



News Leader[®]



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Fort Sam Houston — Home of Army Medicine

Dec. 2, 2004

Briefs . . .

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 Friday 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.

Christmas Along the Corridor

The public is invited to the 16th annual Christmas Along the Corridor Grand Finale and Fair Saturday 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. The Pony Express Courier Run Grand Finale presentation begins at 2 p.m. Enter Post via Walters Gate (picture ID required). For more information visit AACOG's Web site at www.aacog.com/tourism.

Holiday caroling

The U.S. Army Medical Command Band will be holiday caroling in family housing areas Monday at Watkins Terrace, Harris Heights, Patch/Chaffe and Gorgas Circle; and Wednesday at Dickman/Graham/Wheaton, Artillery Post, Cavalry Post, Infantry Post and Staff Post.

Silent auction

Fort Sam Houston consolidated chaplain's fund will conduct a silent auction of donated items Wednesday in Bldg. 2530, next to Burger King, Room 2, from 10 a.m. to 1 p.m. The winners will be announced at the site at 1 p.m. The items include 100 Hummel figurines, jewelry and collectible coins. All property is sold as is and acceptable payment methods are money order, cashier's check or cash. For more information, call 221-5005 or 221-5006.

CFC rally, Wednesday

The U.S. Army Garrison will host an "Almost There" Combined Federal Campaign rally at the Roadrunner Community Center Wednesday at 11 a.m. For more information, see page 20.

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.

MEPS change of command

Lt. Cmdr. Pat L. Williams will relinquish command of the Military Entrance Processing Station to Lt. Cmdr. Angela Katson Friday at 10 a.m. at the Officers' Club.

Fort Sam detachments deploy to Iraq, Kuwait

Units to spend holidays far from home in desert

By Shadi May
Fort Sam Houston News Leader

Families and Soldiers from 43rd Medical Detachment and 328th Personnel Services Battalion gathered at a ceremony Nov. 24 at the Roadrunner Community Center to recognize men and women who deployed Sunday for Iraq and Kuwait.

Both units will be gone for more than 12 months. The 43rd personnel will support food inspection services and care for military working dogs.

"Whether you are a medic or a personnelist, you are going to be taking care of Soldiers," said Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander. "You have a very noble mission while you are there, but don't forget there is no safe place in Kuwait or Iraq right now, so don't forget that so we can have a joyous reunion a year from now."

"It's a little sad leaving family behind, but I joined the Army, and this is what we do, so I am going to support whatever they need me to do," said Staff Sgt. Estevan Delgado, a 43rd food inspection NCO, whose first deployment was to Kuwait. "I think the most challenging issue about this deployment is the beginning transition to get into the theater."

"I will miss family, good food and green trees; all you see is sand over there," said Sgt. Christopher Dallam, a veterinary technician. "My advice to other Soldiers is to be willing to adapt to change because everything changes so quickly."

See **DEPLOY** on Page 19



Photo by Elaine Aviles

Staff Sgt. Lisa Chapa hugs her nephew, A.J., at a deployment ceremony for the 43rd Medical Detachment and 328th Personnel Services Battalion Nov. 24 at the Roadrunner Community Center. The units deployed to Iraq and Kuwait Sunday.

Officials clarify utility billing for residents

WASHINGTON — Despite what an official called confusing news reports, Army families in privatized housing will not be responsible for utility bills until at least the spring of 2006.

Technicians began reading utility meters last month for new and remodeled privatized housing at some installations, said Ivan Bolden, Residential Communities Initiative Program Manager for Policy. Under RCI, about 40,000 family housing units at 15 installations have been turned over to private developers.

Bolden said the meters are being installed to collect data to determine a monthly allocation for utilities that will be supported by Soldier basic allowance for housing or BAH and rental payments.

The data will be reviewed in March 2005, Bolden said, and then a "mock utility billing" program will begin sometime thereafter.

The mock billing period will accomplish several things: first, it will help residents track their usage and consumption patterns; second, residents will receive monthly tips on how to conserve; and finally, they will be offered training to help families learn to be more energy efficient, Bolden said.

The mock billing program is scheduled to last a year, Bolden said. After this period, he said the Army will make adjustments (if needed) to the program and then begin the phase where Soldiers will be responsible for excessive use of their utilities.

Even after billing begins, good conservation will mean that most families will not

be required to send in payments, Bolden said. Only those who use more than the average for that area and house type will need to pay the difference, he explained.

Families that use less than the allocated rate may, in fact, earn a rebate, Bolden said.

"If you conserve, you can save money," he said.

Installations participating in the mock utility billing program include:

- Fort Carson, Colo.
- Fort Hood, Texas
- Fort Meade, Md.
- Fort Bragg, N.C.
- Fort Stewart, Ga.
- Fort Campbell, Ky.

For information about Fort Sam Houston's billing program, go to page 4.

Flu shots available

Flu shots for medically high risk military beneficiaries will be available on a walk-in basis at the Roadrunner Community Center, Bldg. 2927, Stanley Road, Wednesday, Dec. 9, 10, 13, 15 and 17 from 8 a.m. to 3 p.m.

Flu shots will be given only to the following medically high-risk groups:

- People 65 years old and older
- People 2 years old and older with underlying long-term illness (heart or lung disease, metabolic disease (like diabetes), kidney disease, a blood disorder or a weakened immune system,

including people with HIV/AIDS

- Pregnant women
- People who live in nursing homes or other chronic-care places
- People who are 6 months to 18 years of age, and take aspirin daily
- People who have or take care of a baby under 6 months old

People will be asked to complete a questionnaire prior to receiving a shot to determine if they are high risk. For more information, call 916-7358.

Peer-to-Peer software use jeopardizes security

By **Cindy Helton**
Director of Information Management

Peer-to-Peer (P2P) software is illegal and not permitted on Fort Sam Houston's enterprise network.

Despite recent published directives from Army leaders, P2P activity on Army networks is increasing at an alarming rate. It is in violation of AR 25-2 and presents a danger to Army and joint operations.

P2P software is used to make a connection between two computers over the Internet and to transfer and share files, view streaming audio or video and allow remote computer management. A few examples of P2P software are Kazaa, Napster, ICQ and Yahoo Messenger.

These connections degrade our information assurance and network defensive posture by opening back doors and

allowing malicious code to enter the network, bypassing security configurations at firewalls and critical e-mail virus-filtering software. It also can place the government in legal jeopardy if associated with download of unauthorized copyrighted materials such as songs, movies or software.

P2P usage accounts for more than 20 percent of the NIPRNET bandwidth, further reducing mission readiness.

While detection of P2P software installed on Army systems is largely a technical matter, enforcement of federal laws and Army regulations is a leadership issue. Your personal support and involvement in improving the information assurance and computer network defense posture is essential.

For more information, call Cindy Helton, director of information management, at 221-1300.

