

State accountability ratings for Fort Sam Houston schools issued today

The Texas Education Agency annually evaluates the performance of public school districts and campuses through a school accountability system. The system rates districts and campuses on indicators that include assessment of core academic subject areas, completion and dropout rates. Ratings for 2004 are scheduled to be released today.

Public school districts and charter schools in Texas are rated according to the new testing program, which includes the Texas Assessment of Knowledge and Skills. New criteria and higher standards were used to develop the new assessment.

TAKS has grown in size and scope with the addition of more subjects and grades. Additionally, it is designed to be more rigorous and difficult than any previous statewide assessment. The new standards challenge schools to prepare students for the 21st century.

"Even though the accountability standards have been raised considerably, we have high expectations for our Fort Sam Houston schools to continue their academic traditions of success," said Dr. Gail Siller, superintendent of FSHISD. "We are proud of our faculty and students' dedicated efforts."

FSHISD and all school districts, campuses and charter schools in Texas receive one of the following ratings: exemplary, recognized, academically acceptable or academically unacceptable. The ratings measure student performance on the base indicators, including TAKS, the State Developed Alternate Assessment, completion rate and dropout rate for the following student group populations: all students, African American, Hispanic, White and economically disadvantaged.

Reading is assessed in grades three through nine, English language arts in grades 10 and 11; writing in grades four and seven; social studies

in grades eight, 10, and 11; mathematics in grades three through 11; and science in grades five, 10 and 11.

Satisfactory performance on the TAKS in 11th grade is a prerequisite to a high school diploma. Students in third grade must pass the TAKS reading test in order to be promoted to fourth. Beginning in 2004, students in fifth grade must pass the TAKS reading and math portions to be promoted to sixth grade.

Additionally, 2003 was the first year for implementation of new federal legislation related to accountability, the No Child Left Behind Act of 2001. Provisions of this statute required Adequate Yearly Progress status be assigned to all districts and campuses for the first time. The new Texas accountability system has been aligned with the federal legislation for 2004 and ratings will include AYP status for districts and campuses.

Source: FSH Independent School District

Cole hosts book fair

The Cole High School library is sponsoring a book fair for students, parents and anyone interested in buying great books at reasonable prices. The fair will be held in the high school media center Monday through Oct. 8 from 7:30 a.m. to 4 p.m. The fair will be open until 7:30 p.m. Oct. 8 for those who cannot make it during the day.

"This is an excellent way for us to earn books for our media center and allows students to select books for their own at a reasonable price," said Kathleen Beierle, high school librarian. "Come out and help our school and our students."

Proceeds are used to purchase books and other materials for the school.

Commander's Proclamation
Domestic Violence Prevention Month in the Army,
October 2004

October is Domestic Violence Prevention Month and the theme is "It Takes A Community To Prevent Domestic Violence."

Working together we can promote awareness of domestic violence within our Army communities; our individual responsibilities to report and increase victim safety.

Working together we can make our Army community safe.

Throughout the year and especially during October we focus our attention on domestic violence prevention in the Army.

Prevention of domestic violence in our communities is everyone's responsibility and can only be successful when it is pursued 24/7 each day of the year.

Therefore, I call upon everyone in the Fort Sam Houston community to join me in our campaign to promote awareness about domestic violence.

Knowledge, individual commitment and our collective sense of community are tools required to enhance the safety and well being of our families.

Our Family Advocacy Program staff, including victim advocates, will lead the way with law enforcement staff in our domestic violence prevention campaign. Continuing to build strong partnerships between Fort Sam Houston and the larger community is critical in reducing the incidence of this serious issue.

Every home should be a safe home.



GARRY F. ATKINS
Colonel, MS
Commanding

Bicycle safety

All personnel on Fort Sam Houston, including children, must wear a bicycle helmet while riding a bicycle, as outlined in Department of Defense Instruction 6055.4, dated July 1999.

AMEDDC&S and Fort Sam Houston Regulation 190-5, Motor Vehicle Traffic Programs, also states the bicyclist:

- Must obey all traffic signals, signs and other devices.
- Will not carry any other person on a bicycle.
- When riding at night, bicyclists will be equipped with bicycle headlights and taillight.

