



News Leader[®]



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Fort Sam Houston — Home of Army Medicine

Oct. 28, 2004

Briefs . . .

Retirement ceremony, today

Fort Sam Houston will conduct a consolidated retirement ceremony today at 7:45 a.m. at the MacArthur Parade Field on the corner of Harry Wurzbach and Stanley Road.

Retiree Appreciation Day, Saturday

The Fort Sam Houston Retiree Council and the Transition Services Office will host Retiree Appreciation Day on Saturday 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 12 p.m. The flu vaccine will not be available. For more information, go to page 15.

Trick-or-treat hours

Fort Sam Houston will observe Halloween trick-or-treat hours from 6 to 8 p.m. Sunday. Only valid Department of Defense ID cardholders and their families are authorized access to the post for trick-or-treating. A parent or adult should accompany children under 12 years old.

Housing demolition safety warning

Demolition of 60 homes and associated carports in the Harris Heights neighborhood is under way. The work is scheduled for completion in January. Every effort is being made to minimize disruption of daily activities. People, especially children, should remain outside the demolition area and use caution when in the vicinity.

ACS hours

Army Community Service is open from 7:15 a.m. to 4:30 p.m. for a full range of services including Army Emergency Relief, Army Family Action Plan, Army Family Team Building, Exceptional Family Member Program, Financial Readiness and Mobilization and Deployment. For more information or a complete list of programs, call 221-2705 or 221-2418.

Relocation of CIPB

Effective Friday, Consolidated Installation Property Book personnel located in Bldg. 4011 will relocate to Bldg. 2640, Room 14. Business will resume as usual Monday in their new location.

Limited legal assistance

The Legal Assistance Office will have limited services due to Soldier Readiness Processing from Monday through Nov. 5. The LAO will not have wills services on Wednesday due to limited personnel. Additionally, power of attorney and notary services will be limited. Normal operations will resume Nov. 8. For more information, call 221-2282.

See **BRIEFS** on Page 3

Medics on maneuver



Photo by 1st Lt. Christopher Nordin

The Salado Creek training area offers a rugged training environment for 187th Medical Battalion common task training and testing, which includes movement to contact and patrolling techniques. Combat medics learn to maneuver with combat units and also practice squad tactics drills necessary for recovery of wounded Soldiers on the battlefield. Medics locate casualties, immediately begin treating patients after establishing security, move patients to a collection point and secure patients during evacuation.

Road rules

Courtesy, common sense ensure crosswalk safety

Who has the right of way at a marked crosswalk? Pedestrians get angry when cars don't stop to let them cross. Pedestrians crossing streets without looking frustrate motorists. Another danger is during early morning hours when visibility is affected for both vehicle drivers and pedestrians. Both need to exercise caution and courtesy.

The Texas Criminal and Traffic Law Manual and the Fort Sam Houston Regulation 190-5, Motor Vehicle Traffic Programs, clarify the responsibilities of motorists and pedestrians. The operator of a vehicle shall yield the right-of-way to a pedestrian in a crosswalk on a roadway. A pedestrian may not suddenly leave a curb or

other place of safety and proceed into a crosswalk in the path of a vehicle so close that it is impossible for the vehicle operator to yield.

Common sense dictates the following safety tips for pedestrians. Always look both ways before entering a crosswalk; don't assume a driver will stop to let you cross. Ensure you have made eye contact with the driver before entering the crosswalk. Once in the crosswalk check the opposite side of the road to ensure those motorists have seen you. Motorists on Fort Sam Houston, if the flow of traffic allows, will stop as a courtesy when pedestrians are waiting to enter into a marked crosswalk.

Another problem is vehicles speeding on post streets. Unless otherwise marked, the post speed limit is 30 mph. Certain streets such as Stanley Road have a reduced speed limit of 25 mph to accommodate pedestrians crossing from parking lots to office buildings. The speed in parking lots is 10 mph and the speed in troop areas and residential areas is 20 mph.

Vehicles entering the post at Walters Street gate also should recognize the school zone signs alerting traffic to a posted 20 mph speed limit in a school zone associated with Pershing Elementary School located nearby.

(Source: Provost Marshal Office)

New law puts stop to check floating

By Capt. John Gerhard
Legal Assistance Office

Effective today, a recent law passed by Congress will drastically affect the way checks are written. Check Clearing for the 21st Century Act, commonly referred to as Check 21, is intended to speed up the processing and clearing of paper checks. Rather than taking several days for your check to clear,

the merchant is able to transmit an electronic version of the check in a matter of minutes and withdraw the funds from your bank account immediately. So, what does that mean for consumers? Well, if you don't have the money in the bank, you better not write that check!

The days of writing a check on the Wednesday before payday, expecting that it won't clear before you get paid, is a thing of

the past. Within minutes of being received by a merchant or retailer, the check will be processed and funds immediately withdrawn from your bank account, at night and on weekends. If the funds are not available, that means more overdraft fees for you and possible damage to your credit report. Worse yet, for service members, it could mean Uniform Code of Military Justice punishment, security clearance

issues, and other negative impact on your military career. The moral of the story: If you are going to write a check, make sure the funds are available.

You may be asking yourself about depositing funds by check. Well, unfortunately, the speed of processing a check doesn't work both ways. While businesses will get their money

See **CHECK** on Page 4

Post community prepares for safe Halloween

Fort Sam Houston will observe trick or treating hours Sunday from 6 to 8 p.m. Only authorized Department of Defense ID cardholders and their family members will be authorized access to the installation for trick or treating. A parent or adult should accompany all children under the age of 12. Ensure children end door-to-door trick or treating by 8 p.m.

The Fort Sam Houston military police will increase patrol activity and visibility with addi-

tional bicycle and walking patrols in post housing areas with a vehicle escort.

Visitors will be allowed installation access only if attending community functions such as Youth Services activities and Harlequin Dinner Theater performances, or are guests of post residents hosting private functions. Post residents hosting private functions with civilian guests entering the post between 6 to 8 p.m. should notify the Provost Marshall Office and pro-



vide a list of visitors and location of event.

Halloween Safety Tips:

- Maximize outdoor lighting from 6 to 8 p.m. to help create a safe environment.
- Never let children go trick-or-treating alone.

- Know the route your children will take and what time they'll be home.
- Instruct your children to watch for cars and other traffic.
- Have your children carry a flashlight.
- Ensure costumes are flame retardant and don't hang down too far.
- Add reflective strips to your child's costume and make sure the mask does not obstruct the child's vision. Use makeup instead.
- Inspect all treats before eating.

- Watch out for animals. Family pets may react in aggressive manner around unfamiliar children.
 - Walk, don't run, and always look both ways before crossing the street.
 - Don't go to houses without the porch light on and never go into the home of a stranger even if you are invited in.
 - Restrict your treat or treating to familiar homes in your neighborhood.
- (Source: FSH Law Enforcement Command)

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187th Med. Bn. Soldiers hone skills at CTT

Story and photo by 1st Lt. Christopher Nordin
Special to the News Leader

The 187th Medical Battalion common task testing at Salado Park this week was high-spirited and efficient.

The 168 Soldiers attending "started off with great motivation and maintained it throughout the entire training event," said Senior Drill Sergeant Kenneth Petty, C Company.

The battalion cadre spent extra time motivating their Soldiers with minimum training interruptions.

Some time is planned into the training events for cadre to check Soldiers' morale and provide an ideal opportunity for unit motto challenges between the companies.

Following the motto challenges the drill sergeants seize on the Soldiers' improved morale to continue the squad lane training. Soldiers who had never met were suddenly teammates. Most Soldiers have a chance to be a squad or team leader and lead each other in squad tactic reactions. The train-up time passed quickly, and before noon, testing was under way.

During the training, the Soldiers reacted successfully to lane challenges, despite tough instructors.

The squad and team leaders had to work hard to keep control of the training exercise situations presented to them. Sound effects and diligent instructors added a dose of realism.

Soldiers left the training site motivated and with a sense of accomplishment, 187th leaders said.



Once medics locate casualties on the battlefield and secure the area, immediate care involves the ABCs: airway, breathing and circulation.

DoD denies rumors of medical personnel draft

By Jim Garamone
American Forces Press Service

WASHINGTON, D.C. — Department of Defense's top medical official said Oct. 20 there is no need for a contingency plan study on drafting medical personnel.

The Selective Service System is studying various iterations of a draft, but is doing so only because a 1987 law requires it, said Dr. William Winkenwerder Jr., the assistant secretary of

defense for health affairs.

Winkenwerder got involved after news stories surfaced about the Selective Service studying a draft of medical personnel. The doctor said the contingency plan study was not taken at his direction nor at the direction of anyone in DoD. "There is no need for such a contingency plan," he said. "The military health system today is ready, capable and flexible, and has an incredible amount of capacity."

DoD also has more than

130,000 skilled, trained medical personnel in the active-duty medical system. He said there are "many tens of thousands" skilled medical professionals in the reserve components. DoD has 75 hospitals and 450 clinics worldwide.

When Congress passed the 1987 law, the TRICARE health system, in which today 216,000 civilian physicians participate, was not around. In 1987, DoD and the Department of Veterans Affairs health programs were not as closely linked; today VA hos-

pitals provide the department with additional capacity. In 1987, the computer technology breakthroughs available today were not ready for prime time, and they now help pharmacists, for example, to dispense drugs widely and quickly.

"From my perspective, the planning assumptions for that law are way outdated," Winkenwerder said. "In summary, the military health system has performed superbly in support of our men and women in Iraq and

Afghanistan all around the world. There is no need for such a contingency plan."

Earlier today on a San Antonio radio station, Defense Secretary Donald H. Rumsfeld said DoD has not requested a draft, nor will the department request that authority.

Rumsfeld called stories surfacing about a draft "a mischievous political effort that's being made to frighten young men and women."

"The truth is we do not need a draft," he said.

Social Security, military retired pay to increase 2.7 percent

Monthly Social Security and Supplemental Security Income benefits for more than 52 million Americans will increase 2.7 percent in 2005, the Social Security Administration announced recently.

The 2.7 percent Cost-of-Living Adjustment will begin with benefits that more than 47 million Social Security benefi-

aries receive in January 2005. Increased payments to 7 million Supplemental Security Income beneficiaries will begin Dec. 30.

In addition to the Social Security increase, military retired members, Survivor Benefit Plan annuitants and individuals receiving VA compensation will see the 2.7 percent COLA increase.

The Social Security Administration also noted some other changes that take effect in January of each year are based on the increase in average wages.

Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$90,000 from

\$87,900. Of the estimated 159 million workers who will pay Social Security taxes in 2005, about 9.9 million will pay higher taxes as a result of the increase in the taxable maximum in 2005.

It is important to note that Social Security benefit will not decrease as a result of the 2005 Medicare Part B premium

increase, announced last month. By law, the Part B premium increase cannot be larger than a beneficiary's COLA increase.

Information about Medicare changes for 2005 can be found at the Department of Health and Human Services Web site at <http://www.hhs.gov>.

(Source: Air Force Personnel Center)

Briefs

Continued from Page 1

339th MI Company activation ceremony

The 339th Military Intelligence Company (U.S. Army Reserve) will conduct its activation ceremony at 1 p.m. Nov. 7 at MacArthur Field. The 339th MI Company is part of the 90th Regional Readiness Group and will support the 470th Military Intelligence Group in providing intelligence to U.S. Army South and U.S. Southern Command. For more information, call Sgt. 1st Class Ricardo Sanchez at 295-9465.

