



Briefs . . .

Gate hours

The Wilson Gate is open from 5:30 to 8 a.m. Mondays through Fridays, excluding holidays, for inbound and outbound traffic and from 4 to 6 p.m. for outbound traffic only. The New Braunfels Gate is open from 11 a.m. to 1 p.m. and 4 to 6 p.m. Mondays through Fridays for outbound traffic only.

Commissary closure

The Fort Sam Houston Commissary will be closed Thanksgiving Day, Nov. 25.

Officer candidates

Soldiers interested in attending Officer Candidate School must complete application packets and send them to the Personnel Management Branch by Dec. 1. Local interviews will be Dec. 8. For more information and an OCS application packet, stop by personnel, Bldg. 2263, Room 216, or call 221-1839.

Changes of command

E Company, 187th Med. Bn.

Capt. Todd L. McNiesh will relinquish command of E Company, 187th Medical Battalion, to Capt. Liquori Etheridge at a change of command ceremony Friday at 7:30 a.m. The ceremony will be held at the E Company physical fitness field across from Bldg. 2791. Inclement weather site will be Blesse Auditorium, Willis Hall, Bldg. 2841.

470th Military Intelligence

The B Company, Operations Battalion, 470th Military Intelligence change of command is Nov. 30 at 9 a.m. at MacArthur Field. For more information, call Sgt. 1st Class Ricardo Sanchez at 295-9465 or 295-6065.

Military Entrance Processing Station

Lt. Cmdr. Pat L. Williams will relinquish command of the Military Entrance Processing Station to Lt. Cmdr. Angela Katson Dec. 3 at 10 a.m. at the Officers' Club. Williams will be transferring to the Navy Yard in Washington, D.C.

Community honors past, present service members on Veterans Day

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

More than 1,500 military and civilian community members attended the Veterans Day ceremony at the Fort Sam Houston National Cemetery Nov. 11 to honor veterans, past and present, for their contributions to the nation.

As the crowd gathered at the annual Veterans Day ceremony, the U.S. Army Medical Command Band, led by Chief Warrant Officer John Fraser, and the Texas Children's Choir, under the direction of Col. Tom Hardaway, performed patriotic music.

The ceremony began with the presentation of the colors followed by the playing of "God Bless America" by the band. Rudy Johnson, Special Forces Association chaplain, delivered the invocation.

"It is a real privilege and honor to be here today, this beautiful day, to help celebrate one of America's best, most memorable, meaningful holidays — Veterans Day, a day when the country celebrates veterans, living and deceased, as opposed to Memorial Day, which mostly commemorates those who have passed on," said keynote speaker Army retired Brig. Gen. John W. Nicholson, undersecretary for Memorial Affairs, Department of Veterans Affairs.

Nicholson directs the National Cemetery Administration, a system of 120 national cemeteries providing dignified burial services for military veterans and eligible family members. He is responsible for land acquisition, construction, operations and maintenance of the cemeteries as national shrines.

"I am proud to say we have the largest expansion and capacity for honoring our nation's veterans," said Nicholson. "We are expanding that capacity 85 percent over the next four years."

Nicholson said his goal is for national cemeteries to be the centers for community patriotic activities to foster patriotism. Nicholson received applause from the audience when he "thanked the all-volunteer forces that have

See **VETERANS** on Page 3



Lillie Tejada places flowers at the graveside of her son, Congressman Frank M. Tejada, a major with the U.S. Marine Corps and a Vietnam veteran. "It is good to be here honoring our veterans," she said.

West Nile Virus found at Fort Sam Houston

By Capt. Joshua Bast
Department of Preventive Medicine

San Antonio's first known occurrence of West Nile Virus-positive mosquitoes this year was found at Fort Sam Houston.

The virus has been detected in four birds and one human here this year, but not in mosquitoes.

The Fort Sam Houston Department of Preventive Medicine collected more than 150 mosquitoes from a trap located in Watkins Terrace Oct. 26. The mosquitoes were forwarded to the Center for Health

Promotion and Preventive Medicine in Atlanta, Ga. for pathogen testing.

The mosquitoes are grouped by species and tested in "pools" of up to 25 mosquitoes. The majority of WNV transmission is believed to be from Culex mosquitoes. Out of four pools tested by CHPPM (each consisting of 25 Culex species), one pool was positive for WNV. The number of infected mosquitoes in that pool is unknown, but could be as few as one. In 2004, CHPPM tested a total of 714 pools consisting of 4,145 mosquitoes from Fort Sam Houston.

No control measures are anticipated on post since cold weather limits mosquito

breeding. Although WNV transmission can continue into late fall in warmer climates such as South Central Texas, the risk is dramatically reduced after a few cold weeks.

Some mosquitoes will continue to breed in cold weather, but the majority will go through a dormant phase until spring. Culex mosquitoes will hide out underground in sewers and storm drains where they may continue to breed year round, but will not likely feed on humans during this time.

For more information, call Capt. Joshua Bast, Fort Sam Houston entomologist, at 295-2742.

Army researchers test effectiveness of flu vaccine half doses

WASHINGTON — Army researchers are studying whether half doses of vaccine can prevent flu in healthy Pentagon volunteers.

The study, conducted by the Allergy-Immunology Department and Vaccine Healthcare Centers Network at Walter Reed Army Medical Center, in cooperation with the Department of Health and Human Services, compares the

immune responses of participants who receive half doses of vaccine with those who receive full doses.

The purpose of the study isn't to prove that a half dose is the same, but to prove that it isn't inferior to a full dose, said Maj. Molly Klote, research fellow at the Allergy-Immunology Department at Walter Reed Army Medical Center.

"We are trying to see whether a half dose of the flu vaccination would be what's called non-immunological inferior to the full dose," said Klote. "Basically, (the half dose) has the same affect on the immune system as the full dose of the vaccine in healthy people. We think a healthy immune system only needs half as much of the vaccine to create the same

immune response of a full dose of someone who is older or has a less effective immune system."

If immune responses are similar in the two groups, U.S. health-care providers may be able to respond to future vaccine shortages by giving healthy people half doses. This would allow protection of twice as many people during shortages or major flu epidemics.

The goal is to vaccinate 1,440 individuals who are Military Health System beneficiaries, or enrolled by Wednesday, between the ages 18 and 64 and who do not fall into DoD's priority categories for receiving the existing vaccine or haven't had a flu shot in the past three years. In addition

See **FLU VACCINE** on Page 4

Abizaid asks Congress to help stop unsolicited mail

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

WASHINGTON — The commander of U.S. Central command is asking Congress for help in eliminating unsolicited mail to service members.

Gen. John P. Abizaid said military mail service is running at capacity, and he noted the propensity of America to be especially generous during the holidays.

"I would greatly appreciate your assistance in communicating to your constituents the challenges bulk donations from the public present," Abizaid wrote in a letter directed at Congress. The letter has

been provided to congressmen inquiring about mail issues.

Unsolicited mail is no longer accepted because of the stress it creates on the military mail system and because of the possible threat it can pose to service members. Programs like "Operation Dear Abby" and the "Any Servicemember" mail program were suspended on Oct. 30, 2002.

"As a matter of policy, the Department of Defense and United States Central Command generally discourage bulk donations because of the added burden on the DoD transportation and distribution system and the real threat of bio-terrorism

and associated security concerns," Abizaid said in the letter.

The U.S. Postal Service no longer delivers items not addressed to a specific servicemember. If packages are left at a collection site and the sender can be determined, they will be returned. If no return address is listed, any care-package items will go to a local charity, a customer-service agent said.

Before images of Scrooge begin forming, there are other ways to support the troops. Dozens of organizations are accepting donations to put together care packages. They include the services' relief societies, as well as the Veterans of

Foreign Wars, American Red Cross, Armed Forces YMCA and the United Services Organization.

Those wishing to support servicemembers through the USO, for example, have a choice of donation methods. That organization accepts donations through its Web site, by phone or in the mail.

Abizaid commended the "admirable" efforts of the American people in demonstrating their support to the country's deployed servicemembers. He is, however, encouraging a refocusing of generosity so that the American military personnel get the maximum benefit of donated goods.

Fort Sam Houston News Leader

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Photos by Esther Garcia

Civic, veterans and military organizations such as the Military Order of the Purple Heart, Greater San Antonio Chamber of Commerce, the Veterans of Greater San Antonio Area, Vietnam Veterans of America, Chapter 366, and

Women's Overseas Service League, to name a few, presented wreaths at the Circle of Flags in honor of Veterans Day at the Fort Sam Houston National Cemetery.

