



# News Leader<sup>®</sup>



Vol. 36, No. 47

Fort Sam Houston — Home of Army Medicine

Nov. 24, 2004

## Briefs . . .

### Holiday closure

The Gen. Vogel Processing Center, Bldg. 367, and the Brooke Army Medical Center ID Card Office will be closed Friday. Both will resume service Monday at 7:30 a.m.

### Change of responsibility

Command Sgt. Maj. Jackie McFadden will relinquish responsibility of the 187th Medical Battalion to Command Sgt. Maj. Stephen Paskos at a change of responsibility ceremony Tuesday at 9 a.m. at MacArthur Field. For more information, call 221-1897 or 221-9141.

### Induction ceremony

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

### FSH to unveil historic marker

A ceremony and unveiling of a historical marker to commemorate the historic 1882 expedition to photograph the transit of the planet Venus across the disc of the sun will be Dec. 3 at 10 a.m. in front of Bldg. 623 on Infantry Post Road. The keynote speaker will be Paul Maley, NASA Johnson Space Center Astronomical Society. Area residents can expect road closures and increased traffic. In case of inclement weather, the event will be at the Stilwell House.

### Special Forces recruiting

Special Forces recruiters will sponsor briefings Tuesday at 11 a.m. and 1 p.m. at the Roadrunner Community Center. For more information, call Fort Hood Special Forces Recruiting Station at (254) 288-5324/9063 or DSN 738-5324/9063.

### 32nd Medical Brigade run

The 32nd Medical Brigade will sponsor its annual Holiday Run Dec. 15 at 5:30 a.m. The run will start at MacArthur Pavilion down Stanley Road to New Braunfels, then return to Schofield. The brigade will then take one lap around the MacArthur track.

### Change of command

#### 470th Military Intelligence

The B Company, Operations Battalion, 470th Military Intelligence change of command is Tuesday 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.

## A river runs through it



Photo by Elaine Aviles

A steady downpour and flash floods Monday create flooding on Stanley Road, a rare occurrence at Fort Sam Houston. Post leaders sent non-essential military and civilian workers home early to ensure a safe drive home as numerous roads flooded on post and throughout the city.

## New secretary of the Army sworn in

Dr. Francis J. Harvey was sworn in at the Pentagon as the 19th secretary of the Army.

"This is a great honor for me. My top priority will be to serve our Soldiers, civilian employees and family members of the active component, Army Reserve and Army National Guard," Harvey said. "I look forward to working with the secretary of defense, the Army Chief of Staff Gen. Pete Schoomaker, and the Army senior leadership as we fight the Global War on Terrorism while continuing to transform the force."

The Senate confirmed President Bush's nomination of Dr. Harvey Nov. 16.

"It's great to have Dr. Harvey on board as our secretary," said Gen. Peter J. Schoomaker, the Army chief of staff. "Dr. Harvey has a wealth of experience leading

large organizations with diverse work forces, managing major programs and leading technology development. His education and industry experience will serve us well as he leads our Army in this window of strategic opportunity."

As secretary of the Army, Harvey has statutory responsibility for all matters relating to Army manpower, personnel, reserve affairs, installations, environmental issues, weapons systems and equipment acquisition, communications and financial management. Harvey is responsible for the department's annual budget of \$98.5 billion. He leads a work force of more than 1 million active duty, Army National Guard, and Army Reserve Soldiers, 220,000 civilian employees, thousands of contractors, and has stewardship over 15 million acres of land.

Prior to his appointment, Harvey was a business executive with broad experience centered on the defense industry. He held various professional, management and executive positions within the Westinghouse Corporation from 1969 to 1997, including president of the Electronics Systems Group, president of the Government and Environmental Services Company, and chief operating officer of the \$6 billion Industries and Technology Group. Most recently, Harvey was a director and vice chairman of Duratek, a company specializing in treating radioactive, hazardous and other wastes. In his career, he has been involved in one or more phases of more than 20 major Department of Defense programs.

See **SECRETARY** on Page 4

## Flu vaccine

### Limited supply available for military beneficiaries at Fort Sam

Brooke Army Medical Center has a very limited supply of flu shots available only for high-risk patients.

Flu shots will be administered from 8 a.m. to 3 p.m. today and Dec. 1 at Fort Sam Houston's Roadrunner Community Center located in Bldg. 2797, Stanley Road. Additional dates will be

planned if the flu vaccine is available.

A special pediatric flu shot for children 6 to 23 months old will be administered at the Brooke Army Medical Center Pediatric Clinic Monday and Tuesday from 4 to 6 p.m.

Only military beneficiaries who are high risk are eligible for these shots. An on-site ques-

tionnaire will be administered to determine eligibility.

High-risk patients include:

- Children 6 to 23 months old
- People 65 and older
- People 2 years old and older who have long-term illnesses like heart or lung disease, diabetes, kidney disease, a blood disorder or a weakened immune system

- Pregnant women
- People who live in nursing homes
- People who take care of infants under 6 months old.

For more information, military and their families should call the BAMC flu line at 916-7FLU.

(Source: Brooke Army Medical Center news release)

# Risk management, planning are key to safe holiday weekend



**By Maj. Gen. George W. Weightman**  
**AMEDD Center and School commander**

The Thanksgiving Day holiday traditionally kicks off winter travel and the holiday season. The long weekend increases the potential for serious injury or death involving traffic accidents. Our goal for the Thanksgiving Day holiday is an accident-free weekend for Soldiers, family members and civilian employees. To accomplish this, we must support a strong safety campaign.

Plan ahead and apply risk-management procedures. Privately owned vehicle accidents are always a major risk. The number of accidents caused by fatigue and falling asleep at the wheel is startling. In recent

years, there have been more than 300 fatalities in Texas due to drivers falling asleep.

No matter how big of a rush you are in, get plenty of rest before hitting the road. If you start to feel tired, pull over. Always use seat belts.

Now is also the time to winterize your vehicle. Check your tire pressure regularly, especially during cold weather. Change the engine oil in your vehicle as required by the maintenance schedule. Inspect belts, hoses, wipers and wiper fluid. Check the antifreeze mixture and battery to ensure optimal performance. Also, be prepared for an emergency and carry an emergency kit inside your car.

Commanders must identify "at-risk"

drivers and initiate appropriate measures to re-educate or deny driving privileges.

Establish and enforce aggressive DUI prevention strategies. Use the "Next Accident Risk Assessment for Individuals" survey tool located in the Army Safety Center Six Point POV Toolbox, <https://safety.army.mil/home.html>. This will assist you in identifying those Soldiers who are more likely to be involved in the next accident.

Educate Soldiers and civilian personnel on the health and career risks associated with abusing alcohol. Think about the hazards that we face and implement controls to mitigate risk. Enjoy a safe and relaxing holiday. Thanks for all you do!

## Fort Sam Houston News Leader

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# Gift of life: Bone marrow donators make small sacrifices with big returns

Story and photo by Elaine Aviles  
Fort Sam Houston News Leader

Maria Patterson is familiar with illness and disease. As head nurse of urology at Brooke Army Medical Center, she's seen first-hand how disease can devastate human life.

But despite years of knowledge and experience, nothing could prepare her for the depths of emotion she felt when disease touched her son.

Her son, Staff Sgt. Daniel De La Certa, was diagnosed with aplastic anemia in 2003 while serving as an air traffic controller at Fort Lewis, Wash. The disease occurs when the bone marrow produces too few of all three types of blood cells: red blood cells, white blood cells and platelets. The ones he did produce broke apart.

"I was in shock," Patterson said. "No one in my or his father's family has this. We arranged for him to transfer to San Antonio so we could care for him. He was very sick."

Although transfusions kept him going, several attempts at treatments failed. The only cure was a bone marrow transplant. Tests for a familial match failed so De La Certa would have to take his chances in the bone marrow transplant database. Patterson, refusing to sit still while waiting for a match, decided to take matters into her own hands.

"One of the wives from the auxiliary, Beth Morey, referred me to the Akeroyd Blood Donor Center at Fort Sam," Patterson said. "She said we could sponsor a drive for Daniel to speed up the donor match."

Capt. Marti Blose, donor center officer in charge, was happy to comply.

She contacted the Department of Defense's C.W. Bill Young Marrow Donor Program in Kensington, Md. The center coordinates medical and logistic support for DoD personnel who volunteer for marrow donation.

The DoD Donor Program shipped out supplies for the Fort Sam Houston drive, which took place throughout post last week.



Spc. David Dick, Akeroyd Donor Center technician, takes blood from Pvt. Joshua Rose, B Company, 187th Medical Battalion, Friday during a bone marrow drive at Willis Hall.

In the meantime, De La Certa found a match and received his transplant Nov. 14.

"I'm so glad the drive still happened," Patterson said. "I want other people to get the help my son did."

Although the Fort Sam Houston drive is over, Blose can still accept donations.

"It's a simple process," she said. "Volunteers give blood and the sample is tested for HLA-antigens, which define a person's tissue type. If a match is found in the database, additional testing is done and the volunteer is sent to Maryland, all expenses paid, for the transplant. It only takes a few days."

Along with aplastic anemia, a donation can be used to treat patients diagnosed with leukemia, lymphomas such as Hodgkin's disease, multiple myeloma, immune deficiency disorders and some solid tumors such as breast and ovarian cancers.