Fire reporting

The fire reporting number for post housing is 554-4713. This number rings at the fire department on the alternate 911 line. When reporting an emergency, provide an address, name and the nature of the emergency. Have someone direct the responding crews when they arrive. Fire reporting phone stickers are avail-

able at the Housing Office and the Fire Prevention Office in Bldg. 4196.

Recruit the Recruiter team visit

The U.S. Army Medical Department Center and School and Fort Sam Houston Installation Retention Office is sponsoring a visit by the Army's Recruit the Recruiter team Nov. 4 for Soldiers in the San Antonio area. Briefings will be at 6:30 a.m. in Blessie Auditorium and at 10 a.m. and 2 p.m. in Bldg. 2263, Room 101B. For more information, go to the Army Recruiting Web page at <http://www.usarec.army.mil/hq/recruiter/Index.htm> or contact your unit's retention NCO or career counselor.

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 18.

Excused absence for voting

The Federal Government has a long-standing policy of granting employees limited time off from work (i.e., excused absence) to vote in Federal, State, county, or municipal elections or in referendums on any civic matter in their community. Agencies have discretionary authority to grant excused absence to the extent that such time off does not seriously interfere with agency operations. Typically, polling places throughout the United States are open for extended periods of time. Therefore, excused absence should rarely be needed. We normally receive a number of questions about excused absence for the purpose of voting in a Presidential election, held this year Tuesday. In anticipation of these questions, we offer the following guidelines for consideration when considering excused absence for voting in unusual situations:

Generally, where the polls are not open at least three hours either before or after an employee's regular work hours, supervisors may grant a limited amount of excused absence that will permit the employee to report for work three hours after the polls open or leave from work three hours before the polls close, whichever requires the lesser amount of time off. An employee's "regular work hours" should be determined by reference to the time of day the employee normally arrives at and departs from work.

If an employee's voting place is beyond normal commuting distance and vote by absentee ballot is not permitted, the employing agency may grant excused absence (not to exceed one day) to allow the employee to make the trip to the voting place to cast a ballot. If more than one day is needed, the employee may request annual leave or leave without pay for the additional period of absence.

It's a dirty job . . .

Most Efficient Organization division keeps post environmentally compliant

Story and photo by Elaine Aviles
Fort Sam Houston News Leader

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

Most people tend to avoid toxic materials like asbestos and lead. They can, after all, cause illness and, possibly, death.

But David Walker not only seeks these toxins out, he says "bring 'em on."

Walker isn't a thrill seeker, he's chief of the Most Efficient Organization's Environmental Office, a role that puts him in the path of everything from hazardous waste to contaminated run-off.

"It's our job to ensure the post complies with all environmental regulations that pertain to air, water and waste," he said.

Although it sounds simple, Walker and 11 other environmental and industrial specialists have a complicated job as they have to keep up to date on training, regulations and manifests, which are tracked and updated continually.

Keeping clean

Although not always pleasant, the Environmental Office has to devote a majority of their time to

dealing with waste.

"It's very complicated to dispose," Walker said. "It's very highly regulated and also an area where we can be fined."

To ensure the post is compliant, the Environmental Office watches over the waste from the first day it's generated to the day it leaves post.

The office also keeps a close eye on post water, particularly at construction sites and industrial centers.

"Even dirt is considered a pollutant," Walker said. "So, if water run-off at a construction site is too dirty, we have to find out why."

Although people can sometimes find one of the environmental specialists braving a storm with a collection jar, most of the time they rely on modern technology. A water-activated, 5-gallon collection jar is buried at specific post sites and collects and analyzes rainwater and outfalls for fuel, overages of dirt and waste.

With a local focus on ozone action days, air program management is another hot topic for the office.

"We use calculations to determine emissions," Walker said. "For instance, we have to monitor how much paint is purchased, other than for construction projects and renovations, and figure

out if it will affect the environment."

With chemicals and potential contaminants galore, Brooke Army Medical Center is a big customer for the office as are the older buildings throughout post contaminated with lead and asbestos.

"We try to minimize disturbance and, if disturbed, monitor the projects," Walker said.

Camp Bullis also presents its problems with shooting ranges and a waste stream.

"We even have to report bolts shot to determine emissions," Walker said.

Post preservation

Aside from waste, water and air, the Environmental Office also has an active Installation Restoration Program, which requires the post to fix up sites and restore them to the point where they don't "pose a problem."

"We identify old, abandoned and contaminated sites," Walker said. "We're excited about our budget - we're expecting \$7 million to fix up sites here and at Camp Bullis."

Lastly, the office oversees the cultural resources management program, which maintains the long-running historical value of



Adrian Pedraza (left) and Mike Quiroga, Environmental Office environmental protection specialists, move waste containers at a hazardous material storage building.

the post, a topic of concern to community and state historical societies.

"Each building has certain unique characteristics that we try to maintain," Walker said. "For example, if someone wants to make the windows in an older building bigger, we shoot it down. We stop any project that can have an adverse affect on the historical value of a building."

Business as usual

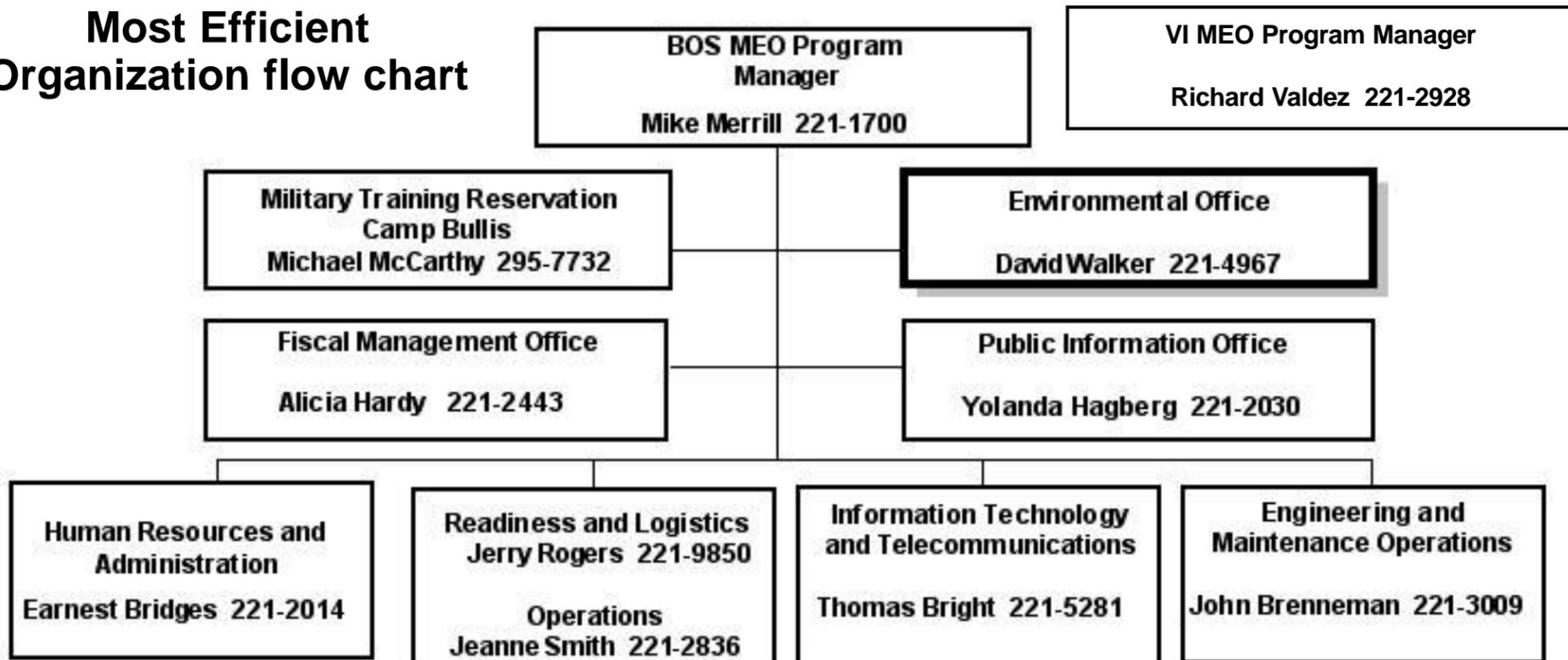
Unlike the other MEO divisions, the Environmental Office

isn't customer driven, it's compliance driven, so the transition to MEO operations was just about transparent to the public.

"We're still doing business as usual," Walker said.

"People tend to be happy when workers show up at a site, but they're not always happy to see us," he added. "Our presence usually complicates matters but it's all for a greater good. We hope people keep that in mind and also do their part in helping the post stay environmentally compliant."

Most Efficient Organization flow chart



Check

Continued from Page 1

faster, consumers will still have to wait while the bank holds the deposit until the check clears. So, just because you deposited a check the day before rent is due, don't count on that money being available in your bank account. If that money isn't immediately available to the merchant, you're still writing a bad check and face the same penalties mentioned above.

There are some protections, however, if things go wrong. Consumers will get new rights for some electronically processed checks, but not for others. When a so-called "substitute check" is provided to a con-

sumer, Check 21 gives the consumer a right to have funds of up to \$2,500 re-credited to the consumer's account in 10 business days if the check is paid twice, paid for the wrong amount, or otherwise paid in error. Check 21 restricts the right of re-credit, however, to checks where the consumer was provided with a substitute check. If a check is processed electronically by all the banks it is routed through, without the use of a substitute check, and the consumer is not provided with a substitute check, then state law will govern the check processing. In that case, the consumer does not receive a 10 day right of re-credit even if the electronic image of the check is paid twice,

paid for the wrong amount, or if both the electronic image and the paper check are paid.

Consumers who want to maximize their consumer rights should ask for return of "substitute checks" with their monthly account statements. However, watch out for fees associated with a substitute check-returning account. You may want to consider looking for another bank if it charges a high fee to get copies of all your checks as substitute checks. Remember, only the special "substitute check" can be legally equivalent to the original check to prove payment.

Consumers beware! Make sure you have money available before you write that

check. Don't rely on money you deposit being immediately available. Finally, get a substitute check. If you don't, you may be waiving your right to get that money back quickly.

This article is for information purposes only and is not a substitute for professional legal advice. For more details about how Check 21 works, go to the Federal Reserve Board's Web site at <http://www.federalreserve.gov/paymentsystems/truncation/default.htm>. If you require legal advice on a Check 21 matter or other legal assistance issues, make an appointment to speak with a Legal Assistance Attorney at 221-2282.

War veteran receives Air Medal 50 years after cease-fire

By Master Sgt. C.S. Allbright
Fifth U.S. Army Public Affairs Office

Over a half-century after the cease-fire was signed between North Korea and the United States, a San Antonio native received a long-delayed Air Medal for heroic actions in what became known as "the meat grinder war."

Edward R. Hicks, 73, received his award in the presence of family, friends and present-day members of the military family. Fifth U.S. Army Commanding General, Lt. Gen. Robert T. Clark, pinned the medal on Hicks on Sept. 24 in Fort Sam Houston's historic Quadrangle.

The process started last November when Hicks and his wife of 48 years, Martha, were moving to a smaller house. Amid piles of papers, a file with information relevant to his long-forgotten award surfaced. Memories flooded back to Hicks, who suffered a stroke three years ago and underwent hip replacement surgery soon after his stroke. Suddenly, it was important for him to receive recognition for his personal past.

June 25, 1950, North Korean forces invaded South Korea with the intention of unifying the peninsula under communist rule. United States and United Nations forces pushed back North Korean and Communist Chinese forces during three years of bloody conflict.