Veterans

Continued from Page 1

gone beyond our shores to destroy terrorists before they come to our shores to continue to destroy us.

"The messages today are that I, the Veterans Affairs and the President want our cemeteries to be national shrines, to be focal points and centers for patriotism," Nicholson said. "The cemeteries teach history because there is a great deal of history to be learned just by learning about the peo-

ple who are interred in these national cemeteries and what they have done for our nation."

The ceremony included a rifle salute by the Fort Sam Houston Honors Platoon and the presentation of wreaths and banners by numerous veterans and civic organizations at the Circle of Flags Avenue.

Kim Smith, whose son, Pvt. Robert Frantz, died in Iraq in June 2003 said, "In the past, a day like today I would have gone shopping. Now I felt good and very honored to be here. I sat straight and felt very proud."



Army Command Sgt. Major George Nieves, Marine Command Sgt. Maj. Hector Cerda, Navy Command Master Chief Rita Kline, Air Force Chief Master Sgt. Reggie Williams and Coast Guard Command Master Chief John Tuite represent their respective services as they walk to the Circle of Flags to present the traditional military wreath.



Staff Sgt. Hemangildo Rodriguez, U.S. Army Medical Command Band, sounds "Taps" following the presentation of wreaths and banners by veterans and civic organizations at the circle of flags.



(Left) Keynote speaker retired Brig. Gen. J. W. Nicholson, undersecretary for Memorial Affairs, Department of Veterans Affairs, visits with Lt. Gen. Robert Clark, Fifth U.S. Army commander, prior to the start of the Veterans Day ceremony.

Members of the Girl Scouts of San Antonio place a wreath inside the Circle Of Flags Avenue.

Home on the range: Camp Bullis offers service members state-of-the-art training facility

Story and photo by Elaine Aviles
Fort Sam Houston News Leader

(This is the seventh in a series of Most Efficient Organization articles highlighting the MEO's eight new divisions. The MEO, which stood up Oct. 1, provides base operations support.)

Camp Bullis has somewhat of a split personality. On the one hand, it is a haven for hunters and nature lovers with nearly 28,000 acres of wildlife and lush greenery. On the other, it is a cutting-edge training site, famous for its state-of-the-art shooting ranges and realistic courses.

Straddling this divide is Camp Bullis, a Most Efficient Organization division.

"We have agreements with the Environmental Protection Agency to monitor several endangered species here," said Michael McCarthy, MEO training area manager. "Nature definitely impacts training since there are areas we can't go."

Although they have to be part-time naturalists, their full-time job is to support training. Their primary customer is Army Medical



Wayne Evans (right), Camp Bullis range controller, shows Soldiers' shooting results to Chief Warrant Officer Stanley Dupin, 591st Medical Logistics, Thursday at an M-16 shooting range. Evans is a member of the Camp Bullis division of the Most Efficient Organization, which stood up Oct. 1.

Department Center and School Soldier medics-in-training.

"We have several courses and ranges to hone their skills," McCarthy said.

The courses include land navigation, basic compass, driver training areas, a leader obstacle course, certified drop zone and rappel towers. The site also offers 18 firing

ranges, including the only certified long distance range in Texas.

Soldiers aren't the only ones who benefit from the site. Marines, Airmen, Sailors and civilian law enforcement also sharpen their skills on Camp Bullis' various ranges and courses.

The MEO team has the daunting task of keeping Camp Bullis

operational. This includes grounds and range maintenance, scheduling, range control and operations.

"We mow and weed the ranges and more than 58 miles of roads," McCarthy said.

They also ensure the ranges are functional and ready for their many customers.

"We go through several hundred thousand small arms rounds a month," he said. "It's no small task to keep the shooting ranges up and running."

Scheduling is also tricky since customers come from different services and locations year round.

"Scheduling presents challenges," McCarthy said. "Before the MEO, we had several military members who were available to support requests around the clock. Now we need about a 21-day lead time to support a request."

Other MEO members provide range control support, a job that is increasing in ease as technology improves. Most Camp Bullis ranges operate through air pressure, or pneumatics, so range controllers can acquire readings through a computer system. In the

future, Camp Bullis will integrate radio-controlled targetry, which is virtually maintenance free.

Lastly, the MEO team supports operations, which includes communications, radio checks and field emergencies.

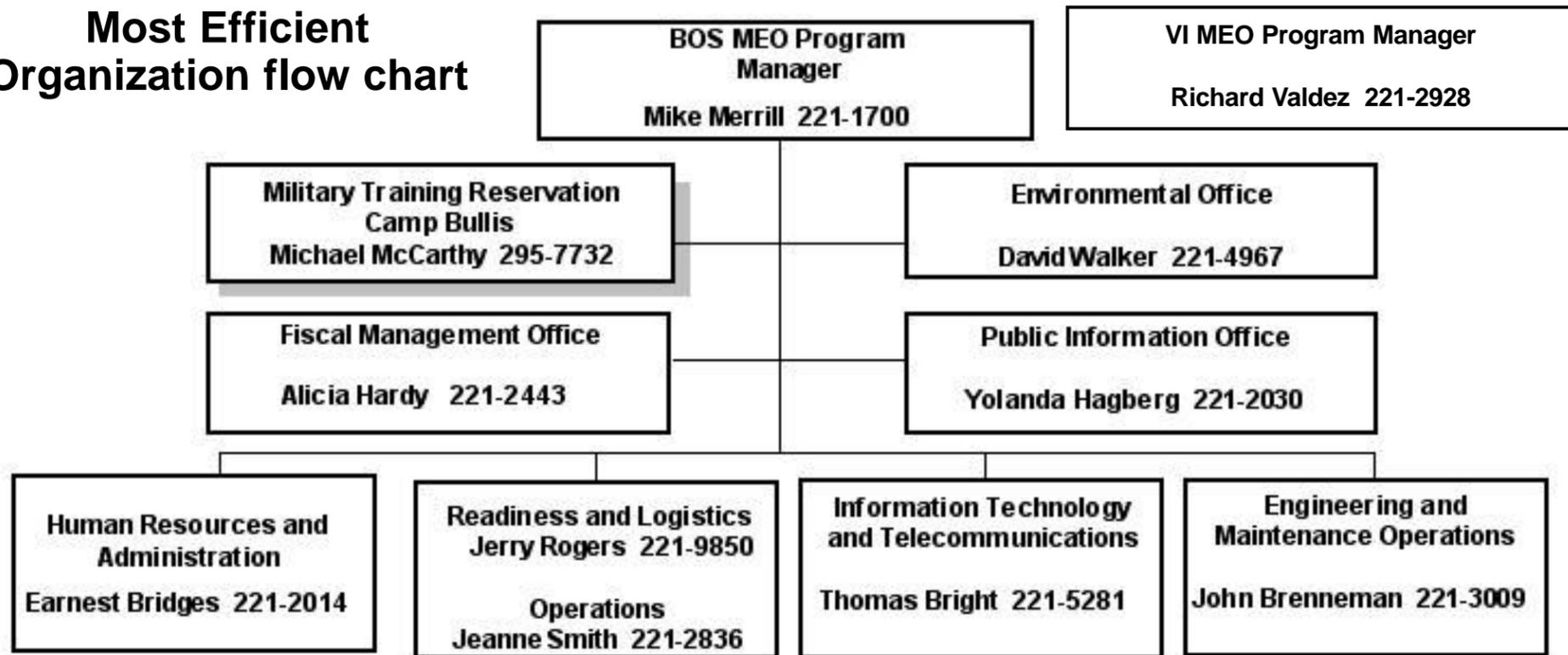
"Operations does a little bit of everything," McCarthy said. "One of their most important roles is to call for help in case of a medical emergency. They also monitor incoming and outgoing traffic."

Although the MEO stood up more than a month ago, the divisions are still adjusting to personnel and operational changes.

"We kept the same structure but went from military to civilian," McCarthy said. "The change isn't too apparent, but we ask our customers be a little more patient with us in the short term."

"Our goals are the same — to provide realistic, efficient training," he added. "Many of our people are former military and are very serious about maintaining high standards of training. Ultimately, we're doing our best so military members can survive."

