



News Leader[®]



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Fort Sam Houston — Home of Army Medicine

Oct. 14, 2004

Briefs . . .

New ID Card office hours

The ID Card Office, located in the Gen. Vogel Processing Center, Bldg. 367, has new operating hours. The new operating hours are: walk-ins from 7:15 to 10:30 a.m. and 12:45 to 3 p.m. for appointments. We will continue to have walk-ins from 12:45 to 2 p.m. For appointments, call 221-0415 or 221-2278. For more information, call Rene Agosto at 295-8809 or Roy Salone at 295-8829.

Fort Sam Fall Fest, Saturday

Enjoy a fun day at MacArthur 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.

Retiree Appreciation Day, Oct. 30

The Fort Sam Houston Retiree Council and the Transition Services Office will host the annual Retiree Appreciation Day on Oct. 30 at the U.S. Army Medical Department Center and School, Bldg. 2841, Willis Hall, at the corner of Harry Wurzbach and Stanley Road, from 8 a.m. to 1 p.m. For more information, go to page 12.

Mission Thanksgiving kicks off

The U.S. Army Medical Department Center and School is hosting its annual "Mission Thanksgiving" program, where families in the San Antonio area take Soldiers home for Thanksgiving Day. For more information, go to page 8.

What's inside

Top stories in this week's edition of the Fort Sam Houston News Leader include: articles about one-year anniversary of Operation Enduring Freedom (page 3); coverage of the Most Efficient Organization's Readiness and Logistics division, the second in a series of articles about the MEO's eight new branches (page 4); a story about Sgt. Maj. David Litteral, the recipient of the Sgt. Maj. Larry Strickland Education Leadership Award (page 6); and a two-page spread on the fire department's open house (pages 18-19).

Firefighters aim for education



Photo by Elaine Aviles

Firefighter Lawrence Salinas puts the last embers of a fire out after a live fire demonstration during the fire department open house Saturday. See article and more photos on pages 18-19.

Readiness Training Institute preps medical pros for battlefield

By Donna Miles
American Forces Press Service

The best medical skills, honed at the most renowned medical schools, won't do much good in combat if the provider doesn't survive to use them.

That's what drives Army Col. Alan Moloff, director of the Defense Medical Readiness Training Institute here, to ensure that military health-care providers have battlefield survival skills as well as top-notch medical skills.

The institute offers training to help doctors, nurses, physician assistants, and other medical service corps professionals from all military services prepare for the rigors of combat and the challenges of providing patient care on the front lines.

"The challenge is realizing that you're much more limited in terms of equipment and resources" than at traditional treatment facilities, Moloff said. "You have fewer people, no MRI and no CT-scan lab that can give you results within 30 seconds."

Without ready access to these technologies that have become so much a part of traditional patient care, military health-care providers must focus on the basic principles of trauma care, Moloff said.

"At the forward edge of the battle, the challenges have remained relatively constant for the last 100 years," he said. "The first two minutes of health care have been the same since the Civil War: establish an airway and stop arterial bleeding. If you can do that, you are going to save the person."

But even that simple prescription takes on a multitude of challenges in wartime. "You have to look at what care you can provide while under fire and what has to wait until the firing stops," said Moloff.

Providers must triage patients when faced with multiple casualties and determine how and where to evacuate them, if necessary. "The closest medical facility may not be the best for your patient," Moloff said. "You need to determine how to safely evacuate the patient and how far you need to go to get the appropriate level of care."

In addition, health-care providers must master basic military and combat survival skills so they can provide life-saving trauma

See **READINESS** on Page 5

Military medics move combat care to front lines

By Donna Miles
American Forces Press Service

From surgical care to physical therapy to blood supplies, the military medical system is moving its assets closer to the front lines to be more responsive to patient needs and, when possible, to return wounded troops to duty faster.

At the same time, the military is boosting know-how about treating combat casualties so everyone

on the battlefield, regardless of job specialty, knows the most basic steps to take to help save a life.

Operations in Iraq and Afghanistan represent the first time these concepts, which the Army started introducing about eight years ago, are being applied in combat.

Army Maj. Gen. George W. Weightman, commander of the U.S. Army Medical Department Center and School, said the trend reflects research about injuries,

particularly trauma injuries. "What we have found is that the sooner you get to people after they have been wounded, the better your chances of saving them," he said.

Weightman said that's particularly true of injuries involving extensive blood loss, "because that's what kills people on the battlefield if they don't die instantly," he said. "So the sooner we can get the medical people to them, the better the outcome."

Recognizing the importance of quick care for wounded troops, the Army started beefing up its training programs — introducing a three-day combat lifesaver course taught to all Soldiers in their units and creating a whole new job description for combat medics, who receive their training here, Weightman explained.

In addition, the Defense Medical Readiness Training Institute prepares doctors, nurses, physician assistants and other

medical service corps professionals from all military services for the rigors of combat and the challenges of providing patient care on the front lines.

But just as important as increasing expertise about combat lifesaving, Weightman said, is getting it as close as possible to the patient.

In response, each Army company typically includes four to

See **FRONT LINES** on Page 4

Commander proclaims Crime Prevention Month



Maj. Gen. George W. Weightman
AMEDDS and FSH Commander

WHEREAS, crime and fear of crime adversely affect the well-being and the quality of life of all citizens and in all organizations in our community; and

WHEREAS, the financial loss, personal injury, property loss, and deterioration of community spirit are intolerable; and

WHEREAS, the participation of civilian and military personnel in achieving the ultimate goal of reducing crime has

proven to be successful; and

WHEREAS, it is essential to continue to distribute crime prevention information to the public and encourage their involvement in crime prevention programs in order to reduce the number of victims of crime; and

WHEREAS, crime prevention adds immeasurably to the health, safety, and vigor of our community and should be encouraged and supported by all levels of the

command, supporting activities, organizations, schools, community clubs, and neighbors; and

WHEREAS, crime prevention programs implemented on this installation require the support of all personnel, civilian and military

NOW, THEREFORE I, Maj. Gen. George W. Weightman, encourage all commanders, Soldiers, family members, and civilian employees to increase

their awareness of, and participation in, effective crime prevention measures.

FURTHER, LET IT BE RESOLVED THAT I, Maj. Gen. George W. Weightman, do hereby proclaim October 2004 as Crime Prevention Month on Fort Sam Houston, Texas.

George W. Weightman
Maj. Gen., U.S. Army
Commanding

Fort Sam Houston News Leader

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**Army Medical Department
Center and School and
Fort Sam Houston Commander**
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U.S. commander notes numerous successes on OEF's third anniversary

By Donna Miles
American Forces Press Service

Three years after the coalition began combat operations against the Taliban and al Qaeda in Afghanistan, the Afghan people are just days away from a presidential election expected to be a major stabilizing effort in a lynchpin country in the war on terror.

The commander of 18,000 coalition forces in Afghanistan said credit for this "awesome accomplishment" goes largely to the "very unsung, very heroic work" being performed by U.S. Soldiers, Sailors, Airmen and Marines supporting Operation Enduring Freedom.

Army Lt. Gen. David W. Barno, commander of Combined Forces Command Afghanistan, praised the role the coalition is playing in Afghanistan's transformation during an interview with The Pentagon Channel.

"Just three years ago today, the Taliban were still ruling Afghanistan and al Qaeda was still very much active in the country," he said.

In contrast, today the Afghan people are registering in records numbers — 10.5 million at the latest count — to vote in their first direct vote for president in Afghanistan's history and the first election of any kind in the

country since the early 1960s, Barno noted.

"That is an awesome accomplishment in a three-year period of time in any country's history," he said.

He tells troops he visits with in Afghanistan how critical they are to the mission, which he acknowledges they carry out "in some of the toughest conditions of geography and climate you could find anywhere in the world."

The general said he reminds troops that the protection they provide in Afghanistan have set the conditions for the presidential elections — something he tells troops they'll some day talk to their children and grandchildren about. "It's happening in large measure because of their great efforts," he said.

Barno said the coalition mission has broadened significantly since President Bush announced on Oct. 7, 2001, that the U.S. military had launched attacks on al Qaeda training camps and military installations of the Taliban regime in Afghanistan.

The opening strikes of Operation Enduring Freedom followed the Taliban's rejection of U.S. demands after terrorist attacks on the World Trade Center and Pentagon on Sept. 11, less than four weeks earlier. Bush had called on Afghanistan's lead-

ers to close terrorist training camps and hand over al Qaeda leaders, including Osama bin Laden. The president also demanded the return of all unjustly detained foreign nationals and the opening of terrorist training sites to U.S. inspection.

"Initially, we were very much focused on removing Taliban remnants and al Qaeda remnants here, trying to hunt down terrorists that might be left in various hills and the caves in various corners of the country, particularly in the south," Barno said.

That initial effort required a far smaller force — "only a few hundred special operations forces along with ... thousands of Afghan forces in the Northern Alliance," Barno said. "And that very small presence, assisted by some powerful U.S. air support, was able to undercut the Taliban and essentially cause them to give up and move out of the country," he said.

Later, U.S. Marines and Soldiers joined the force, he said, "to clean out the remnants" of terrorist elements still in Afghanistan, he said.

Today, Barno said the coalition has shifted to a "broader-based approach" focused on creating conditions in Afghanistan that cause people — worn down by more than 23 years of war — to reject terrorists and their activities outright.

This includes the establishment of provincial reconstruction teams — 14 now dot the country — that Barno said "assist in extending security and the reach of the national government out there in the provinces."

Barno said other conditions around the country demonstrate continued progress: an economy growing at the rate of 20 percent a year, more than 5 million children in school compared to just over 1 million two years ago, and the completion of the "Ring Road" that links Afghanistan from Kabul to Kandahar, with construction continuing on the section from Kandahar to Herat.

Also exciting, Barno said, is the continued progress in building Afghanistan's security forces and justice system. The Afghan National Army, with about 15,000 soldiers, is rapidly becoming a pillar of the country's security, and its four new regional command headquarters in Kandahar, Gardez, Mazar-e-Sharif and Herat is considered a milestone in extending that security.

Even with this expanded focus, Barno said the coalition has "a very limited footprint" in Afghanistan, which he noted is about equal to Iraq in terms of both size and population.

"So there are a lot of very, very exciting things going on,"

Barno said. "But most of all is the optimism and energy of the Afghan people."

Barno said U.S. forces are doing "an incredible job" in helping Afghanistan progress. He called them "the centerpiece of helping to enable the Afghan security structure to grow and to assist" in protecting the Afghans "as they develop their own democracy here."

He said the Afghans recognize the contributions coalition troops are making and appear to be in no hurry for them to leave. If anything, he said, they're more concerned about "being abandoned" by the international community "than they are of us overstaying our welcome," he said.

"We certainly don't want Afghanistan to return to the era of the Taliban and the era of al Qaeda being welcome in the country here," Barno said. "We can't afford to have that resume once again."

Barno stressed the international community won't allow that to happen. "We are clearly going to be here as long as the Afghan people want us to and not beyond that," he said. "I see very much interest in having us here to support their efforts ... so that they can stand completely on their own feet," he said. "And we are working very hard to do that."

Instructors unveil new animal care course facility

By Elaine Aviles
Fort Sam Houston News Leader

After more than nine years of planning and hard work, Army veterinary technicians in training now have a bigger, state-of-the-art schoolhouse in which to learn their skills and tasks.

Although students have been training there for about a month, the new Animal Care Specialist Course facility, located next to the auto care center, will have its official ribbon-cutting ceremony Oct. 21 at 9:30 a.m.

"We wanted to make sure the boxes were unpacked and everything was fully functional before we made it official," said Dr. Leo Staley, senior civilian instructor and project manager.

During the 11-week course, Soldiers learn to assist veterinarians in every aspect

of animal care, which includes everything from physical exams to administering IVs and surgical assistance.