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New lease on life: Fort Sam civilian donates kidney to former co-worker

Story and photo by Elaine Aviles
Fort Sam Houston News Leader

After 24 years in the Army, Jeff Harris was excited about embarking on a second career in civil service and spending quality time with his wife and children.

But a blood test brought his future, and his dreams, to a screeching halt. Diagnosed with a severe case of hypertension, Harris' kidneys were failing.

Staring down illness and, possibly, death, Harris prayed for a miracle. The answer to his prayers came in the form of Bob Berg.

Berg, one of Harris' closest friends, offered, without hesitation, one of his kidneys.

"Bob is that kind of person," Harris said. "He's always giving."

Harris' health struggles date back to 1997, when he was diagnosed with hypertension-related kidney failure at a VA physical shortly after his retirement. The illness had decreased his kidney functions to 50 percent. Doctors put him on a strict diet but his kidneys continued to fail.

"They fell to 12 percent, then 8," he said. "Then I went on dialysis."

Dialysis wreaked havoc on his previously active lifestyle and doctors put him on an even more restrictive diet. His quality of life declined as he was hooked to dialysis machines three times a week for four hours at a time. Although dialysis kept toxins from shooting into the deadly ranges, it wasn't an acceptable permanent solution. The only cure was a new kidney.

"It was very hard to accept my situation," Harris said. "But it was out of my control so I submitted it to God. I then talked to friends and family. Ten of them offered a kidney."

Berg was one of the 10. A long-time friend and co-worker, Berg was devastated by his friend's condition.

The two met at Fort Polk in 1989 when Berg was a "fire breathing first sergeant," as Harris put it. Their paths crossed again at Fort Hood, then again in civil service working for the 5th Army Civil Support Training Group at Fort Sam Houston after they both retired.

Harris became Berg's closest confidant and their work relationship evolved into a close friendship.

Fourteen years after their first meeting, Berg stood helplessly by as Harris packed up his desk to start dialysis near his home in Killeen. Determined to help his friend, Berg decided it was time to take action.

"I was persistent about getting on the donor list and going for the tests," he said. "My friends and family didn't think I could do it. They thought I needed to be related to him or that a white guy wouldn't have the same genetics as a black guy. But I prayed about it and felt comfortable."

After a year on dialysis, Harris became eligible for kidney transplant surgery. Berg immediately went for the tests and, shortly after, got a call from the Texas Transplant Institute in San Antonio.

"It was a done deal if I still wanted to do it," Berg said. "But there was never any question about whether or not I would. I just knew it was meant to be."

"When he first told me he was going to get on the list to donate a kidney, I thought it would never happen," said Berg's wife, Rosann, an oral surgery medical technician at Brooke Army Medical Center.

"When we found out he was a match, I was nervous but excited because I knew what it would mean for Jeff. My friend went through the same thing and the new kidney gave her a new life."

With the support of his wife and two children, Berg called Harris to tell him the good news.

"I was shocked and elated," Harris said. "But, most of all, I was surprised Bob was a match. I thought the match would come from someone in my family."

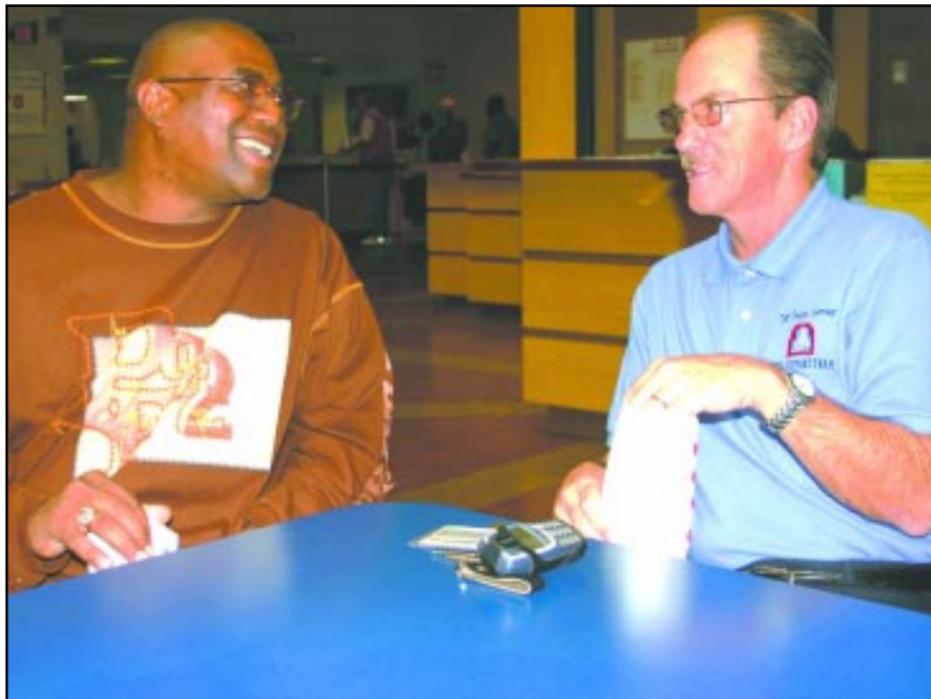
The perception is a common one, said Oscar Nava, a transplant coordinator at the Texas Transplant Institute.

"It's more likely to have a tissue match from family, but we see a lot of matches from unrelated people," he said. "Bob and Jeff were surprised they matched but we see it all the time."

Harris only saw a miracle.

"A new kidney meant the end of dialysis," he said. "I didn't know what it was like to lose quality of life until my illness. There was finally an end in sight."

Doctors from the institute performed the surgery Sept. 29.



Bob Berg (right), 5th Army Civil Support Training Group senior survey analyst, and close friend, Jeff Harris, visit at the Brooke Army Medical Center Nov. 16, just six weeks after their kidney transplant surgery. Berg donated his kidney to his former Army and civilian co-worker about a year after Harris' kidneys failed due to hypertension.

"We were cracking jokes and I asked the nurse if we could have the same surgeon as Sean Elliott (former San Antonio Spur)," Harris said. "She said we already did. We thought she was kidding but she wasn't."

Although he feared a long recovery process, six weeks and one day later, Berg was back at work.

"Before the surgery, I got a lot of negative reactions from people," he said. "They told me I'd be scarred for life or wouldn't be able to function normally. That wasn't the case at all. Jeff and I walked out of the hospital together in five days."

Harris left with a new lease on life, and Berg walked out with a sense of completion.

"You have to know Jeff to fully understand why I did it," he said. "He has a quality that's hard to describe. He's made me a more open, generous person. I'm grateful to him for that."

Berg's sacrifice didn't just save Jeff's life, it inspired his wife. Rosann recently volunteered to donate her kidney to a 5-year-old girl in California she discovered on the Internet and is waiting to see if

she's a match.

"I wouldn't have thought to do this if Bob hadn't," she said. "Bob's always been the biggest giver I've ever met, physically and emotionally. His sacrifice inspired me to think of others."