Most Efficient Organization flow chart



New veterans ID cards help battle identity theft

WASHINGTON — The Department of Veterans Affairs has designed a new identity card for veterans that will safeguard confidential information while combating identity theft.

"The new identification card ensures veterans' personal information is protected," Veterans Affairs Secretary Anthony J. Principi said in a statement. "It also helps prevent the theft of important benefits and services from veterans that they earned by their service to our country."

The card, formally known as the Veterans Identity Card, will have veterans' photos on the front and identify them as enrollees in the VA's health-care system.

Encrypted on a magnetic tape on the back of the card will be the veteran's Social Security number, date of birth and a control number. The magnetic strip also records whether the veteran has a service-connected disability.

Identity theft is one of the fastest grow-

ing crimes in the nation. The Federal Trade Commission listed identity theft as the number one fraud reported by consumers in 2003.

Requests from veterans and their congressional representatives were instrumental in bringing about these latest changes, officials said.

"The new VIC ensures the security of veterans' personal information as well as ensuring that only eligible veterans receive the benefits and services

they've earned," said Kristin Cunningham of the VA health-care system's business office.

Veterans should request the new card at their local medical center. Processing will take five to seven days once eligibility is verified. VA officials said they hope to complete the conversion to the new, safer card by mid-November. The existing cards will remain valid until veterans receive their new cards.

(Source: American Forces Press Service)

Flu vaccine

Continued from Page 1

to the Pentagon site in the con-course, a second site will open at the Walter Reed Allergy-Immunology Clinic today.

"The response has been fabulous for DoD and for readiness since we have so many healthy people in our recruits and Soldiers," said Col. Renata

Engler, chief of the Allergy-Immunology Department at Walter Reed Army Medical Center. The only problem is trying to find people who haven't had a flu shot in the last three years, she added.

"The reason why healthy people are so important is because data shows that the best way to protect

the most vulnerable people in our population is to immunize those around them," Engler. "Not just in hospitals, but in homes and work areas because, in some cases, people who are at the greatest risk ... don't respond well to the vaccination."

The study requires two visits over a three-week period, starting on the first day of vaccination.

The Army study is looking at additional age groups, numbers of clinic visits and other health outcomes of the participants, and is adding an additional flu season of data. The Food and Drug Administration, which licenses U.S. vaccines, needs such additional data before making a decision about half-dose administration.

Information about the DoD's flu vaccination priorities, this year's flu season, and flu prevention is available from the Military Vaccine Agency, on the Web at <http://www.vaccines.mil/>. Walter Reed's Vaccine Healthcare Center is on the Web at <http://www.wrmmc.amedd.army.mil/>.

(Source: Army News Service)

Buffalo Soldiers celebrate history, tradition on Veterans Day

Story and photos by Phil Reidinger
Fort Sam Houston Public Affairs Office

The original San Antonio National Cemetery is filled with grave markers that tell the story of the old Texas and southwest border cavalry posts and the contributions of Fort Sam Houston during our nation's Old West history.

On Veterans Day, Bexar County Buffalo Soldiers Association members gathered to recall the contributions of the 9th and 10th Cavalry units who secured the peace along the border with the 24th Infantry and the 25th Infantry "Black Indian Scouts."

Following a procession of Buffalo Association members into the cemetery, Brittany Peace, a cadet sergeant attending Texas Military Institute, sang the national anthem. Members of the Sam Houston High School Junior Reserve Officer Training Corps cadet honor guard presented the national and Texas state flags and sounded "Taps." The Fort Sam Houston Honors Platoon fired the 21-rifle salute.

Fort Sam Houston installation Chaplain (Col.) Edward Maney delivered the keynote address. Maney explained that the renewed interest in the history of the

Buffalo Soldiers, their heroism, and their contributions to the nation, previously ignored in history books and school curricula, is reflective of an evolving sense of racial equality in America's communities.

Maney spoke of Chaplain (Capt.) Henry Plummer who lost his Army commission because of his fight to educate Black Soldiers so they could be literate and understand the roles of a responsible citizen. Maney said Plummer purchased ecclesiastic supplies for this congregation from his own meager salary and often challenged commanders in his attempts to improve spiritual fitness, social conditions and temperance in an era of prejudice and bias.

"This day is the 100th anniversary of Chaplain Plummer's court-martial and departure from Army service," Maney noted.

As Americans and members of the Army family, Maney asked the audience to remember, "The Buffalo Soldiers represent the whole aspect of loyalty as an American. They gave their all despite how they were treated."



(Above) Members of the Buffalo Soldiers Association enter the San Antonio National Cemetery to begin the Veterans Day ceremony commemorating the contributions of the 9th and 10th Cavalry and the 24th and 25th Infantry regiments.



(Left) Chaplain (Col.) Edward Maney, Fort Sam Houston installation chaplain, delivered the keynote address at the National Cemetery Veterans Day ceremony.

Post celebrates 25th anniversary of Combat Medic Memorial

Story by Phil Reidinger
Fort Sam Houston Public Affairs Office

The post celebrated the 25th anniversary of the statue honoring combat medics in conjunction with the annual Celebrate America's Military Week sponsored by the Greater San Antonio Chamber of Commerce Nov. 10.

During the ceremony, Staff Sgt. Michele Mitchell, recovering at Brooke Army Medical Center from wounds received in Iraq, assisted installation Commander Maj. Gen. George Weightman with placing a memorial wreath at the foot of the statue. Weightman and Mitchell passed through an honor guard of medics in period uniform reflecting the Army Medical Department's 229-year history.

The full-scale bronze statue of a combat medic treating a wounded Soldier on the battlefield stands at the entrance to the Army Medical Department Museum near the Harry Wurzbach gate on Stanley Road. The uniform and equipment depicted in the memorial statue represent the World War II European Theater. The statue is a daily reminder that Fort Sam Houston is known as the "Home of Army Medicine" and the center of Army medical training.

The original artist's conception for the statue was prepared by Fred Oberlies and copyrighted in November 1977 for use in publicity to construct the memorial. Sculptress Katherine Speed Ettl, from Princeton, N.J., was retained to produce the statue. The full-scale bronze statue was constructed by a combination of sand-cast and lost wax processes at the Bedi-Makky Foundry in Brooklyn, N.Y. The statue was placed at the museum memorial site Oct. 17, 1979.

At the base of the statue is the inscription "Medic! Over the years in battles fought by Americans around the world this cry for help has been answered. It has been answered by a dedicated, selfless Soldier — the Combat Medic."

From the very beginning of the post's history, Army medicine has played a key role in installation missions. The first hospital dating to the 19th century is now the Sam Houston guesthouse. Fort Sam Houston began its reputation as the home of Army Medicine when the Army Medical Field Service School, now the Army Medical Department Center and School, was reassigned to the post from Carlisle Barracks in 1947.



Photos by Esther Garcia
Retired Gen. Ralph Haines, installation Commander Maj. Gen. George Weightman, and Staff Sgt. Michele Mitchell, Operation Iraqi Freedom veteran, participated in the 25th anniversary commemoration of the Combat Medic Memorial.



(Left) Retired Maj. Gen. Floyd Baker, Army Medical Museum board chairman, describes the phased construction of the Army Medical Museum that followed the dedication of the Combat Medic Memorial.

(Right) Command Sgt. Maj. Jackie McFadden, 187th Medical Battalion, watches Staff Sgt. Jeanelle Cornelius, 232nd Medical Battalion, and Sgt. 1st Class Martha Chavez, 232nd Medical Battalion, demonstrate how patient simulators are used to train medical personnel.



232nd Medical Battalion hosts Junior ROTC visit

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

Carrizo Springs High School Junior ROTC cadets from Carrizo Springs, Texas, spent the day at Fort Sam Houston Nov. 10 to experience first hand how Soldiers live and train here on the post.

The cadets' first stop was with 1st Lt. Jason Mann, A Company, 232nd Medical Battalion commander, who gave them a description about what they were going to see while at the battalion. He also spoke about his military career and experiences in the Army and described a day in the life of a Soldier while at Fort Sam Houston.