Although the discomfort and fear of the unknown prevents a lot of volunteers from stepping forward, Petty Officer Second Class Timothy Thornton, a Navy School

of Health Sciences administrative liaison here and a recent stem cell donor, said a donation is not as bad as people may think.

"It's definitely worth it to save someone's life," he said.

Thornton donated blood for the bone marrow registry eight years ago.

"I forgot I even registered," he said. "They called me out of the blue and to say I was a match so I traveled to Georgetown University (Washington, D.C.) for preliminary tests."

The tests were successful so Thornton flew back to D.C. in early November for the procedure. Doctors decided to hold off on the bone marrow transplant in favor of an apheresis. During this procedure, whole blood is removed and plasma, platelets or leukocytes are separated. The blood is then retransmitted back into the donor.

Thornton was first given drugs to "beef up" his stem cells.

"I had flu-like symptoms from the drugs," he said. "But the procedure itself wasn't bad. The pain I go through compared to the patient's ... I can't even compare."

If the patient's body rejects the stem cells, then Thornton may need to go back to donate more stem cells or bone marrow. For a bone marrow transplant, the donor's marrow is collected from the pelvic bone while under general or regional anesthesia. Thornton said, if needed, he'll go back without hesitation.

"I don't know anything about the patient but that he's a 37-year-old man with leukemia," Thornton said. "I'm 32 and have two kids and a wife. If I got sick, my family would pray that someone would step forward to do this for me. It's worth it to save someone's life."

Patterson also thinks the procedure is well worth it.

"I've been to drives and people rush by the door and I want to call them in," she said. "It doesn't hit you until it happens to you or someone you love. Someone's donation saved my son's life. You really can make a difference."

For more information or for an individual or unit donation, call the donor center at 295-4655.

## Makeover story

### Camp Bullis training site receives new, improved facilities

By Elaine Aviles  
Fort Sam Houston News Leader

Camp Bullis is not unlike a seasoned war veteran. With roots dating back to pre-World War I, the site's vast acreage has its share of war stories and battle tales to tell.

But this veteran's age is showing, so Fort Sam Houston is giving its tenant unit a whole-body makeover.

"Our job is to make sure Soldiers, Airmen, Sailors and Marines receive tough and realistic training," said Tito Trinidad, U.S. Army Medical Command range and land training specialist. "The best way to do that is to constantly improve our training facilities."

With nearly 28,000 acres, customers from the military and civilian sectors, 18 firing ranges and 11 maneuver areas that run the gamut from land navigation to driver training, a major overhaul is a massive undertaking.

"We've started by converting existing fox holes to 'walk-in' fox holes," Trinidad said. "The old style is a challenge to the Soldiers. Some are too tall or short for the holes. The walk-in style is perfect for everyone. We're installing them in every range at Camp Bullis."

Another change also involves the ranges. Most are controlled by pneumatics, or air pressure. When someone shoots, it sends a signal to a computer so accuracy can be measured with ease. While an effective system, problems lie underground with the air lines.

"When the ground shifts, which hap-

pens often here, air lines break," Trinidad said. "It's high maintenance."

To solve the problem, the Camp Bullis staff is integrating radio-controlled technology throughout the ranges. For this system, the target sends a sensor to the computer over radio waves, a virtually maintenance-free system.

"By 2005, all our ranges will be converted to radio controlled," he said.

Aside from updates, Camp Bullis is also acquiring a few new cutting-edge elements.

The first is a Military Operations in Urban Terrain site, a training course that has increased in importance exponentially as Operation Iraqi Freedom continues. The site teaches service members how to maneuver in a city, which is where the majority of modern warfare takes place.

Although Camp Bullis offers MOUT training at a dated site with four buildings and no computer system, it's in the process of a major overhaul.

"We've partnered with the Air Force to create a state-of-the-art MOUT site here," Trinidad said. "We'll have 12 buildings completed in December 2005."

"The realistic training site will offer computerized target readings, so when service members fire their weapon, they'll get feedback on whether or not they hit the target," he added.

Along with the MOUT site, Camp Bullis is also improving another training that has become vital in Iraq - convoy operations.

The current convoy training uses mock explosives, but in January, the site will upgrade to a live fire range.



Construction is under way for a new and improved Military Operations in Urban Terrain site at Camp Bullis. The site, which will feature 12 buildings and a computerized target system, is scheduled for completion in December 2005.

Troops will be able to fire while on the road and experience the sights and sounds of war as mock ordnance explode around them.

"They'll get the experience of firing live rounds while reacting to explosives," Trinidad said. "It will be very realistic."

Camp Bullis also plans, sometime in 2008, to build an Urban Assault Course, medically driven to match Fort Sam's primary mission of training future medical specialists. At the course, Soldiers will be able to do mock triage and surgery in an urban environment, working on individual skills. After, they will move as a unit to the MOUT site to work as a team at survival.

"The sites are all located close together since MOUT, the Urban Assault Course and convoy operations all tie in together," Trinidad said.

While a bit old-fashioned, upcoming modifications and updates will transition Camp Bullis into the 21st century. In the meantime, it successfully continues to equip service members and civilian law enforcement officers with life-saving skills.

"Our goal is to make sure Soldiers receive the training they need to survive war and return home safely," Trinidad said. "We are focused completely on delivering the top training and service they need to accomplish that goal."

# Safety net

## ITT ensures people can log on, stay connected



Joseph Harris, ITT Internet security representative, reloads the server in Bldg. 4190.

Story and photo by Elaine Aviles  
Fort Sam Houston News Leader

*(This is the last 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.)*

People at Fort Sam Houston can accomplish their mission without a desk or chair or even their pens and pencils, but nothing wrecks havoc like when the network is down.

But thanks to the technicians at Information Technology and Telecommunications, the chaos is, for the most part, short-lived.

Although a daunting task, especially when faced with recent rainy-day outages and flooded roads, network maintenance is just one of ITT's many responsibilities.

"We provide all information technology services for the post, with the exception of Brooke Army Medical Center and U.S. Army Medical Information Technology Center," said Thomas Bright, ITT chief.

This includes telecommunications, Web, e-mail, automation applications, file and print services, and equipment applications. The division also runs the helpdesk, video teleconferencing, automation, networks, telephone services, copier services, acquisition and project management planning.

The list is long, but Bright said, with 120 government staff and about 80 contractors, he has the resources to handle it all.

"We're quite busy, but we're maintaining the same level of support," Bright said.

This statement has been challenged in recent months as ITT transitions to a Most

Efficient Organization division, one of eight under the MEO base operations support contract. Along with the other divisions, the ever-busy ITT has been adjusting to structural and manpower changes.

"Our biggest challenge has been getting new people in the right place," Bright said. "Everyone should be situated by the end of December. Our priority is to keep services at the same standard as before, which is doable since we now have more staff."

The people are sorely needed as MEO departmental moves and new hires increase ITT's workload exponentially.

"For every move in the garrison MEO, we have two moves – a new account at the new location and one where the person came from," Bright said. "It doubles the work. We're doing hundreds of moves."

Despite a hectic schedule, ITT is also working on future upgrades that will improve customer service, such as a new helpdesk answering system to improve response time. Additionally, people will be able to submit work requests online, along with the current e-mail and phone requests.

ITT will also start a transition throughout post from Windows NT to Windows 2000 then, eventually, Windows 2003.

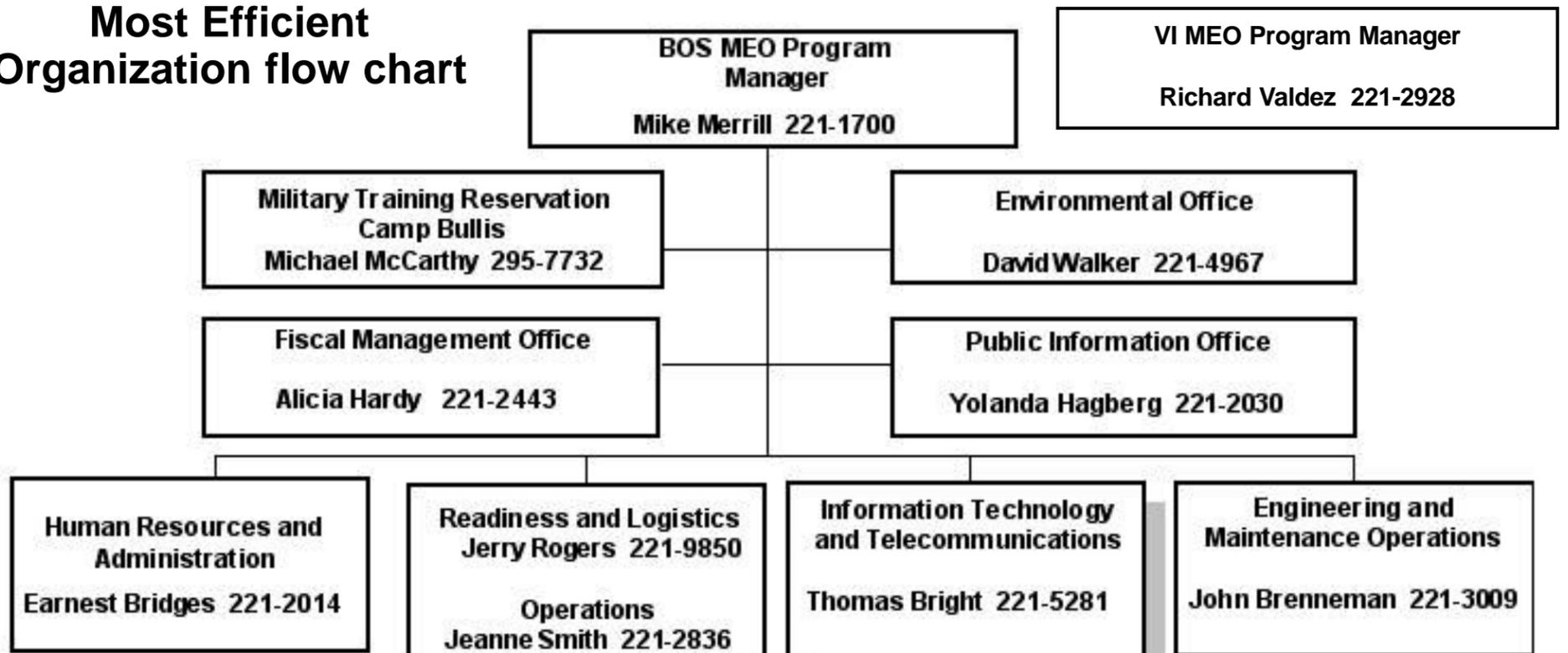
Technicians also are upgrading the network and telephone switch system.