Meanwhile in San Antonio, Hicks, a 1947 graduate of Thomas Jefferson High School, was attending St. Mary's University. Upon graduation from St. Mary's in 1951, Hicks received a commission as second lieutenant.

After the basic artillery officer's course

at Fort Sill, Okla., Hicks was assigned to the 999th Armored Field Artillery Battalion in Korea as a forward observer. He ended up onboard a light, unarmed observation aircraft, the L-19 Bird Dog. The plane had no defensive weapons, and was used to spot enemy forces by flying at minimum altitude. They had metal plates underneath their feet, because enemy bullets would ping off of the plane's underbelly as well as pierce through the wings.

"I learned to fly in case my pilot was injured," Hicks said. He said that flying conditions were terrible, especially in winter when they flew without "cold weather gear like you have now." Without modern "smart weaponry," Hicks said, "We had to be smart ourselves — or lucky." Fortunately, they were both, and he was never shot down.

In late 1952, he was assigned to the 11th Field Artillery Battalion, 24th Infantry Division, in Japan, and again worked in Army aviation. Instead of relaxing in Japan, however, Gen. Douglas MacArthur apparently had other plans for Hicks. The unit was sent to Korea where he ended up again aboard the L-19 as a forward observer.

"For a man who had trained on the ground for months, I sure spent a lot of time in the skies."

At the time, he was put in for the Air Medal and the award was approved. He never received the medal, however. "Things do fall through the cracks," he said resignedly.

July 27, 1953, the Korean War ended with an armistice agreement.

Life intervened in the mid-1950s, and Hicks headed back to the United States to assignments at Forts Sill, Hood and Polk.

In late 1963, Hicks was sent to Vietnam as an adviser to Vietnamese forces and remained through 1964. During the last month of his tour, he was the project officer for the first Bob Hope Show to enter the Republic of Vietnam. The work Hicks did was immortalized in Hope's autobiography, *Five Women I Love* (1966). A picture of Hicks appears on page 94. For Hicks, it was a great experience and one he didn't immediately share with his wife.

"Imagine Martha's sympathy level if I told her I was there with Miss World and few starlets like Jill St. John and Janice Page," Hicks said. "I might have been young, but I had a little sense by then — until, of course, Mr. Hope's book recorded the moment!"

Years sailed by, and he had tours in Germany, the Netherlands, and finally to Fort Sam Houston where he retired in 1971 as a lieutenant colonel. As a civilian, Hicks was a policy specialist for Air Force Exchanges and Commissaries at Randolph Air Force Base. He retired in 1991, but remained active in the USO, the Greater San Antonio Chamber of Commerce, Girl Scouts, and MacArthur Park Lutheran Church. Until his stroke, he ran five miles a day.

In November 2003, Hicks was in the process of moving and found a binder with his Air Medal request inside. Hicks made an attempt at getting it fully processed years ago, but was told too much time had elapsed.



Photo by Ray Turner
Fifth U.S. Army Commanding General, Lt. Gen. Robert T. Clark, pins the Air Medal on retired Lt. Col. Edward Hicks of San Antonio for his actions during the Korean War.

Hicks contacted Ciro Rodriguez, his U.S. Congressman from the 28th District of Texas. Rudy Cuellar, a congressional assistant, worked with Hicks for six months and the award was eventually approved. The ceremony was set up with the Fifth U.S. Army's commanding general, the senior officer on Fort Sam Houston.

Family members and friends attended the ceremony, which was covered by local television stations, and picked up by CNN news.

"That was proof that an old soldier wasn't forgotten. I can't fly a plane anymore, but my heart can still soar," Hicks said.

Against the odds

Mountain climber overcomes tragedy, reaches great heights

Story and photo by Elaine Aviles
Fort Sam Houston News Leader

When Gary Guller lost his arm from a climbing accident, he descended into the depths of despair, devastated by the loss, not just of his arm, but his dreams.

But with time and support, Guller pulled himself out of his downward spiral and headed on the steepest ascent of his life — straight to the top of Mount Everest.

Guller took a break from climbing to share his story Oct. 19 at the Disability Employment Awareness Month training seminar at Fort Sam Houston's officer club.

The avid mountaineer said his climbing passion dates back to when he was 12 years old and accompanied a friend on a rock climb.

"I had found my passion," he said. "I always had an adventurous spirit and climbing was a great way to express that."

Mount Everest became a part of him after that, a goal in the back of his mind on every climb. But in 1986, a climbing accident in Mexico almost shattered his dreams. He broke his neck and badly injured his left arm.

"My biggest regret is how I reacted after that accident," he said. "I went down the wrong path and got off skew. I was lost for a lot of years. I truly wish I had found people to talk to about my fears. After an injury, people focus on the physical side, but people also need to think about the mental impact."



(From left) Cecilia Johnson, Individuals with Disabilities Program committee member; Gary Guller; Claudia McFadden, committee chairman; and Glennis Ribblett, IWDP manager; take a break during the Disability Employment Awareness Month training seminar. The seminar covered a range of issues such as the Workforce Recruitment Program for college students with disabilities, reasonable accommodation procedures and ergonomics.

He eventually lost his arm, but retained his passion for mountaineering.

"I didn't give up," he said. "I trained and eventually tried to climb Everest in 2001. I was ready physically but not mentally."

Although the climb wasn't a success, Guller's experience put him in the lime-

light. He was invited to speak at a Coalition of Texans with Disabilities Annual Convention in El Paso.

"I was humbled and inspired," he said. "It was the first time I'd been around people with disabilities. Our society programs us to be tall, thin, perfect; but that's not the standard norm."

The convention ignited another passion in Guller — disability awareness.

"I met with the executive director and asked what I could do to help," he said. "We decided to build a team of disabled people to climb Mount Everest. We hoped to give people a chance to look beyond what they see, to realize disabled people aren't different from anyone else."

Team Everest '03 was born. Expecting trained athletes, Guller was surprised that most interested people were "ordinary folks."

"These people had been told no so many times because of their disabilities," he said. "For the first time, without hesitation, they heard yes."

Guller built a 29-person team of disabled and non-disabled people. The team included people with quadriplegia, paraplegia, mental illness, amputations, chronic pain, hearing impairments and spinal bifida.

The team had to overcome, not just physical, but financial challenges as members were faced with a quarter-million dollar expedition. Team members raised money, companies donated, and, in the spring of 2003, the expedition traveled to Nepal to conquer the biggest challenge of their lives — Mount Everest. The goal was not just to make it to the 17,500-foot-high base camp, but to demonstrate to the world their equality.

"With or without disabilities, there is only a 20 to 30 percent success rate," Guller said.

See **AGAINST** on Page 8

Program helps severely disabled Soldiers

By Donna Miles
American Forces Press Service

WASHINGTON, D.C. — Six months after introducing its program to help severely disabled Soldiers and their families tap into services available to them through the military and the Department of Veterans Affairs, the officer who oversees the program said it's sending a strong message that the military is standing by them at their time of need.

"(Disabled) Soldiers and their families have made a great sacrifice," said Army Col. Jacqueline Cumbo, chief of the Disabled Soldier Support System — DS3 for short — task force, during an interview today with the Pentagon Channel and the American Forces Press Service.

"We want to make sure they know we recognize their sacrifice and have an organization in place to assist them ... and that we stand ready to take care of our own."

Since the program was launched in April, DS3 has been helping disabled Soldiers cut through red tape to seek out the help or information they need until they can return to active duty or receive a medical retirement from the military.

Cumbo said the intent is eventually to make the program a joint operation, "because we realize that we have Soldiers, Marines, Airmen and Sailors that are being injured" worldwide, particularly in support of the War on Terror.

Of an estimated 6,000 Soldiers who have been wound-

ed during Operations Enduring Freedom and Iraqi Freedom, Cumbo said 880 are potentially eligible for the DS3 program. To qualify, a medical board must determine that they have a 30 percent or greater disability, such as those involving loss of a limb or eye or paralysis.

DS3 is not a new service, but rather serves as a clearinghouse for a host of services already available through the Defense Department and VA, Army officials explained during the program's launch. This gives disabled Soldiers a single starting point for help with their financial, administrative, medical, vocational and other needs. It also helps them sort out the medical and vocational entitlements and other benefits for which they qualify.

Six months into the program, Cumbo said disabled Soldiers share some common questions and concerns.

"The first thing on their minds is how to remain on active duty," she said. "The Soldiers are very patriotic. And their only desire is to continue to serve."

But for Soldiers who can't or don't choose to remain in the military, Cumbo said they're concerned about how much pay they will receive if they're medically retired, what educational benefits they qualify for and how they can land a civilian job.

Soldiers who've been involved in the program call DS3 a success. Army Staff Sgt. Jerry Cortinas, a Special Forces Soldier who lost his left hand and has limited use of his right arm after being attached by a rocket-pro-

pelled grenade in Afghanistan, said DS3 helped him sort out the services available to him. "I was basically lost," he said. "I didn't know what direction to start walking to get the help I needed."

DS3 "supports the Soldier 100 percent," Cortinas said. "This program is a really positive thing to help our past, present and future Soldiers," as well as their families.

Cumbo said the Department of Veterans Affairs has proven to be "a great partner" in the program, helping ease disabled Soldiers' transition from active duty into the next stage of their lives and careers. Similarly, a wide range of veterans' service organizations and the Department of Labor have been active players in the DS3 program.

Against

Continued from Page 7

Twenty-six team members out of 29 made it.

"It was unreal," he said. "It was a great moment."

Team Everest became the largest cross-disability group to reach base camp.

"We never looked at the surface," he said. "We just looked at what each of us could bring to the table. This is why we succeeded."

But Guller's journey didn't end there. He continued on with four Sherpas to a summit that less than 10 percent of mountaineers reach.

"It was a great highlight in my life," Guller said. "It's something that can't be taken away."

The event was historic; Guller was the first amputee to conquer the world's tallest summit, which stands at a skyscraping 29,035 feet.

Although the Everest ascent was the

culmination of a lifelong dream, Guller said his proudest moment wasn't his own personal triumph, it was his team's.

"That's why I came to this seminar to speak," he said. "If I can raise awareness by using Team Everest to show what disabled people can accomplish, hopefully, I can open the door for others."

Guller next hopes to take a team of people with varying disabilities to Tanzania, Africa.

"Mr. Guller was a great asset to the

seminar and I think everyone came away with an awareness they didn't have before," said Glennis Ribblett, Individuals with Disabilities Program manager. "It's a wake-up call; not just that he climbed to Mount Everest with one arm, but also that the other people with disabilities made it to base camp. If they can accomplish that, then I wonder why we have such a problem with equality in the workplace. It certainly isn't as difficult as climbing a mountain."



Dennis Ramsey, Advocate of Volunteers supervisor, discusses the volunteers program with (from left) Kenya Green, Spc. Jonathan Capers and Staff Sgt. Gregory Young. Ramsey, a guest speaker at the domestic violence prevention conference, was one of the speakers from the San Antonio community.

Domestic violence conference sheds light on tough topic

Story and photo by Elaine Aviles
Fort Sam Houston News Leader

Fort Sam Houston's Family Advocacy Program asked post people to take responsibility for domestic abuse Oct. 15 during the Domestic Violence Prevention Awareness Conference at the Roadrunner Community Center.

The conference was in honor of Domestic Violence Awareness Month, which is every October.

"The theme this year is 'It takes a community to prevent abuse,'" said Marjorie Loya, FAP manager. "We tried to incorporate that theme into the conference by including speakers from different agencies.

"Successful domestic violence prevention and awareness is a partnership between the military and community," she said.