The students then met Drill Sgt. Sidney Watson, who escorted the cadets to observe initial entry stu-

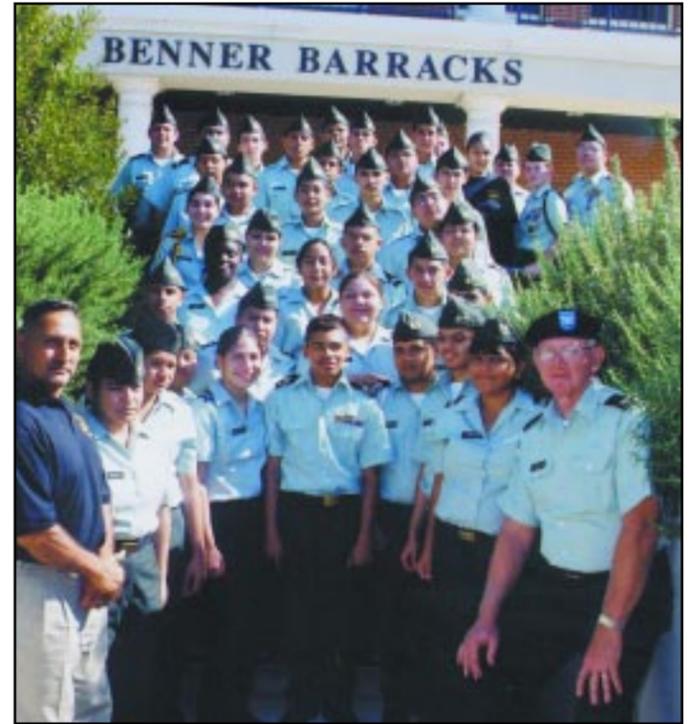
dents as they enter a building that has been bombed. Students look for and treat victims with various wounds.

Earl Edwards, manager for the Benner Barracks, provided an opportunity for the students to see how Soldiers live on post by visiting a room in the barracks.

The cadets also visited the Quadrangle, the Army Medical Department Museum, post museum, and then stopped for lunch at the Rocco Dining Facility.

"The tour was very informative and everyone they met treated them very well," said Cadet Lt. Col. Onesimo Martinez, battalion commander.

"Fort Sam Houston is a beautiful place," said Natasha Smith, who plans to be a military nurse.



Carrizo Springs High School Junior ROTC cadets visit Benner Barracks to see where Soldiers live on post.



1st Lt. Jason Mann, A Company, 232nd Medical Battalion commander, welcomes the Carrizo Springs High School Junior ROTC cadets to Fort Sam Houston.



Drill Sgt. Sidney Watson shouts orders to the cadets before escorting them to observe initial entry students training.

232nd combat medics graduate in style

Story and photo by 1st Lt. James Silverstrim
232nd Medical Battalion

The graduation dinner for F Company, 232nd Medical Battalion Monday was a fitting tribute to the graduating class of Soldier medics.

Every graduating Soldier in the company attended the event along with more than 300 family and friends, bringing the total number attending to nearly 700 people. This was the largest number to participate in this class-ending event, which is held by each graduating class in the battalion.

In addition to a dinner catered by the NCO Club, the company conducted several presentations. First, a group of graduating combat medics, all dressed in uniforms from different time periods, recited the Combat Medic Creed. Following this presentation, the company commander, Capt. John Halak, swore in the Soldiers to the Army Medical Department Regiment.



Pfc. Cathay Rouleau recites part of the Combat Medic Creed. Nine graduating Soldiers from F Company, 232nd Medical Battalion, recited the Combat Medic Creed at their graduation dinner.

During dinner, a 20-minute slideshow presented a compilation of photos taken throughout the Soldiers' training, accompanied by patriotic music. At the end of dinner, the battalion Commander Lt. Col. Bruce McVeigh and the battalion Command Sgt. Maj. Keith Seidler recognized selected Soldiers for their accomplishments during the class.

"The graduation dinner is a very important aspect of the class," Halak said. "It allows a time for the Soldiers, cadre and family members to interact in an informal setting prior to graduation. It also provides a setting for Soldiers to thank their drill sergeants and instructors and to introduce them to their family."

Blood is the fluid of life

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

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

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



DO YOU KNOW WHAT IS ON YOUR CREDIT REPORT?

Would you like to get a credit report and have it reviewed by a credit specialist?

For more information on how you can do this, contact the Financial

Readiness Branch of Army Community Service at 221-1612.



Greater San Antonio Chamber salutes the military



Photo by Phil Reidinger

(Left) Army retired Maj. Gen. Joe Ernst, Celebrate America's Military Committee chairman, and Mike Novak (right), chairman of the board for the Greater San Antonio Chamber of Commerce, present Gen. Kevin Byrnes a memento for his remarks at the "Spirit of America Dinner" Nov. 9 at the Marriott Riverwalk Hotel.

Ethics Training

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

Ethics Training Schedule

Date	Time
Dec. 1	9:30 to 10:30 a.m.
Dec. 15	1:30 to 2:30 p.m.

This training is mandatory and attendance will be reported to the acting secretary of the Army.

All training will be held in Evans Theater, Bldg. 1396, on Garden

Avenue. No reservations are required and seating is on a first-come basis.

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

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

Army Community Service

Family Advocacy Program Class Schedule

November 2004

Class Title	Dates	Class Time
Beyond Your First Baby	Today	8 a.m. to 12 p.m.
Building Effective Anger Management Skills Series 1-4	Today	11 a.m. to 12:30 p.m.
New Series (1-4)	Tuesday and 30	11 a.m. to 12:30 p.m.
Commanders Training	Today	8 to 9:30 a.m.
DivorceCare	Today	11:30 a.m. to 12:45 p.m.
Girl Talk! Ages 9-10	Wednesday	3 to 4 p.m.
Healthy Pregnancy	Monday	12 to 3 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday and 30	9 to 11 a.m.
P.A.I.R.S. (Couples Course) (Four-part series)	Wednesday	6 to 7:30 p.m.
SMART Girls	Today	4 to 5 p.m.
S.T.E.P. Program for Parents of School Age Children	Tuesday	1 to 3:30 p.m.
Stress Management I and II	Today	1 to 3 p.m.
The Middle Way Parenting Class	Monday and 29	6 to 8 p.m.
Truth or Consequences? (Three-part series)	Tuesday and 30	4:30 to 5:30 p.m.
You and Your Baby	Wednesday	8 a.m. to 12 p.m.
Saturday Marathon	Saturday	9 a.m. to 5 p.m.

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



Courtesy photo

The Brooke Army Medical Center Mammography Clinic staff recently sponsored an open house featuring educational displays and an appreciation luncheon for referring clinicians.

BAMC Mammography Clinic sponsors open house

The Brooke Army Medical Center Mammography Clinic recently sponsored an open house featuring educational displays and an appreciation luncheon for referring clinicians.

The Women's Imaging Center staff offers comprehensive and compassionate care to women, while placing emphasis on ensuring the best technology and education are available. A nurse specialist helps guide patients through the diagnostic process, assists with invasive procedures and provides support and education.

The Women's Imaging Center brings together the necessary state-of-the-art equipment and expert care in one loca-

tion, enhancing the center's ability to provide prompt results.

The center is located on the first floor of BAMC close to the medical mall entrance. The center features four mammography rooms, an ultrasound room and a stereotactic biopsy room, in a comfortable, private setting.

Mammograms generally begin at age 40 and then annually. If a woman at any age feels a new breast lump or has a breast concern, she should consult her physician.

For more information, call 916-3726 or 916-4229.

(Source: Brooke Army Medical Center)

Post Pulse: What are your tips for avoiding debt this holiday season?



"Plan early. If you know what your kids want, you can shop around for the best price. Set a budget so you don't overspend."
Sgt. 1st Class George Carpenter



"Pay cash for everything. Stay away from plastic."
Margaret Brown



"Don't buy unnecessary gifts. If you can't afford a \$300 gift, find a less expensive alternative. Only buy what you can afford."
Sgt. Maria Daniel



"Save money during the year so you won't have credit card debt after the holidays. It's better to know how much you want to spend, rather than what you want to buy. Give yourself a budget and stick to it."
Capt. Chris Amrhein

San Antonio Army recruiters seek donations for community charity drive

With just six weeks till Christmas, Army recruiters from the San Antonio battalion are showing the Army of One spirit by assisting the community with "We've Got You Covered."

The U. S. Army Recruiting Battalion-San Antonio, in conjunction with the Reagan Army Recruiting Station, are partnering with San Antonio's "We've Got You Covered" charity drive today and Friday at Crossroads Mall, on the corner of Loop 410 and Fredericksburg Road.