Secret crime

Domestic violence inflicts havoc on families, lives

By Marjorie Loya
Family Advocacy Program Manager

“Hostages at Home” might sound like an adventurous movie title, but it is the reality of life for many domestic violence victims in today’s society.

Domestic Violence Awareness Month, which occurs every October, brings attention to and awareness to this pervasive problem.

In “Why do men hurt the women they love?” Claire Safran, a journalist, described the experience of a 35-year-old man who tells of beating the wife he loved, choking her unconscious, and at other times, pushing her face in the mud and holding a kitchen knife to her throat. His voice cracks as he remembers the young children he adores looking on in terror.

“No one who has ever known me can believe what I did.” “How could I do that?” he wonders now.

He owns a business, doesn’t drink, smoke or chase after other women. People in the community know him as a good man. Yet, he committed the secret crime that can happen next door to anyone.

Susan Schechter, a researcher at the Women’s Education Institute in New York City, describes wife beating as a crime of rage and power.

“It is a pattern of coercive control, one person dominates another, and often making her afraid to do what she wants or even say what she thinks,” she said.

Typically the husband blames his wife for the violence, “Why are you making me do this?” “If only she would change.” Often society also blames the victim for staying with the perpetrator.

The reasons victims stay in the situation vary. Some say they stay because they love their husbands and, when bruises heal, they pretend everything is normal. Other women stay because of fear, threats and feeling trapped. They are faced with threats like, “If you try to leave, I’ll find you and kill you.” Many of the worst injuries and deaths happen as women try to get away.

The Family Advocacy Program has planned several events in honor of Domestic Violence Prevention Awareness Month:

- FAP will pass out flyers, brochures, pins and other items Friday from 11 a.m. to 1 p.m. in front of the post exchange and commissary.
- A Domestic Violence Prevention Awareness Conference will be Oct. 19 from 7:45 to 11 a.m. at the Fort Sam Houston Roadrunner Community Center, Bldg. 2797, on Stanley Road. Topics include survivor of domestic violence, clinical intervention, victim advocate program and legal aspects of victim/witness liaisons. For more information or to register, call 221-0349 or 221-2418.
- Domestic violence displays will be in the library, Brooke Army Medical Center and the in/out processing center throughout October.

For hundreds of years, wife beating has been considered “acceptable.” Police consider it a family matter and are sometimes reluctant to arrest the offender. Between October 1982 and June 1983, in Torrington, Conn., a battered wife made numerous calls and visits to police headquarters, begging for protection from her estranged husband. Because it was a “family matter,” the officers did not treat her complaints seriously. In the final beating, the

wife was stabbed repeatedly just as a police officer she’d called earlier drove up. The police asked for the knife but did not arrest him. The husband stomped on his wife’s face and ran inside the house. He returned with their young son, cursed, and kicked her in the head, leaving her partially paralyzed while their son looked on.

Violence often starts mildly, with a push, a shove or a slap. If no one intervenes, it grows worse. Only in this century did domestic abuse become illegal through-

out the United States and in most other Western countries.

In 2003, the San Antonio Police Department responded to 10,034 instances of domestic violence assaults with 2,433 resulting arrests. Domestic violence is an unpleasant subject and devastating when it occurs anywhere, whether in the military or civilian community.

The military has taken proactive, aggressive measures

to prevent, identify and intervene at the earliest known incident.

Congress established Transitional Compensation in 1994 as part of the fiscal year Department of Defense authorization Act (PL 103-160) to provide temporary monetary support for victims who need help in transitioning from abusive situations and to help encourage abuse reports.

If you know someone who has a problem with domestic violence, please urge that person to get help by calling the Department Social Work at Brooke Army Medical Center at 916-3020, or the Military One Source at (800) 464-8107.

The Fort Sam Houston Army Community Service – Family Advocacy Program has established many ongoing educational programs free of charge to all ID card holders and Department of Defense civilians; units can also request training topics tailored to specific needs.

For more information, call 221-0349 or 221-2418. The FAP Resource Library is available starting Friday to ID card holders.

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:

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

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@sam-houston.army.mil.

60's theme rocks 187th Med. Bn. Leadership Dinner

By Maj. Chris Richards
Special to the News Leader

The Stilwell House, a beautifully restored historic house, provided the perfect setting for more than 70 cadre and their spouses to enjoy an evening of camaraderie and entertainment during the 187th Medical Battalion second annual Leadership Dinner.