The schoolhouse is also used for veterinary officer training, and training support to combat medics and physician assistants.

"When students graduate, they're able to treat dogs, cats, horses, sheep, goats, rabbits and mice," Dr. Staley said. "We have graduates who are supporting medical research with primates in Peru, guinea pigs in Egypt, and others caring for military working dogs in Iraq. Our students go on to care for animals around the world."

To facilitate training, schoolhouse leaders ensured the new building was a vast improvement over the old.

"It's better in every aspect," said Dr. Staley. "For example, the rooms are bigger, which allows students to assist the vet without stumbling over each other."

This includes the classrooms, which also feature cutting edge in-desk computers, darkroom, where X-rays are developed, and exam and surgical rooms.

"They're three times the normal size," Dr. Staley said. "It's a perfect learning environment."

Along with space, the facility also gained new research and lab equipment typically seen in the field, which includes, as Dr. Staley



Photos by Staff Sgt. Atwell Cersley

Army veterinary technicians in training learn how to perform basic medical treatment on dogs at the new Animal Care Specialist Course facility.

refers to it, "the most expensive dishwasher I've ever seen."

The \$140,000 "dishwasher," which can "hold a small car," sterilizes equipment from the research department.

The research department was one of the biggest challenges during construction, Dr. Staley said.

"We had to make sure every surface and piece of equipment was up to standards," he said.

The Association for Assessment and Accreditation for Laboratory Animal Care, International (AAALAC), will visit the facility in November to evaluate the ani-

mal care program and facility.

"If you don't get accredited by AAALAC, you don't do business," Dr. Staley said.

With a class under its belt, instructors are confident the new building will be an asset to the animal care course for years to come.

"This facility gives students a state of the art learning environment for both didactic and hands-on training," said Rick Sowers, civilian instructor. "It offers the students a professional learning environment that both they and the staff can be proud."



Soldiers use microscopes to perform blood testing.

Post improvement

Readiness and Logistics provides wide range of assistance

Story and photo by Elaine Aviles
Fort Sam Houston News Leader

(This is the second in a series of Most Efficient Organization articles highlighting the MEO's eight new divisions. The MEO stood up Oct. 1.)

To some, the Readiness and Logistics branch may appear to be a hodge-podge of functions ranging from maintenance of vacuums to pistol belt issue.

But to Jerry Rogers, chief of logistics, it all makes perfect sense.

"In simplest terms, we perform maintenance on everything at Fort Sam Houston that isn't a building, or medical or computer equipment," Rogers said.

This leaves a long list of items that includes TV sets, trucks, guns, desks, calculators, chairs and earth-moving equipment.

Aside from maintenance, the branch also issues deployment equipment such as

flak vests, pistol belts and helmets; provides technical assistance to the dining facility; fills transportation requirements; and controls the acquisition, storage and issue of hazardous material until its disposal.

The branch accomplishes its wide variety of missions with just 55 government employees and 19 contractors.

"We had to streamline a bit to meet MEO (Most Efficient Organization) guidelines, but the changeover shouldn't have much of an affect on customers," Rogers said.

In fact, Rogers said he plans on a few improvements for the branch's customers.

"Our functions are spread out in different buildings," he said. "We're working on consolidating to fewer buildings to make doing business with us more convenient."

The consolidation is slated to start immediately. Transportation Motor Pool

will move to Bldg. 4055 this month.

"I'd like to make this building as close to one-stop-shopping as possible," Rogers said.

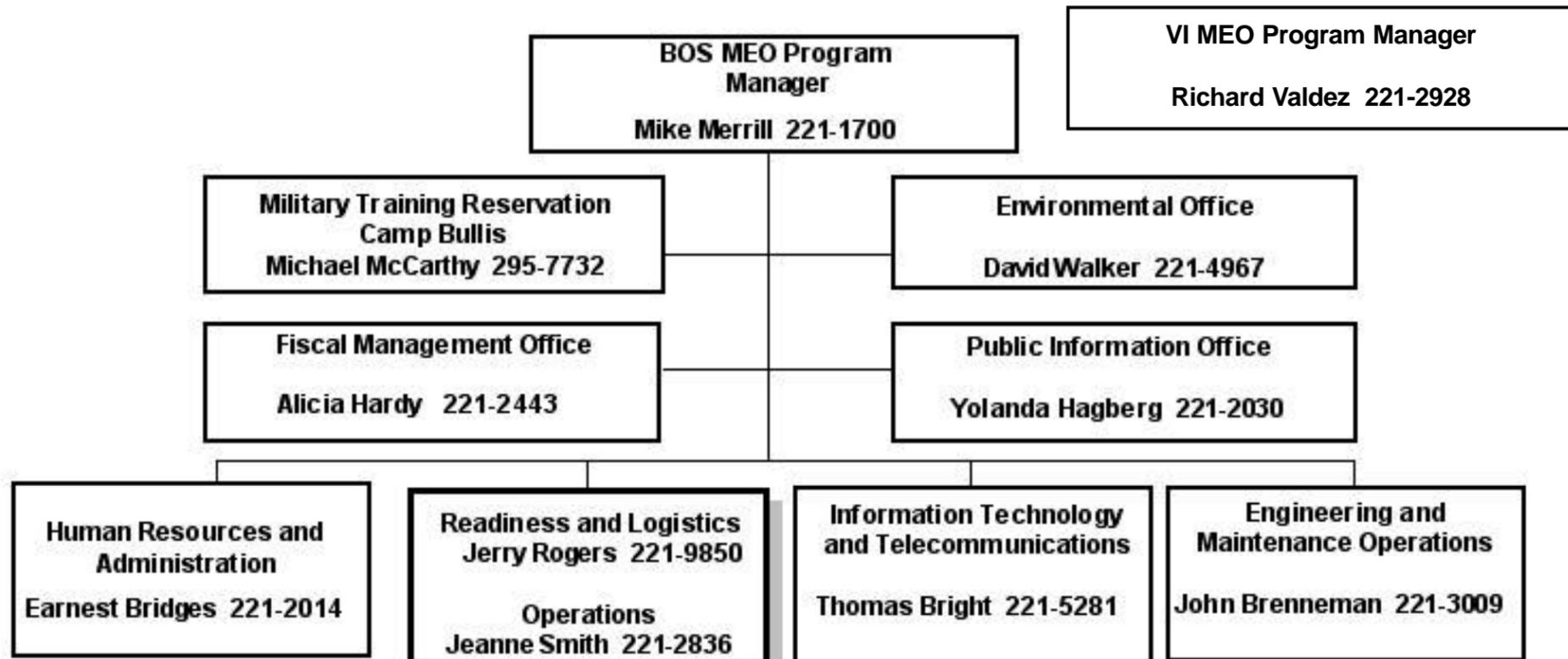
The Sign Painting Shop will also move to Bldg. 4055 before the end of the year and the U-Do-It Store to Bldg. 4189 by April 2005. Additionally, supply will move from Bldg. 4011 to Bldg. 2640.

"The MEO has brought with it a lot of changes," Rogers said. "It's my goal to make Readiness and Logistics a happy place for employees to work and for customers to come for business."

For more information about the branch or upcoming changes, call Rogers at 221-9827.



Spc. Darryl Solis, Brooke Army Medical Center preadmissions, returns uniform items to Servando Betancourt, Readiness and Logistics equipment issue. Readiness and Logistics is one of the eight Most Efficient Organization divisions.



Front Lines

Continued from Page 1

five combat medics, who operate "right there where the action is happening," he said.

In addition, forward surgical teams, 20-person units that include three surgeons and an orthopedic surgeon are being assigned at the battalion or brigade level. Weightman said these teams moved alongside the combat forces during the early, "maneuver" phase of operations in Iraq, cutting medical evacuations, when necessary, to less than 20 minutes.

Weightman said these teams offer not just trauma care, but also a full spectrum of services ranging from physical therapy to preventive medicine. "We've pushed a lot of resources down to the brigade level and the division level," he said. "So not only can we treat them far forward, we can prevent them from getting sick and needing to get evacuated."

When necessary, air evacuations to higher-echelon care facilities are far shorter than in the past, Weightman said, thanks to the positioning of medical heli-

copters closer to the units. "We're able to get down and get to the Soldiers after they'll been wounded and get them back to definitive care in under an hour — in many cases, in 20 or 30 minutes," he said.

Four Army combat support hospitals throughout Iraq offer the most advanced patient treatment available in the country, "the best care short of a medical center," Weightman said.

For medical service troops, the trend toward offering care closer to the front offers unique challenges and opportunities.

Army Sgt. 1st Class Quentin "Shane" Thompson experienced the trend firsthand during the opening days of Operation Iraqi Freedom. While coalition troops were moving north toward Baghdad, Thompson traveled directly alongside them with the blood supply used to treat casualties.

"We were constantly moving," said Thompson, who quickly set up operations each time the unit stopped, drawing packed red blood cells from the back of a refrigerated 5-ton truck.

"Blood management has usually been done in the rear echelon," said Thompson, now a microbiology instructor at the U.S. Army Medical Department Center and School's laboratory technician course. "But now the idea is to get the blood to the person as close as possible to the front lines. We're trying to provide the best care possible as far forward as possible."

Maj. Tracy Smith, director of the school's physical therapy specialty program, said she's witnessed the same phenomenon in her field. Although physical therapists and their assistants once rarely deployed to the battlefield, today they're in Southwest Asia, providing sports medicine and other related care so troops can more quickly recover from their injuries and return to the battle.

"In the past, people with minor injuries would normally be sent way back to the rear," she said. "But with technicians and therapists now forward-deployed, we've become force multipliers. We truly enhance the numbers of warfighters (available for duty)."

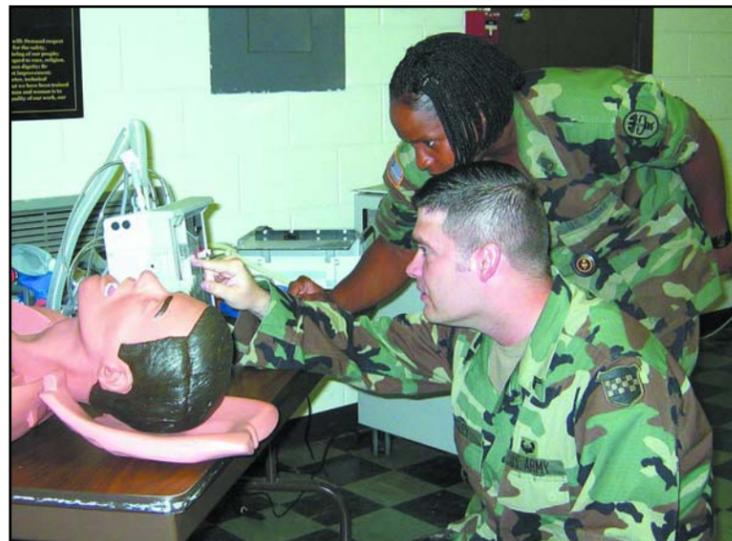


Photo by Donna Miles

Army Cpl. Robert Bosley, a Reservist with the 2290th U.S. Army Hospital in Washington, D.C., learns how to operate a field respirator at Fort Sam Houston, Texas, from his instructor, Army Staff Sgt. Rachel Marchbanks.

Maj. Mary Adams-Challenger was among just two physical therapists in Iraq during the first rotation of Operation Iraqi Freedom, although that number has since increased exponentially.

By providing physical therapy care at the 21st Combat Support Hospital in Balad rather

than farther to the rear, she said she was able to help return troops to duty faster, and with better long-term results. "Early intervention is the key with these acute injuries," she said. "It's all about timing. If you're able to provide sufficient treatment early on, it's far better for the patient."

Readiness

Continued from Page 1

care under the most difficult conditions imaginable.