Sgt. 1st Class Chad Christenson, Staff Sgt. Rene Garcia, Sgt. Jerry

Smith and Spec. Nola Dzwonek volunteered to spend 48 hours battling the elements for the cause to solicit blankets and coats for the needy and less fortunate in the area. Items donated will go directly to San Antonio charities like San Antonio Metropolitan Ministries, Any Baby Can, The Battered Women's Shelter and the San Antonio Food Bank.

Donations to help the San Antonio community may be given to the team during the drive or at any time by calling the station at 349-4118. Items can also be dropped off at the

Reagan Army Recruiting Station in North Salado Village, 2391 NW Military Hwy, San Antonio.

Items of need include blankets, coats, clothing for men, women and children, baby diapers, formula, shampoo, soap, cleaning supplies, canned foods, coffee, sugar, paper plates, napkins, paper towels, plastic utensils, laundry detergent, plastic bags, medical supplies and other basic necessities.

For more information, call Christenson or Smith at 349-4118 or (877) 513-2184. (Source: U.S. Army Recruiting Battalion)



Army Community Service Family Advocacy Program Resource Library

The Family Advocacy Program has organized a resource library available to military members, their family members and Department of Defense civilian ID cardholders.

Categories of books and videos are self help, stress and anger management, relationships, parenting, pregnancy and childbirth, domestic violence and child abuse.

Books may be checked out for two weeks. Videos will be due a week after check-out date.

Hours of operation:
7:30 a.m. to 4:30 p.m.

Mondays through Fridays

For more information, call the FAP staff at 221-0349 or 221-2418.

232nd Med. Bn. Soldier and Junior Leader of the Week



Courtesy photos

Pvt. Steven Hull, Soldier of the Week, from C Company, 232nd Medical Battalion, is from Roanoke, W. Va. Hull said he joined the Army to be a medic because it is the best medical operational specialty. "The most valuable lesson I have learned so far is that the Army has taught me about teamwork," said Hull. Hull enjoys hiking as a hobby.



Pfc. Michael P. Reisinger, Junior Leader of the Week, from C Company, 232nd Medical Battalion, is from Ubica, Pa. Reisinger joined the Army because he wanted a medical career in the Army. Reisinger plans to begin a medical career and hopes to become a physician's assistant. Reisinger enjoys snowboarding and basketball.

USARSO opens new fitness center

By Kevin W. Sieling
U.S. Army South Public Affairs
Office

U.S. Army South opened its new Fitness Center Nov. 5 on the lower level of the old Brooke Army Medical Center, Bldg. 1000.

The fitness center will enable USARSO and Installation Management Agency employees the opportunity to fulfill the necessary cardiovascular workout needed to maintain a healthy lifestyle.

"Each individual's physical fitness is a key component to living a healthy life," said Col. Thomas Heaney, USARSO deputy chief of staff for operations. "The new Fitness Center provides all USARSO personnel a convenient, state-of-the-art facility for everyone's benefit."

Along with the BAMC Health Promotions Branch, USARSO also held a Health Fair, a medical assessment of its soldiers and civilians. Tobacco cessation, cholesterol screening, breast health education and stress management were a few of the areas USARSO employees were evaluated. The fair also offered a fitness trainer orientation.

"USARSO's mission keeps



Photo by Jose Saez

(Left to right) Col. John Luce, U.S. Army South deputy chief of staff, engineers, and Maj. Ramiro Salazaar, USARSO command group, observe George Allen, USARSO director of resource management, try out one of the new exercise machines at the USARSO Fitness Center grand opening Nov. 5.

us on the go and this facility will help us stay in shape to meet the readiness demands of our job," said Heaney. "It's Maj. Gen. Jack Gardner's desire to provide the place and opportunity for each person to gain and maintain the highest level of fitness. In sum, our personnel's fitness is key to our readiness and the commanding general is providing the means to keep the workforce in shape."

The fitness equipment includes seven pieces of aero-

bic equipment in the fitness center: three treadmills, two elliptical trainers, one upright cycle and one recumbent cycle. Each of the machines will be equipped with their own CD/VCR screen which are hooked up to cable for news, sports and weather. There are two types of anaerobic (strength) equipment: one multiple station weight trainer and one dumbbell set.

"Between these two types of machines and equipment, everyone should get the workout they desire," Heaney said.

Erica Miller-Walker, a certified personnel trainer from Cooper Institute and CPR-certified with the American Red Cross, is available from 6 a.m. to 2 p.m. to assist with all physical fitness needs.

"I can help individuals with implementing a personalized physical fitness plan," said Miller-Walker. "Best of all, our services are at no cost to the employee."

Miller-Walker is also a great resource of information pertaining to weight-loss products and supplements. Aside from her educational background, she studies the companies and sifts through the sneaky advertising. Like a seasoned detective, she actually calls the manufacturers to find out what's not fit to print on the label or advertised, which can save time and money.

With a wealth of information available at no cost and more than \$50,000 worth of new equipment, employees in the old BAMC building have very little excuse not to improve their fitness level and overall health.

187th Med. Bn. recognizes dining facility staff



Photo by Spc. Jason Bullock

The ROCCO Dining Facility serves thousands of 187th Medical Battalion Soldiers and Department of Defense civilians professionally and with a smile. The battalion recognizes outstanding dining facility employees quarterly for their superb effort. Richard Stevenson and Okcha Martin were recently recognized, each receiving a certificate of achievement and a battalion coin of excellence from Lt. Col. John Collins, battalion commander, and Sgt. Maj. Jackie McFadden, battalion command sergeant major.

Fort Sam Houston Family Housing Small Business Forum

Attention: Small and Large Business Representatives

Date: Dec. 2

Times: 8 to 9 a.m. or 9:30 to 10:30 a.m.

Location: Roadrunner Community Center, Bldg. 2797

Topics:

- Privatization of Fort Sam Houston housing and transition date
- Identify maintenance repairs and replacements to be contracted by FSH Family Housing Maintenance Operations
- Contractor eligibility requirements
- Scope of work
- Bidding process
- Point of Contact information

FSH Newcomers Extravaganza

Permanent party in-processing Soldiers (lieutenant colonel and below) are required to attend the Newcomers Extravaganza within 60 days of their arrival. The extravaganza is the official newcomers orientation for Fort Sam Houston. An extravaganza is scheduled for Nov. 30 at 9 a.m. at the Roadrunner Community Center. Soldiers, civilians and families will have an opportunity to learn about Fort Sam Houston and San Antonio and participate in drawings, registrations and social activities.

Commanders and supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. Children are welcome. For more information, call the Army Community Service Relocation Program at 221-2705 or 221-2418.

RELIGIOUS HAPPENINGS . . .

A Travis treat

In honor of Armed Forces Day, Randy Travis will perform a free concert in San Antonio Nov. 28 at 6:30 p.m. at Cornerstone Church, 18755 Stone Oak Parkway. This event is open to the public. All military in uniform will have a chance to meet Travis in person.

Annual Family Christmas Workshop

People are invited to the Annual Family Christmas Workshop Nov. 27 at Dodd Field Chapel from 9:30 a.m. to 2 p.m. Supplies will be available for making live green wreaths and several other Advent decorations. Please bring clippers to cut your greens. This is a "come and go" family event. Childcare will be provided. For more information, call Robb Wood at 221-5428 or go to the chapel Web site at www.samhouston.army.mil/chaplain and click on "Family Christmas Workshop."

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

Fort Sam Houston schools observe American Education Week

Story and photo by Dr. Gloria Davila
Associate Superintendent

The theme of this year's American Education Week is "Celebrating the American Dream," a dream that starts with an education.

AEW was established and co-sponsored in 1921 by the National Education Association and the American Legion to raise public awareness of the importance of education and to solicit support. Since then, other organizations, like the Elementary and Secondary Principals Associations, the American Federation of Teachers, the U.S. Department of Education and the National Parent Teacher Association, have joined to co-sponsor the national annual event.

"Helping students achieve is the cornerstone of our work as parents, teachers, board members and public school employees in the Fort Sam Houston schools," said Superintendent Dr. Gail Siller. "For that reason, we observe American Education Week by celebrating and recognizing the efforts of all our parents, teachers and staff

who work to make our students successful."

Fort Sam Houston Elementary observed AEW by inviting parents to visit their children's classrooms. In addition, the Elementary Student Council members conducted tours of the school for visitors. Parents were also invited to have Thanksgiving lunch with their children.