Helpful to the Bergs is 240 hours of free government leave given to donors who are civil service employees.

"People really don't have an excuse not to do it," Berg said. "I wish I had two more kidneys to donate."

Harris' wife Donna, is grateful he donated just the one.

"There are no words that I could express to explain what Bob's gift meant to me," she said.

While Berg is nearing a full recovery and return to his former lifestyle, Harris will have to be more careful and stay on a steady regime of anti-rejection pills. A small price to pay for a priceless gift, he said.

"God crossed our paths for a reason," he said. "I'm just grateful to have such a good friend."

AAFES officials caution consumers to 'read the fine print' on commercial calling cards

DALLAS — The Army and Air Force Exchange Service is "reaching out" to let troops know the dollars and cents of international telephone services.

Before service members even pick up a phone in a deployed location, Craig Sewell, AAFES vice president, services division, cautions them to read the fine print.

"Many domestic or per minute phone cards contain the phrase 'international flat rates vary.' These rates can vary widely," said Sewell.

For example, AAFES' 550-unit card is available for \$35 (when purchased from any exchange in Operations Iraqi and Enduring Freedom, \$39 else-

where). The closest competitor's 500-minute card sells for \$25.

While the competitor's card looks like a bargain, it is actually more expensive to use. Service members who use the AAFES prepaid card receive three times as many minutes for calls placed from Iraq to the United States. In this case, the "variation" is 25 cents per minute versus charges of 50 cents per minute.

The bottom line according to Sewell is that, "all phone cards are not created equal. It is important to let the troops and their loved ones know that cards from a third party may be subject to unforeseen charges."

Many prepaid phone cards sold in the United States are designed for use within the 48

contiguous states. Some retailers choose the holidays to "give" these phone cards away in hopes that they will be recharged for as much as 50 cents a minute.

AAFES' prepaid phone cards are designed for use on a "global platform." This platform, according to Sewell, "is tailored to the unique needs of mobile service members."

Troops, as well as friends and family, should be aware that price per minute charges can also be much higher when placing an overseas call using a credit card, calling card or other pre-paid phone cards.

Anyone (even non-authorized exchange customers) can now send a 550-Unit Military Exchange Global Prepaid Phone

Card to an individual service member or "any service member" through the Help Our Troops Call Home program. AAFES has worked with the American Red Cross, United Service Organization, Navy-Marine Corps Relief Society, Air Force Aid Society and the Fisher House Foundation to distribute 3,420 phone cards addressed to "any service member" since the Help Our Troops Call Home program began in April.

The AAFES' Help Our Troops Call Home program helps Marines, Sailors, Airmen and Soldiers stay in touch with loved ones back home. To date, 13,998 550-Unit Military Exchange Global Prepaid Phone cards have been purchased.

Sixty-one AAFES call centers throughout OIF and OEF have been critical in keeping deployed troops and their families in touch. The Military Exchange 550-Unit Prepaid Phone cards' minutes never expire and no additional charges or connection fees are ever added.

The Help Our Troops Call Home initiative allows any American to make a direct contribution to the morale of troops who find themselves far from home. People, organizations and businesses can log on to www.aafes.com and click the "Help Our Troops Call Home" link or call (800) 527-2345 for more information.

(Source: AAFES news release)

Transition course prepares combat medics to treat casualties

By Clarence Davis III
Fort Bliss Public Affairs Office

More than three years ago, the Army implemented military occupational specialty 91W.

Soldiers who held MOS 91B and MOS 91C were reclassified to 91WY2. The Y2 designator indicates that a Soldier is not fully qualified as a 91W. When the MOS 91W was implemented on Oct. 1, 2001, the decision was made that Soldiers in the active component would be given until Sep. 30, 2007. Soldiers in the Reserve component were given until Sep. 30, 2009, to be fully transitioned as a 91W. Soldiers who were on the E-7 promotion list before Oct. 1, 2001, were grandfathered and the Y2 was removed when they were promoted to sergeant first class.

"Because of the current pace of mobilization of the RC, there was a need to fully train Soldiers who were not fully transitioned before deployment," said Col. (Dr.) Kent Nabarrete, 5th Army Surgeon Office. "The training includes noncommissioned officers and company grade officers when space is available. Many of these Soldiers worked in other than medical specialties before being mobilized."

They are being trained on a 20-day Program-of-Instruction developed by the Army Medical Department Center and School at Fort Sam Houston, Texas.

The course is comprehensive and gives combat medics skills that they need to save lives.

"When the Soldier passes the NREMT (National Registry of Emergency Medical Technicians) examination, the Y2 identifier is removed from the Soldier's MOS and he or she is fully transitioned as a combat medic," he said.

"All mobilizing Soldiers who have not transitioned need to take this 91W Mobilizing and Sustainment Training course before deploying. It is a grueling 20 days of training that averages more than 12 hours a day and, in addition, there may be homework required," said Maj. Dawn M. Flynn, medical planner, 2nd Battalion, 91st Medical Brigade.

Bearing Point, Inc. instructors teach the course. The course includes cardiopulmonary recitations, basic emergency medical technician, pre-hospital trauma life support, trauma airway, intravenous, medication and shock, Tactical Combat Casualty Care Course and Table 8 (Semiannual Combat Skills Valuation Sustainment Training).

"After 120 hours of training, which includes the basic emergency technician module, the Soldier takes the NREMT examination," she said. "When the NREMT exam is passed along with the requirements listed above, the Y2 identifier is removed and the Soldier is fully transitioned as a combat medic."

The Soldier's personnel section will remove the identifier



Photo by Clarence Davis III

Spc. Michelle Sadumiano, combat medic, C Company, 29th Support Battalion, 29th Brigade Combat Team, treats a simulated chest wound during the course of her training.

when it receives the results.

According to Spc. Ralph-Michael Ignacio, combat medic, E Company, 100th Battalion, 442 Infantry, the course has been a validation of his present knowledge because he transitioned at Tripler Army Medical Center two years ago. Before he was awarded the MOS of 91WY2, he was a 91B. Now his knowledge and scope has broadened.

"This training is great because this is my first field

unit. I know how to treat patients in a fixed facility," he said. "This training reinforces my combat medic skills and training. I am confident in my skills to save a life on the battlefield and protect my and the patient's life if need be."

Many students had extensive knowledge and some had little knowledge of being an EMT; however, all of the students knew Army tactics.

"I've never been with a group that was so motivated to learn

everything about being an EMT," said Christine Saucedo, an EMT and contracted instructor. "I know that these Soldiers care about themselves, each other and the Soldiers that they will treat as combat medics. They have the tools to build upon."

"This is a win-win situation because the Army gets a trained combat medic and the Soldier gets medical skills that he can build upon," said Nabarrete.

New system puts emphasis on environmental concerns

By Vincent Romeo
Environmental Office

The Environmental Management System, a new Army-wide environmental initiative, has been implemented at Fort Sam Houston and Camp Bullis.