In keeping with the theme, FAP invited several post and community experts to speak at the conference. Ava Fulmer, from the Bexar Foundation Foster Care Agency, spoke about her experiences as a domestic violence survivor; Lt. Col. Robert Saunders, Brooke Army Medical Center chief of the Department of Social Work, discussed medical intervention response; and Angel Swain explained the Victim Advocacy Program. Additionally, Donice James discussed the role of a witness liaison; and Dennis Ramsey described the contributions of victim advocate volunteers.

Loya reiterated the speakers' messages.

"Everyone has a responsibility for prevention to be effective," Loya said. "True prevention takes a community."

With more than 100 attendees, Loya said the conference was a resounding success.

"Not everyone gets a chance to attend, but we hope events like this one raise consciousness," Loya said. "I think the more Soldiers are aware they have a role in prevention, the more of an impact we'll have on the families."

The ultimate goal is for people to seek help, Loya said. "If people get help, it not only benefits them, but also the military. Family wellness ensures mission readiness."

A key message the FAP office hopes to impart is the need to report domestic violence incidents or seek help if a victim. However, seeking help is not always the easiest thing to do, Loya said.

"You have to look at our priorities," Loya said. "You may lose a friendship if you report someone, but you may be saving a child in the process. A friendship sacrificed is worth the life of a child."

As for seeking help, people usually have to "hit bottom," she said.

"People get to a point when they realize there is a better way to live than a life of continual abuse," Loya said. "That strength comes from within. There's help available. People need to take a stand, if not for themselves, then for their children."

For more information about domestic violence prevention, call FAP at 221-2418.

Overseas holiday mailing deadlines

The recommended deadlines for sending mail from the United States to all overseas military mailing addressees for the holidays are listed below.

- Parcel post: Nov. 13.
- Space-available mail: Nov. 27.
- Parcel airlift mail: Dec. 4.
- Priority and first-class letters/cards: Dec. 11 (Dec. 6 for APO 093).
- Express mail military service: Dec. 20 (Not applicable for APO 093).
- People sending mail to an overseas APO or FPO, should not use the geographical location. For example, do not use Baghdad, Iraq, on the address. This will cause the mail to be placed into the international mail system and may cause severe delays.

Crime Watch

During the last two weeks there have been quite a few thefts, most of them occurring in barracks, including Bldgs. 1350, 1374, 1379, 1380, and 1384. Thieves stole a CD player, bicycle, ATM card, and tools. A theft also occurred at the Hacienda, the commissary and at Brooke Army Medical Center, where a wallet, cell phone and computer equipment were stolen. The total loss of all of these thefts was more than \$6,000.

Additionally, windows were broken in a building on Infantry Post and at the Youth Center. One vehicle had its window broken while it was parked in the parking lot adjacent to BAMC.

Red Ribbon Week

This national event began by honoring Enrique "Kiki" Camarena, a Drug Enforcement Administration special agent who was killed in 1985 by drug traffickers. Former first lady Nancy Reagan embraced the campaign and, in 1988, Congress proclaimed the first U.S. Red Ribbon Campaign. The main goal of "Red Ribbon Week" is to encourage children to be drug-free. Schools throughout the nation will participate in the campaign by wearing red ribbons, attending rallies, and sponsoring other activities. Locally, Fort Sam Houston Military Police will tie red ribbons to their vehicle antennas to show support to the campaign, and red ribbons will be handed out at access control points.

Dating violence is growing problem among teens

By **Dannette Patterson**
Family Advocacy Program Educator

Many people view dating violence as a physical act committed by an abuser, such as hitting, kicking or punching. However, dating violence does not stop there; it can also come in the form of sexual and verbal or emotional abuse.

Often sexual abuse is viewed as an involuntary act of sexual intercourse, or "date rape," but sexual abuse also includes unwanted sexual touches as well as coercion or degrading another's belief system surrounding sexual issues. Verbal and emotional abuse are often overlooked; however, they are just as hurtful. This type of abuse includes, but is not limited to, intimidation, jealousy, isolation and stalking.

One out of every three to four teens experience some form of dating violence during his or her adolescent years, according to the Domestic Violence and Sexual Assault Coalition. Though these statistics are alarming, the incidents of abusive relationships among teens are gradually increasing.

There are many factors that contribute to this destructive behavior. In our society, we have witnessed dramatic changes in the work environment as well as the education system that support the value of women and encourage independence. But young men and women are constantly being flooded with music and media that depict a false sense of reality on how to properly function in an intimate relationship. These images and sounds display young men and women as objects as opposed to people with feelings and emotions that need to be fostered in healthy relationships.

Another factor is learned behavior; children repeat what they see and as teenagers, they learn to resolve conflicts in the ways that were modeled before them. Statistics show that abusive teenagers are four times more likely than other youth to come from abusive homes.

Beyond the obvious bruises and broken bones, dating violence can also result in a great

deal of psychological problems. Poor self-esteem is often a result of feelings of anxiety, confusion, fear and self-doubt. If left untreated, the consequences can result in major depression, post-traumatic stress disorder and suicide. Research studies have proven that there is a high correlation between teenagers who have attempted to commit suicide and dating violence. Victims of dating violence often feel powerless and that the only way to escape the abuse is to end it with suicide.

Parents are the first line of defense for dating violence. Parents need to communicate with their teenagers and encourage them. As mentioned earlier, many girls would rather stay in an abusive relationship than be alone. Parents need to focus on spending quality time with their teenagers and establishing healthy loving relationships, which encourages self-respect and builds self-esteem.

Community involvement is also extremely important. Members of the community need to take action; one effective way is to mentor a teenager that may not have positive role models active in their lives or provide support to programs that are initiating awareness within the community.

Lastly, teens do not have to be left out. Peer pressure is one of the strongest influences as to why teens stay in abusive relationships. Nevertheless, peer pressure can be used in a positive way. Teens, along with the help of school counselors and teachers, can form an "anti-violence" committee that not only provides information on dating violence, but also provides peer support.

If you or someone you know is in an abusive relationship, call the domestic violence hotline at (800) 562-6025 or National Youth Crisis Line at (800) 448-4663. Also, if you are interested in volunteering to support your community organizations please call ACS at 221-2418. Family Advocacy offers a variety of prevention classes which are open to all ID card holders and Department of Defense civilians. For more information, call 221-0349/2418.

Domestic Violence Awareness Month

'It takes a Community to Prevent Domestic Violence'

October is Domestic Violence Prevention Awareness Month.

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

Military Police	221-2222
Brooke Army Medical Center Department of Social Work	916-3020
Army Community Service 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 (800) 799-SAFE (7233)
- The local Battered Women's Shelter 733-8810 or 930-3669
- The Hearing Impaired (800) 787-3224

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

San Antonio veteran touted in new book

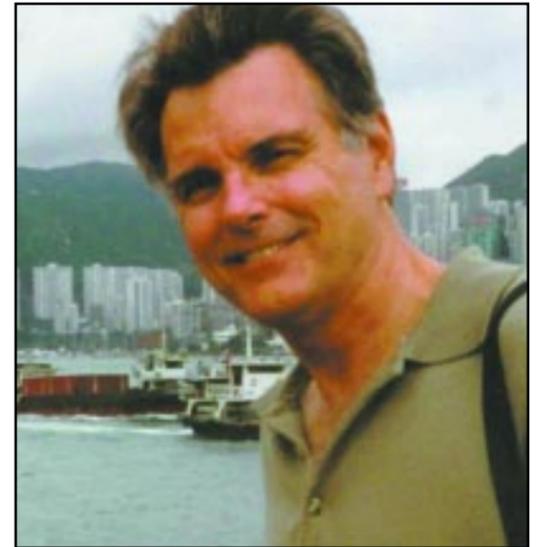
Chris Schaefer, author of "Bataan Diary," will be at the FSH Post Exchange to sign copies of his book Friday from 9 a.m. to 5 p.m. and Saturday from 10 a.m. to 4 p.m.

Schaefer's book is based on the diaries and correspondence of several San Antonio area Soldiers who were left in the Philippine jungles when the United States Army surrendered to the Japanese during World War II. It also describes the lives of their families here in the Alamo city, as they waited for more than three years without knowing the status or whereabouts of their men.

The book is particularly timely with Veteran's Day approaching Nov. 11, and with many local families concerned about friends and loved ones serving in Iraq. Today's military families must deal with some of the same issues that faced veterans and their families more than 60 years ago, even though the magnitude of the war is much different.

When the U.S. Army surrendered to the Japanese on Bataan and Corregidor, 70,000 American and Filipino servicemen became prisoners of war. However, several hundred Americans fled into the jungles to continue the fight and to await the return of General MacArthur. For three years the Japanese systematically hunted these men down. Many succumbed to disease, hardship and treachery. By the time MacArthur returned, only a few of them were left.

"Bataan Diary" follows the day to day life of Lt. Col. Frank R. Loyd, who at various times was racked with terrible tropical diseases, hunted by the Japanese, and threatened by Filipino helpers. Eventually he joined the guerrilla band of Corporal John Boone, and together with other underground organizations the Americans helped thwart the plans of Japanese General Yamashita to destroy the approaching American Army. During his ordeal, Loyd wrote and hid a detailed diary that was largely recovered at the end of the war. His wife, Evelyn, kept her own diary and correspondence at home in San Antonio as she and her children maintained



Courtesy photo

'Bataan Diary' Author—Chris Schaefer

Chris Schaefer is a combat veteran with a long family history of military service. He holds bachelor's and master's degrees, has worked as an international consultant specializing in wide area electronic communications, and has authored many technical papers and manuals. "Bataan Diary" is his first commercial book, and in it he has defined the lives of real people caught up in a terribly brutal war. In his book he reveals not only their personal stories, but also the political and world influences, which were going on unbeknownst to them. The result is a true story of struggle and intrigue, as seen by the men and women who lived through it.

their hope and faith. "Bataan Diary" provides an unusual insight into the events of the war in the Pacific, from the dual perspectives of a Soldier lost in the middle of the action and a family at home alone.

"Bataan Diary" will be available at the Fort Sam Houston Post Exchange on Friday and Saturday.

(Source: Piverview Publishing news release)

Thrift Savings Plan open season starts

The Thrift Savings Plan open season runs through Dec. 31. Contribution percentages or dollar amount changes can be done via Internet at <https://www.abc.army.mil> or telephone at (877) 276-9287. Investment allocations can be changed via Internet at www.tsp.gov.

With matching government contributions to the Federal Employee Retirement System, TSP is one of the top government employee benefits. It is a vital part of the three-part retirement program - TSP, Social Security and pension. The Office of Personnel Management has advised employees under FERS who do not actively participate in Thrift Savings Plan contributions that they can expect a retirement annuity at or below poverty level. The contribution limits are 15 percent for FERS and 10 percent for CSRS employees. For more information, call Lisa Rowell at 221-0862 or e-mail lisa.rowell@us.army.mil.

Post supports Founders Day



Courtesy photo

The Joint Service Color Guard posted the colors at the opening ceremony of the city's first annual Founders Day Oct. 23 at San Pedro Springs Park. The opening ceremony featured the San Antonio Symphony and the Children's Chorus of San Antonio. Throughout the afternoon, food, refreshments, musical entertainment and exhibits from cultural, historical and educational groups were available.

PRESENTS
CLINT BLACK
 NOV 11 • 7 P.M.
 LACK AND AFB AMPHITHEATER

FREE ADMISSION
 (Good for 1000 seats to 1000 seats)
 (Good for 1000 seats to 1000 seats)
 (Good for 1000 seats to 1000 seats)

Bring your blankets & lawn chairs for a fun filled night with Clint Black!
 Concessions will be available.
 (No video cameras, coolers, backpacks or pets allowed on amphitheater grounds.)
 Call 671-3906, for more information.