Even with the MEO challenges, upgrades and heavy customer demands, Bright said he is impressed with his staff's positive attitudes.

"They go the extra mile," he said. "I see it as a process that will be successful in the end because of such a dedicated staff."

For more information, call Bright at 221-5281.

### Most Efficient Organization flow chart



## Secretary

Continued from Page 1

Harvey earned his doctorate in metallurgy and material sciences from the University of Pennsylvania and his bachelor of science at the University of Notre Dame, Ind., in metallurgy engineering and material science. He was a White House Fellow in the U.S. Department of Defense in the late 1970s.

Harvey succeeds Les Brownlee, who served as the acting secretary of the Army for the past 18 months.

"I want to take this opportunity to

express my gratitude to Secretary Les Brownlee for his leadership and stewardship of the Army over the past 18 months," Gen. Schoomaker said. "I speak for the entire Army family when I say his tireless efforts — to build a campaign-quality Army with joint and expeditionary capabilities, to equip our Soldiers with the best equipment and to improve their quality of life — will have an impact on the Army and ensure we remain relevant and ready for decades to come."

(Source: Department of Defense news release)



Photo by Sgt. Carmen L. Burgess

Secretary of Defense Donald Rumsfeld looks on while Raymond DuBois, director of administration and management, swears in Dr. Francis J. Harvey as the 19th secretary of the Army Nov. 19.



Photos by Esther Garcia

Capt. Liquori Etheridge accepts the company guidon from 187th Medical Battalion commander, Lt. Col. John Collins, at the Change of Command ceremony Nov. 19 at MacArthur Parade Field.

## Etheridge assumes command of E Company, 187th Med. Bn.

By Phil Reidinger  
Fort Sam Houston Public Affairs Office

A unit change of command ceremony marked by the passing of the unit's color or guidon is a time-honored tradition that marks a time of change and anticipation.

On Nov. 19, Capt. Todd McNiesh relinquished command of E Company to Capt. Liquori Etheridge.

Soldiers assigned to E Company attend hospital food service, radiology, pharmacy, preventive medicine or behavioral health military occupational specialty courses. The company cadre is responsible for soldierization and providing a safe and secure quality of life environment for students.

The outgoing commander, Capt. Todd McNiesh, served for 24 months and successfully trained more than 3,000 Soldiers. Lt. Col. John Collins, 187th Medical Battalion commander, acknowledged the success of McNiesh and his officers and NCOs by reading end-of-cycle survey comments from Soldiers assigned to the unit.

"My training has been a great experience strengthening me mentally and physically. I truly respect my drill sergeants and realize whatever they make me do is for my



Outgoing commander Capt. Todd McNiesh and his wife, Rita, are recognized for their contributions to E Company, 187th Medical Battalion at the change of command ceremony. McNiesh said, "Echo Company Soldiers serve in the active and reserve forces. They served all over the world, in hospitals and in the front lines, ultimately the graduating Soldiers' true measure of success. I am proud to say that I was able to contribute to each one of those successes."

benefit," a Soldier said. Another one wrote, "Drill sergeants are extremely hard on their Soldiers; they expect a lot of them, but at the same time, they give a lot to their Soldiers." Another Soldier wrote, "Echo Company has very caring and hard working leaders."

## 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.

## 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 Tuesday 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.

# Memorial Services veterans recognized at annual banquet

By Phil Reidinger  
Fort Sam Houston Public Affairs

A special group of veterans, whose average age is 72, meet every day at the Fort Sam Houston National Cemetery to render final honors to hundreds of their comrades.

They are formed into squads, one for each day of the week. They drive from one shelter to another at the cemetery dressed in Army Class B uniforms. Their van is equipped with an audio system to sound Taps and rifles to fire the final salute as veterans are laid to rest.

Texas State Representative Ruth Jones McClendon hosted the sixth annual banquet Thursday at the Golf Course Clubhouse to recognize the volunteer service of the Fort Sam Houston National Cemetery Memorial Services Detachment.

"This is truly a great pleasure to be with you this evening. Thank you for caring and passing on your friendship and respect to those you serve," she said.

McClendon also recognized the boys and girls of the Texas Children's Choir, who sang patriotic songs during the banquet.

Following the invocation by installation Chaplain (Col.) Edward Maney, the Army Medical Department Center and School Chief of Staff Col. Richard Agee thanked the veterans and their spouses for their volunteerism on behalf of the Army community.

"Your service, taken up without fanfare and without much recognition, often with very little thanks, but always volunteering from the heart helps me remember how thankful I am to be associated with this great institution," he said. "We are



Photo by Esther Garcia

Medal of Honor recipient retired Col. Robert Howard delivered the keynote address for the annual banquet to recognize the Fort Sam Houston National Cemetery Memorial Services Detachment. The event was hosted by Texas State Representative Ruth Jones McClendon.

bonded together with decades of men and women who gave their all for this great nation so that their children remain free. I am proud to be an American Soldier because of men like you."

Medal of Honor recipient retired Col. Robert Howard presented the keynote speech.

"This wonderful country is worth living for and it is worth dying for," he said. "The most sublime word in Webster's dictionary is service. This organization provides selfless service to veterans. War is not the worst of things. The worst of things is not appreciating the people who fight those wars."

## 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

### 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.



# Registration under way for Bataan Death March

WHITE SANDS MISSILE RANGE, N.M. – The 2005 Bataan Memorial Death March will be March 20 at White Sands Missile Range, N.M.

The memorial march recognizes the sacrifices made by thousands of U.S. and Filipino service members overwhelmed by the Japanese in the Philippine Islands during World War II.

Bataan Memorial Death March information and registration is available at [www.bataanmarch.com](http://www.bataanmarch.com). There is a limit of 4,000 marchers.

The 26.2-mile march starts on the Army installation's main post, crosses hilly terrain, winds around a small mountain and returns to the finish line through sandy desert trails and washes. The elevation varies from about 4,100 to 5,300 feet. While marathon length, the memorial march is not a sanctioned marathon.

The event is open to military (active-duty, Reserve, National Guard, ROTC, Junior ROTC or retired) and civilian teams and individuals in either heavy or light divisions. Military personnel marching in any military category must wear full field gear. Civilian marchers in any category should wear attire appropriate for a road march through desert terrain. All marchers entered in heavy division categories must also carry a 35-pound rucksack.

Teams must consist of five people. All five marchers must cross the finish line together. Military team categories are: Male Military Light Team, Male Military Heavy Team, Female Military Light Team, Female Military Heavy Team, Coed Military Light Team, Coed Military

Heavy Team, National Guard Light Team, National Guard Heavy Team, ROTC Light Team, ROTC Heavy Team and JROTC Light Team. For those not in the military, team categories are: Male Light Team, Male Heavy Team, Female Light Team, Female Heavy Team, Coed Light Team and Coed Heavy Team.

Individual military categories are: Male Military Light, Male Military Over 40 Light, Male Military Heavy, Female Military Light, Female Military Over 40 Light and Female Military Heavy. For those not in the military, individual categories are: Male Light, Male Over 40 Light, Male Heavy, Female Light, Female Over 40 Light and Female Heavy.

Cost is \$40 for individuals and \$150 for a five-person team.

Deadlines are Feb. 19 for entry forms received by mail, Feb. 25 for entry forms received via fax and March 10 for on-line registration. If the 4,000 participant maximum is reached before any of these deadlines, all forms of registration will close.

Registered participants will receive a commemorative T-shirt, a commemorative timing chip, a certificate, pre-event continental breakfast and post-event meal. Those who finish the march will receive a commemorative dog tag.

For more information, call the White Sands Missile Range Community Recreation Division at (505) 678-1256 or the Public Affairs Office at (505) 678-1134. Questions and comments may be e-mailed to [bataan@wsmr.army.mil](mailto:bataan@wsmr.army.mil).

(Source: White Sands Missile Range public affairs)



Photo by Miriam Rodriguez

More than 3,000 people, both military and civilian, participated in the 2004 Bataan Memorial Death March at White Sands Missile Range.