Training at nearby Camp Bullis includes scenarios that replicate the pressures of the battlefield, providing a setting for medical professionals to treat patients while protecting themselves from enemy action. Beginning this month, for example, the institute began training medical professionals how to react if their convoys come under attack.

"The first thing you have to do to provide care on the battlefield is to survive," Moloff said. "So teaching those skills is central to what we do."

Moloff said the students pay close attention to the training. Many are scheduled to deploy to Southwest Asia within months, even days, of completing their Defense Medical Readiness Training Institute training. "They know they're going to be using this training, so there is a lot of motivation to learn," he said.

While focusing their curriculum on age-old trauma care principles, the institute's staff is also looking to new developments they say will improve battle-

field medical care. New, high-tech bandages help hasten the blood clotting process, and, Moloff said, another promising concept on the horizon is a substance that will stop a wound from bleeding much the way "flat fix" material closes up leaking tires.

Also on the drawing board is an artificial blood able to carry oxygen and promote coagulation and a fluid that slows down the patient's metabolism, which in turn, slows down the loss of blood and oxygen from the body.

Moloff said he expects these developments to have long-lasting impact on combat medicine as well as traditional health care. "Everyone stands to gain — military as well as civilians," he said.

In the meantime, Moloff said, he's pleased with the quality of battlefield medicine and is optimistic that the training the Defense Medical Readiness Institute provides is making a difference.

"We're having fantastic successes on the battlefield in saving lives—better than we ever have," Moloff said. "It's a trend we expect to continue into the future, and we're committed to being a part of that success."

Disability Employment Awareness Month training seminar

By Maj. Gen. George W. Weightman
 AMEDD Center and School and FSH Commander

In recognition of Disability Employment Awareness Month (DEAM), the Fort Sam Houston individuals with Disabilities Program Committee, under guidance of the Directorate of Human Relations/Equal Employment Opportunity Programs, is holding a training seminar on Tuesday from 8 a.m. to 5:30 p.m. at the NCO Club. Seminar topics will include emergency evacuation planning, reasonable accommodation procedures, procession work orders regarding an accommodation, workplace ergonomics and getting ergonomic evaluations, special hiring authorities, Section 508 compliance and much more.

Both civilian and military personnel are strongly encouraged to attend and take advantage of this training opportunity. Managers and supervisors are especially urged to attend. This is a chance to gather a large amount of information and guidance concerning the hiring and retention of persons with disabilities, how to work through accommodation requests, and how to help the Department of the Army and Fort Sam gather the knowledge needed to improve the workforce, take advantage of a largely untapped pool of qualified potential employees, and to avoid mistakes that can lead to disability-based EEO complaints.

To register, please contact Glennis Ribblett, who may be reached at 221-9401 or by e-mail at Glennis.Ribblett@samhouston.army.mil.

Need an ID Card?

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



To schedule an appointment, call 916-0838.

232nd Med Bn NCO receives Strickland Award

The Association of the U.S. Army named the sergeant major of the Department of Combat Medic Training, 232nd Medical Battalion, as the recipient of the Sgt. Maj. Larry Strickland Education Leadership Award.

Sgt. Maj. David Litteral, chief-instructor writer for the Department of Combat Medic Training (91W program), is only the second recipient of this award, given in honor of Strickland, who was killed on 9-11 at the Pentagon.

The award is presented annually to a "senior noncommissioned officer who best exemplifies the Army's vision and influences others in shaping future leaders while practicing excellent stewardship of the nation's most precious resource — our Soldiers."

"Sgt. Maj. Litteral's leadership has allowed the 232nd Medical Battalion and DCMT to improve the skills of the Combat Medics with simulation and realistic training," said Col. Patricia Hastings, director, Department of Combat Medic Training. "He has overseen the broad changes in curriculum and training necessary to simulate the current operating environment during his tenure as ranking NCO."

The award, which recognizes Litteral's contributions to 91W Combat Medic training, will be presented at the AUSA Annual Meeting on Oct. 25.

Litteral said, while the award is a great honor, he is just one part of a team effort.

"Last weekend I went to a Purple Heart ceremony for a young medic shot in Iraq and in his speech he said there was no greater honor than being an infantry medic on the front lines," he said. "For me there is no greater responsibility than to make sure the medics can honor that commitment. We do that by delivering good, quality instruction reinforced by tough, realistic, relevant training."

In addition to being an exceptional educator, Litteral also understands what it takes to become a "Soldier medic,"

Hastings said. He has served for 24 years as a medic, earning the Expert Field Medical and Senior Aircraft Crewmember Badges. Litteral also completed national paramedic certification, which he has maintained for 15 years.

"Sgt. Maj. Litteral has been the dynamic force in this and previous units to provide the drive and mentorship to younger medics and medical colleagues," Hastings said. "Sgt. Maj. Litteral exhibits the best qualities of a Soldier medic. He is an exceptional clinician and teacher and always shows initiative."

This initiative dates back to early in his career when he co-created the Aircrew Training Program for flight medics. Litteral helped improve the design and education of the U.S. Army's 91W Soldier medic with a significant increase in medical skills and understanding.

"Sgt. Maj. Litteral is quick to share his pride in the accomplishments of the NCOs and officers who instruct today's Soldier medics, and equally proud of the commitment of the Soldiers dedicated to becoming combat medics," Hastings said.

Medics usually evaluate each other by a combination of knowledge of professional subject matter, clinical skills, interpersonal relationships and dependability. With this award, Litteral has been recognized by his peers as a highly skilled and valued colleague, Hastings said.

"I'm incredibly lucky to have him here," she said. "He's a perfect educator."

(Courtesy: 232nd Medical Battalion)



Sgt. Maj. David Litteral

Why wear seatbelts?

• Newer seatbelt design allows total freedom of motion while driving.

• People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.

• The majority of all car accidents occur within 25 miles of home.

• 80 percent of all serious injuries and fatalities occur in cars going 40 miles per hour or slower.

• In the unlikely event your car catches fire or is submerged, seatbelts can keep you from getting "knocked out" and greatly improve your chances of escape.

• In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.

• You may be a good driver, but there are situations beyond your control such as weather and road conditions that can affect your safety.

• Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.

• According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.

Courtesy: Fort Sam Houston Safety Office



New employment initiative for wounded vets unveiled

Story and photo by Sgt. 1st Class Doug Sample
American Forces Press Service

Injured service members returning home from Iraq and Afghanistan will get individualized job training, counseling and re-employment services, Secretary of Labor Elaine L. Chao announced Oct. 4.

During a signing ceremony at Walter Reed Army Medical Center in Washington, D.C., Chao joined Army Maj. Gen. Kenneth Farmer Jr., commanding general at the Army hospital, and Navy Rear Adm. Adam M. Robinson, commanding officer of the National Naval Medical Center in Bethesda, Md., to kick off the first phase of REALifelines (Recovery and Employment Assistance Lifelines), a joint commitment by the Department of Labor, the military medical community and local agencies.

The Labor Department is investing \$500,000 into the first phase of the program, which will create a team of on-site counselors at both medical facilities to help wounded veterans in their transition back into the private sector.

REALifeline counselors will help service members identify barriers to employment and set up individual recovery and re-employment plans, Chao said.

"They are going to help each person discover his or her personal interest and unique talent," she said. "And they will help each veteran find the right career path to his or her special need."

She emphasized that "personalized care" will be a priority of the program. "If you have been wounded or injured serving this nation, real people are going to meet you face to face with the personalized help that you may need to recover and to succeed in a career that you love," Chao said.

The program will also provide a national tracking system to ensure follow-up services and link service members with local professionals able to support their recovery and re-employment through a range of services.



Secretary of Labor Elaine L. Chao joins Army Maj. Gen. Kenneth Farmer Jr., commanding general of Walter Reed Army Medical Center in Washington, and Navy Rear Adm. Adam M. Robinson, commanding officer of the National Naval Medical Center, Bethesda, Md., at a signing ceremony to kick off the first phase of a program called REALifelines. The program is a joint commitment by the Department of Labor, the military medical community, and local agencies to help wounded veterans transition back into the private sector.

In addition, she said, a national call center will soon be available to answer questions and offer employment guidance to wounded veterans.

As part of the program, wounded veterans and their spouses also will be able to take advantage of services offered at more than 3,500 one-stop career centers the Department of Labor has set up nationwide.

"This administration is committed to ensuring that our nation's wounded veterans are treated with the respect and honor that they deserve," Chao told an audience of current and former soldiers — some of them patients at the hospital — others veterans in wheelchairs, and Purple

Heart recipients.

The new benefits will come in handy for those like Army Reserve Sgt. 1st Class Shakur Abdul Ali, of Philadelphia. The 22-year veteran injured his back while on duty in Iraq and may need surgery.

"This is a very important step for soldiers," Ali said. "The soldier needs to know there is something out there to reward them, to let them know they are not just being kicked to the curb," he said. "This is something that will uplift their spirits and let them know that that their service wasn't in vain."

Army Reserve Spc. Elijah Stephens, of Flowery Branch, Ga., shares that view. Stephens has a heart condition and was sent home from Iraq after serving seven months there.

"It's really good to see soldiers taken care of because people come back and their lives are changed forever," he noted. "It gives them something to look forward to. ... This isn't the end of my life as I know it."

The secretary apologized for being several minutes late for the signing ceremony, after overspending her time at the hospital's physical-therapy ward, where she met with wounded servicemembers and their families.

She said the time spent was "rewarding" and called the soldiers "some of the most inspiring and outstanding young men and women that I have ever met."

"And I'm so proud of them," she added.

Chao, who visited troops in Iraq earlier this year, said the country owes a "tremendous debt of gratitude not only to wounded veterans, but to all the brave men and women who have defended our nation in the global war on terrorism with such honor and with such valor."

The Oct. 4 signing was not the first time the Department of Labor has reached out to support service members.

On Sept. 27, the secretary signed a memorandum of understanding with the Justice Department that will ensure the employment rights of returning service members are protected under guidelines of the Uniformed Services Employment and Reemployment Rights Act of 1994.

Helping hand



Photo by Elaine Aviles

Lucy Miller, budget analyst, fills out a Combined Federal Campaign form. By contributing to the CFC, people can help a variety of causes. For more information or a CFC form, call Sgt. 1st Class Martha Vela at 221-1548.

Service sends holiday greetings to hometown newspapers

The Army and Air Force Hometown News Service has opened its Internet print holiday greeting program to service members of all branches worldwide. The program, now in its fifth year, is open for submissions through Dec. 5.

The program is Internet-based to allow any service member to send a formatted holiday greeting to newspapers serving his or her relatives' community. The program is free to both the service member and his or her community newspaper.

Service members can access the fully electronic print greeting program by visiting HometownLink at <http://hn.afnews.af.mil> and clicking the print greeting image. Access to the program is restricted to dot-mil and dot-gov computers. People will not be able to access the program from a home computer system.

"Once a greeting is filled (out) and submitted, the data is stored in our news-release database," said Gerry Proctor, HNS chief of marketing.

"We use a program that will assemble all of the greetings by state and e-mail the greetings in mass on Dec. 6 to the newspaper editors serving that state.

"Newspaper editors are very receptive to seeing the greetings for their hometown troops," Proctor said. "The only real concern they've expressed to us about the program is that they don't receive enough, or any, greetings for their circulation area."

Hometown news workers have continually improved the submission method and made the Internet form easier to use.

Proctor highlighted one of the strongest features of the program.

"Each person can submit as many greetings as he or she wants," Proctor said. "You can send holiday greetings to your parents, in-laws, brothers, sisters, aunts, uncles and anyone who is a relative as long as you have their city, state and ZIP code. You can craft one or 100 greetings."

Mission Thanksgiving 2004

Celebrate this great American holiday with some great Americans - our sons and daughters in uniform.



If you want to open your home to two of Fort Sam Houston's trainee Soldiers for Thanksgiving Day, please call 221-3390 or 4362 before Nov. 17.