The show is presented by the Fort Sam Houston Foundation. The event is not open to the general public. Lacking non-profit corporation. The event is not open to the general public.

Army Family Team Building

Attention: Student spouses!

The Army Family Team Building is sponsoring an open house just for you at the Roadrunner Community Center, 2010 Stanley Rd. Bldg. 2797, located between the tennis courts and the SACU building Monday 10 to 11 a.m.

This is a great chance for spouses of students in any of the Army programs at Fort Sam Houston to find out what's here, who's here, and things to do while you're here! You will meet other student spouses and be greeted by Army spouses who will share their own Army experiences with you. If you have no childcare, bring the kids along as you discover what it's like to be an Army spouse. There will be welcome folders full of information, give-aways and light snacks.

Very casual dress and no R.S.V.P. required - for information call the AFTB office at 221-2705.

AFTB Classes

Level I classes

Nov. 8, 8:45 a.m. to noon

Agenda includes the following:
 Family and Military Expectations (Great Expectations!)
 Impact of the Mission on Family Life
 Military Terms, Acronyms (Break the Code!) Military Customs and Courtesies
 Introduction to Military/Community Resources

Nov. 9, 8:45 a.m. to noon

Agenda includes the following:
 Basic Problem Solving (Show me how to fix it!)
 Chain of Command/Chain of Concern (Who's in charge?)
 Supporting Your Child's Education
 Benefits, Entitlements and Compensation
 Registration deadline is Nov. 5.

Level II classes

Nov. 17-19, 8:45 a.m. to 3 p.m.

All classes will be held in the Roadrunner Community Center.
 For more information or to register, call the AFTB Office at 221-2705/221-2418.
 Registration deadline is Nov. 12.

Burn life support course

The U.S. Army Institute of Surgical Research will host an "Advanced Burn Life Support Class" Nov. 5 at 7:30 a.m. in the Brooke Army Medical Center Auditorium. Successful completion of training results in a four year ABLS certification and is approved for eight contact hours and seven hours in Category 1 of Physician's Recognition Award.

The quality of care during the first eight hours after a burn injury has a major impact on long-term outcome, yet most initial burn care is provided outside of a burn center environment. The Advanced Burn Life Support Provider Course is an eight hour course designed to provide physicians, nurses, nurse practitioners, physician assistants and paramedics with the ability to assess and stabilize patients with serious burns during the first critical hours following injury and to identify those patients requiring transfer to a burn

center. The course is not designed to teach comprehensive burn care, but rather to focus on the first 24 post-injury hours.

This course is open to the community. Make payment to the American Burn Association. For more information, call Elaine Barrett at (800) 548-2876. Cost is \$100 for military and varies for contractors, civilians and the community. The registration fee covers tuition, manual, study guide, test and continuing education credits. Once payment is confirmed by the ABA, you will receive confirmation about your participation.

For more information about the ABA, visit their Web site at www.ameriburn.org.

Course size is limited to 25 and applicants will be taken on a first come basis.

For more information or to sign up, call Elizabeth Hayes USAISR, at 916-1736 or e-mail elizabeth.hayes@amedd.army.mil.

Federal Employees Health Benefits open season runs through Dec. 13

The Annual Federal Employee Health Benefit Program open season will soon be under way. The Office of Personnel Management has announced the open season will run from Nov. 8 through Dec. 13.

To provide employees with complete information on plans available, the Fort Sam Houston Civilian Personnel Advisory Center will host its annual Health Fair on Nov. 4 from 9 a.m. to 2 p.m. at the NCO Club, Bexar Ball Room, 1395 Chafee Road. All 2005 carriers participating in the FEHB Program have been invited to this fair.

To enroll in or make changes to your current health plan, go to <https://www.abc.army.mil>, or call (877) 276-9287. If you have never used the Army Benefits Center, you will have to create a point of entry and a pin number. When creating your information, keep a copy of your latest leave and earnings statement or your SF 50 Notification Personnel Action on hand for reference. Changes will go into effect Jan. 9.

For more information, call Lisa Rowell at 221-0862 or e-mail lisa.rowell@us.army.mil.

Health Promotion Center

November Class Schedule

CLASS	DATE	TIME
Diabetes Education	Monday	12:45-4:30 p.m.
Winning Combinations #1	Monday	1-2 p.m.
Office Yoga	Tuesday	12-1 p.m.
Diabetes Education	Tuesday	12:45-4:30 p.m.
Self Care & Health	Wednesday	9-11 a.m.
AD Self Care	4	8-10 a.m.
Introduction to Weight Reduction	5	12-1:30 p.m.
Breastfeeding Support Group	5	1-2:30 p.m.
Diabetes Foot Care	8	1-2:30 p.m.
Office Yoga	9	12-1 p.m.
Stress Management	9	1-2:30 p.m.
Breast & GYN Cancer Support Group	10	9:30-11 a.m.
Breastfeeding Support Group	12	1-2:30 p.m.
Cholesterol	15	9-11:30 a.m.
Diabetes Education	15	12:45-4:30 p.m.
Breast Health	16	9-10 a.m.
Arthritis	16	9:30-11 a.m.
Office Yoga	16	12-1 p.m.
Diabetes Education	16	12:45-4:30 p.m.
High Blood Pressure	17	9-12 a.m.
Breast & GYN Cancer Support Group	18	1:30-3 p.m.
Back Pain	18	1:30-3 p.m.
Body Fat Testing	19	8-11 a.m.
Introduction to Weight Reduction	19	12-1:30 p.m.
Breastfeeding Support Group	19	1-2:30 p.m.
Diabetes Education	22	12:45-4:30 p.m.
Diabetes Foot Care	22	1-2:30 p.m.
Office Yoga	23	12-1 p.m.
Diabetes Education	23	12:45-4:30 p.m.
Breast & GYN Cancer Support Group	23	5:30-7 p.m.
Office Yoga	30	12-1 p.m.

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

Stop germs in their tracks



How germs spread

The main way illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called “droplet spread.”

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live two hours or longer

on surfaces like cafeteria tables, door-knobs and desks.

How to stop the spread of germs

In a nutshell, take care to cover your mouth and nose, clean your hands often and remind your children to practice healthy habits too.

- Cover your mouth and nose when coughing or sneezing

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

- “Happy Birthday” song helps keep your hands clean.

We recommend that when you wash your hands — with soap and warm water — that you wash for 15 to 20 seconds. That’s about the same time it takes to sing the “Happy Birthday” song twice.

- Alcohol-based hand wipes and gel sanitizers work too

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drug-stores. If using gel, rub your hands until the gel is dry. The gel doesn’t need water to work; the alcohol in it kills the germs on your hands.

Germs and children

Remind children to practice healthy habits too, because germs spread, especially at school.

The flu has caused high rates of absenteeism among students and staff in our country’s 119,000 schools. Influenza is not the only respiratory infection of concern in schools — nearly 22 million school days are lost each year to the common cold alone. However, when children practice healthy habits, they miss fewer days of school.

For more information, go to the Centers for Disease Control and Prevention Web site at <http://www.cdc.gov/germstopper/index.htm>. (Source: CDC Web site)

Fort Sam hosts Retiree Appreciation Day Saturday

The Fort Sam Houston Retiree Council and the Transition Services Office will host the annual Retiree Appreciation Day on Saturday 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 12 p.m.

The Brooke Army Medical Center will provide (starting at 8 a.m.):

- Vision screenings
- Glaucoma pressure tests
- Oral cancer screening exams
- Grip strength testing blood pressure 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 12 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.

There will also be a TRICARE For Life briefing after the close of the formal ceremony in the auditorium. The AAFES snack bar will be open from 7 a.m. to 11 a.m.

Flu vaccine shortage

Due to current shortages, flu vaccine will not be given to the BAMC community at this time. Individuals seeking vaccination should consider obtaining it from local resources.

Individuals in the following groups should consider getting flu vaccine:

- All children 6-23 months of age.
- Household contacts and out-of-home caretakers of infants less than 6 months old.
- People 65 years of age or older.
- Residents of long-term care facilities housing persons with chronic medical conditions.
- People (any age) who have long-term health problems with heart disease, kidney disease, lung disease, metabolic disease (such as diabetes), asthma, anemia, and other blood disorders.
- Women who will be pregnant during the influenza season, second and third trimesters only.
- Health care workers involved in direct patient care.

For more information, call Brooke Army Medical Center at 916-7FLU (7358).

FSH Elementary Library hosts Literary Pumpkin Contest

The Eighth Annual Literary Pumpkin Contest at the Fort Sam Houston Elementary School on Monday included 64 entries. Students and families showed their creative side by turning everyday pumpkins into works of art that reflected their favorite storybook characters. The brightly painted and costume-adorned pumpkins and gourds were displayed in the library.

First, second and third place ribbons were awarded along with small prizes and books. The 2004 Literary Pumpkin Contest winners were:

Pre-K

- 1st Giovanni Monarrez
- 2nd Rylee Hardy
- 3rd Ryan Pursel

Kindergarten

- 1st Carlee Benjamin
- 2nd Grayson Bruce
- 3rd Landra Doggett

First Grade

- 1st Kelsey Arneson
- 2nd Ani Monarrez/Jenna Frey
- 3rd Jesse Gamez

Second Grade

- 1st Jessica Bickell



Courtesy photo

A few of the Literary Pumpkin Contest winners smile as they pose with the winning entries. (Clockwise from right - back row) Hayley Benjamin, Kayla McMillie, Kylie Benjamin, Lily Martinez (seated, right), Giovanni Monarrez (floor), Carlee Benjamin, Kristen McMillie, D'Mia Spivey and Marlene Sloan.

2nd Emily Mazak

- 3rd Jonathan Chanley

Third Grade

- 1st Lily Martinez
- 2nd D'Mia Spivey
- 3rd Kayla McMillie

Fourth Grade

- 1st Kylie Benjamin
- 2nd J.C. Rivera

3rd Daniely Hernandez

Fifth Grade

- 1st Marlene Sloan
- 2nd Kristen McMillie
- 3rd Antonio Buzo

Sixth Grade

- 1st Hayley Benjamin
- 2nd Valerie Rivera
- 3rd Dallas Mazak

Cougar Pride sponsors Dough Raising Night

The Cole Jr./Sr. High School Cougar Pride Club is sponsoring "Dough Raising Night" Nov. 4 at the local Domino's Pizzerias. Any customer purchasing pizza from Domino's will earn \$3 for the Cougar Club from every order that totals \$6 or more. Flyers will be sent home with the students beginning Tuesday and need to be presented at time of purchase. Funds raised by the Cougar Pride club support scholarships, activities and events at Cole. Parents and the local community are asked to support the club, the school, and the students by buying pizza and presenting the flyer. For information, call Domino's at 828-3191 or the high school.

FSH Independent School District

Weekly Campus Activities – Monday to Nov. 6

Fort Sam Houston Elementary School

Nov. 4
PTO Board Meeting – 11:30 a.m.

Nov. 5
Spirit Day

Robert G. Cole Jr. / Sr. High School

Monday
Bi-District Volleyball Playoffs, TBA

Tuesday
Bi-District Volleyball Playoffs, TBA
Girls Basketball vs Knippa (scrimmage) at Cole, 5 p.m.

Wednesday
Fall Play "Our Town" in Fine Arts Building, 7 p.m.

Nov. 4
Fall Play "Our Town" in Fine Arts Building, 7 p.m.