The purpose of the Fort Sam Houston and Camp Bullis EMS is to sustain training lands and enable the mission by reducing environmental liability and cost.

The most significant operational impact people may notice is more emphasis placed on environmental concerns through the

installation's planning and purchasing processes and daily activities.

"Finding the path where both military readiness and environmental stewardship are reinforced and improved by one another is ... a very narrow path we must take to act as responsible defenders and citizens of our country," said former Secretary of the Army Thomas White.

The goals of the executive order are

- Environmental Management
- Environmental Compliance
- Pollution Prevention
- Right-to-Know

- Toxic Chemical Release Reduction
- Toxic and Hazardous Chemical Use Reduction
- Ozone Depleting Substance Reduction
- Environmental and Economically Beneficial Landscaping

Environmental concerns will be integrated into daily operations to ensure they do not slow training or use up funding. For example, awareness and proper planning for environmental responsibilities such as field fueling operations or purchasing products with less packaging can meet goals to reduce the costs of response

to fuel spills or the costs of disposal/recycling for large amounts of packaging.

EMS awareness training for post Soldiers, civilians and contractors will be offered in upcoming months.

Col. Garry F. Atkins, garrison commander, issued a memorandum requiring cooperation with the initiative in April. He also established the Environmental Quality Control Committee to oversee the details for EMS implementation.

More information about EMS and its implementation will be released soon.

Utility policy to reward housing residents for efficient energy use

The Fort Sam Houston Family Housing, LP, a collaboration between the Army and Lincoln Military Housing, will own and operate military housing at Fort Sam Houston starting March 1.

Once the new partnership is in effect, post housing residents will have to comply with the Army Utility Policy, which places responsibility for electricity and gas utility costs on the resident.

Under the FSHFH Utility

Program, the basic allowance for housing is the established rent for post housing. A utility allowance will be identified from within each resident's BAH after utility metering of each residence and the entire village, and after construction and renovation is completed. The allowance will be based on the average cost of utilities for comparable houses in the resident's village. The partnership will receive the total BAH

and set aside the utility allowance to pay for each resident's gas and electric costs.

The utility allowance will be established after a one-year historical model is completed and a baseline is determined. During the one-year period, the residents will receive mock bills. The mock-billing period will provide the partnership with an accurate baseline utility usage figure for the homes and also inform the

Soldiers whether they are above or below the "typical" utility consumption for that type of home.

After mock billing ends, Soldiers will start receiving bills that compare their actual utility usage with the baseline. Soldiers who have conserved utilities will get a rebate, while those who have consumed more than the average will be expected to pay the difference.

The timeline for the imple-

mentation of the utility program will vary between villages and a specific implementation schedule will be provided to the residents at least one year in advance (during the mock-billing process).

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

(Source: RCI Office)

Crime watch

Prevention tips keep people safe at home

By Elaine Aviles
Fort Sam Houston News Leader

Recent news reports are swamped with stories of home invasions, during which people are terrorized and, in the worst scenarios, harmed. The most visible story here is a missing San Antonio teacher snatched out of her home right before Thanksgiving.

Most people picture a crime like this as a violent one with broken windows and bashed in doors. But, in the teacher's case, preliminary reports say she opened the door and let the criminals walk right in.

While unfortunate, this scenario is far from uncommon.

"People picture the bad guys kicking the door in and coming in with guns blazing," said Linda Furlow, Provost Marshal Office crime prevention specialist. "Most criminals knock on the door and either push their way in or people invite them in."

This behavior can be chalked up to a too trusting society, said Bob Sills, Texas Crime Prevention Association president.

"People have been thinking since the 1950s that their home is their castle," he said. "They let their guard down and feel safe and sound. Predators study us and our habits, then capitalize on opportunities."

The No. 1 way people can ensure their safety is to take a few seconds to lock the door.

"Criminals try door knobs," Furlow said. "A lot of people open their garage and leave the connecting door unlocked and the garage door open. The safest route is to lock the doors and windows and not to open them."

This is the case even if the person appears

to be a utility or construction worker.

"People called 'travelers' gravitate to places that have natural disasters, like the recent floods here," Furlow said. "They pose as inexpensive workers and ask for half the money up front to fix your roof or other flood damage. They take the money and disappear."

People should put the antiterrorism and force protection measures so commonly taught throughout the military, into effect in their homes.

"Scan your house as you pull up," Sills said. "Listen to your intuition. If something seems off kilter, then don't go in the house. Always check under and inside your car before you get in. And, do a paradigm shift. As Americans, we feel it's rude to ignore a doorbell or speak to someone through the door - don't."

This is particularly the case during the holiday season, when property crime spikes, according to crime prevention specialists.

"People have a lot of gifts in the house around the holiday season, so we see an increase in crime," said Randy Geary, San Antonio Fear Free Environment officer. "People don't think it will happen to them until it does."

Just because the person on the other side of the door may be familiar, as investigators believe was the case with the teacher, he may not be someone trustworthy.

"We have a lot of acquaintances, but you have to wait until they prove themselves," Sills said. "Check with the Better Business Bureau to see if they're from a reputable business. How much closer do you have to get to someone before you see the wolf?"

Other home security tips include:

Use an alarm system. "People have a lot of false security with alarm systems, but they're not a saving grace," Sills said. "However, they are another layer of detection."

Trim hedges so they're below the windowsill. Keep branches and trees off the roofline.

Create a safe room with a solid core door and a cell phone and charger.

Check window locks daily.

For women with deployed spouses, **don't post "Come Home Soon Daddy"**-type signs on the lawn. Show support with yellow ribbons.

Have an action plan and educate the family on what to do if someone enters the house.

Get rid of pet doors. "People with pet doors automatically fail a home security inspection," Sills said.

If someone comes in, get out and go to a neighbor's house. If caught, give the criminal what he or she wants.

Keep high-value items marked and record serial numbers.

Re-key or replace all locks in a new home or apartment.

Install 1-inch case, hardened steel deadbolt locks on exterior doors.

Install a 190-degree door viewer or door scope in the front door.

Ask for ID cards from all repair people or public service workers without opening the door.

Hang up on frightening or obscene callers. Get an answering machine and screen callers.

People can call their local police substation for a free home security inspection. For more information about crime prevention, call Furlow at 221-9686.

Fort Sam Houston Family Housing Small Business Forum

Attention: Small and Large Business Representatives

Date: Today

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, call the Financial

Readiness Branch of Army Community Service at 221-1612.

Serving those who serve



Photo by Norma Guerra

Brig. Gen. C. William Fox, Jr., Brooke Army Medical Center commander, and his wife Jan, help serve a traditional Thanksgiving meal in the hospital dining facility to thank Soldiers and their families.

Holiday greetings



Photo by Mike Dulevitz

Brooke Army Medical Center's Critical Care staff and the city of San Antonio's AIRLIFE teams come together at the BAMC helipad with the hospital in the background for a Christmas photo which will be sent with well wishes to their Soldier counterparts serving in Iraq.