Remarks by the 187th Medical Battalion Commander, Lt. Col. John Collins, focused on the importance of events such as the Leadership Dinner to recognize unit leaders and their spouses for the commitment and sacrifices they make every day to develop and train world-class Soldiers.

The "Rainbow Kids," a talented group of Fort Sam Houston-based children, provided entertainment with music from the 1960's that had the audience rocking. Dinner was served after a brief historical explanation on the significance of the Stilwell House.

The battalion commander recognized several individuals for their contributions to the battalion, to



Photos by Sgt. 1st Class Lorraine Harper
The "Rainbow Kids," a talented group of Fort Sam Houston children, performed a 1960's era musical program for battalion cadre.

include Ron Joy, director of the Rainbow Kids, and Suzann Schlichter for her untiring support of battalion functions.

Kandice Collins thanked members of the Family Readiness Group for their support of unit activities and introduced new members.

Collins extended special thanks to outgoing president Susanna Oakes, for her involvement in numerous successful activities and welcomed Michelle Garcia as the new Family Readiness Group president.

The evening concluded with Chaplain (Capt.) David Schlichter providing an especially relevant overview of the importance of the time we need to spend with our families.



Col. Doris Henderson and her spouse Col. Bradley Freeman enjoy dinner and camaraderie with 187th Medical Battalion staff members and commanders.

Officers' Bible study

Join fellow officers for Christain fellowship Bible study at 1008 Gorgas Circle, Fort Sam Houston on:

Oct. 8, 15 and 29; Nov. 12 and 19; Dec. 3, 10 and 17
Supper begins at 6 p.m. and study at 7 p.m.

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

Wilford Hall offers alternative non-surgical procedures

By Ernestine Sykes
759th Diagnostics and
Therapeutics Squadron

Wilford Hall Medical Center is now offering the Air Force's first interventional neuroradiology service. Neurointerventional radiologists use minimally invasive techniques to treat brain aneurysms, strokes, blood vessel blockage, fractures of the spine and tumors of the head and neck.

Working within the blood vessels, known as endovascular procedures, the neuroradiologist makes a small nick in the skin to insert a catheter—a thin, hollow tube—into a patient's artery. No surgical incision is required. Usually the catheter is inserted near the groin area using a local anesthetic. Under x-ray guidance, the catheter is directed through the blood vessels of the body to the site of the cerebral aneurysm or clogged artery.

Neuroradiologists use tiny instruments, such as coils, balloons or stents, to treat a variety of conditions such as opening clogged arteries or treating brain aneurysms. These are very delicate procedures that require intense concentration. Endovascular procedures require several hours to perform. After the procedure, patients are usually admitted to the hospital for one to several



Photo by Sue Campbell

Lt. Col. (Dr.) David White, a neurointerventionalist in the 759th Diagnostics and Therapeutics Squadron (right) visits with Nancy Works before performing a biopsy on her spine. Colonel White leads a team of doctors who provide non-surgical neuroradiology service to Wilford Hall patients.

days for monitoring before returning home.

Lt. Col. (Dr.) David White, the only Air Force neurointerventionalist, is now assigned to Wilford Hall and heads this new department. He performed the first endovascular aneurysm coil occlusion at Wilford Hall on Sept. 21. This therapy treats a brain aneurysm by threading miniature platinum coils through arteries to block off the aneurysm. This is the first time this procedure has been performed by an Air Force doctor

in any Air Force medical center.

"Our neurosurgeons, stroke neurologists, neuroanesthesiologists and neurointerventionalist teams work together here at Wilford Hall," said White. "We are dedicated to a neuroscience team approach for providing the best quality care to our patients".

Wilford Hall will soon begin construction on a new biplane angiography suite. The suite will provide state-of-the-art imaging capabilities, including three-dimensional visualization of blood vessels. The suite should be operational early in 2005.

"With our current system, we can only offer limited services," said White. "Once we get this new equipment in place we will be able to offer the full spectrum of treatment options."

Ethics Training 2004

The following is a schedule for the ethics training for Army Medical Department Center and School and Fort Sam Houston military and civilian personnel:

Ethics Training Schedule

Date	Time
Tuesday	9:30 - 10:30 a.m.
Oct. 20	9:30 - 10:30 a.m.
Nov. 3	1:30 - 2:30 p.m.
Nov. 17	9:30 - 10:30 a.m.
Dec. 1	9:30 - 10:30 a.m.
Dec. 15	1:30 - 2:30 p.m.