# RCI starts improvement process with Harris Heights

Harris Heights will be one of the first housing areas to undergo change under the Residential Communities Initiative.

The plan is to demolish and replace the remaining 181 homes in Harris Heights starting in March 2005.

The RCI is carried out through a public-private partnership, which will eliminate inadequate housing and provide Soldiers and their family members with improved homes and high quality community and recreational facilities.

The partnership is between the Department of the Army and Lincoln Military Housing, called Fort Sam Houston Family Housing, LP, which will own and operate military housing on Fort Sam Houston.

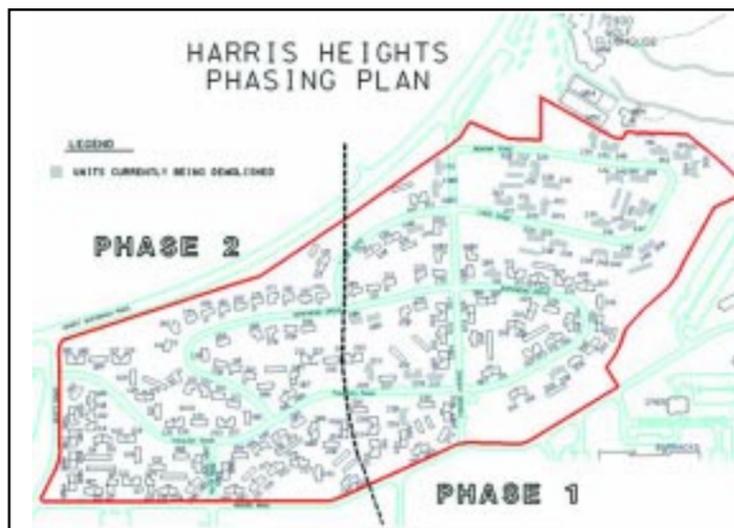
The demolition and replacement of Harris Heights will occur in two phases (see map right). Phase 1 will impact 71 homes, about half of which are already vacant. These homes are located in the eastern half of the village, which is in the same

area currently being demolished.

The Fort Sam Houston Housing Office is in the process of planning the relocation of Phase 1 residents to other homes on post, prior to Feb. 28. The remaining 110 homes in Harris Heights are identified as Phase 2. Phase 2 of the demolition and replacement plan is scheduled to begin October 2006. The housing office will notify Phase 1 residents by letter of their relocation plan in the near future. Phase 2 resident coordination will be implemented in 2006.

The FSHFH partnership will construct, improve and maintain family housing over the next 50 years. This partnership will assume responsibility and control over every aspect of family housing operations on Fort Sam Houston starting after the transfer of operations March 1.

In response to the conditions identified within Fort Sam Houston housing areas during the



planning process earlier this year, FSHFH partnership will produce and implement a development plan that will significantly impact the project during the five-year Initial Development Period. The chart below outlines the timeline of the IDP.

A minor renovation project may include kitchen and bathroom upgrades, exterior painting, re-grading and landscaping and

other repairs. A major renovation project may also include floor-plan reconfiguration, detached garages, roof replacement and porch replacement.

Town Hall meetings will be scheduled starting in January. For more information, call Teresa ElHabr, RCI program manager, at 221-0948 or Patricia Baker at 221-0891.

(Source: RCI Office)

End State Designation	# Homes	Year 1	Year 2	Year 3	Year 4	Year 5
Start Post	15	4	4	4	3	
Infantry Post (Historic)	21	7	8	6		
Infantry Post (Non-Historic)	48				33	15
Hancock Area	7				3	
Artillery Post	47	8	14	18	8	
Whiskey Cavalry	145			20	70	55
Sergeant Circle	15			5	5	5
Public-Charlie	140		20	80	80	
Public-Charlie (New)	60					
Waldens Terrace	200		110	120	20	
Harris Heights	181	40	82	59		
<b>Total Homes</b>	<b>1025</b>	<b>58</b>	<b>228</b>	<b>254</b>	<b>203</b>	<b>71</b>

Legend:  
▲ Major Renovation  
● Minor Renovation  
◆ Replacement or New Construction

# Shoplifters suffer severe consequences

By Linda Furlow  
Provost Marshal Office

It starts out as a trip to the post exchange to see the newly released video games with a friend. The teenage boys go directly to the video games and begin playing the demonstration game. One of the boys nudges the other and whispers that he is going to steal a video game. The boy picks up the game, looks around to see if anyone notices and slips the game into his pants' pocket.

The boy and his friend are on their way into the food court when Army and Air Force Exchange Service security personnel stop them. The boys are escorted

into the security office where they are questioned. The boy pulls the video game out of his pocket and hands it to store security. A military police investigator arrives and takes both boys to the MP station. Their parents are called. When they arrive, each boy is advised of his legal rights. One will be charged with theft of AAFES property (shoplifting) and the other with conspiracy to commit shoplifting. The boys' military ID cards are then confiscated by the military police.

After about an hour at the police station, the boys are allowed to leave with their parents. A few days later, a letter arrives, addressed to the parents, stating

they have to pay a \$200 administrative fee to AAFES for the shoplifting. A couple of weeks later, the parents receive a letter asking them to report to the Juvenile Review Board with their son and the military member's commander.

Think this is an imaginary story? Think again. This scene is played out several times a week at Fort Sam Houston. Sometimes it is a teenage girl, the wife or husband of a service member, a retiree or even a Soldier. It may be your cousin visiting from out of town. They steal different things — jewelry, perfume, clothes. The items are endless. Shoplifters all end up the same way, charged with a crime, ID card taken, PX privi-

leges suspended for six months and a \$200 fee.

Don't let this happen to you. If you bring a guest into the PX, as the ID cardholder, you are responsible for his or her actions. If you are with a group of friends and your friend steals, you may also be apprehended. Warn your guests about the consequences of shoplifting on a military installation. If you are with a friend who is stealing, tell them to stop and walk away.

Shoplifting doesn't just hurt the people who are caught, it hurts their family and friends. It also hurts the store, those who shop there and the Fort Sam Houston community.

## McCollum High School JROTC visits post



JROTC students from McCollum High School visit Benner Barracks and had the opportunity to see a Soldier's living area.

Photos by Esther Garcia  
(Above) 1st Lt. James Silverstrim, executive officer, F Company, 232nd Medical Battalion, provides an overview of the battalion's mission to more than 80 JROTC cadets from McCollum High School Nov. 17. Silverstrim spoke about what it takes to become a Combat Medic in the Army and the different types of training a Soldier receives at Fort Sam Houston. Silverstrim also shared his experiences during his military career as an enlisted and as an officer.

## Staying afloat



Courtesy photo

Soldiers from B Company, 232nd Medical Battalion, tread water in battle dress uniforms at the Jimmy Brought Aquatic Fitness Center Nov. 16. Dave Waugh, pool manager, taught trainees how to stay afloat with improvised flotation devices, such as BDU jackets and pants, during water survival skill training, also known as "drownproofing."

## Blood is the fluid of life

The BAMC Blood Bank is running critically low on 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.



# Soldier medics enjoy Native American celebration

By Ben Paniagua  
Hacienda Recreation Center manager

More than 100 Soldier medics from the 232nd Medical Battalion enjoyed an evening of entertaining Native American culture, dance exhibitions and sample food at the Hacienda Recreation Center Nov. 16.

The Soldiers were treated to venison stew and Indian fried bread, along with dancing in colorful regalia and storytelling. Many Soldiers joined dancers on stage to learn Native American dance moves.

"It is an honor for me as well as for you to be invited to participate in such an important cultural event," said 32nd Medical Brigade Command Sgt. Maj. Michael Kelley.

The Soldiers who attended said they enjoyed the event.

"I thought it was nice and I like seeing what other cultures are like," said Pfc. Andrew Soltero, E Company, 232nd Medical Battalion.

"It was nice, food was great, dancing was good," said Pvt. Alisha Harrington, E Company, 232nd Medical Battalion. "It was a good change from normal training. We would like to see more of this more often."

The event was presented by the Hacienda Recreation Center and the 32nd Medical Brigade Equal Opportunity Office to bring cultural awareness of different ethnic groups to the brigade's student Soldiers. It was sponsored by Chaney Financial Services and Wellesley Inn Airport.



Photo by Master Sgt. Michael Boehringer

A Soldier medic enjoys a Native American dance lesson from a Keetowah tribe member.

## Safety office clarifies running policy for formations, joggers

Williams, W.W. White and Nursery roads are known as "the loop." About 3,000 Soldiers use "the loop" during early morning hours for physical training Mondays through Fridays

Vehicles are prohibited from driving on "the loop" from 5:30 to 6:30 a.m. Physical training formations should run counter clockwise on the loop and use road guard equipment with reflective vests and flashlights. Trained guards, provided by the 32nd Medical Brigade, must be located at all intersections to control vehicle traffic.

Stanley Road is also closed to traffic from 5:30 to 6:30 a.m. Mondays, Tuesdays, Wednesdays and Fridays for unit physical training.



Traffic may cross Stanley during these hours only at Schofield and New Braunfels. As with "the loop," physical training formations should use road guard equipment with reflective vests and flashlights and trained guards, provided by the 32nd Medical Brigade, must be located at intersections.