DoD, VA agree on discharge, examination processing

The Departments of Defense and Veterans Affairs signed an agreement this week to implement cooperative separation processes and physical examinations for service members at discharge sites.

This initiative builds upon the 26 individual benefits delivery at discharge sites that have existing agreements, many of which date from the mid-1990s. Both departments are committed to a seamless transition process for service members.

In a memorandum of agreement, David S.C. Chu, undersecretary for defense, personnel and readiness, and Gordon H. Mansfield, VA deputy secretary, agreed on several key issues for separation and disability evaluations. The examination process includes providing adequate medical resources — examining physicians, laboratory facilities, examination rooms and support staff — and additional testing or screening.

The departments also agree to begin exploring the technical feasibility, schedule and cost

requirements for the implementation of an electronic physical exam through a single, consistent electronic physical examination record, which will meet military service and VA requirements. To fulfill such requirements in the past, service members underwent two physical examinations within months of each other when service members filed for VA disability compensation. Neither of the examinations fully satisfied the needs of both VA and DoD. These redundant examinations inconvenienced service members, delayed claims processing and access to VA healthcare, and created an added cost to the federal government. This MOA helps to streamline the process without compromising the gathering of information critical to both departments.

This memorandum of agreement is one of many initiatives undertaken by the two departments to create a more seamless process for service members to access benefits.

(Source: Department of Defense news release)

Health Promotion Center December Class Schedule

Class	Date	Time
Introduction to Weight Reduction	Friday	12 to 1:30 p.m.
Breastfeeding Support Group	Friday	1 to 2:30 p.m.
Diabetes Education	Monday	12:45 to 4:30 p.m.
Diabetes Education	Tuesday	12:45 to 4:30 p.m.
Breast and Gyn Cancer Support Group	Wednesday	9:30 to 11 a.m.
Office Yoga	Wednesday	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



DoD discourages care packages, AAFES presents alternative show of support

DALLAS - As the Department of Defense continues to urge the general public not to send unsolicited mail, care packages or donations to service members during the holiday season, thousands of Americans have found the Army and Air Force Exchange Services' Gifts from the Homefront program to be a safe, efficient and cost-effective alternative.

According to the DoD, the number of donation programs that rely on care packages during the holidays increase and cause mail from families and friends to be mixed with mail from unknown sources resulting in delivery delays.

A DoD release states that, "service members should receive mail only from those friends and family members to whom they personally give their address. Military addresses should not be passed around by family members for use by donation programs. Unknown mailers could then obtain those addresses and mail harmful items to service members."

In response to the DoD indefinite suspension of general donation programs from unknown mailers, AAFES has created the Gifts from the Homefront program as an alternative for people who don't know a specific person in the military, but still want to send support to troops serving in Operations Iraqi and Enduring Freedom.

Since the program's inception last year, 25,214 Gifts from the Homefront gift certificates, totaling \$491,510, have been purchased by Americans wishing to make a direct impact on the morale of deployed troops. These funds are being used by service members to purchase CDs, DVDs, magazines, snacks and phone cards for those all-important calls home.

"In our efforts to help we need to be con-

scious of the strain that is often placed on the military postal system," said Maj. Gen. Kathryn Frost, AAFES commander. "Packages are nice, but unlike a care package, a "Gift from the Homefront" gift certificate is quickly available - no sluggish mail, no wait and no expensive shipping costs. This program gets comfort items into the hands of troops fast and helps to relieve the burden of the military postal system."

Because the gift certificates can be used for merchandise already stocked at contingency locations, "Gifts from the Homefront" are a safe and affordable alternative to care packages. Service members can purchase exactly what they need with the certificates because they can be applied to a wide range of products.

The DoD has emphasized that names and addresses of military service members must not be distributed by the media, Web sites, companies, nonprofit organizations, schools and people for the purpose of collecting letters of support or donations for mailing to service members.

Those wishing to send "Gifts from the Homefront" to "any service member" can log on to aafes.com or call (877) 770-4438. From there, the gift certificates can be sent to "any service member" via the United Service Organization, American Red Cross, Air Force Aid Society or Fisher House.

"Gifts from the Homefront" can be redeemed at any AAFES facility in the world including 51 facilities in Operations Iraqi and Enduring Freedom; 29 locations in Iraq, 10 in Kuwait, five in Afghanistan, one each in Pakistan, Kyrgyzstan, Uzbekistan, and four in Qatar/United Arab Emirates/Djibouti.

(Source: AAFES news release)

Need an ID Card?

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



Elves greet holidays

Fort Sam volunteers wrap gifts in exchange for smiles

Story and photos by Shadi May
Fort Sam Houston News Leader

Holiday Helping Hands is in its eighth year of service assisting Fort Sam Houston families have a bright holiday season.

The program guarantees Fort Sam families in need, regardless of rank, will have a traditional holiday meal and that all children will receive a present.

Donations by people and organizations make this mission possible.

"We receive donations and toys to provide Thanksgiving and Christmas assistance to Soldiers, DoD civilians and retirees who need assistance," said Robb Wood, HHH volunteer president and director of Fort Sam's Protestant religious education. "If we have an E-8 or an O-6 who needs support because of extraordinary circumstances, we will help them. Rank is not an issue."

Fifteen to 20 units and organizations throughout Fort Sam and San Antonio support this event and offer volunteers for the gift-wrapping booth.

Approximately 350 families will benefit from the program. HHH donated more than \$12,000 for Thanksgiving.

"I am happy that the units are very supportive because it is a

very important organization," said Master Sgt. Jacqueline Hamilton, staffing director for gift-wrapping booth. "I just want people to continue to volunteer."

"Holiday Helping Hands continues to be a blessing to the Fort Sam Houston community," said Garrison Command Sgt. Maj. Johnny Gray. "It's about doing the right thing and taking care of our Soldiers."

"It's a wonderful way that we take care of our Soldier and families," said Col. Garry Atkins, garrison commander, during the ribbon-cutting ceremony of the gift-wrapping booth Tuesday.

Volunteers will wrap presents from 9 a.m. to 9 p.m. everyday through Dec. 23 at the booth located outside the post exchange.

"It's a good way to help others and feel the Christmas spirit," said Sgt. 1st Class Erika Silvia, a volunteer gift wrapper from Academy Battalion, C Company.

All proceeds from gift-wrapping services will help Fort Sam families. People or units interested in volunteering may call Hamilton at 295-2027 or visit the HHH Web site at www.holidayhelpinghands.org.



Maj. Gen. George Weightman, Fort Sam Houston commander, along with other post leaders participated in the Holiday Helping Hand booth ribbon-cutting ceremony.



Command Sgt. Maj. Johnny Gray and Master Sgt. Jacqueline Hamilton wrap presents.

Let's see 'Who's the BOSS?'