This training is mandatory and attendance will be reported to the Acting Secretary of the Army.

All training will be held in Evans Theater, Bldg. 1396, on Garden Avenue. No reservations are required and seating is on a first come basis.

Commanders and supervisors may contact Mario Rendon by e-mail at the Administrative and Civil Law Division, Office of the Staff Judge Advocate, AMEDDC&S and Fort Sam Houston, for an electronic copy of the sign-in sheets to verify their employees' attendance.

For more information, call the Ethics Counselor, AMEDDC&S and Fort Sam Houston, at 221-2373 or 221-0485.

232nd Medical Battalion Soldier and Junior Leader of the Week



Courtesy photos

(Left) Pvt. Laura Carson, Soldier of the Week, is from Asheville, N.C. Her hobbies include reading and hiking. Carson said she joined the Army to improve her leadership abilities, challenge herself, serve her country and get money for college. She plans to make the Army a career and get her degree in nursing.



(Right) Pfc. Rebecca Waehner, Junior Leader of the Week, said she joined the Army because she wants to jump out of airplanes, travel and get money for college. Waehner, who has completed one year of college, plans to attend airborne school and obtain a degree in veterinary science. Waehner is from Cedaredge, Colo. She enjoys snow boarding, horseback riding and sports.

Antiterrorism Awareness Training (Level I) is mandatory

Army Regulation 525-13 mandates annual Antiterrorism Awareness Training (Level I) for all military and Department of Defense 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 with 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.

For more information, call Terri Stover, FSH Antiterrorism Office at 295-0535 or e-mail theresa.stover@samhouston.army.mil.

Post commander hosts annual Commanders' golf outing



Photos by Karen Waters

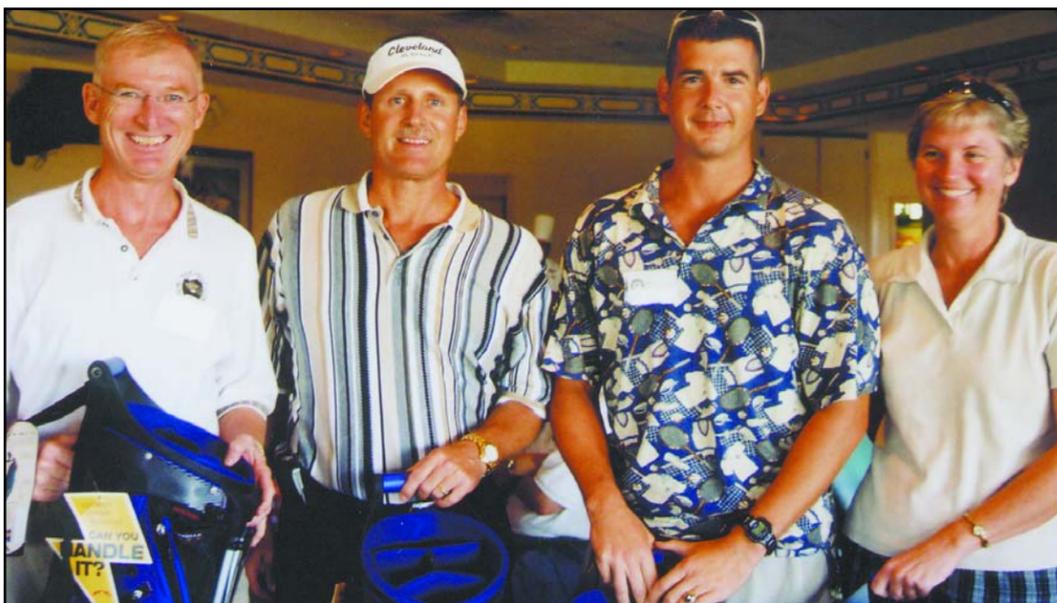
(From left) Jose Medellin, San Antonio Chamber of Commerce; Blake Bowen, Wilson Representative and tournament sponsor; and Bill McCullough, Army Community Council member, take some practice shots before the tournament.

Col. Garry Atkins, Garrison commander, welcomes players and guests to the Commanders' Golf Tournament Sept. 23.



Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander, talks with Lt. Gen. Wayne Marty, Adjutant General, Texas National Guard before the tournament.

(From left) retired Col. Bill Thresher, Installation Management Agency; Dave Helton, Medical Command; Brady Satcher, representing state senator Jeff Wentworth and Bexar County Commissioner Lyle Larson pose for a photo before the start of the golf tournament Sept. 23.



Col. Bradley Freeman, 32nd Medical Brigade commander, John Goffredo, Brooke Army Medical Center; Lt. Col. Erin Edgar, Academy Battalion commander; and Col. Kathy Zurawel, BAMC, pose with their new golf bags, won for placing in the tournament.

Col. Kathy Zurawel, from Brooke Army Medical Center receives a door prize from Maj. Gen. George Weightman.

Gazebo concert honors America's heroes



Photos by Esther Garcia

Brig. Gen. C William Fox, commander, Brooke Army Medical Center and Great Plains Regional Medical Command welcomes guests to the gazebo concert held Sept. 26 honoring America's heroes. Special musical selections traced the Army's history, recognizing Army Medical Department Medal of Honor

recipients. The Army Medical Command Band, led by Chief Warrant Officer Five John Fraser, performed favorites such as "Yankee Doodle," "El Capitan," "Over There," and "Moonlight Serenade." Staff Sgt. Jesse Bolanos performed his rendition of Lee Greenwood's "God Bless the U.S. A."



(Left) Frank Blanco is the proud owner of the 4-cylinder, 4-wheel drive, 1970 Ford M1A1 Jeep. The Alamo Silver Wings Airborne Association uses the vehicle in parades in San Antonio and the surrounding communities. Blanco is past commander for the Memorial Services Detachment and past commander of the Alamo Silver Wings Airborne Association.

(Right) Cal and Barbara Banker admire the 1942 4-door General Staff car owned by Ryan Schraeder. The vehicle was one of several antique military vehicles displayed during the concert.



Jim Silvers is the owner of the pre 1941 WC12 Half Ton Dodge High Speed Command Recon car. The car is called high speed because it can travel at 56 mph.



Center, Maj. Gen. George W. Weightman, commander, Army Medical Department Center and School and Fort Sam Houston visits with Louis and Mary Pat Stumberg prior to the gazebo concert. Stumberg is a civilian aide to the Secretary of the Army.



Vocalist Staff Sgt. William Washington received a standing ovation for his interpretation of Louis Armstrong's "Wonderful World." In the background is Chief Warrant Officer Five John Fraser, commander, Army Medical Command Band.

Child and Youth Services news



PAC Meeting

The Child and Youth Services Parent Advisory Council meeting is Oct. 19 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funston. Lunch will be provided. The meeting will be used to cover upcoming events, introduce staff members and address concerns. For more information, call 221-4871.

FCC Openings

Family Child Care offers home-based child care for ages 4 weeks to 12-years-old 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.

PCI Headstart

Parent Child Incorporated/Headstart program is currently taking applications. PCI/Headstart is a federally funded program on post that provides free childcare. Patrons must meet federal guidelines. For more information, 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 an hour for Category II through VI. CDC's fee structure 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.

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.

CDC Openings

The Child Development Center has full-time day immediate openings for ages 3-5-year-olds. To register, 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.

Open Recreation

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.

Youth Opportunities

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 after school 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 parents and students. Students must be registered with Child and Youth Services, which has 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 anyone who just cares 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 9 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 (shoppette 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.

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 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 Saturday. 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 to 11:50 a.m. - 4-years-old and older cheerleading class
- 11:50 a.m. to 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.

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.

MWR Recreation and Fitness

Intramural Flag Football Standings As of Sept. 24

TEAM		W	L
1st	BAMC	6	0
2nd	Co A STB	4	0
3rd	Co B Acad Bn	3	1
4th	G 232nd Med Bn	2	1
5th	135th FA	2	4
6th	Rough Riders	1	3
7th	DFAS	1	4
8th	D BAMC	0	3
9th	The Red Legs	0	5

Win a Cowboys vacation package at the Bowling Center

The MWR Bowling Center is conducting a drawing for a Dallas Cowboys vacation package. The package includes four tickets on the 50 yard line to the Dallas Cowboys Game Oct. 17, transportation to and from Dallas, hotel accommodations and a restaurant gift certificate. To enter, stop by the Bowling Center, Bldg. 2521, Schofield Road. The drawing will be Oct. 8. The contest is open to anyone 18 or older with a valid Fort Sam Houston Department of Defense ID. The winner will be asked to confirm eligibility. For more information, call 221-2926 or 221-2307. This promotion is sponsored by DNA Computing Solutions, Calibar Collision Centers of San Antonio, and Marriot Airport Hotel, Dallas.