Steppin' up

Col. Ulmont C. Nanton, Jr., commander of the U.S. Army Medical Information Technology Center, was promoted to colonel Oct. 6. Nanton has served in the Army for more than 20 years. He is married to Dawn Nanton and has three children.

Maj. Gen. George W. Weightman, commander of the AMEDD Center and School and Fort Sam Houston, officiated over the ceremony.

Ethics Training

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
Wednesday	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.

A Company 187th Med. Bn. continues to assist voters

By Capt. James Jones
A Company, 187th Med. Bn.

A Company, 187th Medical Battalion recently sponsored a daylong second voter registration and absentee voting booth at the Army Medical Department Center and School. The event ensured 187th Medical Battalion student officers and enlisted Soldiers had easy access to qualified voting assistant personnel and materials prior to the October registration deadline.

A Company's voting assistant staff 1st Lt. Richard Branstetter, Staff Sgt. Israel Grimm, Sgt. Christopher Steade and Susana Oakes, provided handouts and detailed information to hundreds of students, cadre and civilians throughout the day.

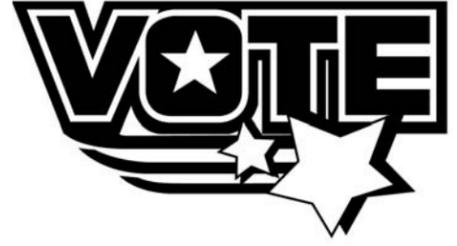
Once registration is submitted, military voters should receive a confirmation. If voters don't receive a confirma-

tion or an absentee voting ballot, they should contact their local voting officials for assistance and to ensure they get the opportunity to vote.

On Nov. 2, U.S. citizens will vote to elect the president, vice president, 34 U.S. senators, the entire U.S. House of Representatives, 13 state governors and hundreds of local officials. The outcome of these elections will shape the nation's future.

As Soldiers, we defend democracy and freedom all around the world and want all service members to be able to exercise their right to vote. Soldiers have the opportunity to vote, regardless of how far away they are from home. Voting is a privilege and responsibility of every U.S. citizen.

Lt. Col. John M. Collins, 187th Medical Battalion commander, continues to make voting assistance a priori-



ty for all leaders and supports establishing creative events, such as A Company's booth, to ensure information about voting and other important topics are available to Soldiers in the battalion.

For more information about voter registration and absentee voting, visit the following Web sites: Federal Voting Assistance (Absentee Voting): www.fvap.gov, Voting assistance: www.registerandvote2004.org, and Election Information: www.state-ofthevote.org.

32nd Medical Brigade conducts first ever leadership course

By Capt. Sean F. Del Grego
AMEDD Center and School

Training the medical force is why most people are assigned to the Army Medical Department Center and School at Fort Sam Houston.

To facilitate company command team training requirements, the 32nd Medical Brigade established an internal Company Commander and First Sergeant Leadership Course designed to inform, challenge, and hone the leadership skills of the unit's Company Commanders and First Sergeants assigned to the 232nd Medical Battalion, 187th Medical Battalion and the Academy Battalion.

This one-day event began with a physical training exercise designed to build a bond among the senior

enlisted and company grade officers in the brigade. The formal scheduled classes included briefings in trial defense services, family advocacy, sexual assault prevention, installation building and facilities management, and the medical board process. There were also current trend updates from the post Provost Marshall and the Medical Command Inspector General office.

Commanders and first sergeants applauded the one-day course and said they believe the training will help them better support the 32nd Medical Brigade mission.

Overall, the course was a huge success for the brigade and will be a valuable tool in transitioning new commanders and first sergeants, as this course becomes a regularly scheduled training event.

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



New adenovirus vaccine a 'top priority,' official says

By Gerry J. Gilmore
American Forces Press Service

The Defense Department is working to field a new vaccine designed to combat a virus that's plagued military boot camps since World War II, DoD's senior medical official reported Oct. 5.

The development of a new adenovirus vaccine is a "top priority," Dr. William Winkenwerder, Jr. said during a Pentagon Channel and American Forces Press Service interview. The vaccine, he noted, is slated to become available for troop use in 2006, presuming current development efforts remain on schedule and Food and Drug Administration hurdles are cleared.

Winkenwerder, the assistant secretary of defense for health affairs, explained that people exposed to adenovirus – which is often found in a crowded, stressful environment, such as basic training camps – may experience fever and other flu-like symptoms. The virus, he said, usually takes three to five days to run its course and most people fully recover without ill effects.

However, some people with weakened immune systems or other existing health issues, he pointed out, have developed a more serious illness, and a handful have died after contracting the virus (six deaths in the past five years among about 960,000 recruits).

He noted DoD is spending \$50 million to obtain the new vaccine. It's now being tested for safety, he said, in accordance with FDA requirements.

"It's our plan," Winkenwerder explained, "that sometime next year we'll be starting into what are called the Phase 2 and Phase 3 trials to look at the effectiveness of the vaccine. We have every reason to believe it's going to be safe and effective because it's very similar to the old vaccine."

A post-World War II government report released in 1947 first confirmed adenoviruses were the cause of a large number of respiratory and other illnesses experienced by wartime military recruits.

Documents say 10 to 12 percent of all military recruits have come down with adenovirus-related illnesses since 1999, when the military ran out of an old

vaccine that had been given recruits since 1971. That percentage range is similar to that experienced at boot camps during pre-vaccine days.

The old vaccine, Winkenwerder explained, had been dropped by the military during the 1990s. That action, he said, "was an error" and resulted partly from a study that indicated the military no longer needed the vaccine, which had been dispensed to recruits in two-pill doses.

In fiscal 1999, DoD recognized that the adenovirus vaccine was needed after all and provided funding to re-establish production for the next fiscal year. However, under previous scheduling the new vaccine wasn't slated to become available until 2009.

Winkenwerder said he directed the accelerated development of the new vaccine after learning of the resurgence of the virus at military boot camps.



Every drop counts

Blood donor center seeks life-saving apheresis donors

By Richard Willis
Akeroyd Blood Donor Center
Recruiter

The primary mission of the Akeroyd Blood Donor Center is to provide whole blood in support of Brooke Army Medical Center and troops in harm's way.

The center also collects blood products such as red blood cells, platelets and plasma using an automated technology called apheresis.

Apheresis is the collection of separate blood products (red cells, platelets and plasma) using automated technology.

The center's mission is mainly collecting platelets for BAMC and the Armed Services Blood Program. The process takes about two hours and a concentrated Platelet Pack is collected while the red blood cells are returned to the donor.

A platelet product is only good for five days; therefore, management of collections can be very difficult and are in great demand. An apheresis donation is the equivalent of six to eight individual donors donating whole blood, but provides the platelets for just one transfusable dose. Platelets are

used in people with bleeding problems or for open-heart surgery, cancer and chemotherapy patients, burn victims and trauma patients. Transfusions from a single donor reduce the risk of exposures to the patient.

While whole blood donors are restricted to donating every 57 days, platelet donors can donate as often as every three days.

Donor criteria are similar to that of whole blood donors:

- No trips to England longer than three months and European countries longer than six months cumulatively from 1980 to 1996
- No history of cancer
- No tattoos or body piercings in the past year
- Patients must weigh more than 110 pounds
- Platelet counts must be 150K (this will be check at the initial appointment)
- Hemoglobin more than 12.5 g/dl
- No medications such as Ripfuel, Xenadrine, or any medication with aspirin or ibuprofen
- Must know shot history for the past month
- No donations of whole blood in the last 57 days
- No high-risk behaviors

Benefits for Soldiers who donate:

- Four Apheresis donations equal one gallon; a Certificate of Achievement is awarded for each gallon donated. The certificate is worth five points toward promotion.

- Time to watch TV or catch up on movies

- Free T-shirts, cookies and juices

- Get out of PT or do it on non-PT days

- The knowledge of saving a Soldier's life with one donation

The center is looking for dedicated donors who can be scheduled on a return basis and be called in case of an emergency.

People can donate as often as every three days but no more than 24 donations in a year.

All products collected stay in the system or military wide; therefore, donations support military families here at home. Only 5 percent of the nation's population donates, so be part of a select group.

For more information about the process or to schedule an appointment, call Azeb Gordon or Richard Willis at the Akeroyd Blood Donor Center at 295-4989/4655.

Health Promotion Center

October Class Schedule

Class	Date	Time
Self Care & Health	Today	9:30-11 a.m.
Body Fat Testing	Friday	8-11 a.m.
Introduction to Weight Reduction	Friday	12-1:30 p.m.
Breastfeeding Support Group	Friday	1-2:30 p.m.
Cholesterol	Monday	9-11:30 a.m.
Diabetes Education	Monday	12:45-4:30 p.m.
Breast Health	Tuesday	9-10 a.m.
Office Yoga	Tuesday	12-1 p.m.
Diabetes Education	Tuesday	12:45-4:30 p.m.
Tobacco Cessation "Readiness to Change"	Tuesday	5-7 p.m.
High Blood Pressure	Wednesday	9-12 a.m.
AD Self Care	21	8-10 a.m.
Breast & GYN Cancer Support Group	21	1:30-3 p.m.
Tobacco Cessation "Readiness to Change"	21	2-4 p.m.
Breastfeeding Support Group	22	1-2:30 p.m.
Diabetes Education	25	12:45-4:30 p.m.
Diabetes Foot Care	25	1-2:30 p.m.
Arthritis	26	9:30-11 a.m.
Office Yoga	26	12-1 p.m.
Diabetes Education	26	12:45-4:30 p.m.
Breast & GYN Cancer Support Group	26	5:30-7 p.m.
Breastfeeding Support Group	29	1-2:30 p.m.

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

Blood is the 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 now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



New horizons



Photo by U.S. Army South Mission Documentation Team

Brig. Gen. T. Furlow (left), U.S. Army South deputy commander for support, presents Col. Victor Rosello, USARSO deputy commander for operations, with the distinguished Legion of Merit during his retirement ceremony Sept. 30 at MacArthur Field. Rosello served for more than 30 years. Also pictured is Rosello's wife, Rosa, who was presented the Outstanding Civilian Service medal.

TRDP eligibility includes 'gray area' retirees

By Nancy White
Delta Dental of California

Eligibility for the TRICARE Retiree Dental Program (TRDP) extends to all retirees of the Reserve and Guard and their family members, including "gray area" retired Reservists who are entitled to retired pay but will not begin receiving it until age 60. Although eligibility for this group has been in effect since the TRDP first began in 1998, many retired Reserve and Guard members, and even more "gray area" retirees, still do not realize they are eligible.

Premiums for the TRDP are regionally based on the primary enrollee's residence ZIP code. Title 10 of the United States Code, Section 1076c mandates that monthly premiums for the TRDP be deducted automatically from retired pay through one of six discretionary allotments. However, "gray area" retired Reservists who are younger than age 60 and who enroll in the program are naturally exempt from the mandatory government

deduction, so alternative payment arrangements such as direct billing or EFT will be made.

Today, more than 791,000 retired members of the uniformed services, Medal of Honor recipients, unmarried surviving spouses and their family members are enjoying comprehensive, affordable benefits under the TRDP. Enrollees in the TRDP can choose any licensed dentist within the TRDP service area or can select from a network of over 80,000 dentist locations nationwide. The TRDP service area includes all 50 United States as well as the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Northern Mariana Islands and Canada.

Retired Reservists and Guard members, including "gray area" retirees, who would like more information about the TRDP can visit the Web site at <http://www.trdp.org> or call the contract administrator, Delta Dental of California, at (888) 838-8737 for a complete TRDP enrollment packet.

Fort Sam hosts Retiree Appreciation Day Oct. 30

The Fort Sam Houston Retiree Council and the Transition Services Office will host the annual Retiree Appreciation Day on Oct. 30 at the U.S. Army Medical Department Center and School, Bldg. 2841, Willis Hall, at the corner of Harry Wurzbach and Stanley Road, from 8 a.m. to 1 p.m.