Support program promotes community involvement, friendship, camaraderie.



Photo by Esther Garcia

First Sgt. Roy Velez, from C Company Academy Battalion, and Lt Col. Randall Anderson, former Academy Battalion commander, check out a grill donated to their unit by BOSS.

By Shadi May
Fort Sam Houston News Leader

Single Soldiers at Fort Sam Houston who are looking for something to do on their next day off can call their Better Opportunity for Single Soldiers program representative.

BOSS was developed in 1989 and formally expanded in the Army in 1991. "It's a program designed for Soldiers to live a "non-strict" life," said Staff Sgt. Edward Castro, a physical therapy specialty course instructor and writer and Fort Sam Houston's BOSS president. "BOSS coordinates activities for permanent party single Soldiers, single-parent Soldiers and unaccompanied married Soldiers."

BOSS is an opportunity for Soldiers to surface quality of life issues through the chain of command. The program covers three pillars: quality of life, community services and recreation and leisure.

Quality of life deals with issues which can influence to enhance Soldiers' morale and living environment such as barracks' heat, air conditioning and water issues; dining facilities; post exchange and commissary.

"We encourage unit representatives, supervisors, first sergeants and commanders to attend our monthly meetings to voice any concerns they might have in the above areas," said Castro. "Married Soldiers living on post are highly encouraged to participate as well."

Community services is BOSS' most involved pillar as they participate in projects that make a difference in others' lives. Mentoring, Habitat for Humanity, San Antonio Metropolitan Ministries and Society of St. Vincent de Paul are just a few examples covered in this area. BOSS also assists Army and Air Force Exchange Services with heritage observations.

Recreation and leisure includes activities such as trips in and out of San Antonio to football games, Spurs games and attraction parks.

"BOSS offsets the cost and single participants will pay a share," said Castro.

BOSS meets every first and third Wednesday of each month at the Hacienda Recreation Center from 1:30 to 2:30 p.m. Their next event is for Holiday Helping Hands Dec. 12 from 9 a.m. to 3 p.m. at the post exchange parking lot. For more information or to sign up, call Staff Sgt. Castro at 221-8760 or e-mail: Edward.castro@amedd.army.mil.

Postal service offers free shipping materials for military families

By Donna Miles
American Forces Press Service

WASHINGTON, D.C. — With so many military families scrambling to ship holiday care packages to their loved ones deployed around the world, the U.S. Postal Service is stepping in to make things a bit easier.

It's offering a package of free packing materials, including 10 boxes, 10 customs forms with envelopes, 10 "Mili-Pac" shipping envelopes, which are specially printed to reflect the complexities of military mailing addresses, and a roll of Priority Mail tape. Postal Service Spokeswoman Sue Brennan said USPS started the service Oct. 25 as an extension of an offer the Postal Service provides all mailers. By calling a toll-free number, anyone can request free shipping materials.

Brennan said the Postal Service was getting deluged with requests from military families — about 1,000 calls a day since late September. In response, it came up with a special kit of the most popular items ordered to send care packages to the troops, she said.

To order the special kit, call (800) 610-8734 and request Care Kit 4. Brennan said the Postal Service will ship it by Priority Mail, with delivery generally within a couple of days.

Although the packing materials are free, shippers must still pay normal postage costs, Brennan said.

The U.S. Postal Service and Military Postal Service work hand in hand to support troops deployed to Iraq and Afghanistan. Brennan said mail centers in New York, San Francisco and Miami have processed more

than 100 million pounds of mail for deployed troops since early 2003. At its high point, mail volume to the Persian Gulf region reached 400,000 pounds a day, she said.

Since the beginning of Operation Iraqi Freedom, more than 650 dedicated contract flights have carried mail to the region, and the Postal Service continues to send a 747-series freighter of military mail to Southwest Asia every day, Brennan said.

The number of contract flights carrying mail to the region more than doubled in mid-November, Brennan said, and is expected to remain at that level through late December. For more information on the Postal Service or on ways to support troops overseas, go to <http://www.usps.com/supportingourtroops/welcome.htm>.

Overseas holiday mailing deadlines

The recommended deadlines for sending mail from the United States to all overseas military mailing addresses for the holidays are

- Parcel airlift mail: Saturday.
- Priority and first-class letters and cards: Dec. 11 (Monday for APO 093).
- Express mail military service: Dec. 20 (Not applicable for APO 093).

— People sending mail to an overseas APO or FPO should not use the geographical location. For example, do not use Baghdad, Iraq, on the address. This will cause the mail to be placed into the international mail system and may cause severe delays.



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

Ethics Training

Ethics training for Army Medical Department Center and School and Fort Sam Houston military and civilian personnel is Dec. 15 from 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 for AMEDDC&S and Fort Sam Houston, at 221-2373 or 221-0485.

232nd Medical Battalion Soldier and Junior Leader of the Week



Photos by 1st Lt. Mia Brockett

Pvt. Jamiell Goforth, Soldier of the Week, assigned to E Company, 232nd Medical Battalion, hails from Seattle, Wash. When asked why she joined the Army, Goforth said, "for service to my country and to provide a better life for my family." Her plan for the future is to strive for excellence in her military career and go airborne. Goforth enjoys performing arts and hiking.

Spc. Kenneth Bethard, Junior Leader of the Week, assigned to E Company, 232nd Medical Battalion, is from Dagsboro, Del. Bethard said he joined the Army "because he wanted to serve his country and demonstrate to his children that some things are worth sacrificing for." Bethard has a bachelor's degree in criminal justice from Eastern Kentucky University. He plans to attend the flight medic course. Bethard spends his off time running and reading.



Avoid high winter energy bill 'sticker shock'

Washington, D.C. — Soaring costs and tight supplies of heating oil and natural gas coupled with predictions of colder-than-normal temperatures in parts of the country mean it will cost significantly more to heat your home this winter.

The Alliance to Save Energy urges consumers to act now to improve home energy efficiency rather than panic after the fact when high winter energy bills cause "sticker shock."

An energy-efficient home is a strong defense against winter winds, rain, sleet, snow and chill and also protects the environment and increases national security by cutting wasteful energy use.

The alliance recommends three tips homeowners can do to cut heating bills this winter by up to 50 percent:

"Insulate" yourself from price shocks.

Appropriate insulation for your climate based on R-values can increase your comfort and reduce your heating costs up to 30 percent. Start with attic insulation, followed by exterior and basement walls, floors and crawl spaces. Insulate and seal attic air ducts.

Check your home for air leaks, otherwise you're paying to heat the outdoors. Seal leaks between moving parts (between door and frame)



with weather stripping. Caulk leaks between non-moving parts (between window frame and wall).

Install a programmable thermostat that "remembers" to lower the temperature during the day when no one is home but the goldfish. You don't have to rely on your memory when you're in a rush. The programmable thermostat meets your daily and weekend patterns and comfort needs.