Intramural Fall Softball Standings As of Sept. 21

TEAM		W	L
Pool A			
Co C Acad Bn		4	0
5th Army		3	1
Fire Department		2	2
USARSO Sharks		2	1
418th Med Log		1	2
NMCRC		1	3
D BAMC		0	1
470th MI		0	3

TEAM		W	L
Pool B			
BAMC		3	0
232nd Med Bn		3	0
Co B Acad Bn		2	0
ISR		1	0
Baylor Bears		2	2
USARSO Dwags		1	4
440th BSD		0	3
MEPS		0	3

Sept. 20			
USARSO Sharks	6	Fire Department	2
5th Army	8	470th MI	6
Co C Acad Bn	14	NMCRC	7
USARSO Dwags	2	440th BSD	0



Natural Body Building Show, Oct. 16

A natural body building show will be held Oct. 16 at the Jimmy Brought Fitness Center. Weigh-in is between 9:30 and 10:30 a.m. and start time is 11 a.m. The cost is \$25 and participants will receive a T-shirt. For more information, call Lucian Kimble at 221-2020.

Camp Bullis, Saturday

Attention archers, the hunting season opens Saturday and will be open from 5:30 a.m. to 8 p.m. for the remainder of the season. The Catfish Pond is closed for the season and will re-open March 5. For more information, contact the lodge at 295-7577 or 295-7529.

Trail Rides

The Equestrian Center offers one-hour trail rides Saturdays and Sundays year round at 8:30 a.m., 10 a.m., 12:30 p.m. and 2 p.m. Patrons ages 7 and up are welcome; however, adults must accompany all children. Cost is

\$20 per person. Reservations are required and may be made by visiting the Equestrian Center or by phone. The center is located at Bldg. 3550 on Hawkins Road off Binz-Engleman. For more information, call 224-7207.

Intramural Basketball (male, female and co-ed)

Letters of intent are due Nov. 1. A coaches meeting is scheduled for Nov. 8 and the season starts Nov. 29. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.



Intramural Fall Bowling Leagues

Letters of intent are due Dec. 6. A coaches meeting is scheduled for Dec. 13 and the season starts Jan. 10. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

On display at the library

A selection of books celebrating Hispanic American Heritage Month is on display at the main library, Bldg. 1222, on Harney Road. Additionally, the library has an ongoing display of selections from the Army Chief of Staff's Professional Reading List. The reading list includes recommended reading for Soldiers with four sublists divided by rank. For more information or directions, call 221-4702.

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 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 221-5224.



Open Car Show, 7 a.m. - Trophies will be awarded to first, second and third place entries in each category. Entry fee is \$20. To register, call the Auto Craft Shop at 221-3962 or 221-4883.

5K Fun Run, 9:30 a.m. - Sign up now for a fun run. Awards for first, second and third 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 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.

Fort Sam Houston NCO Club		October 2004			
Mon	Tue	Wed	Thu	Fri	
 <p>Lunch is served from 11 a.m.—1 p.m. ALL YOU CAN EAT BUFFET \$5.95/\$4.95 for Club Members Includes: Beverages, Soup & Dessert</p>				 <p>Fried/Baked Fish Gumbo Chef's Special</p>	
Closed Every Monday	4 Fried Chicken Baked Ham w/ Pineapple Sauce Chef's Special	5 Fried Chicken Baked Ham w/ Pineapple Sauce Chef's Special	6 Too Hot for Your Mama Chicken (Mild Available) Spicy Beef Chef's Special	7 Fried Chicken BBQ Ribs Chef's Special	8 Fried/Baked Fish Popcorn Shrimp Chef's Special
	11 Fried Chicken Baked Chicken Chef's Special	12 Fried Chicken Baked Chicken Chef's Special	13 Chicken Fajitas Beef Enchiladas Taco Bar Chef's Special	14 Fried Chicken BBQ Ribs Chef's Special	15 Fried/Baked Fish Salmon Croquettes Chef's Special
	18 Fried Chicken Meatloaf w/ Brown Gravy Chef's Special	19 Fried Chicken Meatloaf w/ Brown Gravy Chef's Special	20 Lemon Chicken Sweet & Sour Pork Veg. Lomein & Egg Rolls Chef's Special	21 Fried Chicken BBQ Ribs Chef's Special	22 Fried/Baked Fish Gumbo Chef's Special
	25 Fried Chicken Breaded Pork Cutlet Smothered Hamburger Steak Chef's Special	26 Fried Chicken Breaded Pork Cutlet Smothered Hamburger Steak Chef's Special	27 Beef Lasagna Chicken Alfredo Spaghetti & Meatballs Chef's Special	28 Fried Chicken BBQ Ribs Chef's Special	29 Fried/Baked Fish Popcorn Shrimp Chef's Special