The Brooke Army Medical Center will provide:

- Diabetes screenings
- Prostate specific antigen
- Cholesterol screenings
- Vision screenings
- Glaucoma pressure tests
- Oral cancer screening exams
- Ear, nose and throat screenings
- Grip strength testing blood pressure screenings
- Body Mass Index screenings

BAMC staff will be available to offer informational handouts and answer questions.

The Staff Judge Advocate's office will be available to prepare wills. To facilitate the process, will worksheets are available online at http://www.cs.amedd.army.mil/sja/wil_information_paper_and_worksheet.htm. If you are unable to access a computer, you may either call the retirement services office, 221-0936/9004, and have one mailed to you or stop by and pick up a copy. Having the worksheet completed prior to the Appreciation Day will expedite the process of completing your will.

The ID card section, located in Bldg. 367, will remain open from 8 a.m. to 1 p.m. to issue ID cards. Please bring your DD form 214 or retirement orders, and marriage, birth or death certificates, if applicable.

Retirement services will be available to make changes with DFAS on your retired pay account for allotments, addresses, taxes and bank changes. Personnel will be available to answer any questions you may have pertaining to retirement benefits and entitlements.

Social Security, TRICARE, Department of Veterans Affairs, Texas Veterans Commission, Texas Land Board, Army Career and Alumni Program, BAMC Retiree Activities Group, Chaplains Mentor Program, Army Community Services, Fort Sam Houston clubs and various service organizations will also provide information.

Army Community Service

Family Advocacy Program Class Schedule October 2004

Class Title	Dates	Class Time
Basics of Breastfeeding	Wednesday	10:30 a.m. – 12 p.m.
Beyond Your First Baby	29	8 a.m. – 12 p.m.
Boys Only! Ages 9-10	Wednesday	3 p.m. – 4 p.m.
Building Effective Anger Management Skills Series 1-4	Today, 21 and 28	11 a.m. – 12:30 p.m.
Commanders Training	28	8 a.m. – 9:30 a.m.
Coping with Difficult People	Wednesday	1 p.m. – 2:30 p.m.
Divorce Care	Sunday, 24 and 31	11:30 p.m. – 12:45 p.m.
Domestic Violence Prevention Conference	Tuesday	7:45 a.m. – 11 a.m.
Getting Ready for Childbirth (Series 1-3)	Monday	1 p.m. – 4 p.m.
Girl Talk! Ages 9-10	27	3 p.m. – 4 p.m.
Healthy Pregnancy	25	9 a.m. – 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	26	9 a.m. – 11 a.m.
P.A.I.R.S. (Couples Course) (Four-part series)	Wednesday and 27	6 p.m. – 7:30 p.m.
S.T.E.P. Program for Parents of Sunday School Age Children		11 a.m. – 12:30 p.m.
Stress Management I & II Truth or Consequences?	Today and 21	1 p.m. – 2:30 p.m.
(Three-part series)	Tuesday and 26	4:30 p.m. – 5:30 p.m.
You & Your Baby	27	8 a.m. – 12 p.m.

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

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, Friday, 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.

Weight watchers

Pets pack on pounds, decrease life span

Obesity is not just a problem in people; pets are packing on the pounds too. A recent report from the National Academy of Science shows that one in four pets is overweight or obese. This problem can no longer be ignored.

How much does a fat pet weigh?

"Putting your pet on the scale is not the best way to evaluate if the pet is overweight," explains Dr. Christine Merle, a veterinarian at the University of Illinois, College of Veterinary Medicine. Body condition scores are most commonly rated on a five- or nine-point scale, with the middle of the scale designated ideal. You should be able to feel your pet's ribs easily without pressing, but you should not be able to see the ribs through the coat. There should be a "tuck in" in the abdominal area. Your pet's torso, viewed from above, should resemble an hourglass. You can conduct these quick checks, but since it's hard for owners to be objective, it's best to seek your veterinarian's advice.

"Since more pets are overweight, we have become accustomed to seeing pets that weigh more than is ideal. The norm now seems to be several pounds overweight. Often if a pet is lean, owners think the pet is starving. However, studies show that lean pets have fewer health problems and an increased life span of up to two years!" states Dr. Merle.

An overweight pet is not a healthy pet. Owners need to recognize that they are putting their pet's health at risk by allowing that extra weight. Obesity commonly leads to diabetes, heart problems and arthritis. An overweight pet does not age well, either. Overweight pets are more prone to hip dysplasia, back and joint pain, and endocrine diseases. Extra weight also decreases a veterinarian's ability to manage these conditions both medically and surgically.

Keeping Fluffy at a healthy weight can literally add years to her life.

Why are more pets overweight? The answer is the same for pets as well as people: too many calories and not enough exercise.

"The most common reason for overfeeding is that owners want to show their pet they care and one way is to give a treat. One extra treat can turn into five and then 10. Be aware exactly how much you are feeding your pets," advises Dr. Merle.

If given the chance most animals will eat more than they need. Talk to your veterinarian to figure out the ideal weight for your pet, then monitor your pet's weight with weekly or monthly "rib checks" or weigh-ins. Never start your pet on a diet without consulting your veterinarian.

If you would like to learn more about weight loss for your pet, call the Fort Sam Houston Veterinary Treatment Facility at 295-4260.

Vaccination clinic, Saturday



The Fort Sam Houston Vet Clinic will have a Saturday vaccination-only clinic for dogs and cats Saturday. Valid ID cardholders – active duty, retirees, and their dependents – are eligible for vaccination services. Reservists on active-duty status will need to bring a copy of their orders. All regular prices will apply; cash, checks and credit cards are accepted. For more information and to make an appointment, call 295-4260.

Crime watch

During the last two weeks there have been quite a few thefts, most of them occurring in barracks. Locations of thefts were in Bldgs. 1002, 1350, 1384 and 2791. Thieves stole DVDs, jewelry, a bicycle, cash, ATM and credit cards. The total loss in these buildings was more than \$4,600.

A theft also occurred at the Hacienda and on Decker Circle, where a cell phone and electronic equipment were stolen. Six vehicles were damaged while they were parked in parking lots adjacent to the PX, Bldgs. 367, 592, 1375, 1520, and 3640. Damage consisted of dents, scratches and broken windows.

Police patrols are still finding many vehicles and building left unsecured. Make sure when you leave your vehicle to roll up the windows, take the keys and lock the doors. When you leave the office for the night, make sure all windows and doors are closed and locked.

All building managers must submit a memorandum to Military Police with current names and phone numbers of personnel to contact after duty hours.

Despite these incidents, everyone is doing a great job in securing their property and keeping their eyes open for suspicious activities or persons. Keep up the good work!

For more information, call Linda Furlow at 221-9686 or the Military Police Desk Sergeant at 221-2222.

Until next time, stay safe, secure and take a bite out of crime!

232nd Medical Battalion hosts unit golf tournament

By Spc. Roman Kubyzcevsy
Special to the News Leader

The 232nd Medical Battalion recently hosted a unit golf tournament at the Woodlake Golf Club. More than 80 unit cadre and members of sister units participated in this event. Battalion commander Lt. Col. Bruce McVeigh hosted the event to enhance unit esprit de corps within the battalion and give



Senior Drill Sergeant Alan Cotton, F Company, 232nd Medical Battalion, hits a few range balls prior to tee-off time.



Courtesy photos

First Lt. James Silverstrim, F Company, 232nd Medical Battalion, gets a feel for the greens during a unit golf tournament as Capt. John Halak, F Company commander asks, "Tiger who?"

his unit leaders a chance to relax and enjoy a fun day together.

"Events like this are important for leaders to step back and take a much needed break once in a while," McVeigh said.

In addition to unit leadership, drill sergeants and cadre, the event was attended by Col. Bradley Freeman, 32nd

Medical Brigade commander; Col. David Maness, Academy of Health Sciences dean; Col. Johnny West, the Assistant Commander for Force Investigation chief; and Col. Rebecca Hooper, the Army Medical Specialty Corp chief. Capt. John Halak, F Company, 232nd Medical Battalion Commander, organized the event.

232nd Medical Battalion Soldier and Junior Leader of the week



Pfc. Maribel Rosas, B Company, 232nd Medical Battalion, practices administering an IV to a "patient." Rosas is a San Antonio native whose hobbies are soccer and dancing. She plans to go to college, become an officer and have a family.

Pvt. Michael O'Brien, B Company, 232nd Medical Battalion, practices administering an IV to a "patient." O'Brien is from Scott City, Mo., and his hobbies are swimming, basketball and baseball. He plans to become a flight medic and finish college.



Courtesy photos

Post Pulse: What does Hispanic Heritage Month mean to you?



"For me it is very important because I'm Hispanic and I can relate to my culture. For instance, Hispanic customers look at my jewelry and they are more inquisitive on the design and making of the jewelry, whereas, most customers buy it cause it's pretty."

Lluvia Avila, AAFES employee



"It is a cross cultural of descendents of Spanish people, reflecting back to the roots of Hispanic lifestyle where it first began and how we came to America."

Carmen Dingman,
post exchange
customer



"Well I'm not Hispanic, but my art work attracts Hispanics daily. Hispanics are wonderful people and I have enjoyed working among them and they have treated me very kindly."

Carol Lundy, vendor



"Basically, I think of Hispanic Heritage as the history part, it goes far back as to the Spaniards."

Sgt. Robert
Millard, 135th Field
Artillery Brigade

DoD aims to attract more Hispanics to its work force

By Donna Miles
American Forces Press Service

The Defense Department is increasingly reaching out to Hispanic organizations to get the word out about the broad range of military and civil service opportunities open to Hispanics, the Pentagon's top personnel officer told the American Forces Press Service Tuesday.

Undersecretary of Defense for Personnel and Readiness David S.C. Chu said Hispanic representation in the armed forces has grown steadily during the past 10 years, and that DoD is continuing to make a concerted effort to attract more Hispanics to its work force.

Hispanics represent 9.9 percent of the active-duty enlisted force and 4.7 percent of the active-duty officer corps. In the reserve components, Hispanics make up 9.1 percent of enlisted service members and 4.3 percent of officers.

In contrast, Hispanics make up 16 percent of the 18-to-24-year-olds in the U.S. population.

Chu said Hispanic representation isn't shared equally by the military services. The Marine Corps is doing the best job of attracting Hispanics, he said, with Hispanics making up 14.5 percent of its enlisted force and 6.4 percent of its officer corps. The Army follows closely behind, trailed by the Navy. But with Hispanics making up just 6 percent of its enlisted force and 3.6 percent of its officers, the Air Force faces "the biggest challenge," Chu said. Hispanics make up 6.2 percent of DoD's civil service work force, officials reported.

Chu said DoD is working with several Hispanic organizations to help overcome roadblocks in attracting Hispanics into military and civilian jobs in the department. One problem, he said, is that the Hispanic community doesn't tend to put as much emphasis as some other groups on finishing high school — a virtual prerequisite to enlisting in the military.

Chu said the military's requirement that enlistees receive

a high school diploma "isn't about smarts," but rather, provides an indicator of the person's ability to function in a structured environment.

Similarly, Chu said, Hispanics are less likely than some other groups to go on to college, possibly because they don't know about programs such as ROTC available to help them. Because all military officers must have a four-year degree under their belt, Chu said this means fewer Hispanics qualify to earn commissions.

At the same time, Chu said, Hispanic youth are facing the same phenomenon he said young people in other cultural groups are experiencing: their parents, teachers and other role models aren't necessarily supporting their interest in military service.

In response, the Defense Department is using a far-reaching strategy to attract Hispanics, from partnering with Hispanic groups to running ads directed at young people as well as adults in a position to influence their decisions, to sponsoring stay-in-

school campaigns directed at Hispanic youth.