### Service members participating in PT are required to

- Stay on the approved routes previously mentioned.
- Post road guards to the front and rear of the formation to alert vehicular traffic to slow down. Road guards should be at least 25 meters ahead and behind the formation. They should also wear reflective vests, and during hours of darkness, carry cone lights.
- Completely clear the road-

ways when emergency vehicles responding to an emergency with flashing lights are approaching.

- When running in ability groups, assign a minimum of two Soldiers in the group to serve as the running road guards to replace current guards at intersections.

- When running in a formation or individually during limited visibility, to include hours of darkness, wear reflective vests or belts (worn diagonally from right shoulder to left hip) as part of their PT uniform. Commanders are responsible for ensuring running formations have adequate visibility while conducting PT formations on post.

- Stay clear of running in parking lots. This is not permitted unless specifically designated and secured.

### Joggers running on their own should observe the following:

- No more than two people running abreast on sidewalks or authorized roadways.
- When using authorized road-

ways, run facing oncoming traffic and yield to vehicular traffic prior to crossing roads.

- Wear a reflective vest or belt (worn diagonally from right shoulder to left hip) during limited visibility while running or jogging on post. The vest or belt must be visible from the front and rear and unobstructed by clothing or equipment.

- Headsets of any type on installation roads are prohibited. Headsets may be worn while running on off-road track areas. Headsets and personal stereos are prohibited in physical fitness uniform at all times in accordance with AR 670-1, paragraph 1-9, a, 2, b.

- Yield the right-of-way to all vehicles.

- Obey pedestrian traffic rules for Texas. Vehicles must stop for pedestrians in crosswalks; however, pedestrians must yield to vehicles entering intersections and crosswalks ahead of them.

- Keep off roadways. The use of sidewalks, PT tracks, closed run routes and open fields are recommended.

- Avoid jogging or running on Stanley, Dickman, Artillery Post, Winans, Wilson, Scott, North New Braunfels, Harry Wurzbach, Schofield, and George Beach Drive roads (except when running the designated run routes from 5:30 to 6:30 a.m.). However, joggers may run on sidewalks or on the grass along the roads mentioned above. There is a greater risk of injury when running adjacent to streets containing access control points during rush hour.

All motorists are required to adhere to posted speed limit signs and passing troop formations at 10 mph.

The policy does not apply to Morale Welfare Recreation-sponsored running events. For more information, call the Safety Office at 221-3857.

(Source: Safety Office)

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

Pvt. Jennifer Gomez, Soldier of the Week, from D Company, 232nd Medical Battalion, practices the intravenous stick on a mannequin. She is from Pleasanton, Calif. She joined the military to begin her medical career and further her education. The most valuable lessons she has learned have been "teamwork, discipline and leadership." Gomez enjoys spending time with family and friends, outdoors and all sports, especially soccer and snowboarding.



Photos by 1st Lt. Mia Jones



Spc. Nathan Erdman, Junior Leader of the Week, from D Company, 232nd Medical Battalion, practices the intravenous stick on a mannequin. He is from Fort Atkinson, Wis. Erdman said learning to work with different types of people from all over the world has been a great lesson to him. Erdman joined the Army to give back to a country who gave so much to him. "I know it sounds like a cliché, but that is the real reason I joined," said Erdman. He enjoys reading, staying in shape, backpacking, hiking and the outdoors.

## Selfless service



Photos by Ed Dixon

(Left to right) Maj. Jerry Cotton, Lt. Col. Jeffrey Danchenko, Maj. Derek Curtis, Chief Warrant Officer Ralph Baumbach, Sgt. Maj. Eduardo Benavides, and Sgt. 1st Class Lovette Oporto were honored at the retirement ceremony Nov. 18 at MacArthur Parade Field.



(Left to right) Sgt. 1st Class Conrado Martinez, Master Sgt. Guillermo Ortiz, William Collier, Master Sgt. Glenn Davis, and Sgt. 1st Class James Smith were recognized at the retirement ceremony Nov. 18 at MacArthur Parade Field for their selfless service to the nation.

## Health Promotion Center December Class Schedule

CLASS	DATE	TIME
Office Yoga	1	12 to 1 p.m.
Introduction to Weight Reduction	3	12 to 1:30 p.m.
Breastfeeding Support Group	3	1 to 2:30 p.m.
Diabetes Education	6	12:45 to 4:30 p.m.
Diabetes Education	7	12:45 to 4:30 p.m.
Breast and GYN Cancer Support Group	8	9:30 to 11 a.m.
Office Yoga	8	12 to 1 p.m.
Self Care and Health	9	9 to 11 a.m.
Breastfeeding Support Group	10	1 to 2:30 p.m.
Diabetes Education	13	12:45 to 4:30 p.m.
Diabetes Foot Care	13	1 to 2:30 p.m.
Diabetes Education	14	12:45 to 4:30 p.m.
Stress Management	14	1 to 2:30 p.m.
High Blood Pressure	15	9 to 12 p.m.
Office Yoga	15	12 to 1 p.m.
AD Self Care	16	8 to 10 a.m.
Back Pain	16	1:30 to 3 p.m.
Body Fat Testing	17	8 to 11 a.m.

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

### Smoke-free and courageous forever

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

Health Promotion Center  
Room L31-9v, BAMC  
916-3352 or 916-5538



# BAMC offers pre-diabetes education program

By Elaine DeCesare  
BAMC Diabetes Self-Management Program director

Brooke Army Medical Center's Diabetes Self-Management Education Program held its first seminar Nov. 8 specifically designed for patients with pre-diabetes.

Twenty patients and several spouses attended the three-and-a-half-hour program. BAMC plans to repeat this program at least every other month because of the large number of patients diagnosed with pre-diabetes.

The seminar provided information on diabetes and pre-diabetes, ways to prevent or delay diabetes, and how to lower risks for heart disease and stroke. Nutrition, weight reduction, physical activity, stress management and goal-setting were specifically addressed, along with available

BAMC and community resources and follow-up options.

Diabetes can lead to serious health problems such as heart disease, stroke, vision loss, kidney disease and nerve damage. Currently, 18 million people in the United States have diabetes. More than 90 percent of them have type 2 diabetes, formerly called adult-onset diabetes.

Before developing type 2 diabetes, most people have pre-diabetes, a condition in which blood sugars are higher than normal but are not high enough to be diagnosed with diabetes. People with pre-diabetes are at risk of developing diabetes within 10 years and are more likely to have a heart attack and stroke.

For more information, call the BAMC Diabetes Self-Management Program at 916-0794.

## 232nd Med. Bn. tests new PT shorts

Story and photo by 1st Sgt.  
Raymond Price  
232nd Medical Battalion

The current Army physical fitness uniform has been in the inventory for four years. The Army G4 has decided to conduct an evaluation of the black unisex physical fitness shorts at Fort Sam Houston. D Company, 232nd Medical Battalion was selected as the test company for the project.

Dave Geringer, assistant product manager of Clothing and Individual Equipment, issued more than 300 sets of shorts to D Company Soldier medics and cadre on Nov. 9.

"We are attempting to

improve the fit and comfort of the shorts," said Geringer. "We have received a lot of feedback on the current shorts and have two new designs for testing."

D Company Soldiers will test the "A" type short, which are wider at the hips while retaining the long cut and the "B" type shorts, which are wider at the hips and 1 inch shorter.

After a six-week period, the Natick Soldier Center will return and conduct a survey of the two models based on Soldiers' evaluations. Expected time to introduce the new design is the summer of 2006.



A Soldier is measured and fitted for the new Army physical fitness shorts.

## City Council appoints FSH liaison to SA committee

By Dr. Gloria Davila  
Associate Superintendent

The San Antonio City Council appointed Keith Toney, Child and Youth Services Division school liaison officer and president of the Fort Sam Houston Independent School District Board of Trustees, to the Keep San Antonio Beautiful Committee for a two-year term.

The committee of 11 members initiates, plans, directs and coordinates programs for litter control on a voluntary basis, in conjunction with citizens, government, businesses and industries within the city limits.

It also advises the city council in establishing city-wide policies for decreasing the amount of loose refuse in the city.

"Serving on this committee will allow me to network with volunteers from other sectors of the city," said Toney. "As a representative of Fort Sam Houston, I will make our particular needs known and advocate for our military community."



Keith Toney

## Fort Sam Houston students win Smokeout poster contest

By Dr. Gloria Davila  
Associate Superintendent

Every year in November, the American Cancer Society sponsors the Great American Smokeout to encourage smokers to stop smoking for at least one day, in hopes that they will stop smoking forever.

This year, the event occurred Nov. 18. The Brooke Army Medical Center Health Promotions Division sponsored a Great American Smokeout Poster Contest for fifth and sixth grade students in the area. Maj. M. Diane Matthewson, chief Army community health nurse, and Ella Gordon, registered nurse, coordinated the contest.

Fifth and sixth grade students from Fort Sam Houston Elementary entered the contest.



Sponsors and winners from the Great American Smokeout Poster Contest include (left to right, back row) Ella Gordon, Rikysha Williams, Valerie Vasquez, Breanna Gushiken and Maj. M. Diane Matthewson. (Left to right, first row) Tiffany Brown, Cameron Starr and Kayla Larvins.

The posters depicted the harmful effects of smoking and encouraged the youth of today to keep from smoking.