Nov. 5
Dual Swim Meet #1 at SAISD Natatorium, 5 p.m.

Nov. 6
ATSSB Region Clinic/Concert at Lytle, TBA
JROTC Turkey Shoot at Rifle Range, 10 a.m. to 2 p.m.
UIL 29AA Regional Cross Country Meet at UTSA
Girls Basketball vs Jefferson (scrimmage) at Cole, 11 a.m.
Fall Play "Our Town" in Fine Arts Building, 7 p.m.

'My Name is Moriah'

The public is invited to attend the premier of an original Youth Services film written and directed by Ron Joy, Friday at 7 p.m., Bldg. 1630A behind the youth center. For more information, call 221-3502.

Students observe anti-drug campaign

By Dr. Gloria Davila
Associate Superintendent

Students at Robert G. Cole Junior/Senior High School and FSH Elementary observed Red Ribbon Week Monday through Friday with commitment and enthusiasm. The Red Ribbon Campaign, first organized nationally in 1988 in memory of slain Drug Enforcement Agency Agent Enrique Camarena, is designed to encourage healthy, drug-free and violence-free lifestyles among our nation's youth.

The FSHISD staff and students took the Red Ribbon Campaign seriously and conducted numerous activities that emphasized "Say No to Drugs!" At Cole, the student council hosted an "Anti-Drug" Door Decorating contest, asking students to use their creativity and skills to illustrate anti-drug messages.

Cole students attended a special Red Ribbon Week "Say No to Drugs!" and "Stay in School"

concert at Trinity University's Laurie Auditorium Oct. 20. The concert, featuring "Top Flight," a music ensemble from the Air Force Band of the West, has become an annual part of the San Antonio's "Red Ribbon Week" Celebration.

In addition, student council members visited the elementary school and presented the skit, "Teen's Life in Jeopardy", to the second and third graders.

"The student council presents its anti-drug message to all the students in our district, not just at the high school," said Kelly Palmer, eighth grade English teacher and student council sponsor. "Our members commit hard work and time to coordinate Red Ribbon Week because they believe this is an important message."

The elementary students recited and signed a "Pledge to be Drug Free," distributed "Top Ten Reasons to be Drug Free" book marks, wore red from "head to toe," and received Red Ribbon Week pencils as reminders.

Robert G. Cole Jr./Sr. High School Honor Roll

Many of the Robert G. Cole students have attained academic success for the first nine weeks of the 2004 - 2005 school year. To qualify for the two honor rolls, students must earn the following grades: A Honor Roll - a grade of 90 or higher in all classes; A/B Honor Roll - a grade of 80 or higher in all classes with at least one grade of 90 or higher.

A HONOR ROLL 1st Nine Weeks

7th Grade
Jacqueline Arnold
Sally Gore
Troy Griffith
Margaret Manalo
Michael Sees
Lindsey Wafford

8th Grade
Akaia Brown
Kelsey Charlton
Casey Gresenz
Keith Parrington
Kathryn Rarig
Kaitlan Vasquez

9th Grade
Martha Brown
Carla Cartagena
Jennifer Gibson
Caitlan Mester
Patrick Newcomer
Matthew Sullivan
Katherine Teeter

10th Grade
Roy Aviles
Kathryn Bruce
Anne Cenney
Lisa Nieves

11th Grade
Jaimie Siegle

12th Grade
Jennifer Bagg
Sarah Caouette
Sean Chislett
Scott Gibson
Bryce Kinsey
Caitlin McCoolle
Jonathan Simpkins
Matthew Sisk
Tara Trepkowski

A/B HONOR ROLL 1ST NINE WEEKS

7th Grade
Melissa Brouillard
Rebekah Brown
Devante Dwyer
Lorenzo Fields
Shaquira Hall
Andre Hardnett-Hamilton
Phillippe Herzfeld-Barton
Yucara Martin
Rebecca McHargue
Jamecia Miller
Briana Mills
Olivia Patterson
Catherine Perkins
Hillary Pini
Matthew Rinehart
Michael Rinehart
Daniel Ruiz
Nelson Sepulveda
Adam Shaw
Jessica Shea
Kaitlin Sheridan
Brittany Starr
Alyssa Swiderski
Karen Thompson
Alexander Verhulst
Austin Villarreal
Phillip Vince

8th Grade
Adriel Andrino-Diaz
Breanna Andrews
Clara Buchanan

Carlos Buzo
Adriana Cleveland
Jamiah Collins
Samantha Collins
Amberkay Crotts
Nathan Eggers
Felicia Fields
Erika Hoffman
Stephanie Hogue
Derek Jarvis
Justin Jolley
Kara Kahue
Daniel Lagutchik
Kyle Lammers
Alexandra Mazak
Ariana Mincey
Melina Montgomery
Thomas Polk
Peter Simpkins
Undre' Stoker
Timothy Ta
Megann Taylor

9th Grade
Daniel Barahona
Samantha Benson
Lacretia Blanding
Christina Gonzales
Samantha Gonzalez
Lindsey Hatton
Daniel Heaney
Preston Hoffman
Bethany Langford
Wesley Lavender
Jordan Maney
Christopher McGee
Morgan Peterson
Dustin Reitstetter
Jennifer Sees
Lukas Sheridan
Chris Swiderski

10th Grade
Sarah Clark
Paul Crotts, Jr.
Devon Daley
Anthony Davenport
Alexander Dochnal
Allison Erickson
Julisa Farris-Dillard

Aubrey Gaines, III
Jazmin Huling
Brad Kelley
Jacob Lopez
Lionel Lowery III
Brittany Maas
Michelle McClendon
Paul Parker
Douglas Raymond, Jr.
Stephanie Rivera
Ryan Robison
Fabian Rodriguez
Melissa Velez
Chelsea Woodard

11th Grade
Owen Black
Amanda Bray
Jake Buchanan
Porsha Cordova
Jeremy Cockfield
Caitlin Gresenz
Joshua Heaney
Shaunteia Johnson
Stephen Lagutchik
Beatrice Langford
Leah Morris
Cierra Ramos
Amy Rarig
Steven Rhodes
Michael Sloan-Santos
Kayla Terry
Hailey Wisely

12th Grade
Michael Biggerstaff
Stephen Biggerstaff
Stephanie Braithwaite
Jesse Cartagena
Denny Harris, Jr.
Amy Jackson
Joie Jolivet
Ashley Kelley
Justin Maas
Antonio Pena, Jr.
James Starcher
Christian Vega
Cristina Velez
Nadine Willis

Cole JROTC hosts Turkey Shoot

The Robert G. Cole High School Junior ROTC Cougar Battalion will host the 37th Annual Turkey Shoot at the Cole Rifle Range on Nov. 6 from 10 a.m. to 2 p.m. Prizes consisting of cash and turkeys will be given in eight categories. The cost is \$1 for three shots. Tickets can be purchased in advance from an JROTC cadet or at the door the day of the shoot.

"I invite our parents and military community to come out and support our JROTC," said retired Lt. Col. Robert E. Hoffman, senior army instructor. "It is a fun event as well as an opportunity to win a prize." For more information, call 368-8730, extension 7018.

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.

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 221-4362 before Nov. 17.

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

'Mungadai' training hones 232nd Medical Battalion's leadership skills

Officers from the 232nd Medical Battalion experienced a Ranger style "Mungadai" leadership exercise Oct. 21 to 23 at the Salado Creek training grounds and Camp Bullis.

The purpose of the leadership training is to provide realistic stress to officers and selected NCOs within the battalion and evaluate coping mechanisms. Also, a key facet of the event is to forge professional unit team bonds between officers and NCOs to strengthen the command team through working a variety of demanding and realistic combat situations.

The history of this type of leadership training hails from the armies of Ghengis Khan. The Mungadai was an elite cavalry unit and membership in its ranks was required for advancement to high military rank. The mission of the Mungadai was simple. When the Mongol army formed its traditional semi-circular formation, the Mungadai would advance, out of sight of the main body, and make contact with the enemy. Once the Mungadai engaged the enemy army, it broke contact and fled toward the rest of the Mongol army, drawing the pursuing enemy into a trap from which it was unlikely to escape. The ever-present risk was that the enemy would destroy the Mungadai before it could break contact.

In today's military, some leaders use the term Mungadai to refer to a particular type of training event, in which senior



Courtesy photos

Mission planning includes pre-combat inspections prior to a combat patrol.

leaders would carry the gear and perform the missions of the Soldiers they led.

The 232nd Medical Battalion's latest Mungadai event this week began as a planned officer and NCO professional development. But at departure time, Lt. Col. Bruce W. McVeigh, battalion commander, issued a change of mission to his officers and NCOs. They were then given

minimal time to assemble and prepare to execute combat related medical tasks in the field, along with numerous high stress physical tasks.

The officers and NCOs were put into an immediate long-duration PT session, and encountered many obstacles and mission profiles in the Salado Creek area, to include Warrior Core Skills Tasks, squad

water crossings, tactical movement drills, Zodiac boat drills, and many other arduous physical fitness training tasks.

After the first day, the battalion NCOs and officers moved to MacArthur Field for transport and insertion by two UH-60 Blackhawk helicopters to Camp Bullis. At the landing zone, the battalion cadre reassembled, packed additional gear and radios, and then moved throughout the second night of training. The training focused on tasks including medical treatment and evacuation in an urban environment, casualty treatment and evacuation in a combat scenario, common Soldier skills, pushing a four-litter Humvee ambulance over a 1.5 mile distance, litter obstacle course, leadership reaction course, long range land navigation and plenty of long duration foot movements. All this was executed with no sleep and little food throughout the duration.

The exercise builds lasting professional bonds between the officers and NCOs in the battalion, which is vital since the battalion trains more than 3,000 Soldiers on a daily basis. The majority of the tasks completed by the officers and NCOs were the same that their Soldiers go through during training, and now these battalion leaders have a much keener insight into their "Soldier medics" training requirements to become 91Ws.

(Source: 232nd Medical Battalion)



Mungadai teams use sand bag training exercises to improve upper body physical fitness and add physical stress to the leadership training events.

(Right) Lt. Col. Bruce McVeigh, 232nd Medical Battalion commander, gives last minute instructions to Capt. John Hallek, F Company commander, prior to boarding helicopters at MacArthur Field for flight to Camp Bullis and insertion into combat training exercise.



Blackhawk helicopters provided by the Texas National Guard transport 232nd Medical Battalion officers and NCOs to Camp Bullis during the battalion Mungadai exercise. The Texas National Guard medical evacuation crews and

helicopters also add training realism support for the battalion's combat medic situational training exercises by providing training expertise and equipment for the Soldiers to learn proper medical evacuation techniques.

Fort Sam unveils state-of-the-art training facility



Maj. Gen. George Weightman, U.S. Army Medical Department Center and School and Fort Sam Houston commander, and Reverend Paul Jennings, son of Col. William Jennings, unveil a plaque during the dedication ceremony. Jennings traveled from Florida to attend the ceremony in honor of his father.



(From left) Honorable Jeff Wentworth, State Senator District 25, Janice Ricks and Barbara Banker, civic leaders, take a tour of Jennings Hall, new home to the 91T Animal Care Specialist Course.

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

With post and community leaders present, Fort Sam Houston unveiled its newest state-of-the-art training facility during a dedication ceremony Oct. 21.

Jennings Hall, the new 30,000-square-foot home to the 91T Animal Care Specialist Course, is the culmination of several years of hard work and planning.

"The students and instructors used to be in a bunch of temporary buildings that were cramped and improperly designed," said Maj. Gen. George Weightman, U.S. Army Medical Department Center and School and Fort Sam Houston commander. "They did a lot with very little. We owed them much better. This world-class training facility is the result."