Que Pasa?



Community events

Botanical Garden event, Saturday

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 will 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, Saturday

The Volkssportverein Friedrichsburg volksmarch club is hosting a 10-kilometer (6.2 mile) and 5-kilometer (3.1 mile) walk starting at the old Cherry Mountain School about five miles from the city limits of 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.

Government Canyon Walk, Oct. 16

The Texas Wanderers volkmarh club of Fort Sam Houston is hosting its annual Government Canyon 10-kilometer (6.2 mile) and 5-kilometer walk (3.1 mile) Oct. 16. For additional information on this walk contact Lyn Ward at: (210) 651-6536 or email: LWard10KM@aol.com. People can check out the club's Web site at: www.walktx.org/Wanderers.html. For more information on Government Canon State Natural Area, go to <http://www.tpwd.state.tx.us/park/govcan/>.

Education showcase, Oct. 18

The second annual Our Kids San Antonio Education Showcase is Oct. 18 from 6 to 8:30 p.m. in the Sky Room at the Grossman International Conference Center at the University of the Incarnate Word. The event is free and open to the public, and will feature 60 private, special needs and charter schools from throughout the San Antonio area. Visitors should enter the IWC campus from the U.S. Highway 281 entrance. For more information, call Our Kids magazine at 349-6667.

ASMC luncheon, Oct. 21

The Alamo Chapter of the American Society of Military Comptrollers invites members and non-members to attend a luncheon Oct. 21 from 11 a.m. to 1 p.m. at the Randolph Officers Club. The luncheon is hosted by Air Education and Training Command. Guest speakers are Todd Schaffer, director of the Workforce Management Office of the Assistant Secretary for Financial Management and Comptroller, Washington, D.C.; and Capt. Jason Corrothers, Air Force Personnel Center officer assignments, Randolph Air

Force Base. The topic will be "Workforce Transformation Initiative." Sign up with your ASMC vice president by Oct. 15. For more information, call Wayne Wanner at 221-7029.

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 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 is held 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

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.

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

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 from 10 a.m. to 12:30 p.m. at NE Baptist Church, 2930 E. Bitters Rd. For more information, call MOPS Coordinator Tammy Duhaime at 481-6304.

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: 2002 Honda Civic EX Coupe 2D, 1.7 L VTEC, 5-speed manual, a/c, PW, PS, PD, CC, AM/FM/CD, ABS, moon roof, Platium anti-theft protection system, excellent maintenance, factory warranty, 20,300 mi., \$12,800.00. Call 545-7692.

For Sale: 1985 CJ-7 Burgundy Jeep, must sell, American racing rims, too many items to list, hard top, bikini top and soft top along with both sets of doors, very good shape, must see, \$5,500 obo. Call 651-9168.

For Sale: Various indoor and outdoor potted plants, \$5/under; two medium-sized Tiger Oscar tropical fish, \$10 a piece; one Plecostomus catfish, \$5; one Calico goldfish, \$3; and booster seat for table, \$5. Call 299-3737 or 213-9039.

For Sale: Hospital bed with mattress, \$200; Lack's solid pine trundle bed frame, \$40; large igloo dog house, \$25; and queen mattress/boxspring set, \$100. Call (210) 564-0767.