"We are grateful to our parents, our teachers, our support staff, our volunteers and all who contribute to the success of our students," said Jayne Hatton, Fort Sam Houston Elementary principal. "We enthusiastically participate in observing American Education Week and invite our parents to visit our schools and learn about our programs."

At Cole, students participated in numerous activities including a trivia contest and a poetry contest for the sophomore English class students. The winners received AEW prizes.

All employees in the district were presented with a special 2005 "High Expectations—The Right Track to Success" calendar emphasizing winning attitudes.



(From left) Dottie Lawson, Austin Gosch, Casoundra Walls and Roy Florian, fifth grade members of the Student Council, review the schedule of tours for American Education Week.

Correction: Eighth grader Dallas Herndon also made the A/B honor roll.

FSH Independent School District

Weekly Campus Activities Monday through Nov. 27

Thanksgiving Holiday
School resumes Nov. 29

Robert G. Cole Jr. / Sr. High School

Tuesday

Girls basketball vs. Hondo at Cole, 5:30 and 7 p.m.
Boys basketball at Holy Cross, 6 and 7:30 p.m.

Nov. 27

Boys basketball vs. Devine at Cole, 2 and 3:30 p.m.
Girls basketball vs. Devine at Cole, 11 a.m. and 12:30 p.m.

Nearly **75 percent** of all cycling deaths are due to head injuries.



Dear Parents...



Do your children need a safety helmet?



Rudy Perez, a local vendor, shows off cultural offerings from his tribe, the Lipan Apache. Other tribes represented at the powwow were Comanche, Choctaw, Chickasaw, Cherokee, Chiricahua Apache, Mescalero Apache, White Mountain Apache, Kiowa, Lakota, Navaho and Taos Pueblo.



Gina Franco, a Jefferson High School student, dances the Shawl Fancy Dance.



Wolfgang Casarez dances the Grass Dance. Dance movements reflect warrior movements such as stalking game or an enemy.

Brilliant tribes

Native American dancers display culture, honor veterans at powwow

Story and photos by Elaine Aviles
Fort Sam Houston News Leader

Native Americans dancers displayed their brightest colors and most intricate dance moves to the Fort Sam Houston community Saturday at the fifth annual Honoring the Veteran Powwow.

More than 150 dancers from various tribes traveled to Fort Sam Houston from throughout Texas for the event, which featured Kiowa Gourd Dancing, a Grand Entry, exhibition dances and several songs honoring veterans.

"The Gourd Dance is a warriors dance and a religious ceremony conducted before a powwow," said Col. Gaylor Lindsay III, a member of the Choctaw Nation and the U.S. Army Medical Department Board president for the Army Medical Department Center and School. "We blessed the arena and had Elder Nate Luna bless the powwow and participants."

Soon after, the Grand Entry formally started the powwow. Dancers entered the arena in a clockwise direction to follow the pattern of the sun and formed a circle around the center drum. After the

"Flag Song," dancers representing various tribes showed off their colorful styles of their ancestors to the audience.

While entertaining, Native Americans dance to impart the spiritual significance of their culture through their performance.

"Powwows commemorate the traditions of the native people of this country," Lindsay said. "It helps us teach our culture, spirituality and history to our youth as well as to non-Indians."

The powwow is performed during the month of National Native American Heritage Month, which is every November to honor veterans.

"It's momentous for Native Americans to share our heritage month with a month dedicated to our veterans," Lindsay said.

As an officer and a Native American, Lindsay said he was proud to participate in the event.

"You're always wanting to do the best and to honor your family and represent them in the best way," he said. "No matter your age, Native Americans want to share their culture and heritage to promote a better understanding."



Micole Gonzalez performs the Fancy Shawl Dance, which imitates a butterfly's movements.

...her last exhibition dance as the Fort Sam Houston Honoring the Veteran Powwow princess.

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(From left) Homer Hinojosa, Ruben Soto, Robert Soto, Stephan Rudiger and Bernard Barcena, perform a song at the powwow. All are singers with Huisache Creek, a Southern Drum from McAllen, Texas. The Medicine Bluff Singers from Dallas were the Host Southern Drum and the Northern Drum singers were Eagle Point from Killeen, Texas.



(Above) Danny Villarreal, head man dancer, dances in the Grand Entry in Northern traditional War Dance regalia.

Robert Soto (left), dressed in Fancy Dance regalia, and Stephan Rudiger take a break at the Huisache Creek Drum, one of three drums at the powwow. The drum, consisting of the instrument and its singers, is the center of the arena and attention.

CHILD AND YOUTH SERVICES

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 volun-

teers 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.

Open recreation

School Age Services (kindergarten through fifth grade) offers after school opportunities and 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.

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. - Officers' 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. - Foulis/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.

Instructional classes

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

Piano instructor wanted

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 classes

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, Bldg. 1705. The following class

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 cheer-leading 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-minutes 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 to 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 candied apple pie. For more information, call 221-3502.

Basketball registration

Youth Services basketball registration will run through Nov. 30 from 10 a.m. to 7 p.m. for 3- to 18-year-olds. The cost is \$45 for the first child and \$40 for siblings. For 3- and 4-year-olds, the cost is \$25 per child. Practice begins in December and games in January. A birth certificate, physical and Child and Youth Services 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 will run through Nov. 30 from 10 a.m. to 7 p.m. The cost is \$20 for the first child and \$15 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.

Youth opportunities

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

Parent News

Holiday closures

People should check with the Child Development Center, Family Child Care, School Age Services, Youth Services and Parent Child Incorporated for training holiday closures.

Youth Center closure

The Youth Center will be closed Saturday for the football championships at Cole Stadium. Games will begin at 8 a.m. and will run until 10 p.m. The center is also looking for volunteers to assist with the concession stand. For more information, call the Youth Center at 221-3052.

Holiday hours

The Youth Center operating hours for the Thanksgiving week will be Monday – Wednesday from 1-9 p.m. They will be closed for Thanksgiving and will reopen on Friday at 1 p.m. and will remain open until 11 p.m. Normal operating hours will resume on Saturday.

FCC openings

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

Types of care are full day, part day, before and after school care, hourly care, extended hour care and long term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723.

FCC is looking for family members interested in becoming certified FCC providers to offer home-based child care. There is a no-cost start up plan. For more information, call

221-3820 or 221-3828.

PCI headstart

Parent Child Incorporated/Headstart program is currently taking applications.

PCI/Headstart is a federally funded program on post that provides free childcare. Patrons must meet federal guidelines. For more information, call 221-3788 or 221-3835.

CDC wait list

If your child's name is on the wait list for full-time day care at the Child Development Center, check your status on the wait list from the day you complete the form or 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 openings for 3- to 5-year-olds. To register, call Central Registration at 221-4871 or 221-1723.

CYS meeting

Child and Youth Services Parent Advisory Council will meet Dec. 21 from 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.

Nap time



Photo by Olivia Mendoza

Sonia Santos, Child Development Center lead technician, puts 3-year-old Joshua Kent and 5-year-old Iman Wilson down for an afternoon nap. CDC has full-time day openings for 3- to 5-year-olds. To register, call Central Registration at 221-4871 or 221-1723.

MWR

Recreation and fitness

Garage sale

Clean out your closets for the next garage sale, which is Dec. 4. from 11 a.m. to 5 p.m. at the MacArthur Pavilion parking lot, located on the corner of Harry Wurzbach and Stanley Road. To participate as a seller you must have a valid Department of Defense ID card. There is no cost, however, participants must pre-register by calling 221-2926 or visiting the MWR Web page at www.fortsamhouston-mwr.com. MWR provides a space in the parking lot; participants must bring their own tables or rent one at the Outdoor Equipment Center by calling 221-5224.

Free Cycling Classes

Free introductory cycling classes are offered at the Jimmy Brought Fitness Center. Get your heart pumping with these fast-paced rides set to music. Classes are Tuesdays and Thursdays from 6 to 6:45 a.m., Tuesdays and Thursdays from 11:45 a.m. to 12:30 p.m., Wednesdays from 4:45 to 5:30 p.m. and Saturdays from 9 to 9:45 a.m.

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 barbecue/smoker pits on trailers, canopies, tables, chairs, and play bouncers and dunking booths for unit gatherings or birthday parties. Utility trail-

ers (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.

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 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.