Winners included fifth graders Austin Collins (first place), Breanna Gushiken (third place), Cameron Starr (third place), Rikysha Williams (honorable mention), Tiffany Brown (honorable mention), Valerie Vasquez (honorable mention), and Kayla Larvins (honorable mention). Sixth grade winners included Valerie Rivera (first place), Stephanie Aviles (second place), Katie McHargue (second place), Jamie Schmidt (honorable mention), Katherine Jean (honorable mention) and Tommy Montgomery (honorable mention).



(Left to right, back row) Other winners and sponsors include Ella Gordon, Valerie Rivera, Stephanie Aviles, Katie McHargue and Maj. M. Diane Matthewson, and (left to right, first row) Tommy Montgomery, Katherine Jean and Jamie Schmidt.

## School board meeting

The Fort Sam Houston ISD Board of Trustees will meet at 11 a.m. Tuesday at the FSH ISD Professional Development Center, 1908 Winans Rd. for a regular meeting.

### FSH Independent School District

#### Weekly Campus Activities – Monday through Dec. 4

##### Fort Sam Houston Elementary School

**Tuesday**  
FSHISD school board meeting in Professional Development Center, 11 a.m.

**Dec. 3**  
Spirit Day

##### Robert G. Cole Jr. / Sr. High School

**Monday**  
Student of the Month photos and breakfast in mall area, 9:50 a.m.

ATSSB region auditions at La Vernia, TBA

**Tuesday**  
FSHISD board meeting in Professional Development Center, 11 a.m.  
Girls basketball at Pearsall, 5 and 6:30 p.m.

Intermediate and beginners holiday con-

cert at Evans Auditorium, 7 p.m.

Boys soccer at St. Mary's Hall, 5 p.m.

**Dec. 2**  
JROTC Annual Battalion Drill Competition at Cole Field, 3:30 to 5:30 p.m.

Girls varsity basketball tourney at Poteet, TBA

Boys soccer tournament at St. Anthony's, TBA

**Dec. 3**  
Boys varsity basketball tourney at Hondo, TBA

Boys soccer tournament at St. Anthony's, TBA

**Dec. 4**  
Boys varsity basketball tourney at Hondo, TBA

Intermediate and varsity band concert at FSH Commissary, 11 a.m. to 4 p.m.

Girls varsity basketball tourney at Hondo, TBA

Boys soccer tournament at St. Anthony's, TBA

## Post Pulse: What are you most thankful for this year?



*"Not being deployed and spending time with my family."*  
Sgt 1st Class  
Willie E. White, B  
Company Operations  
NCO, BAMC



*"For family, good health."*  
Marlene  
Smith, AAFES  
sales associate



*"Being back home with my family and that they are all healthy."*  
Chief Warrant Officer  
John Burgess, A  
Company Academy  
Battalion, Health Services  
Maintenance adviser



*"Our health and that all of us are still alive and well and that our boys come back home from Iraq well and alive."*  
Becky Willetts, spouse  
of retired Staff Sgt. Willetts

# Deep fry your bird, not yourself!

The latest trend in preparing a turkey is deep frying. However, if you don't take precautions, you may end up with an injury or fire. Deep fryers can be dangerous because

- Many units easily tip over, spilling the five gallons of hot oil.
- If the cooking pot is overfilled with oil, the oil may spill out of the unit when the turkey is placed into the cooking pot. Oil may hit the burner/flames causing a fire to engulf the entire unit.
- Partially frozen turkeys placed into the fryer can cause a spillover effect. This too, may result in an extensive fire.
- With no thermostat controls, the units also have the potential to overheat the oil to the point of combustion.
- The sides of the cooking pot, lid and pot handles get dangerously hot, posing severe burn hazards.

The Fort Sam Houston Fire Department suggests the following tips to help you and your family have a safe, happy Thanksgiving:

### Deep fried turkey cooking tips:

- Follow your fryer's instructions.
- Only deep fry smaller turkeys — up to 12 pounds.
- Use oils with high smoke points such as peanut, canola and safflower.
- To determine how much oil you'll need, put the

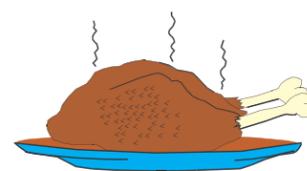
turkey in the basket and place in the pot. Add water until it reaches 1 to 2 inches above the turkey. Lift the turkey out, and use a ruler to measure the distance from the water to the top of the fryer. Pour out the water and dry the fryer completely.

- Remember that it can take anywhere from 20 minutes to an hour to heat the oil, depending on the outside temperature, wind and weather.
- Before frying, pat the turkey dry with paper towels to keep the hot oil from splattering and popping.
- Slowly lower the turkey into the oil, and maintain an oil temp of 350 F. Fry turkey for three to four minutes per pound or about 35 to 42 minutes for a 10- to 12-pound turkey.

### Safety tips:

- Turkey fryers should always be used outdoors a safe distance from buildings and any other material that can burn.
- Never use turkey fryers on wooden decks or in garages.
- Make sure the fryers are used on a flat surface to reduce accidental tipping.
- Never leave the fryer unattended. Most units do not have thermostat controls. If you don't watch the fryer carefully, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer when in use.

Even after use, never allow children or pets near the turkey fryer. The oil inside the cooking pot can remain dangerously hot, hours after use.



- To avoid oil spillover, do not overfill the fryer.
- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.
- Make sure the turkey is completely thawed and be careful with marinades. Oil and water don't mix, and water causes oil to spill over, causing a fire or even an explosion hazard.
- The National Turkey Federation recommends refrigerator thawing and to allow approximately 24 hours for every five pounds of bird thawed in the refrigerator.
- Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. Remember to use your best judgment when attempting to fight a fire. If the fire is manageable, use an all-purpose fire extinguisher. If the fire increases, immediately call 9-1-1 for help.
- Even after use, never allow children or pets near the turkey fryer. The oil inside the cooking pots remains dangerously hot, hours after use.

# Sabinal High School students support OIF, OEF service members, families



(Above) Regina Contreras, Sergio Garcia, Justin Hinojosa, Samantha Guajardo, Ginavie Mejia, Shawna Walton, and sponsors Ruben Oliveras and James Cavitt, their teacher, pose with Col. Richard Agee and Joan Weightman, with items donated to the Soldier and Family Assistance Center.

(Right) Col. Richard Agee, chief of staff, Army Medical Department Center and School, presents Jerod Hawkes, Sabinal High School student, a commander's coin for his contributions to the Soldier and Family Assistance Center on behalf of the installation commander.

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

The Scholarship Class from Sabinal High School, Texas, presented the Soldier and Family Assistance Center a donation of items collected throughout their school for Soldiers and their family members in support of Operations Iraqi Freedom and Enduring Freedom.

Joan Weightman, wife of Maj. Gen. George Weightman, installation commander, met the students and thanked them for their generous support. Weightman invited the students to meet the Soldiers at the center and visit the area. Col. Richard Agee, chief of staff, Army Medical Department Center and School and Fort Sam Houston, recognized and thanked the students and their teacher, James Cavitt, for their support and presented each one with a commander's coin.



# RELIGIOUS HAPPENINGS . . .

## Annual Family Christmas Workshop

People are invited to the Annual Family Christmas Workshop Saturday 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](http://www.samhouston.army.mil/chaplain) and click on "Family Christmas Workshop."

## A Travis treat

In honor of Armed Forces Day, Randy Travis will perform a free concert in San Antonio Sunday 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.

# DECEMBER INTERFAITH CALENDAR . . .

**5, 12, 19 Sundays of Advent continue** - Christian (Christian time of preparation for observing the birth of Jesus Christ)

**8 Bodhi Day (Rohatsu) \*\*** - Buddhism (Buddhist celebration of the time when Prince Gautama took his place under the Bodhi tree, vowing to remain there until he attained supreme enlightenment)

**8 Immaculate Conception of Virgin Mary** - Catholic Christian (Day of celebrating the belief that Mary, mother of Jesus, was preserved from original sin all of her life. A day of obligation and required church attendance)

**8-15 Hanukkah \*** - Jewish (Jewish Festival of Lights. It commemorates the Maccabean recapture and rededication of the Jerusalem Temple. Special readings and praise songs focus on liberty and freedom. The eight candle Menorah is lighted)

**12 Feast day** - Our Lady of Guadalupe - Catholic Christian (Honoring of a legendary appearance of the Virgin Mary near Mexico City in 1531)

**12 Advent Fast begins** - Orthodox Christian

## 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](http://www.cs.amedd.army.mil/chaplain)

# Thanksgiving feast

## It's turkey time at Fort



John Miranda, a cook and food carver and decorator at Rocco, seasons a ham and a turkey.



### Rocco Dining facility schedule and prices

The Rocco Dining Facility will be open to guests of military, government civilian employees, retirees and their guests. All permanent party active duty officers, enlisted personnel (all ranks above E-4), government civilians, and their guests, will pay the holiday meal rate of \$5.40. Spouses and authorized family members of E-4 and below will pay the 2004 discount holiday meal rate of \$4.60. The garrison dining facilities of Fort Sam Houston and Camp Bullis will have special Thanksgiving Day hours as noted below:

**Rocco Dining Facility No. 1, Bldg 2745, FSH**  
**Breakfast** 6 to 8 a.m.  
**Lunch** 12 to 1:30 p.m.  
**Dinner** 4:30 to 6 p.m.

**Slagel Dining Facility No. 2, Bldg 1377, FSH**  
**Breakfast** 6 to 8 a.m.  
**Lunch** 12 to 2:30 p.m.  
**Dinner** 5:30 to 7:30 p.m.