For the first time this year, DoD and all the military services participated in the League of United Latin American Citizen's annual training conference and convention, held in July in San Antonio.

During the session, DoD entered into a memorandum of understanding with the league supporting efforts to recruit and employ more Hispanics, showcased Hispanic military heroes from the past as well as on the battlefield today in Afghanistan and Iraq, and sponsored a career fair luncheon.

"It was clear that they were very appreciative of this outreach," Chu said.

DoD officials met again last week with League of United Latin American Citizens members to reaffirm the relationship.

In addition, the Army has an extensive stay-in-school outreach campaign, Operation Graduation, run in partnership with the Ad Council, that features funny and poignant television and radio spots in both English and Spanish.

The Army also has a "Yo Soy El Army" advertising campaign, the Spanish-language counterpart to the "Army of One" program, which airs nationally on the Univision and Telemundo cable networks as well as on radio stations in key Hispanic markets.

The services also are turning to the Internet to reach the Hispanic community. In addition to a Spanish version of its Web site, the Army has five bilingual "cyber recruiters" available to address specific questions in their online chat room. The Navy also has a Spanish version of its Web site.

Chu said he's optimistic that these and other initiatives will have a positive impact on recruiting efforts by sending a clear message to recruitment-age Hispanics and their role models about opportunities for them in DoD.

"We must appeal to the full cross-section of young Americans with sufficient encouragement so they are interested in considering a tour of military duty or perhaps a career," he said.

Couples' class improves communication skills

By Irma Marquez
Family Advocacy Program

In observance of the October Domestic Violence Prevention Awareness month, the Army Community Service – Family Advocacy Program has added the PAIRS couples' communication class to its calendar.

During this month, a lot of emphasis is placed on couples going through the actual cycle of violence. What about couples in need of conflict resolution with issues that can develop into hurtful and loud shouting matches? What about couples that have stopped talking? Some arguments can be loud and obvious and others can be silent and cold.

In the couples' class, the objective is to teach couples how to build a better relationship and how to communicate more effectively.

For a relationship to succeed, a couple needs to have the following elements: knowledge, skill, practice and determination. One of the key items in a successful relationship is talking and confiding.

Effective communication is said to be the adhesive that keeps a relationship together. Listening is also a vital part of the communication process. More often than not, the problem is not what we communicate but how we do it. Without clear communication, we cannot make our needs known; therefore, running the risk of never having those needs met. In an intimate relationship, there are useful and hurtful ways to communicate.

Self esteem also plays a major role in an intimate relationship. How you feel about yourself in relation to others is a major factor in the quality of your relationship. Strengthening our self-esteem means examining our beliefs, the scripts our families and society may have handed us or that we created for ourselves under their influence. Learning about caring behaviors is also extremely important. These behaviors are those small, frequent acts of sensitivity, kindness and caring that let our partners know they are important to us. It could be anything from a warm greeting, to a greeting card or a simple back rub. Caring behaviors are a little complicated sometimes; what is a caring behavior to one person is not necessarily so to another. For example, painting the house or buying a vacuum cleaner may not necessarily show your spouse your everlasting love. It is important to provide caring behaviors that will transmit the affection that was intended.

The mission of the PAIRS couples' communication course is to teach the attitudes, emotional understanding and behaviors that sustain a healthy relationship. The purpose of this class is to provide the necessary tools to decrease the possibility of domestic violence in the homes of our military and civilian personnel.

For more information or to register for the PAIRS class (Wednesdays from 6 to 7 p.m. in Bldg. 2650), call the Family Advocacy Program at 221-0349/2418.

Domestic Violence Awareness Month

'It takes a Community to Prevent Domestic Violence'

October is Domestic Violence Prevention Awareness Month. The Family Advocacy Program has several activities slated to heighten community awareness about domestic violence: a proclamation, ribbon kick-off, classes, annual mandatory unit briefings (call and schedule) and Commander's Conference, Oct. 19 from 7:45 – 11 a.m. For more information and to register, call 221-0349.

The following are contacts to report suspected or alleged domestic violence on Fort Sam Houston:

Military Police	221-2222
Brooks Army Medical Center (BAMC) Department of Social Work	916-3020
Army Community Service (ACS) Family Advocacy Program	221-0349
ACS FAP Victim Advocacy Program	221-0600

The following community contacts are available to report domestic violence:

- Dial 9-1-1 and ask for the San Antonio Police Department to report off-post incidents.
- The National Domestic Violence Hotline 1-800-799-SAFE (7233)
- The local Battered Women's Shelter 733-8810 or 930-3669
- The Hearing Impaired (TTY) 1-800-787-3224

Be concerned enough to share these important phone numbers with someone dealing with domestic violence. You may help save lives!

Religious Happenings . . .

Holiday Helping Hands seeks volunteers

A Holiday Helping Hands briefing is scheduled for Tuesday at Bldg. 2530, the Installation Chaplain Office, at 4:45 p.m. The briefing will provide information about the program and be used to sign up volunteers. Holiday Helping Hands is run by volunteers throughout post and provides Thanksgiving and Christmas assistance, as well as a Toy Warehouse. For more information, go to www.holidayhelpinghands.org.

Officers' Bible study

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

'Highway to heaven' adult bible study

A 32nd Medical Brigade "Highway to heaven" adult Bible study for permanent party military members is Thursdays from noon to 1 p.m. in the AMEDD chapel fellowship room. Pizza is served for lunch. For more information, call AMEDD chapel NCO in charge at 221-4362.

'Heart to Heart' Women's Retreat

The Fort Sam Houston Chapel ministry is sponsoring a women's retreat called "Heart to Heart" at the T Bar M ranch north of San Antonio Oct. 22 to 24. This is an opportunity for women to examine the issues of the heart with workshop leaders John and Melissa Kruk. A donation of \$15 is suggested. Overnight childcare is available by FCC providers. For more information, call Amber Talbert at 666-4729.

Post Worship Schedule

Main Post Chapel, Bldg. 2200, phone number: 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: 379-8666 or 493-6660.

Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat



Dodd Field Chapel, Bldg. 1721, phone numbers: 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: 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: 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: 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: 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

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

Trinity University football game invite

The Trinity University football team would like to extend a cordial invitation to military personnel, their friends and family members to attend this weekend's home game against Azusa Pacific University Saturday at 1:30 p.m. on the Trinity University Campus, near Highway 281 in San Antonio. The Tigers of Trinity are ranked ninth nationally among Division 3 NCAA teams and have one of the nation's highest rated offenses. Games at Trinity are always free to the U.S. military.

October Interfaith Calendar

Today-22 Navaratra Dashara ** - Hindu (Hindu Festival of the divine mother honoring Durga, wife of Shiva, and seeking her blessings. Also observed as a celebration recalling the days of Lord Krishna.)

Friday Ramadan begins (through Nov. 14) - Islam (9th month on Islamic calendar, devoted to the commemoration of Muhammad's reception of the divine revelation recorded in the Qur'an. The event begins when authorities in Saudi Arabia sight the new moon of the 9th month. It is the holiest period of the Islamic Year. There is strict fasting from sunrise to sunset.)

20 Birth of the B'ab - Baha'i (Baha'i honoring of the founder of the Babi religion, forerunner to Baha'u'llah and the Baha'i faith.)

22 Dasera (Dusserha) ** - Hindu (Hindu festival celebrating the victory of Goddess Durga over the Demons.)

25 Nirvana Celebration - Jain (Buddhist - a regional observance of the death of Buddha.)

31 All Hallows Eve - Christian (Christian celebration combining prayers and merriment involving children and families. It is a prelude to All Saint's Day.)

31 Samhain * - Wicca (Wicca celebration of endings and beginnings. Revering of elders is observed.)

31 Reformation Day - Protestant Christian (Protestant Christian anniversary of their tradition and its emphasis on the place of the Bible and religious freedom. On Oct. 31, 1517 c.e. Martin Luther posted a belief statement on Wittenberg Church door.)

Notes: * Usually begins at sundown the day before this date.

** Local customs may vary this date.

187th leaders attend marriage seminar

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

Leaders of the 187th "Train to Save" Medical Battalion are leaders in uniform and out.

The Army is a world leader in maintaining its equipment. How many field manuals and technical manuals are used to care for and serve preventative maintenance on a multi-million dollar piece of equipment? If we care for our government equipment with such concern it makes good sense that we care for our soldiers and their marriage with the same diligence.

A good marriage equips and empowers a leader to live and serve boldly. The leaders of the 187th Medical Battalion spent a weekend at the T bar M Ranch in New Braunfels, Texas, to rekindle their marriage, learn how to make a good marriage better, and learn what their spouses really do prefer and how they think. They were exposed to tools such as the Myers-Briggs Type Indicator to help improve understanding of why we do what we do.

Suzann Schlichter led them through a fun opportunity to discover that "Marriage is not just finding the right person but becoming the right person." The group also participated in a presentation titled the Five Languages of Love and learned how to "speak" their spouse's love lan-



Lt. Col. John Collins, 187th battalion commander, and wife Kandice; Capt. Marc Raciti and wife Dee; Capt. James Fox, C Company commander, and wife Debbie; and (top center) Staff Sgt. Floyd Graham, C Company, and wife Katrina, attended a marriage seminar recently.

guage more effectively. The couples learned that the more effective you communicate love to your spouse the greater the return, and life becomes so much easier.

This weekend was an investment in a great future for these couples who have dedicated themselves to each other and to serving the fantastic Soldiers of the 187th.

The **heat** is on

**Fort Sam
Houston Fire
Department
open house
entertains,
educates
community**



Photos by Elaine Aviles

Firefighters let a fire blaze before they extinguish it during a live fire demonstration.



Firefighters head into the "smokehouse" to extinguish a fire during a live fire demonstration Saturday.



Firefighter Jeffery Sgro dons his equipment in preparation for the live fire demonstration.



Firefighter Lawrence Salinas shows the crowd how to suit up for a fire. Community members also learned fire safety techniques.

Lt. Daniel Sosa, driver operator, teaches 7-year-old Ben Kruse proper compression technique near the "Smokehouse" after a live fire demonstration.





(Left) Sparky greets Alysalynn Moreno, 10 months, and mom, Elizabeth, at the open house.



(Top) Dianna Mack puts the finishing touches on a face painting for 3-year-old Hamilton.

**Story and photos by Elaine Aviles
Fort Sam Houston News Leader**

The fire department turned up the heat at Fort Sam Houston Saturday during its annual open house, which featured a live fire demonstration, water polo competition, fire safety games and crime prevention displays.

The open house closed out Fire Prevention Week, a national observance used to educate the public on the importance of fire safety.

"This was the best open house yet," said Sherry Salone, fire inspector. "More than 400 people showed up and we had a lot of volunteers. This is a great way to get a safety message out. People can have fun and learn at the same time."

The events kicked off with opening remarks by Command Sgt. Maj. Johnny Gray, U.S. Army Garrison command sergeant major, followed by a live fire demonstration at the "Smokehouse," a training facility where firefighters can practice their skills in a controlled environment.

"The open house generates more attention every year which is great because that means it's educating more people every year," said Shawn Lowery, open house volunteer. "That's beneficial to the entire community because education is the key to avoiding a fire-related injury."

The open house also included fingerprinting for children, drug awareness displays, blood pressure checks, face painting, fire safety videos, and appearances by Sparky, McGruff and T-Bone of the San Antonio Rampage.

Retired Marine Staff Sgt. Eric Alva, the guest speaker, wrapped up the events. Alva lost a leg in March 2003 when he stepped on a landmine in Iraq. Despite his disability, he is an active athlete and motivational speaker.

"I visited the hospital and spoke to two Soldiers who lost legs last week," he said. "It's hard, but it doesn't have to be the end of life. Life is a little unfair but we get stronger."