Dining and entertainment

Officers' Club

New Year's Eve Party

Celebrate New Year's at the Officers' Club. Dinner is from 6:30 to 8 p.m. and breakfast from 12:30 to 1 a.m. Prices are \$35 per person and \$60 per couple. Reservations are required. For reservations, call 224-4211.

Sunday Brunch

The Officers' Club hosts a Sunday Brunch from 10 a.m. to 1:30 p.m. Cost is \$11.95 for members, \$13.95 for non-members, \$5.95 for children from 7- to 11-years-old and free for children 6 and younger.

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.

Golf Club

Do your holiday shopping at the Pro Shop and get 10 percent off golf bags, shirts, shorts, windshirts and jackets. Don't forget balls and tees are great stocking stuffers. For more details, call the Pro Shop at 222-9386.

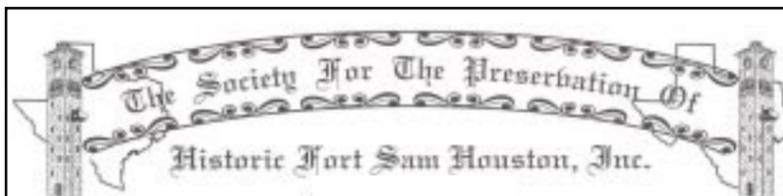
Bowling Center

Bowling lessons

Bowling lessons are Tuesdays; lessons are free to league bowlers and \$25 for non-league bowlers.

Family Bowling Day

Sundays are Family Bowling Day. Adults and children 12 years old and older pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.



Cocktail Party at the Officers' Club
 December 14, 2004
 6-8:30 p.m.
 \$15 Per Person (Cash Bar)

Attire:
 Men - Coat & Tie or Appropriate Uniform (if you can still fit into it)
 Ladies - Appropriate Cocktail Attire



Take a step back in time, to the days when Fort Sam Houston was the largest Army post, when it was one of the heavens to which all eyes of the Army turned. Picture dashing cavalymen and their ladies, exquisitely attired, moving slowly through the receiving line to greet the Commanding General, exchanging pleasantries. Picture the grand ballroom and the band. Picture yourself in the grandeur of the Fort Sam Houston Officers Club for the last great social event before the historic Officers Club goes the way of the old brown shoe Army.

Deadline for reservations: December 10, 2004
 Mail to: SPHFSH (make check out to same)
 P.O. Box 340308
 Fort Sam Houston, TX 78234

Soldier Appreciation

Soldier Appreciation is Saturdays from 11 a.m. to 8 p.m.; free shoe rental and medium soda with purchase of game.

Cyber Bowl

Cyber Bowl is Saturdays from 8 to 10 p.m. Cost is \$10 per person and \$5 per person under 12 years old.

Harlequin Dinner Theatre

"Harvey," a comedy by Mary Chase, will be performed through Dec. 18. Call the box office at 222-9694 for show times and tickets.

MWR Ticket Office

The ticket office offers a group holiday shopping trip to San Marcos Outlet Mall Nov. 26. People board the Motorcoach at the Fort Sam Houston Club at 8:30 a.m. and return at 6 p.m. Cost is \$23 per person, with a 40-person minimum. Make reservations today at the Sam Houston Club or call the ticket office at 226-1663.

The Morale, Welfare and Recreation Ticket Office has tickets for "Hairspray" Dec. 2 to 5. The office also has Disney and Universal Studios tickets, and 2005 Entertainment Coupon Books. Additionally, 2005 season passes for Sea World and Fiesta Texas are now available. Rampage hockey tickets are available for the Dec. 4 game; prices are \$11 and include a hotdog, soft drink and ice cream. For more information, call 226-1663 or go to http://www.fortsamhoustonmwr.com/bod/mwr_ticket_office.asp.

Native American Heritage recognition

The library continues to display a collection of books, videos, photographs and posters in honor of Native American Month.

Step into fitness



Photo by Alexandra Nordeck

Buddy Sanchez, from Athlete's Foot, talks to Erik Theodore about the shape of his foot Nov. 8 at the Health and Wellness Fair at the Jimmy Brought Fitness Center. Fairs include information about diabetes, cholesterol, proper weight training, blood pressure and other total wellness issues. For more information about upcoming fitness events, call 221-2020.

MWR Thanksgiving operating hours

	Nov. 25	Nov. 26	Nov. 27	Nov. 28
Library	Closed	11 a.m. to 8 p.m.	11 a.m. to 8 p.m.	11 a.m. to 8 p.m.
Equipment Center	Closed	8 a.m. to 5 p.m.	Closed	Closed
Jimmy Brought	Closed	9 a.m. to 5:30 p.m.	9 a.m. to 5:30 p.m.	9 a.m. to 5:30 p.m.
Auto Craft	Closed	1 to 9 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.
Equestrian Center	Closed	7 a.m. to 6 p.m.	7 a.m. to 6 p.m.	7 a.m. to 4:30 p.m.
Camp Bullis	Closed	4 a.m. to 8 p.m.	4 a.m. to 8 p.m.	4 a.m. to 8 p.m.
Canyon Lake	8:30 a.m. to 1:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 6 p.m.	8 a.m. to 6 p.m.
Hacienda	11 a.m. to 10 p.m.	11 a.m. to 10 p.m.	11 a.m. to 10 p.m.	11 a.m. to 10 p.m.
RV Park	Closed	9 a.m. to 4 p.m.	10 a.m. to 5:30 p.m.	10 a.m. to 5:30 p.m.
Officers' Club	Closed	Closed	Closed	Closed
Sam Houston Club	11 a.m. to 3 p.m.	Closed	7:30 a.m. to 11:30 p.m.	Closed
Golf Club	Closed	6:30 a.m. to 6 p.m.	6:30 a.m. to 6 p.m.	6:30 a.m. to 6 p.m.
Bowling Center	Closed	Closed	3 to 9 p.m.	3 to 9 p.m.
Harlequin	Closed	12 to 5 p.m.	1 to 5 p.m.	Closed



The Commanding General Fort Sam Houston presents
A Holiday Concert
 Featuring
The United States Army Medical Command Band
 7:30 PM
 10 December 2004
 Scottish Rite Cathedral
 Avenue E at 4th Street
 San Antonio Texas

COMMUNITY LINK

Happenings

Pony Express ceremony

The 16th Annual Pony Express Christmas Courier Swearing-In Ceremony is Saturday at the U.S. Post Office, downtown across from the Alamo, at 10 a.m. Admission is free and open to the public.

Induction ceremony

A Sergeant Audie Murphy Club Induction Ceremony for prospective members is Dec. 1 at 3 p.m. at Blesse Auditorium. For more information, call Sgt. 1st Class Matthew Baller at 221-6601.

Songs For The Holidays

Trinity University's annual Christmas concert will be Dec. 3 at 8 p.m. in Laurie Auditorium. The university Christmas concert will feature members of the various Trinity choirs, the Trinity Symphony Orchestra, the Symphonic Wind Ensemble and the Parker Handbell Choir. The one-night-only concert is free and open to all. No tickets or reservations are required and seating will be open. For more information, call the Trinity music department at 999-8211.

Tree of angels dedication

The victims advocacy council invites all families and friends of victims and survivors of violent crime to its second annual ceremony Dec 4 at 6 p.m. at Madison Square Presbyterian church, 319 Camden. You can bring an angel ornament to place on the tree. A reception will follow the ceremony and no RSVP is required. For more information, call Linda Miranda at 226-0303, ext 229.

Christmas Along the Corridor

The Alamo Area Council of Governments and the Alamo-La Bahia Corridor Committee invite the public to the 16th annual Christmas Along the Corridor Grand Finale and Fair Dec. 4 from 1 to 5 p.m. at MacArthur Field, Fort Sam Houston. Christmas Along the Corridor is a 150-mile celebration of history, heritage and the holidays as 120 Pony Express Christmas couriers carry proclamations to the communities in the seven counties of the Alamo-La Bahia Corridor and other segments of the Camino Real de los Tejas to San Antonio. The Pony Express Courier Run Grand Finale presentation begins at 2 p.m. Entrance to activities is free and open to the public. Enter Fort Sam Houston via Walters Gate off Interstate Highway 35 (picture ID required). For more information and an up-to-date schedule of events, visit AACOG's Web site at www.aacog.com/tourism.

Tree lighting ceremony

Fort Sam Houston's Holiday Tree Lighting Ceremony is Dec. 6 at 6 p.m. at the post flagpole. Retreat starts at 5 p.m.