For Sale: Washer, \$100 (dryer included free); Toro lawn mower with bag, \$50; Kenwood

entertainment system, includes cabinet, turntable and tape deck, \$100; Bose 501 Speakers, \$25; electric weed whacker, \$10; lawn rakes, \$2 each. Call 226-8604.

For Sale: Almost new Pro Form 760 EKG treadmill, used five times, \$375 obo; and Whirlpool ceramic glass cook-top, good condition, \$75 obo. Call 490-5240 or cell 213-2182.

For Sale: Box spring (no mattress), king size, metal frame, new, \$75; roller-skates, size 10 adults, \$10; ceramic lamp set with shades, 24 in., beige, \$25; Casio keyboard with stand, \$100; racecar bed with mattress, dresser, new, \$250; and karaoke/singing machine, like new, \$50. Call 697-9261.

For Sale: Sharp carousel microwave, \$20; sunflower, four ceramic cannisters, \$25; stylish maternity tops, \$3 each; and new Gucci leather tote with dust bag, \$180. Call 490-7584.

For Sale: Contemporary blue sofa and loveseat with jewel tone accent pillows, like new condition, must see, not stained or ripped, slightly oversize and

comes with or without three-piece table, pictures on request, all for \$325; Panasonic Inverter black microwave, like new for \$40. Call 651-9168, can help with delivery.

For Sale: Small refrigerator, two new TVs, new Oakley sunglasses, barbecue gas grill and Murray ATB Ultra bike. Call 545-7692.

For Sale: Toshiba 13-inch TV/VHS combo, NIB, \$100; ProForm exercise bike, as new, \$75; Eureka hard surface, steam cleaner, \$60; and Perform self-cleaning litter box, \$75. Call 325-3657.

For Sale: Dining room set with six chairs, \$175; three-cushion couch, \$150; day bed with mattress, \$25; microwave, \$20; and Air Walker, \$40. Call 646-0943.

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.

Mobilization/Deployment Assistant, San Antonio. Develop family readiness programs; provide individualized, ongoing support; direct information and referral volunteer groups; and recruit, assist and mentor volunteers and FRG.

Contract Administrators, San Antonio. Conduct proposal preparation, contract negotiation, contract administration and customer contact activities; and exam estimates of material, equipment services, production costs and delivery schedules.

Logistics Analyst, San Antonio. Establish and manage a nationwide property management and accountability system, and develop an organizational property management account/record to service a dispersed organization.

October 2004

Need a room for your guests? Call 224-3295 \$25.00/night 10 suites available

We cater special events. Call 224-4211 ext. 118 Kathy would be more than happy to assist you.

Enchilada served from 11:00 A.M. TO 1:00 P.M. LUNCH BUFFET \$5.95/\$9.95 for Members

Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
3 Sunday Brunch 1000-1330	4 Beef Tips Grilled Pork Chops Chef's Special	5 CHICKEN Beef Stroganoff Chef's Special	6 Gary's Smokehouse Ribs Hearty Beef Stew Chef's Special	7 AMERICAN FOODS Beef Enchiladas Roast Pork Joe's Beans	8 Club Closed Training Holiday
10 Club Closed	11 Columbus Day Club Closed	12 CHICKEN Sliced Roast Pork Chef's Special	13 Gary's Smokehouse Ribs Ham & Cheese Casserole Chef's Special	14 AMERICAN FOODS Baked Chicken Joe's Beans	15 Fish Fry Southern Fried Fish Chef's Special TGIF 4:00 pm - 8:00 pm
17 Sunday Brunch 1000-1330	18 Lasagna Chicken Stir Fry Chef's Special	19 CHICKEN Meatballs Chef's Special	20 Gary's Smokehouse Ribs Meat Loaf Chef's Special	21 AMERICAN FOODS Beef Fajitas Sausage & Pepper Joe's Beans	22 Fish Fry Southern Fried Fish Baked Chicken TGIF 4:00 pm - 8:00 pm
24/31 Club Closed	25 Country Fried Steak Baked Ham Chef's Special	26 CHICKEN Sausage & Peppers Chef's Special	27 Gary's Smokehouse Ribs Chicken Chef's Special	28 AMERICAN FOODS Crispy Beef Tacos Chicken Carne Guisada Joe's Beans	29 Fish Fry Southern Fried Fish Beef Pot Pie TGIF 4:00 pm - 8:00 pm

The Club
is open
for special
functions
only

224-4211