"I always tell myself, if I can do this, I can do anything."



Retired Marine Staff Sgt. Eric Alva, guest speaker for the open house, talks about his experiences in Iraq. Sergeant Alva lost a leg after he stepped on a landmine.



Investigator Davyd Smith fingerprints Libby, 23 months, with help from mom, Elizabeth Beshenich. The fingerprinting booth was just one of the safety education booths at the open house.

Linda Furlow, crime prevention specialist, uses a display to teach 4-year-old Ian Holcomb (left) and 3-year-old Gus McHenry the dangers of drugs.

Firefighters captivate students, teach fire safety



Photos by Dr. Gloria H. Davila

Firefighter Jeff Sgro talks to Fort Sam Houston Elementary students during Fire Prevention Week. Firefighters visited students to emphasize the importance of fire safety, which includes being prepared and having an evacuation plan in case of a home fire.

(Left to right) Lt. Adam Martinez, paramedic, Firefighter Jeff Sgro and Captain Valde Estrada, emergency medical technician from the FSH Main Station, Bldg. 3830, answer students' questions during Fire Prevention Week, which was Oct. 3 to 9. Students from Debra Bradshaw's kindergarten class and Susan Thompson's first grade class also checked out a fire truck and firefighting equipment.



FSH Independent School District Weekly Campus Activities Monday to Oct. 23

National School Bus Safety Week

Fort Sam Houston Elementary School

Oct. 22

Pumpkins due to Library for Literary Pumpkin Contest
Individual Picture Retakes
Spirit Day

Robert G. Cole Jr. / Sr. High School

Monday

UIL Band Marching Contest at Alamo Stadium, TBA

Tuesday

Grades 11 and 12 Exit Level TAAS Writing Exam and TAKS English Language Arts Exam, TBA
Volleyball vs Blanco at Cole, Freshman at 5 p.m./ Junior Varsity at 6 p.m. / Varsity at 7 p.m.

Wednesday

Grades 11 and 12 Exit Level TAAS Math Exam and TAKS Math Exam, TBA

Oct. 21

Grades 11 and 12 Exit Level TAAS Reading Exam and TAKS Social Studies Exam, TBA
Junior Varsity Football at Navarro, 7:30 p.m.

Oct. 22

Grades 11 and 12 Exit Level TAKS Science Exam, TBA
Volleyball vs Navarro at Cole, Freshman at 4 p.m. / Junior Varsity at 5 p.m. / Varsity at 6 p.m.
Varsity Football vs Navarro at Cole, 7:30 p.m.

Oct. 23

JROTC Drill Meet at Corpus Christi, All Day
(Note: The Texas Assessment of Academic Skills (TAAS) and Texas Assessment of Knowledge and Skills (TAKS) are State-mandated exams.)

Fort Sam Houston ISD earns recognized rating

By Dr. Gloria Davila
Associate Superintendent

The Texas Education Agency distributed its annual Accountability System ratings for each public school campus and school district in the state Sept. 30. Ratings included the following categories: Exemplary, Recognized, Academically Acceptable or Academically Unacceptable.

Both Fort Sam Houston ISD and Fort Sam Houston Elementary School earned the second highest rating, "Recognized." Robert G. Cole Junior / Senior High School received an "Academically Acceptable" rating. Under previous accountability system measures, the Fort Sam Houston schools earned the "Exemplary" rating.

"This is the first year under a new accountability system that measures student progress on more rigorous and more difficult standards that any

statewide assessment utilized before," said Dr. Gail Siller, Fort Sam Houston ISD Superintendent. "Anytime you raise academic standards, there is a learning curve for both our students and staff, who are responsible for ensuring that the students are prepared for the harder exams."

Similar results were observed across Bexar County, with the number of schools receiving exemplary and recognized ratings decreasing considerably. Even so, 39 percent of Texas schools received an exemplary or a recognized rating.

"We are pleased that many of our campuses continued to excel even though this rating system evaluates their performance on more academic subjects and grade levels than the previous rating system," said Commissioner of Education Shirley Neeley.

The 2004 Accountability System is based on the results of the Texas Assessment of Knowledge and Skills,

the State Developed Alternate Assessment, high school completion rate and dropout rate. For the TAKS, students are assessed in more academic subject areas and in more grade levels.

"We welcome the new higher standards because we know that our students and teachers will rise to the challenge," said Siller. "Our teachers and administrators are monitoring our students' progress, implementing quality benchmark assessments and ensuring that quality instruction occurs."

"It is a total team effort and we have high expectations for our students' success," added Siller. "Our goal is to be exemplary in every subject and every grade level taught – one student at a time."

For more information on ratings and district data, parents can visit the Texas Education Agency website at <http://www.tea.state.tx.us/accountability.html>

Regular Board Meeting, Oct. 27

The Fort Sam Houston ISD Board of Trustees will meet at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, for a Regular Board Meeting Oct. 27 at 11 a.m.

AFA essay contest

Texas high school seniors can win cash awards of \$1,000, \$600 or \$400 by writing one of the top three essays on "How Can the U.S. Air Force Best Support Homeland Security?" Essays must be between 500 and 600 words. The Alamo Chapter winner will receive a check for \$250 and the opportunity to compete for the state awards. Entry forms are available from high school counselors or Yvette Bricker, San Antonio chairperson, at 884-5669. Entry deadline is Dec. 10.

FSH ISD leaders focus on Impact Aid



Courtesy photo

During a recent visit to Washington D.C., Fort Sam Houston school officials met with U. S. Congressman Charles Gonzalez to discuss various issues related to their Impact Aid Funding. Shown with Congressman Gonzalez (third from left) are Director of Business Larry Stavinoha, Superintendent Gail Siller and Board Secretary Dr. CEM Maxwell.

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.



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 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.



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.

Child and Youth Services news



PAC Meeting

The Child and Youth Services Parent Advisory Council meeting is Tuesday 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. The fire officer will speak on fire safety. 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

The fee structure at the CDC is: 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 call Youth Services at 221-4882 or CYS Central Registration at 221-4871.

MWR Recreation and Fitness



Natural Body Building Show

A natural body building show will be Saturday at the Jimmy Brought Fitness Center. Weigh-in is

between 9:30-10:30 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.

Health and Wellness Fair

Stop by the Jimmy Brought Fitness Center for the Health and Wellness Fair Nov. 8 from 10 a.m. to 2 p.m. Event highlights include cholesterol screening, diabetes screening, proper weight training, raffles, nutrition info and much more. The fair also includes free food, raffles and prize giveaways. Participants must fast 12 hours before a cholesterol screening.

Camp Bullis Gun Stand Drawing

The drawing for gun stands is 6 p.m. Oct. 25 at the Camp Bullis Recreation Center, Bldg. 6000. For more information, call 295-7577 or 295-7529.

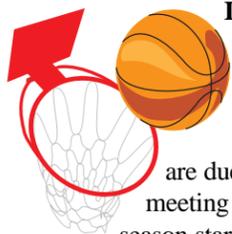
Free introductory cycling classes

Stop by the Jimmy Brought Fitness Center and try out the new bikes and get a great workout. Classes are Tuesdays and Thursdays from 6 to 6:45 a.m. and 11:45 a.m. to 12:30 p.m., Wednesdays from 4:45 to 5:30 p.m., and Saturdays from 9 to 9:45 a.m.

On display at the Fort Sam Library

A selection of books celebrating Hispanic American Heritage Month is on display at the main Library, Bldg. 1222,

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.



Intramural Basketball (Male, Female & Co-ed)

Letters of intent are due Nov. 1, Coaches meeting is 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.

Camp Bullis

Attention archers, the hunting season 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.

Bowling Center

Halloween Cyber Party, Oct. 31

The Fort Sam Houston Bowling Center sponsors a Halloween Cyber Party Oct. 31 from 6 p.m. to 9 p.m.



Come in costume and bowl to black lights and music for half-price. Adults in costume are \$5 and \$10 without costume; children in costume are \$2.50 and \$5 without costume.

Family Bowling Day – Sundays children under 12 bowl free. Adults and children 12 and up pay \$1.75 per game; shoe rental is \$1. (excludes birthday parties.)

Soldier Appreciation Day – Saturdays 11 a.m. to 8 p.m. Get free shoes and a medium soda with the purchase of a game.

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.



Officer's Club

Sunday Brunch – Sunday from 10 a.m. to 1:30 p.m. \$11.95 members, \$13.95 non-members, \$5.95 children 7 to 11 and free for children 6 and under.

Lunch Buffet – Mondays through Fridays from 11 a.m. to 1 p.m. Includes beverage and soup.

Sam Houston Club

Bingo - Thursday and Friday (6:50

p.m. to Early Bird start) Doors open at 5 p.m. Saturday (12:50 p.m. – Early Bird Start) children 10 and up may play when accompanied by an adult. Free buffet for bingo players.

Golf Club

Ladies Golf Clinic- Today to Nov. 4 every Thursday from 6 to 7 p.m.



Cost is \$125. Clinic is for beginners and includes lessons, range balls and a three-hole tournament on the final day.

Twilight Special on Green Fees -All day Mondays through Wednesdays and after 1:30 p.m. on all other days. The golf club can special order Pro Line Irons and Woods with a 10-day turn around on most sets and woods. The Lighted Driving Range opens from 6:30 a.m. to 9 p.m.

Harlequin Dinner Theatre

"Grace & Glorie," a comedy by Tom Ziegler, will be performed through Nov. 6. Call the box office at 222-9694 for show times and tickets.

MWR Ticket Office

MWR has tickets for Riverdance at the Majestic Nov. 4, 6 and 7 and Hairspray, Dec. 2 to 5. MWR also has Disney and Universal Studios tickets. Call now through Dec. 25 and all U.S. active military receive a 40 percent discount on rooms at Disney Resorts. To make reservations, call (407) 939-7424 and mention "Package Code EVU." 2005 Entertainment Coupon Books are available for \$20 per book. For additional ticket information, call 226-1663.

Fort Sam Fall Fest Saturday

The MWR Fort Sam Fall Fest is Saturday at MacArthur Field from 8 a.m. to 8 p.m. This annual family event includes fun-filled activities like children's games, a 5K fun run, food and beverage booths and live entertainment. The Fort Sam Fall Fest benefits Army Morale, Welfare and Recreation programs. For more information, call 221-2926. Additional activities include:

PARADE 10 a.m. in front of the Officers Club at 407 Dickman Road. The route is approximately 1 mile in length running along historical MacArthur Field.

Participants include Cole ROTC, the 32nd Medical Brigade, Caliber Collision, the FSH Fire Department and Military Police, MWR Equipment Center and the Youth Sports Program.

CHILI COOK-OFF 8 a.m.-3 p.m.

Come watch the teams cook their prize-winning chili and see smoke come out of the judges' ears! The chili will be judged on these four categories: Does the Chili Smell Like Army Chili,

Does the Chili Look Like Army Chili, Does the Chili Taste Like Army Chili and Does the Chili promote the Esprit de Corps of the Army. The VFW will provide their specialty chili for sale to guests.

ARTS & CRAFTS FAIR 9:30 a.m. – 7:30 p.m.

Find that perfect holiday gift or treasure. Items on display will include hand made jewelry, paintings, holiday decorations and woodcarving from various local vendors and community groups.



OPEN CAR SHOW 7 a.m. set up

Classic favorites and new beauties alike are on display.



5K FUN RUN 9:30 a.m. start

Sign up now for the free fun run! T-shirts to all participants. Race day registration is also available.

CHILDREN'S GAMES AND RACE 10:30 a.m.

Register your children now for the annual Mini Marathon. Medals are awarded for winners in each age category and, every participant receives a T-shirt and medal. Fun games and activities are scheduled throughout the day at the Youth Services tent, including face painting, information booths, carnival games and a Moon Bounce.