**Dining Facility No. 4, Bldg 5107, Camp Bullis**  
**Breakfast** 5:30 to 7 a.m.  
**Lunch** 11:30 a.m. to 1 p.m.  
**Dinner** 4:30 to 6 p.m.

Thanksgiving Day meal will be observed at the Camp Bullis Dining Facility Wednesday. The dining facility will be closed Thursday and resume normal operation Monday for the breakfast meal. Call Mary Jane Garza, food program manager at 221-9660 if you any questions.



(Above) Sheryl Bowers, a cook at Rocco facility, washes and cuts tomatoes and broccoli for salads.

(Right) John Miranda begins to transform an apple into a swan and a watermelon into a fruit basket.

# ast garrison style

## t Sam dining facilities

Story and photos by Shadi May  
Fort Sam Houston News Leader

Fort Sam Houston dining facilities will serve a colossal Thanksgiving feast this year. One thousand pounds of turkey, 600 pounds of ham, 200 pounds of duck, 700 pounds of prime rib and 400 pounds of Cornish hen are just the start of the post's dining halls' menu.

A staff of 196 people will work around the clock to prepare a special meal for an estimated 1,400 diners.

"We never know how many people we are going to feed, so estimating how much to prepare is part of the challenge of this special meal," said Manuel Guzman, assistant to the installation food service manager. Chefs and cooks will start at 6 p.m. Wednesday and work until 1 a.m. Thursday, then, there will be a three-hour break before everyone is in place by 4 a.m.

But, "this is not a process that you start this month; you prepare for something like this three to four months ahead of time," said Van Robert, Rocco dining facility manager.

"The main concern for an event like this day is the coordination prior to preparation of the food, which includes sufficient rations and eye-catching decorations," added Darryl Marshal, dining facilities special project officer. "We try to keep an eye on our rations and keep it tight, but our concern is to ensure every Soldier will have a full traditional Thanksgiving dinner."

There will be 10 cooks at each facility for this day, and Timothy Taylor, Rocco facility's head cook, will oversee cooking operations at that facility.

"This is the most involved meal of the year because the Army has always emphasized the importance of a meal that brings the Army family together," said Taylor. "The most rewarding moment of the day is the moment the doors open; everything is where it has to be. When the curtain goes up, everything is there."

John Miranda, a three-time Fort Sam culinary award winner and a cook with more than 20 years experience in carving and decorations, will be in charge of food decoration for all three dining facilities.

"The most challenging job for this meal is cooking all the turkeys up to par because the turkey is the main dish," said Miranda.

The workers take pride in their work, but their main concern is to please their No. 1 priority — the Soldiers. Our priority is "making this day a happy Thanksgiving for all of them because some of these Soldiers are away from home for the first time," said Sheryl Bowers, a cook at Rocco.

If you miss a home-cooked style meal, this day is your day. "We use DoD recipe cards as a base, but for Thanksgiving, we allow our cooks to use grandma's old recipes as long as they are approved by the food service officer," added Marshall.

So, tomorrow, whether you are craving turkey or shrimp, eggnog or cider, the Fort Sam Houston dining facilities promise to please your appetite.



(Above) Richard Stevenson, a Rocco dining facility cook, starts preparing for what will be approximately 1,400 servings of cornbread dressing.

(Right) Timothy Taylor, head cook at Rocco dining facility, puts a seasoned turkey in the oven.

(Above) Deloris Jackson accepts payment from customer and staff, Darryl Marshall.

## CHILD AND YOUTH SERVICES

### Youth Happenings

#### Turkey Dinner

Youth Services will host a Thanksgiving dinner for the middle school and teen programs Friday at 1 p.m. The staff will make pies, potatoes, cakes, vegetables and turkey. Join them at 3:30 p.m. for the feast.

#### Hail and Farewell

The monthly Youth Services hail and farewell party is Saturday. The pizza celebration is from 5 to 7 p.m. Call 221-3502 for reservations.

#### Parent staff vs. teen basketball

Youth Services will have a parent, staff and teen basketball tournament Saturday at 7:30 p.m. All parents are encouraged to come and compete with the teens. The center will run the games from 7:30 to 10 p.m.

#### 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, pingpong and movies. People must be registered with Child and Youth Services to attend. For more information, call 221-3502.

#### 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.

#### 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. - 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.

#### 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 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 to 6 p.m. in the Youth

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



**Dear Parents...**

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



Center gym. For more information, call 221-3502.

**Cooking classes**

Youth Services offers cooking a class Saturday from 4 to 5 p.m. at the Youth Center. This week the class will make Santa Fe ole stew. For more information, call 221-3502.

**Basketball registration**

Youth Services basketball registration will run through Tuesday 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, a physical and a 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 Tuesday 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.

**Holiday hours**

The Youth Center will be closed for Thanksgiving Day and will reopen Friday from 1 to 11 p.m. Normal operating hours resume Saturday.

**PCI holiday closure**

Parent Child Incorporated will be closed from 12 p.m. Dec. 17 through Jan. 3. Families in need of care during this time can contact Child Youth Services Central Registration at 221-4871 or 221-1723 for assistance.

**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.

## Future Spur



Photo by Shadi May

Ryan McGhee begins his attempt at a shot Friday while defended by Hector Martinez and Gwen Christian at the Youth Center gym.

The Commanding General  
Fort Sam Houston  
presents

**A**  
**Holiday Concert**

Featuring  
**The United States Army  
Medical Command Band**

7:30 PM  
16 December 2004  
Scottish Rite Cathedral  
Avenue E at 4th Street  
San Antonio  
Texas

# 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, on the corner of Harry Wurzbach and Stanley Road. Sellers 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.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.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 fast-paced rides set to music. Classes are Tuesdays and Thursdays from 6 to 6:45 a.m., and 11:45 a.m. to 12:30 p.m., Wednesdays from 4:45 to 5:30 p.m. and Saturdays from 9 to 9:45 a.m.

### 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 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.

### 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](mailto:earl.young@samhouston.army.mil).

### Native American Heritage recognition

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

## 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

#### Big Bucks Bingo

Big Bucks Bingo is Dec. 4 at 12:50 p.m. with an early bird start. Bingo is Thursday and Friday at 6:50 p.m., early bird start. Doors open at 5 p.m. Saturday, 12:50 p.m. early bird start. Children 10 and up may play when accompanied by an adult. Free buffet for all bingo players.

#### New Year's Eve Comedy Bash

A New Year's Eve Comedy Bash is Dec. 31 at 7:30 p.m. Cost is \$40 per person and \$70 per couple (includes dinner until 9 p.m., party favors, champagne and mid-night breakfast). For more information, call 224-2721 or 226-1663.

### 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 information, 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.

#### Soldier Appreciation

Soldier Appreciation is Saturdays from 11 a.m. to 8 p.m.; free shoe rental and medium soda with purchase of a 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 Saturday. 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 MWR ticket office has tickets for "Hairspray" showing 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. Disney Cruise Line special rates for military start at \$349 per person. For more ticket information and pricing, call 226-1663.

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](http://www.fortsamhoustonmwr.com/bod/mwr_ticket_office.asp).

# 2004

SING 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!

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### HOLIDAY BALL MENU

\$22.00 Per Person

Chicken Breast on a Bed of Walnut & Spinach Dressing  
Sopped with Creamy Sauce  
Medallion of Steaks  
Sopped with Mashed & Butter  
Grilled & Cheese Mashed Potatoes  
Prime Wildfire Vegetables  
Black Forest Chocorake Drizzled with Raspberry Sauce

ALL ENTRERS INCLUDE

Spring Mix Salad, Glass of Chardonnay, Shrimp Skiff and Shrimp, and Ice Tea

VEGETARIAN PLATE

Prime Steaks with White Wine Sauce  
Grilled Zucchini & Sautéed Potatoes, Mushrooms

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RESERVATION

There is 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

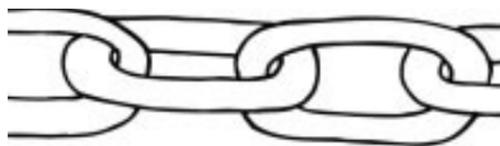
SUBMIT NLT COB 3 DECEMBER 2004  
MAKE CHECKS PAYABLE TO: INSTALLATION HOLIDAY BALL

## MWR Thanksgiving operating hours

	Thursday	Friday	Saturday	Sunday
<b>Library</b>	Closed	11 a.m. to 8 p.m.	11 a.m. to 8 p.m.	11 a.m. to 8 p.m.
<b>Equipment Center</b>	Closed	8 a.m. to 5 p.m.	Closed	Closed
<b>Jimmy Brought</b>	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.
<b>Auto Craft</b>	Closed	1 to 9 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.
<b>Equestrian Center</b>	Closed	7 a.m. to 6 p.m.	7 a.m. to 6 p.m.	7 a.m. to 4:30 p.m.
<b>Camp Bullis</b>	Closed	4 a.m. to 8 p.m.	4 a.m. to 8 p.m.	4 a.m. to 8 p.m.
<b>Canyon Lake</b>	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.
<b>Hacienda</b>	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.
<b>RV Park</b>	Closed	9 a.m. to 4 p.m.	10 a.m. to 5:30 p.m.	10 a.m. to 5:30 p.m.
<b>Officers' Club</b>	Closed	Closed	Closed	Closed
<b>Sam Houston Club</b>	11 a.m. to 3 p.m.	Closed	7:30 a.m. to 11:30 p.m.	Closed
<b>Golf Club</b>	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.
<b>Bowling Center</b>	Closed	Closed	3 to 9 p.m.	3 to 9 p.m.
<b>Harlequin</b>	Closed	12 to 5 p.m.	1 to 5 p.m.	Closed

## Sealed bid auction of NAF property and equipment

Nonappropriated Funds will accept sealed bids for four horses from the NAF Riding Stables. The horses range in age from 16 to 20 years old. The purchaser will be responsible for removing the horses from the post riding stables premises. The horses may be viewed by appointment only. Sealed bids will be accepted in the NAF Financial Management Office, Bldg. 124, 1212 Stanley Road, until close of business Dec. 8. Bids will be opened at 8 a.m. Dec. 9. For more information, call the riding stables at 224-7207, or Cynthia Tripoli or Joe Cavanaugh at 221-3185.