The Alliance's Web site offers consumers a large selection of additional tips to lower home and vehicle energy bills and extensive resources to meet any need. Visit <http://www.ase.org/consumers>.

(Source: Alliance to Save Energy news release)

2004

JINGLE IN THE HOLIDAYS!

FORT SAM HOUSTON - NCO CLUB

1800 Friday, December 10, 2004

\$22.00 Per Person Includes:
Dinner and Dessert
Wine
Entertainment and Door Prizes

Ticket Sales Through
December 3, 2004

Military: Formal Military Uniform

Civilian: Formal Evening Attire

Please Bring a New Unwrapped Toy, in Support of Holiday Helping Hands!

HOLIDAY BALL MENU

\$22.00 PER PERSON

Chicken Breast on a Bed of Walnut & Raisin Dressing
Topped with Cranberry Sauce
Medallion of Sirloin
Topped with Maitre'd Butter
Garlic & Cheese Mashed Potatoes
Prince William Vegetables
Black Forest Cheesecake Drizzled with Raspberry Sauce

ALL ENTREES INCLUDE

Spring Mix Salad, Glass of Chardonnay, Dinner Rolls and Butter, and Ice Tea

VEGETARIAN PLATE

Penne Pasta with White Wine Sauce
Grilled Zucchini & Sautéed Portobello Mushrooms

RESERVATION

Turn in reservation along with full payment for ticket(s)
(Please print and return to your CSM / SGM / activity representative)

NAME: _____ RANK: _____ UNIT/ORG: _____

SPOUSE/GUEST NAME: _____ PHONE: _____

Meal Selection

M	V
M	V

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

Fort Sam Houston Independent School District

Weekly Campus Activities Monday through Dec. 11

Fort Sam Houston Elementary School

Dec. 10
Spirit Day

Robert G. Cole Jr./Sr. High School

Monday
Grade 12: ASVASB test at JROTC, 8 a.m.

Tuesday
Boys' soccer vs. St. Mary's Hall at Cole, 5:30 p.m.
JROTC blood drive at Pryor Hall 2:30 to 7 p.m.
Boys' basketball vs. Poteet at Cole, 6 and 7:30 p.m.

Wednesday
Girls' basketball at TMI, 5:30 and 7 p.m.
Girls' soccer vs. St. Mary's Hall at Cole, 5 p.m.

Dec. 9
Cole Varsity Holiday Concert at Evans Auditorium, 7 p.m.
Boys' varsity basketball tournament at Poteet, TBA
Girls' varsity basketball tournament at Pearsall, TBA
Girls' soccer vs. Providence at Providence, 6 p.m.

Dec. 10
2nd nine week tests: social studies and electives
FSH Army Jazz Band at lunch, mall area
Girls' varsity basketball tournament at Pearsall, TBA
TISCA swim meet at Davis Natatorium, 7:30 a.m.
Boys' varsity basketball tournament at Poteet, TBA

Dec. 11
Academic decathlon practice meet at Cole, 7:30 a.m.
JROTC drill meet at John Jay High School, all day
Girls' varsity basketball tournament at Pearsall, TBA
Boys' varsity basketball tournament at Poteet, TBA
TISCA swim meet at Davis Natatorium, 5 p.m.

Holiday blood drive

The Robert G. Cole High School Junior ROTC "Cougar Battalion" will host the annual holiday blood drive Tuesday from 2:30 to 7 p.m. in the Cole JROTC Building, Pryor Hall. Donors must be 18 years old and weigh at least 110 pounds. For more information, call 368-8730, ext. 7018 or 7019.

Post's Rainbow Kids schedule holiday performances

The Fort Sam Houston Rainbow Kids will be busy for the holiday season. The group will sing their hearts out when they Carol on the River on the River Walk Tuesday. They begin their one-hour tour of the river at 8 p.m.

The entertainers will present a special performance Wednesday for the St. Peter's/St. Joseph's Children's Home, 919 Mission Road.

Then the "kids" will present their only public holiday performance Dec. 18 at 7 p.m. at the Roadrunner Community Center, Building 2797. The show is free and open to the public. Enter the post via the Walters Street gate off of Interstate Highway 35.

Performing this season with the Rainbow Kids are Giovana (Gigi) Arcchi, Alana Dvorak, Raven Harden, Talia Howard, Cara Kiger, Elizabeth LaFrance, Emily Mazak, Katie McHargue, Liam Merkle, Perry Moore, Amy Mulkey, Cady Mulkey, Natalie Palmer, Jennifer Pederson, Luisa Rodriguez and Victoria Ziegler.

The Rainbow Kids are sponsored by the Fort Sam Houston Youth Activities under the direction of Ron Joy. For more information, call Joy at (830) 980-7786 or 295-2093.

Army Community Service

Family Advocacy Program Class Schedule – December 2004

Class Title	Dates	Class Time
Anger Management Awareness	15	11:30 a.m. to 1 p.m.
Basics of Breastfeeding	15	10:30 a.m. to 12 p.m.
Boys Only! Ages 6 to 8 and 9 to 10	Wednesday	3 to 4 p.m.
Building Effective Anger	Tuesday and 14	11 a.m. to 1 p.m.
Management Skills Series 1 to 4 New Series (1-3)	Friday, 10 and 17	11 a.m. to 1 p.m.
Commanders Training	16	8 to 9:30 a.m.
Coping with Difficult People	Tuesday	1 to 2:30 p.m.
DivorceCare	today, 9 and 16	11:30 a.m. to 12:45 p.m.
Getting Ready for Childbirth	today and 9	9 a.m. to 12 p.m.
Girl Talk! Ages 9 to 10	15	3 to 4 p.m.
Healthy Pregnancy	Monday	9 a.m. to 12 p.m.
Helping Us Grow Securely(H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
Holiday Stress I and II	9 and 16	1 to 2:30 p.m.
SMART Girls	9	4 to 5 p.m.
Teen Talk	today and 16	4 to 5 p.m.
The Middle Way	Monday, 20 and 27	11 a.m. to 1 p.m.
Parenting Class – Truth or Consequences?	Tuesday, 21 and 28	4:30 to 5:30 p.m.
You and Your Baby	Wednesday	8 a.m. to 12 p.m.

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

Dear Parents...

Do your children
need a safety helmet?



Holiday safety

Fire prevention tips keep home, family out of harm's way

The Fort Sam Houston Fire and Emergency Services and the New York State Association of Fire Chiefs offer the following holiday season fire prevention safety tips from the U.S. Fire Administration.

Live tree precautions

Live Christmas trees are not permitted in assembly, educational, health care, mercantile or dormitory occupancies in accordance with FSH Regulation 420-5 (Fire and Emergency Services).

Selecting a tree

Needles on fresh trees should be green and hard to pull back from the branches, and the needles should not break if the tree has been freshly cut. The trunk should be sticky to the touch. Old trees can be identified by bouncing the tree trunk on the ground. If many needles fall off, the tree is probably dried out and a fire hazard.