The new school is vastly superior to the old one, with larger classrooms, cutting-edge technology and facility-wide equipment upgrades.

"It sends the right message to the stu-

dents," Weightman said. "It will be a model animal care teaching facility."

The building is named after retired Col. William Jennings, who passed away in 2003. Jennings was a leader in the Veterinary Corps dating back to World War II. During his 27-year military career, he served as director of veterinary science at the Medical Field Services School and as chief veterinarian for U.S. Forces Europe during the Cold War. After his military career, he continued to serve as a professor of veterinary medicine.

"His vision and focus drove the vet corps to what it is today," Weightman said.

His son, Reverend Paul Jennings, traveled from Florida to deliver the invocation.

"I'm sure this is a proud moment for them and for you," Weightman said to Jennings.

"The veterinarian corps is, in many ways, the unsung corps," he continued. "These Soldiers have a direct affect on readiness and security worldwide. They are very deserving of this building."



Guests head into Jennings Hall for a tour after the dedication ceremony.



Maj. Gen. George Weightman, U.S. Army Medical Department Center and School and Fort Sam Houston commander, speaks with Sharon Beyer, director of Constituent Services for Congressman Henry Bonilla, prior to the ceremony.

Child and Youth Services news

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. FCC will conduct training for new providers Nov. 15-19 from 8 a.m. to 4 p.m. 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.

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 3 to 5-year-olds. To register, call Central Registration at 221-4871 or 221-1723.

CYS Meeting

CYS Parent Advisory Council will meet Nov. 16, 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funston. Lunch will be provided. This is CYS parents' opportunity to learn of upcoming events, meet staff and address concerns.

Full Day Child Care

If you need full day care for children between the ages of 3 to 5-years-old, call Central Registration at 221-4871 or 221-1723

Fall Carnival

Parents who have children from toddlers through fifth grade are welcomed to join School Age Services for a Fall Carnival on Saturday from 6-8 p.m. The event will be at

School Age Services, Bldg. 1705. Children must be accompanied by an adult. Costumes are welcome. For more information, call 221-4466.

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.

Dear Parents...

Do your children need a safety helmet?



Halloween Fire Safety

Most people don't think about fire safety on Halloween, but planning ahead can help make the day safer. Taking simple fire safety precautions can prevent fires.

Some Halloween safety tips include:

- Purchase only costumes, wigs and props labeled flame-resistant or flame-retardant. When creating a costume, choose material that won't easily ignite if it comes in contact with heat or flame. Avoid billowing or long trailing features.

- Flowers, cornstalks and crepe paper are highly flammable. Keep these and other decorations away from all open flames and heat sources, including light bulbs and heaters.

- Use extreme caution when decorating with candles and supervise children at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches and be sure to place lit pumpkins well away from all combustible items. Pumpkins can also be illuminated with small, inexpensive flashlights.

- Remember to keep exits clear of decorations, ensuring nothing blocks escape routes.

- Use flashlights as alternatives to candles or torch lights when decorating walkways and yards. They are much safer for trick-or-treaters, whose costumes may brush against the lighting.

- Instruct children to stay away from open flames or other heat sources. Be sure children know how to stop, drop and roll if clothing catches fire. (stop immediately, drop to the ground, covering your face with your hands, and roll over and over to extinguish flames).

- Instruct children who are attending parties at others' homes to locate the exits and plan how they would get out in an emergency.

- Provide children with lightweight flashlights to carry for lighting or as part of their costume.

For more information, call the Fire Prevention Office at 221-5452 or 221-2727.

Source: National Fire Protection Association Web site.

Post Pulse: What are you going to be for Halloween?



"I'm going to be a Ninja. I like to watch the show but my mommy shuts it off."

Alvaro Torres-Luna, 4



"My sister found a ghost cap in the closet. I saw it and wanted to be a ghost."

Dayna Howell, 6



"I'm going to be a king warrior guy. There's no crown but it battles. My mom picked it and it was a surprise."

William Taliaferro, 10



"I'm going to be a princess because she's pretty. It's purple and black."

Cara Taliaferro, 6

MWR Recreation and Fitness

Archery lessons

Individual and group archery lessons are available through the Outdoor Equipment Center. Instruction is given at different levels of experience, from novice to expert. Children are welcome, however, a parent must accompany dependents under the age of 18. People should wear full shoes and no oversized shirts or shorts/trousers. For more information, call instructor Skip Dawson, at 221-5225.



Equipment Rentals

The Outdoor Equipment Center offers a wide variety of recreational equipment for rent ranging from fishing boats to travel trailers and other camping equipment. Other items available for

rental include large BBQ/smoker pits on trailers, canopies, tables, chairs, and play bouncers and dunking booths for unit gatherings or birthday parties. Utility trailers (both open and covered), are also available. For more information, call 221-5224, Monday through Friday, 8 a.m. to 5 p.m., or go to Bldg. 1111 on Forage Road.

Health and Wellness Fair

Stop by the free Health and Wellness Fair Nov. 8 from 10 a.m. to 2 p.m. at the Jimmy Brought Fitness Center. Event highlights include cholesterol screening, diabetes screening, proper weight training, raffles, nutrition information and much more. Participants who wish to have a cholesterol screening must fast 12 hours before the screening. Free food and T-shirts from 11 a.m.-1 p.m. For more information, call Lucian Kimble at 221-2020.

60 Days of Fitness

The fitness center offers a

motivating fitness and weight loss program to help people safely lose 15 pounds in 60 days using a point system. This self-paced program requires people to work out



45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. Participants will also attend two 30-minute weight loss classes. Cost for the program is \$40, which includes a T-shirt. For more information, call Lucian Kimble at 221-2020.

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.

Hunting news

Camp Bullis gun hunting opens Nov. 6 and will be available Saturdays and Sundays at 4:30 a.m. and 1:30 p.m. Refer to the Camp Bullis Hunting Guide on the Web at www.fortsamhoustonmwr.com/rfd/campbullis. Bow hunting will continue Thursdays through Mondays at 5:30 a.m. (closed Tuesdays and Wednesdays). For more information, call 295-7577 or 295-7529.

Intramural Fall Bowling Leagues

Letters of intent are due by Dec. 6, a coaches meeting is 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.



Intramural Fall Softball Standings

Oct. 21		
TEAM	W	L
Pool A		
Co C Acad Bn	5	0
USARSO Sharks	5	1
5th Army	4	2
NMCRC	4	3
Fire Department	3	3
418th Med Log	2	3
470th MI	1	5
D BAMC	0	7 (Dropped)
Pool B		
BAMC	4	0
Co B Acad Bn	4	1
232nd Med Bn	4	1
ISR	3	1
Baylor Bears	3	3
440th BSD	1	4
USARSO Dwags	1	5
MEPS	0	5

Intramural Flag Football Standings

Oct 22		
TEAM	W	L
1st Co A STB	13	1
2nd G 232nd Med	11	2
3rd BAMC	10	2
4th Co B Acad Bn	7	5
5th DFAS	5	8
6th Rough Riders	2	9
7th D BAMC	3	10
8th The Red Legs	1	11

MWR Dining and Entertainment

Officer's Club

Turkeys and hams to go

Orders will be taken through Nov. 18, prices are \$38.95-\$79.50, no pick-ups after 3 p.m. Nov. 24. Call 224-4211 to place orders.

Lunch Buffet

Lunch buffet is Mondays through Fridays from 11 a.m. to 1 p.m., and includes beverage and soup. TGIF every Friday from 4 p.m. to 7 p.m. Free appetizers and entertainment and no cover charge.

Sam Houston Club Thanksgiving Buffet

A Thanksgiving buffet is Nov. 25 from 11 a.m. to 3 p.m. Enjoy a traditional Thanksgiving dinner with all the trimmings. Cost is \$13.95 for members, \$15.95 non-members, \$6.95 for 7 to 11-year-olds; and free for children 6 years old and under. Reservations are required. Call 224-2721 to make reservations.

Comedy Night & After Party

A comedy night and after party is Nov. 5. Doors open at 7:30 p.m. and showtime is 9 p.m. Admission is \$12, which includes complimentary meal from 7:30 to 9 p.m. Tickets are available now. (No Bingo session Nov. 5)

Bowling Center

Halloween Cyber Party

The Halloween Cyber Party is Sunday, from 6 to 9 p.m. Come in your costume and play for half-price. Adults in costume cost \$5, kids 12 years old and under in costume cost \$2.50. A drawing will be held to win giveaways for Rampage tickets, phone cards and much more. Must be present to win.

Certified Bowling Instruction

Instruction is available Tuesdays. Lessons are free to league bowlers and \$25 for non-league bowlers. Each lesson lasts an hour and a half.

Harlequin Dinner Theatre

"Grace & Glorie" a comedy by Tom Ziegler will be performed through Nov. 6. "Harvey," a comedy by Mary Chase, will be performed Nov. 17 through Dec. 18 Call the box office at 222-9694 for show times and tickets.

MWR Ticket Office

The ticket office has tickets for Ghost Tours of San Antonio. There are also tickets available for the Sacramento vs. Spurs game Wednesday. Tickets are \$22 and \$32. Prices at the door are \$25.35 and \$35.35. Other tickets include "Riverdance" at the Majestic Nov. 4, 6 and 7, and "Hairspray" Dec. 2 to 5. Get your stocking stuffers early: 2005 Season Passes for Sea World and Fiesta Texas make great gifts. The ticket office has 2005 Entertainment Coupon Books for sale. Cost is \$20 per book. For additional information and pricing, call 226-1663.

USARSO sergeant wins Cowboys vacation



James Evetts, Morale, Welfare and Recreation director, presents Staff Sgt. Eddie Dividu with his Cowboys vacation package at the MWR Bowling Center.

In celebration of the fall bowling season, the Morale, Welfare and Recreation Bowling Center held a special drawing for a Dallas Cowboys vacation package. The winner was Staff Sgt. Eddie Dividu, U.S. Army South. The package included four tickets on the 50-yard line to a Dallas Cowboys game, transportation to and from Dallas, two-night hotel accommodations and a \$150 gift certificate to Outback Steakhouse.

Dividu invited three friends from his unit: Staff Sgts. Derlin Rios and Jacolbi Thomas and

Thomas' wife, Mona. "This was every football fan's dream, I can't believe I won," Dividu said.

He said they had a great time in Dallas and enjoyed the game. The Bowling Center at Bldg. 2521 Schofield Rd., will hold quarterly drawings for giveaways and prizes. For more information, stop by the Bowling Center or visit the Web site at www.fortsamhoustonmwr.com

The promotion was sponsored by DNA Computing Solutions and Caliber Collision Centers of San Antonio.

MWR Youth Happenings

Free after school program

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 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.

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. Classes are Tuesdays from 5 to 5:30 p.m. For more information, call 221-3502.

Dance classes

Dance classes are offered Saturdays at the School Age Services building, Bldg. 1705. The following classes times are available.

- 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 12:50 p.m. - 8-years-old and older jazz and hip hop class

The cost is \$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 Thursdays from 5:30-6 p.m. in the Youth Center gym. For more information, call 221-3502.

Cooking Classes

Youth Services offers cooking classes Thursdays from 4 to 6 p.m. at the Youth Center. This week the class will make pumpkin face cookies. For more information, call 221-3502.