# COMMUNITY LINK



## Happenings

### Selma, Texas walk

The Texas Wanderers volksmarch club will host a 10-kilometer (6.2 mile) and 5-kilometer Walk in Selma, Texas on Saturday starting between 8 a.m. and 12 p.m., finish by 3 p.m. The start point is at the General Nutrition Center, 8222 Agora, Suite 132, Forum Shopping Center, Selma, Texas. The trail starts at the shopping center and proceeds through adjoining residential areas. For more information, contact Lyn Ward at 651-6536, or e-mail at Lward10K@aol.com, and check out the club's Web site at [www.walk-tx.org/Wanderers.html](http://www.walk-tx.org/Wanderers.html).

### Cloverleaf holiday luncheon

If you would like to improve your communication and leadership skills, join Cloverleaf Communicators for their Christmas meeting. Cloverleaf Communicators is a communications group, which meets every first and third Thursday of the month. They will meet for a Christmas luncheon Dec. 2 from 11:30 a.m. to 1 p.m. at the Holiday Inn on Interstate Highway 35 access road off Binz-Engleman. The cost is \$9. Make reservations by Monday by calling Mariea Shelton at 916-3406.

### 'Sounds Like' reading time

The Oakwell Branch Library invites parents to the program "Sounds Like..." presented by Little Read Wagon, an emergent literacy initiative of the San Antonio Public Library. The program is designed to emphasize the importance of reading and to build your child's language development.

The program is scheduled for Dec. 2 from 9:30 to 10:30 a.m. Parents will receive free books for each child age 5 and under. Register for this free program by calling 207-2517. The Oakwell Branch Library is located at 4134 Harry Wurzbach Road between Oakwell Farms and Garner Middle School. For more information, call 828-2569.

### 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. People 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](http://www.aacog.com/tourism).

### Christmas on the Hill

The Government Hill Alliance neighborhood association holds its eighth annual "Christmas on the Hill" tour of historic homes. This year's tour will be Dec. 5 from 1 to 5 p.m. The tour will begin at the Antonian Inn, North New Braunfels and Interstate Highway 35, and will feature 10 historic properties within the Government Hill Historic District. Tickets are \$10 in advance and \$15 at the door. All proceeds support the neighborhood association's community projects. Tickets may be purchased directly at the Bullis House Inn, 321 Pierce St. or Select Employees Federal Credit Union, 1914 Interstate Highway 35 North. For more information, call 226-6352.

### 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.

### 149th Fighter Wing golf tournament

The 149th Fighter Wing Chiefs Group will sponsor a Christmas golf tournament Dec. 6 at the Gateway Hills Golf Course on Lackland Air Force Base. Show time is noon with tee off at 12:30 p.m.

Entry fee is \$39, which will include a barbecue lunch at Upson Park before the tournament. Proceeds will benefit the Chiefs Group Scholarship Fund. To register foursomes, call Chief Master Sgt. Ram Valdez at 925-5936 or Master Sgt. Brian Schaefer at 925-3762.

### 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. will host a cocktail party Dec. 14 from 6 to 8:30 p.m. at the Officers' Club. Cost is \$15 per person. Attire is coat and tie for men or appropriate cocktail attire for women and uniform for service members. Deadline for reservations is Dec. 10. Mail checks to SPHFHS, P.O. Box 340308, Fort Sam Houston, Texas, 78234.

### Silver Caduceus Society's inaugural luncheon

The Silver Caduceus Society is an independent organization established to provide camaraderie, mentorship and corps information to medical service corps officers. The society welcomes new members. The luncheon is Dec. 15 from 11 a.m. to 1 p.m. at the Officers' Club, Sam Houston Room. Everyone must be seated

by 11:30 a.m. It will be a buffet style lunch at attendee's own expense. Call your unit representatives to RSVP: MEDCOM, Col. J. Crocker, 221-7297; BAMC, Capt. J. Schwartz, 916-2411; 32nd Med Bde, Maj. J.K. Weaver, 221-3899; GPRMC, Maj. R. Mon, 295-2568; AMEDD C&S, Maj. S. Owens or Maj. C. Zeise, 221-9922.

## 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 Friday 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](http://www.holidayhelpinghands.org).

### Eczema study

The Brooke Army Medical Center 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.

### 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](http://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

### St. Mary's University Counselor at ESC

St. Mary's University will have a counselor available at the Education Services Center, Bldg. 2248, upstairs in Room 206 from 11 a.m. to 1 p.m. To learn more about the Master of Arts in Educational Leadership program and teacher certification, call 226-3360 and schedule an appointment.

### NCOA job fair

The Noncommissioned Officers Association will sponsor a job fair Dec. 8 at Live Oak Civic Center, 8101 Pat Booker Rd. from 9:30 a.m. to 2:30 p.m. For more information, visit their Web site at [www.militaryjobworld.com](http://www.militaryjobworld.com).

### 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.

## Meetings

### Lone Star Chapter

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

### Officers' Wives and Widows Club

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

### Association seeks members

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

### BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meet 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 Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For information, call Staff Sgt. Edward Castro at 221-8760.

# FORT FREEBIES

Freebies are published on a first come, first 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](mailto: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:** Antique 1920s blueprint, carved spring rocker in excellent condition, \$300; navy-color custom-made loveseat made in North Carolina, \$300. Call TR Byrne at 590-4775.

**For Sale:** 1988 EuroCoach 35 foot with air conditioning, queen size beds, sleep four to six people, \$12,000. Call Julie Gueller at 566-3431.

**For Sale:** 2002 Pontiac Grand Prix, V6, four-door, loaded, low miles and excellent condition, \$12,900 obo. Call Tammy Clark at 410-3051.

**For Sale:** Harley Davidson Soft Tail Classic, low miles, in perfect condition, more than \$3,500 in extras, \$13,795. Moving and must sell. Call Sgt. Maj. Jim Fredrick at 262-3892.

**For Sale:** 1995 Kawasaki KX, 60 cc, MX dirt bike, includes Youth Oneal MX boots, helmet and chest protector, \$750 obo, four by five utility trailer, \$350

obo. Call Maj. Rodrigo Chavez at 471-1861.

**For Sale:** 1992 blue, auto, four-door Subaru Legacy, \$800. Call Staff Sgt. Charles Williams at 843-0159.

**For Sale:** Two 9-week old male Papillon puppies, tri-color, shots and wormed, UABR, \$750 each. Call 658-8589.

**For Sale:** Formal design, beige queen sleeper sofa with coffee table, \$275; dining room table and four chairs, hunter green fabric, beautiful glass top, \$100; sofa and end tables, glass top, ceramic base, \$30 for all. Call Staff Sgt. Yvette Rice at 410-0218 or cell 221-8198.

**For Sale:** General Electric freezer, 16 cubic foot, like new, \$100. Call Dee Anne Senkbile at 656-6772.

**For Sale:** 1993 Pontiac Grand Prix,

95,000 miles, 3.4L V6, runs very well, \$1,650 obo. Call William Hintze at 508-7483.

**For sale:** Vanity table and chair, \$35; dresser with mirror and matching chest of drawers, \$175; black entertainment center, \$65; single bed, four piece, \$99; metal desk, \$35. Call Sandy McCoy at 241-1291.

**For Sale:** Dell 21-inch monitor, excellent condition, retail \$564, asking \$200; and white couch, good condition, \$125. Call 832-8482 or 862-3071.

**For Sale:** Four new tires and rims for a 2000 Cadillac Escalade, \$400; four new tires and rims for a 2001 Lincoln Navigator, \$400. Call 789-5080 or 566-8071.

**For Sale:** 1997 Dodge Neon four door, runs good, cold air, clean, \$1,300. Call 212-5004.

## 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.

**Implementation Specialist, San Antonio.** Analyzes and implements AutoPay payroll or additional business orders. Performs a thorough analysis of the client's business needs. Addresses client issues/problems timely. Effective analytical and communication skills.

**Health Care Administrator, San Antonio.** Responsible for the creation and maintenance of a high quality, long term care environment to include providing excellent care to the residents and maintaining an exceptional work environment for our associates. Oversees the management and the day-to-day operations of the healthcare center.

**Document Management Specialist, San Antonio.** Be part of a team responsible for implementing and supporting technologies in the area of output management. Have the ability to link technology solutions to business requirements. Experience in designing and implementing output management technologies.