Book signing, lecture

Retired Brig. Gen. Dorothy B. Pocklington will sign her new book, "Heritage of Leadership, Army Nurse Corps Biographies," Dec. 7 from 11 a.m. to 1 p.m. at the Army Medical Department Museum Foundation Gift Shop, Bldg. 1046, Wurzbach and Stanley Road. She will also give a lecture about the book at 5 p.m. in the museum auditorium. For more information, call Cheryl Musket at 225-0015 Tuesday through Saturday from 10 a.m. to 1 p.m.

Officers' Club cocktail party

The Society for the Preservation of Historic Fort Sam Houston, Inc. hosts a cocktail party Dec. 14 from 6 to 8:30 p.m. at the Officers' Club. Cost is \$15 per person (cash bar). Attire is coat and tie or appropriate uniform for men and appropriate cocktail attire for women. Deadline for reservations is Dec. 10. Mail checks to SPHFHS, P.O. Box 340308, Fort Sam Houston, Texas, 78234.

Volunteer

Gift wrap booth volunteers

Holiday Helping Hands, an organization of volunteers who support the Army community with commissary food vouchers and a toy warehouse, needs volunteers for its gift wrap booth at the post exchange parking lot. The booth is open from Nov. 26 through Dec. 23 from 9 a.m. to 9 p.m. For more information or to volunteer, call 295-2027 or go to www.holidayhelpinghands.org.

Free trip for OIF, OEF veterans

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

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.

Warrant officers needed

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.

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, call the Office of Volunteer Services at 916-5083.

Professional Development

Sponsorship training

Army Community Service offers sponsorship training today from 2 to 3 p.m. at the Roadrunner Community Center, Bldg. 2797. For reservations, call the ACS/Relocation Program manager at 221-2418. Army Community Service can also conduct sponsorship training upon request.

AFTB open house

The Fort Sam Houston Army Family Team Building Program is hosting an open house for all master trainers residing in the FSH community. Whether you are active with the Fort Sam Houston program or not, please join us for dessert Monday from 7 to 8 p.m. at the Roadrunner Community Center. Family members are welcome.

Family Readiness Group

A Family Readiness Group Leadership Team Workshop is Dec. 3, from 8 a.m. to 4 p.m. at the Roadrunner Community Center. The workshop is open to all post units, and provides standardized training to people with an interest in family readiness. Pre-registration is required. For more information, call the Mobilization and Deployment Office at 221-2705.

Free computer training

The Employment Readiness Program has morning and afternoon session openings for family members seeking computer training for the job market. Automated training is available for Microsoft Office software, accounting, customer service, clerical and typing skills (typing instruction also available in Spanish). For more information or to register, call Katja Lunsford at 221-0427 or Josie Gonzales at 221-0516. A valid military family member ID card is required.

Job search assistance

The Employment Readiness Program offers job search assistance to family members. Services include job search, resume writing, interview preparation, skills testing and more. For more information or to make an appointment, call Katja Lunsford at 221-0427 or Josie Gonzales at 221-0516. A valid military family member ID card is required.

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

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.

Meetings

Lone Star Chapter

The Lone Star Chapter of the U.S. 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

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.

2004
 SINGLE IN THE HOLIDAYS
Holiday Ball
FORT SAM HOUSTON - NCO CLUB
 1800 Friday, December 10, 2004
 \$22.00 Per Person Includes:
 Dinner and Dessert
 Wine
 Entertainment and Door Prizes
 Ticket Sales Through
 December 3, 2004
Military: Formal Military Uniform
Civilian: Formal Evening Attire
 Please Bring a New Unwrapped Toy, in Support of Holiday Helping Hands!

HOLIDAY BALL MENU
\$22.00 PER PERSON
 Chicken Breast on a Bed of Walnut & Raisin Dressing
 Topped with Cranberry Sauce
 Medallion of Solein
 Topped with Maître d' Sauce
 Garlic & Cheese Mashed Potatoes
 Prince William Vegetables
 Black Forest Cheesecake Drizzled with Raspberry Sauce
ALL ENTREES INCLUDE
 Spring Mix Salad, Glass of Chardonnay, Dinner Rolls and Butter, and Ice Tea
VEGETARIAN PLATE
 Penne Pasta with White Wine Sauce
 Grilled Zucchini & Sauteed Portobello Mushrooms
RESERVATION
 Turn in reservation along with full payment for ticket(s)
 (Please print and return to your CSM / SGM / activity representative)
 NAME: _____ RANK: _____ UNIT/ORG: _____
 SPOUSE/GUEST NAME: _____ PHONE: _____
 Meal Selection

M	V
M	V

 SUBMIT NLT COB 3 DECEMBER 2004
 MAKE CHECKS PAYABLE TO: INSTALLATION HOLIDAY BALL

FORT FREEBIES

Freebies are published on a first come, first served, 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: Entertainment center, white-wash oak, 72 by 60, \$60; Whirlpool dehumidifier, \$70; and inexpensive carpets. Call 497-2606.

For Sale: Whirlpool ceramic flat top stove in good condition, \$50 obo; and 7 1/2-foot artificial Christmas tree, \$30 obo. Call 490-5240 (home) or 213-2182 (cell).

For Sale: Basketball goal, \$50, roller-skates, size 10, adults exc., \$10; Casio keyboard with stand, \$100; and racecar bed with mattress, dresser new, \$250. Call 697-9261

For Sale: Oak finish dinette set, three years old, seats six, \$500 obo. Call 632-3662.

For Sale: Nintendo 64 game system with two controls and 12 games, \$25; and moving boxes and packing paper free. Come pick up. Call 413-6419.

For Sale: Lane love seat double recliner

seating with concealed handles, beige, 100 percent Nylor, two years old, excellent condition, no stains or tears, costs \$769.99 new, asking \$300 obo. Call 590-4854.

For Sale: Coleman fiberglass canoe, good condition, \$150. Call 223-9978.

For Sale: King size mattresses/boxspring, \$75; antique sewing machine, \$50; and entertainment center, black, small, \$15. Call 490-8786.

For Sale: Five-piece dining set, \$275; four-piece bed, single style, \$99; dresser and mirror with matching chest of drawers, \$170; desk, \$35; and coffee table, light wood, \$20. Call 241-1291.

For Sale: 1996 Mazda 626, ES, loaded, \$3,700; and extra large Dallas Cowboys reversible jacket with detachable hood, never worn, paid \$100, sell for \$70. Call 221-6056.

For Sale: 2001 Honda Accord EX four

door sedan, excellent condition, worth \$12,000, asking pay off \$9,000; and Evenflo stroller, barely used, excellent condition, has attachable car seat, \$50. Call 273-6187.

For Sale: 1996 Honda Odyssey LX, super clean, a lot of road miles, automatic, front and rear A/C and many other options, very dependable, oil and filter changed every 3,000 miles. \$5,500 obo. Call 646-7371.

For Sale: 2001 Dodge Dakota Sport, black, automatic 4.6 liter V8, 71K miles, transferable warranty up to 108.5K miles, AC, PW, PL, PD, CD, custom window tint, molded bedliner, alloy wheels, asking \$10,400, will take offers. Call Nick Cisneros in the evening at 286-2275 or 386-6162.

For Sale: 1980 GMC pickup truck, 4 by 4, 6-inch suspension lift, 3-inch body lift, 38-inch (super swamper tires (new), rebuilt engine (350) and transmission (with warranty), \$3,500 obo. Call 378-3621 or 695-6404.

For Sale: 1995 Dutchmen travel trailer, 24-foot 5th wheel, good condition, \$5,500. Call 945-7658.

For Sale: 2001 Ford F150 (Lariat) extended cab, short bed, four wheel drive, leather, premium everything, 46,000 miles with minor body blemishes. \$16,900 obo. Call George at 299-1273.

For Sale: Oakwell Farms, home built in 2001, near Fort Sam, 2,600 sf, 3/2.5 with study, master down, covered patio, nice size yard, community pool and tennis courts. Call 824-4770.

Garage/Plant Sale: Lots of household items and plants, Thursday through Saturday, 317 Weathercock Lane (Windcrest).

Found: Kawasaki motorcycle key found, has a key ring in the form of a token ring from Flamingo Hilton, found near Bldg. 155. Call Staff Sgt. Raymundo at 317-8304.