Van to Cole Away Game

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

Halloween dance

Youth Services hosts a Halloween Masquerade Dance Saturday from 7 to 10:30 p.m. for sixth to 12th graders. The cost is \$1 in costume and \$4 without a costume. Costumes must be creative and must be more than just a hat or jersey. There will be a costume contest with prizes for originality, including most horrific and cutest. There will be refreshments for all youth. The van shuttle will take on-post youth home after the dance.

Basketball registration

Youth Services basketball registration will begin Monday and run through Nov. 30 from 10 a.m. to 7 p.m. for 3- to 17-year-olds. The cost is \$45 for the first child and \$40 for siblings. Practice begins in December and games in January. A birth certificate, physical and CYSD registration are required to register. For more information, call 221-5513 or 221-3502.

Basketball cheerleaders

Youth Services will have cheerleaders for basketball this year. Registration is Monday through Nov. 30 from 10 a.m. to 7 p.m. The cost is \$30 for the first child and \$25 for siblings. Space is limited and cheering will be for home games only. Uniform will be T-shirts and black shorts. For more information, call 221-3502.

Que Pasa?



Community events

Theatre auditions

The Harlequin Dinner Theatre is holding open auditions Nov. 29 and 30 for the Agatha Christie mystery "Ten Little Indians." Auditions will be from 7 to 8:30 p.m. both nights. People should enter Fort Sam Houston through the Walters Street gate. Roles are available for three women and eight men. Other volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew. Performances will be Wednesday through Saturday evenings from Jan. 12 through Feb. 19. For more information, call the Harlequin Dinner Theatre at 222-9694.

Lone Star Chapter

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

Air Force Village I opens

Air Force Village I has opened its doors to all honorably separated officers, their spouses, widows and widowers, and family members age 62 and older. Call (800) 762-1122 or www.airforcevillages.com.

Internet coupons stretch savings

The Defense Commissary Agency is helping customers increase their savings by making Internet coupon links available under a new section at the links page at <http://www.commissaries.com>. Commissaries worldwide now accept computer-generated Internet coupons as long as they have a bar code for scanning purposes and the coupons do not offer free product.

Veteran's Day Run, Saturday

The 11th annual Vietnam Vets/Legacy Vets M/C Veteran's Day Run is Saturday. 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.

New Braunfels Wurstfest Walk

The New Braunfels Marsch und Wandergruppe volksmarch club is hosting its annual 10-kilometer (6.2 mile) and 5-kilometer Wurstfest Walks in New Braunfels, Texas, on Saturday and Sunday. Start between 8 a.m. and noon, finish by 3 p.m. For more information, contact Helgard Suhr-Hollis at: 830-625-6330 or e-mail helgard@texas.net.

Waring Halloween Walk, Sunday

The Hill Country Volkssportsverin volksmarch club is hosting its annual two 10-kilometer and one 5-kilometer Halloween walks along scenic country roads in Waring,

Texas, on Saturday and Sunday. Start between 8 a.m. and 1 p.m., finish by 4 p.m. Saturday and start between 7 a.m. and 12 p.m., finish by 3 p.m. Sunday. For more information, contact John Bohnert at 830-995-2421 or e-mail Tina Bohnert at tina.bohnert@comfort.txd.net.

Native American Heritage opening ceremony, Nov. 4

The community is invited to attend the Fort Sam Houston annual Native American Heritage Month ceremony Nov. 4 at Evans Theater. The ceremony begins at 11:30 a.m. and is free to the public. This year's keynote speaker is Fort Sam Houston's Col. Gaylord Lindsay, president of the U.S. Army Medical Department Board. For more information, call the Garrison Equal Employment Opportunity and Equal Opportunity offices, 221-9356 or 295-9276. If you require reasonable accommodation, please notify the Individuals with Disabilities Program Manager at 221-9401.

Market Day for moms, Nov. 6

The Mom's Club of Central San Antonio is hosting a Market Day event Nov. 6 from 10 a.m. to 2 p.m. at Northridge Park Baptist Church 2659 Eisenhower (at Chevy Chase). Moms can enjoy browsing vendors selling unique and memorable gifts. The playground next door, children's toy table and bake sale provide the perfect distraction while moms shop around. For more information, call Elizabeth Grasso at 826-3000.

Veteran's Day Dinner, Nov. 11

The Leukemia and Lymphoma Society's Team in Training will host a dinner and silent auction on Veteran's Day, Nov. 11, at The Prickly Pear Southwest Bistro and Bar, 17776 Blanco Road, from 6 to 8 p.m. Tickets are \$35 and include dinner and door prize entry. Non-attending tickets are also available for \$35 and will earn a chance at a door prize. For tickets and more information, call Lt. Shawna Maley at 221-2028 or e-mail shawna.maley@dmrti.army.mil.

Volunteer

Caremobile Drivers Needed

Caremobile Drivers work four hours a week using an electric cart to transport patients from the Brooke Army Medical Center parking area to the entrance of the hospital. Walking the distance of the large parking area in the heat or rain is often difficult for a parent with a sick child, patients undergoing cancer treatments, orthopedic patients and the elderly. If you would like to transport grateful patients, please call the Office of Volunteer Services at 916-5083.

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.

Meetings

Association seeks members

The Alamo Silver Wings Airborne Association seeks members for their organization, VFW 9186. Join the spirit and tradition of airborne. Meetings are every third Thursday. For more information, call Joe Turella at 657-0028.

Officers' Wives and Widows Club

The Retired Officers' Wives and Widows Club meets at 11 a.m. on the fourth Monday of every month at Fort Sam Houston Officers' Club. For reservations, call Arline Braswell at 822-6559.

BAMC seeks volunteers

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.

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.

SMA 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.

Celebrate America's Military Week Wednesday – Nov. 11

Opening Ceremonies, Wednesday

Opening Ceremonies are at the HEB Arsenal, 646 South Main. The Army Medical Command Band will perform at 3:40 p.m. and the opening ceremony starts at 4 p.m. The keynote speaker is Lt. Gen. Robert Clark, 5th U.S. Army commander. Dress for military is duty uniform and business attire for civilians.

AFA breakfast, Nov. 4

The Air Force Association Combat Breakfast will be at the American Legion Alamo Post 2, 3518 Fredericksburg Road at 7:30 a.m. The keynote speaker is Col. Robert L. Howard, Medal of Honor Recipient. Cost is \$10 per ticket. Dress for military is duty uniform and business attire for civilians.

AUSA luncheon Nov. 5

An Association of the U.S. Army luncheon will be at the Fort Sam Houston NCO Club at 11:30 a.m. Cost is \$10 per ticket. The keynote speaker is Lt. Gen. Wayne Marty, Adjutant General, State of Texas. Dress for military is duty uniform and business attire for civilians.

Veterans Parade, Nov. 6

The U.S. Military Veterans Parade is at 1 p.m. at Avenue E and 3rd, along Avenue E to Houston Street, Houston to Alamo, Alamo to Commerce, Commerce to Milam Part, at San Saba. The parade is open to the public. The reviewing stand is at Alamo Plaza.

Airfest, Nov. 6 and 7

Lackland Air Force Base hosts "AIRFEST 2004", from 9 a.m. to 5 p.m. both days. Opening ceremonies are 10 a.m. on Nov. 6. Tora, Tora, Tora and Aeroshell T-6 Demonstration Team will perform both days, along with demonstrations by F-16, A-10, F-18, T-6 "Texan II," T-28, S2-B and Ultima 200-30S.

Combat Medic Retreat, Nov. 10

A Combat Medic Retreat Ceremony is at the U.S. Army Medical Department Museum on the corner of Harry Wurzbach and Stanley Roads at 4:45 p.m. Visitors should enter at the Walters Gate, off Interstate Highway 35. Dress for military is duty uniform and business attire for civilians.

Veterans Day Ceremony, Nov. 11

A Veterans Day Ceremony will be at the Fort Sam Houston National Cemetery, 1520 Harry Wurzbach. The musical prelude starts at 9:30 a.m. and ceremony at 10 a.m. Keynote speaker is retired Brig. Gen. John W. Nicholson, Undersecretary for Memorial Affairs, Department of Veterans Affairs.

Buffalo Soldiers ceremony, Nov. 11

"Buffalo Soldiers" Veteran's Day Commemorative Ceremony will be at the San Antonio National Cemetery, 517 Paso Hondo from 1:30 p.m. to 2:30 p.m. The speaker is Col. Edward Maney, Fort Sam Houston Installation chaplain.

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: Beautiful antique piano, French-Starck upright, built between 1911-1915 by the Lagonda Piano Company in Newcastle, Ind., valued at \$1,200, asking \$825 obo. Call 226-9568.

For Sale: White metal twin size girl's canopy bed, 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: 1999 Ford Mustang, 72,000 miles, dark blue, 5-speed with CD player, and less than a year-old tires, no body damage, excellent condition, \$5,500. Call 269-9905.

For Sale: Delphi SKYFi portable audio system for SKYFi XM satellite radio

tuner, new in box, \$85. Proceeds go to the Leukemia and Lymphoma Society. Call Shawna at 392-5290.

For Sale: Art, signed and numbered unframed prints: Long Grey Line with West Point Seal by Ben Maile, \$3,500, and The Commander and First Sergeant by Don Stivers, \$2,400; antiques: oak serpentine chest, \$275, Rosenthal Pompadour Moss Rose china, \$1,300; and 1995 Palomino roll up truck camper, \$2,600. Call 497-8139.

For Sale: Two large 30-inch upright suitcases, \$50 each; John Deere 42-inch-cut riding lawnmower, 700; Atari system, non-working, a lot with it, \$20; and Smith Corona typewriter, \$20. Call 393-2864 or 624-9570.

For Sale: Computer monitor, PC, printer, \$100. Call 658-5196 or 295-6391.

For Sale: Kitchen table w/ six chairs, wooden, \$60; and free landscaping rock. Call Jennifer at 637-5538.

For Sale: Fitness equipment, Vita Master MB 1900, \$50; Nordic Track Excel, \$75; and manual treadmill, new, \$75. Call cell at 337-1038.

For Sale: Metal two drawer file cabinet, great condition, \$30; metal office desk, \$35; dining room table, dark wood, eight chairs, \$400; coffee table, light wood, \$20; and wood bookshelf, \$35. Call 241-1291 or 637-7322.

For Sale: El Camino SS 396, ground up frame on restoration, rust free, L-34 big block (402 cu in/350 hp),

Turbo 400 auto with buckets and console, 3.31 (non-posi) 12 bolt rear axle, rally red with black vinyl top and interior, 94K original miles, \$21,500 firm. Call 494-8401.

For Sale: Mini chopper motorcycle, \$300 firm; metal and glass lighted display case, \$75; round table, \$25; Barbie house with accessories, \$30; and full size headboard and armoire, \$75. Call 223-1404.

For Sale: 1995 Harley Davidson Heritage Softtail Classic, \$3,500 in extras, perfect condition, low miles, \$14,495. Call 262-3892.

Needs home: Due to family moving, a female Dalmatian dog is looking for new home, has all shots. Call Felicia at 833-7987 or 646-7173.

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.

Trading Risk Analyst, San Antonio.

Acts as a liaison between the trading, marketing and accounting departments; tracks and reconciles price risk inventory on a daily basis relating to sales, purchases, transfers, exchanges, and secondary costs.

LVN, San Antonio. Must be a graduate from an accredited school of nursing from at least one state or territory in the United States, a health care provider for a minimum of one year prior to employment by the contractor; have and maintain current certification in Basic Cardiac Life Support certified by documentation of training and skills.

Property Administrative Assistant, San Antonio. Responsible for the preparation and control of records, statistics and reports regarding operation, personnel changes; assists in the administration of programs, projects and processes specific to the operating unit served.