Cash and carry sale of Non-Appropriated Fund property

Items of property will be sold between the hours of 8 a.m. to 3 p.m., Wednesday and Thursday in Bldg. 41941 Bay "E." Cash and checks with picture ID are acceptable forms of payment. All sales are final and property is sold "as is."

Used items available for sale include microwave ovens, full-size bedspreads, queen-size comforters, blankets, writing desk, desk chairs, nightstands, television armoires, dressers, headboards, sleeper sofas, wingback chairs, love seats, tables, monitors, filing cabinets, wall art, 3/8 drill, belt sander, router, theatre spot lights and more. New items include TV armoires, cocktail tables, end tables and pneumatic nail guns. In addition, MWR will accept sealed bids on a 1987 Dodge Pick-up.

There is no prior viewing of merchandise as this is a cash and carry sale. All property listed is subject to issue to NAF activities for continued use prior to date of sale. For more information or directions, call the MWR Warehouse at 221-4449/4950.

Running safety



People are prohibited from running on Stanley Road, Dickman Road, Artillery Post Road, Wilson Road, Scott Road, North New Braunfels Road, Harry Wurzbach Road, Schofield Road, Roger Brooke and Binz Engleman. However, runners may run on sidewalks or on the grass on these roads.

A few running safety tips include:

- If walking or running during hours of darkness, carry a flashlight to shine on the sidewalk in front of you.
- Wear light or reflective clothing; stay out of the roadway and be alert to traffic.
- Carry your own identification: name, address, a friend or relative's telephone number. Make sure your friends or relatives know your favorite running routes.
- Run in familiar areas.
- Avoid unpopulated areas, deserted streets and overgrown trails.

- Don't wear headphones.
- Run against traffic and keep the approaching automobiles in view.
- Wear reflective material if you must run during the hours of darkness. Soldiers running in a formation or individually during limited visibility, to include hours of darkness, will wear reflective vests or belts (worn diagonally from right shoulder to left hip) as part of the PT uniform. Commanders are responsible for ensuring that running formations have adequate visibility while conducting PT formations on FSH.

For more information and the safety-training calendar, go to the ISO Web site www.cs.amedd.army.mil/iso <<http://www.cs.amedd.army.mil/iso>> and look under regulations. For assistance, please call Guadalupe Gomez at 221-3866 or e-mail Guadalupe.Gomez@CEN.AMEDD.ARMY.MIL.

Que Pasa?



Community events

DeCA appreciates military retirees, today

The Defense Commissary Agency is hosting free coffee and donuts today from 8 to 10 a.m. to recognize and appreciate military retirees. Retirees should bring an ID card.

Family Readiness Group Workshop, Friday

The Family Readiness Group Leadership Team Workshop will be held Friday from 8 a.m. to 4 p.m. at the Roadrunner Community Center. This workshop is open to all units on the installation whether or not you have an FRG. The purpose is to provide standardized training to unit commanders, first sergeants, family member FRG leaders, and any other unit representative with an interest in family readiness. Pre-registration is required and class size is limited. For reservations and more information, contact the Mobilization & Deployment Office in ACS at 221-2705.

Second annual Women's Conference and Expo, Saturday

Sp. Shoshana Johnson, the first female prisoner of war in the war on Iraq and the first black female prisoner of war in U.S. war history, will be one of the keynote speakers Saturday at the second annual Women's Conference and Expo hosted by Spirit of Sisterhood Friday to Sunday at Clarion River Walk Hotel-Coronado Ball Room and Sunset Station in downtown San Antonio. For more information or to register, call (210) 930-0959, send e-mail to sostour@aol.com or visit Spirit of Sisterhood's Web site at www.sosexpo.com or www.spiritofsisterhood.com. Group and military discounts are available.

Government Canyon Walk, Saturday

The Texas Wanderers volkmarch club of Fort Sam Houston will host its annual Government Canyon 10-kilometer (6.2 mile) and 5-kilometer walk Saturday. For more information, call Lyn Ward at 651-6536, or e-mail LWard10KM@aol.com, and 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, Monday

The second annual Our Kids San Antonio Education Showcase is Monday 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.

Officer and Civilian Spouses' Luncheon, Tuesday

The Officer and Civilian Wives Club is sponsoring an officer and civilian spouses' luncheon Tuesday at 11 a.m. at the Fort Sam Houston Officers' Club. The guest speaker is San Antonio mystery author Rick Riordan. For reservations, call Sigrid Reitstetter at 226-8806 by Friday.

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 Friday. For more information, call Wayne Wanner at 221-7029.

Austin Town Lake Walk, Oct. 21

The Southwest Regional Director of the American Volkssport Association is hosting a 10-kilometer (6.2 mile) walk in downtown Austin, Texas, Oct. 21. The walk starts at the AVA table in the registration area at the National Trails Symposium in the Austin Convention Center, 500 East Cesar Chavez Street, between 10 a.m. and 3 p.m., finish before dark. For more information, call Charles Wortz at (512) 479-0741 or e-mail cwortz@texas.net.

Grandma Sylvia's Funeral, Oct. 21-Nov. 13

The Sheldon Vexler Theatre presents Grandma Sylvia's Funeral Oct. 21 to Nov. 13. Performances are Thursdays at 7:30 p.m., Saturdays at 8 p.m. and Sundays at 2:30 p.m.

The theatre is located on Northwest Military Hwy. at Wurzbach Parkway. Reservations are required. Cost is \$17 for general admission, \$15 for seniors and military and \$10 for students. For tickets, call 302-6835

Founders Day celebration, Oct. 23

San Antonio community members will celebrate the city's first annual Founders Day Oct. 23 in San Pedro Springs Park. The city will pay tribute to the more than 20 cultural groups and outstanding people who helped shape the city's unique character. The ceremony kicks off at 11 a.m. with musical performances and groups will continue to play until 5:30 p.m. The event is free and people can bring their own food and chairs or purchase food at the park. No alcohol is permitted. For more information, go to www.SanAntonioFoundersDay.org or call 525-6905.

Medina, Texas Walk, Oct. 23

The Trinity Trekkers volkmarch club is hosting a 10-kilometer (6.2 mile) and 5-kilometer walk starting at the Regional Park in Castroville, Texas, Oct. 23. Start between 8 a.m. and noon, finish by 3 p.m. Walkers will follow a route through historic Castroville and along the scenic Medina River. For more information, call David Toth at 521-8684 or e-mail dnt@stic.net.

Newcomers' Extravaganza, Oct. 26

A mandatory Newcomers' Extravaganza for permanent party in-processing soldiers, lieutenant colonel and below, is Oct. 26 at 9 a.m. at the Roadrunner Community Center. Soldiers are required to attend within 60 days of arrival. Soldiers, civilians and family members will have an opportunity to learn about Fort Sam Houston and San Antonio and participate in drawings, registrations and social activities. Commanders and supervisors are encouraged to allow Soldiers and civilian employees time to attend. Children are welcome. For more information, call the Army Community Service Relocation Program at 221-2705/2418.

Veteran's Day Run, Oct. 30

The 11th annual Vietnam Vets/Legacy Vets M/C Veteran's Day Run is Oct. 30. Line up begins at 9 a.m. at Stacy's Sports Bar on Rittiman Road. The after ceremony is from 1:30 to 6 p.m. For more information, call 274-5858 or (830) 444-1156.

VFW steak night, Nov. 6

VFW Post 8541 will host a steak night Nov. 6 from 5:30 to 7:30 p.m. with live music from 7:30 to 11:30 p.m. at 2222 Austin Highway. Cost is \$10. Active duty, families and veterans are welcome to attend. For more information or a calendar of events, call 655-2944.

Free trip for OIF, OEF veterans

Soldiers can earn a free trip back home, courtesy of the Army, to Michigan, Indiana, Ohio, Minnesota, Wisconsin, North Dakota, South Dakota or the Chicago area. The 3rd Recruiting Brigade at Fort Knox, Ky. is looking for volunteers to speak at Midwest schools. Soldiers willing to share their job training and experiences with students can call Mark Edwards at (502) 626-0698.

Parachute competition

The U.S. Army Parachute Team, "Golden Knights" will host the sixth annual Inter-Service Parachute Competition at Laurinburg-Maxton Airport, N.C., Nov. 5 to 8. The competition is open to all active-duty ID card holders not on leave. The four-way competition will be Nov. 6 and the eight-way Nov. 7. For more information, call Sgt. Marie Schult at (910) 396-7203 or go to <http://www.usarec.army.mil/hq/GoldenKnights>.

Volunteer

Eczema study

The dermatology clinic seeks patients 2 to 12 years old with a history of eczema for a research study. For more information, call Crystal Triplett, research coordinator, at 916-3931.

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 Rosemary Wells at 292-0329.

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.

Education

Army Family Team Building Level 1 Class, Monday

Army Family Team Building Level 1 Class is Monday from 8:45 a.m. to 3 p.m. in the Roadrunner Community Center. For more information, call the AFTB Office at 221-2705/2418. Registration deadline is Tuesday.

Meetings

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: 1995 Suzuki Katana, only 1,060 miles, used for one year, then stored due to PCS overseas, the bike is in almost new condition, \$3,500 obo. Call Kim at 872-7323 or Shawn at 872-7323.

For Sale: Sectional Sofa (hunter green) with two recliners and sofa bed, \$350 obo; formal dining room (whitewash) with expandable table, six chairs and china, paid \$1,500, only used once, asking \$650 obo, refrigerator (white side by side) 25 cu ft Frigidaire with icemaker and water dispenser, excellent condition, \$400; dining room table (table top-natural wood siding and hunter green legs), six chairs and matching

china, \$150. Call 378-3621 or 767-9592.

For Sale: Hoover Floormate for hardwood and tile floors with one gallon hardwood floor cleaning solution and new filter, excellent condition, \$50. E-mail chemicaldragonfamily@satx.rr.com or call 568-3883.

For Sale: White metal twin size girl's canopy bed in perfect condition, without mattress, \$100; fitted gray velour seat covers for Ford Escape, \$100; and black cargo area tuff liner for Ford Escape, \$50. Call 271-7197.

For Sale: Gateway Computer with HP printer,

all working and with programs, \$500 obo; king bed (frame, box springs and mattress), \$500 obo. Call 295-2286 (work) or 651-5095 (home).

For Sale: Kitchen table w/ six chairs, maroon and light colored wood, \$75; lots of small, roundish landscaping rock, \$10. Call Jennifer at 637-5538.

For Sale: Chain link fence with gate, available in December, 4-feet high, 127-feet long, with a 50-inch gate, paid \$1,000, will sell for \$500 firm, perfect for families with kids or animals. Call 223-7571.

For Sale: Beautiful headboard, nightstand, six-drawer dresser, barely used, paid \$1,000, moving, will sacrifice for \$375. Call Melissa at 223-4030 or 685-3316.

For Sale: Computer desk and hutch, \$60 firm. Call 658-8589.

For Sale: Indian sari, gold and burnt orange, size small, \$12. Call 599-3438.

For Sale: Oakwell Farms home, built in 2001, in gated community near Fort Sam Houston, 2600 sf, 3/2.5 with study, master down, covered patio, nice yard, community pool and tennis courts. Call 824-4770.

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.

Rehab Coordinator, San Antonio.

Ensure the timely evaluation and treatment of residents in the most effective and efficient manner possible; perform management functions such as hiring, evaluating and disciplining employees; provide training, direction and guidance for the rehab staff; plan and implement clinical programs; conduct in-service programs; and train rehab coordinators on safety-related issues.

Satellite Office Manager, San Antonio.

Manage satellite office, interview, qualify, and hire nurses, certified nurse aides and allied health care workers.

Clinical Specialist, San Antonio. Assist in fulfilling case manager role for managed care and insurance claims; assist in determining patient qualification standards for reimbursement; resolve clinical issues from revenue cycle process; and monitors quality of assigned tasks and corrects any deficiencies.