Tree care

Set your tree up in a safe area located away from all heat sources. Do not place the tree near a fireplace or heating vent because the heat will dry out the tree. If there are smokers in the house, do not allow them to smoke near the tree. Do not put your live tree up too early or leave it

up for longer than two weeks. Keep the tree stand filled with water at all times.

Tree disposal

As soon as the tree becomes dry, it needs to be disposed of promptly. If your community uses a recycling service, this is the best way to dispose of the tree.

Otherwise, have the tree hauled away by your waste hauler. Never put the tree branches or needles in a fireplace or wood-burning stove.

Artificial trees

If you opt for an artificial tree, make sure that the tree has a fire-retardant label. If the tree is metal or aluminum, do not use lights or electrical products to decorate it. Metal is a good conductor of electricity.

Holiday decorative lighting

Indoor lights

Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before installation. Use only lighting listed by an approved testing laboratory. Unplug decorative lighting before you go to bed or leave the house.

Outdoor lights

Use only lighting listed by an approved testing laboratory and marked for outdoor use. Turn off electricity to the supply outlet before wiring. Run outdoor cords above ground, keeping them out of the puddles and snow. To prevent moisture from entering bulb sockets, turn bulbs to face the ground.

Avoid overload

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires – they should not be warm to the touch.

Do not leave holiday lights unattended

Holiday decorations

Use nonflammable decorations

All decorations should be nonflammable or flame-retardant and placed away from heat vents. Never put wrapping paper in a fireplace, as it can throw off dangerous sparks and produce a chemical buildup in the home that can cause an explosion.

Candle care

Avoid using lit candles. If you do use them, make sure they are in stable holders

and place them where they cannot easily be knocked down. Never leave the house with candles burning.

Smoke detectors

Have working smoke detectors installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times.

Plan ahead

Know when and how to call for help. Keep fire department, police, ambulance, doctor and other emergency service numbers posted on or near your telephone. Keep a UL-listed, multi-purpose fire extinguisher in your kitchen when preparing holiday meals – and know how to use it. Remember to practice your home escape plan so everyone is familiar with it in the event of an emergency.

Emergency reporting numbers

On post — 911
On post commercial telephones — 554-4713
Post housing — 554-4713
For more information about fire safety, call the Fort Sam Houston Fire Prevention Office at 221-5452.

(Source: Fort Sam Houston Fire and Emergency Services)

Local families share Thanksgiving with post Soldiers

Story and photos by Phil Reidinger
Fort Sam Houston Public Affairs

On the morning of Thanksgiving Day, 820 families came to Fort Sam Houston to host more than 1,600 Soldiers as their guests for the traditional holiday that celebrates family values and American traditions.

The Soldiers are assigned to the 32nd Medical Brigade for Initial Entry Training in various medical specialties

Military police established traffic control points to maintain smooth traffic flow along Wilson and Garden streets, and Soldiers

helped direct families to multiple parking areas.

The Evans Theater and the Army Medical Department Regimental Chapel were filled with waiting families entertained by Potter's Clay, a local band. Soon, the sounds of Soldiers marching in formation filled the air as formations assembled outside the buildings.

With military precision, chaplains and unit cadre greeted the families, quickly accomplished paperwork and paired Soldiers with host families. Families were eager to start their festivities and Soldiers anticipated a family Thanksgiving, although away from home.



Host families and Soldiers meet and, after brief introductions, begin their Thanksgiving Day together.



(From left) Stephanie Harr, a first-year host family member, greets Spc. Joshua Randles, from Argyle, N.Y., and Pfc. Michael Reisinger from Utica, Pa. Harr said she wanted to participate in Mission Thanksgiving since she had so many deployments aboard ship during many holidays away from her family. "I am proud these Soldiers are serving our country and wanted to thank them," she said.



(Above) Nora Fernandez, Telemundo television reporter, interviews Pfc. John Nazario (left), from Humacao, Puerto Rico, and Pvt. Obed Seda from Ponce, Puerto Rico. Both said Thanksgiving is a time for family, usually spent at their grandmother's house, where they enjoy home-cooked favorites, salsa music and dancing.



(Left) Potter's Clay, a local band, entertained families waiting in Evans Theater for the arrival of Soldiers.



Lt. Col. John Collins, 187th Medical Battalion commander, inspects his unit formations as the 32nd Medical Brigade cadre prepare to pair Soldiers with host families.



Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander, thanks the deploying Soldiers for their sacrifices during the deployment ceremony.



Photos by Elaine Aviles

Staff Sgt. Danny Hailey, mobile food safety lab NCO, shares a moment with his 8-year-old daughter, Michelle. Hailey left for the desert Sunday.



Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander, speaks with Staff Sgt. Lisa Chapa, her nephew, A.J., and her father, Albert Chapa, Sr. after the ceremony.

Deploy

Continued from Page 1

This deployment will be the third one for Staff Sgt. Danny Hailey, a mobile food safety lab NCO. He has been once to each Kuwait and Iraq. "You don't want to leave the family, but you know it's coming, so you just prepare for it," said Hailey.

"The big challenge for us will be the family separation because we are a very close unit, so being separated will be the biggest hurdle to overcome," said Capt. Lisa Hull, detachment commander. "I want my troops to be alert and alive."

But these Soldiers aren't the only brave members of the Army family.

"She is doing a duty for our nation, and I am very proud of her," added Heath, Hull's husband. "She can definitely handle herself, so I am not too worried about her."

"I am proud of him; we are willing to make the sacrifice for the country," said Louisa Vaughan, wife of Sgt. James Vaughan. "I want him to stay strong and not to worry about home. I want him to concentrate on his mission, do his job and come home safely and want every-

body to pray for all the Soldiers in Iraq."

While the 43rd will support the troops in Iraq, the 328th Personnel Services, Detachment 2, will head to Kuwait for more than 12 months to provide support for reception, staging, onward movement and integration for individual Soldiers and units.

"There is no fear or apprehension, but I feel like I am better prepared this time," said Staff Sgt. Krista Hays, deployment and redeployment NCO. "I will miss the everyday conveniences."

"I am 56, the youngest Soldier in the unit," smiled Chief Warrant Officer Perry Bartholow. "I just want to make it back for my son's wedding in June. My advice to my troops is to stay in touch with their families; we will have e-mail."

"I am excited about this deployment. We have been mobilized since September, so at this point, I am just ready to get it started and do the job we are mobilized to do," said Sgt 1st Class Michael Anderson, unit's acting first sergeant. "This is my third deployment, and my advice to my troops is to lose the Reserve mentality and get into active duty mind set right away. Focus on your

mission, but also take the time to stay in contact with family and friends."

Sixty percent of this unit's Soldiers were crossleveled from all over the United States. Crossleveling is when Soldiers from a specific specialty are gathered from different units from throughout the United States.

"Most units take years to build a team, but we had only weeks to put this team together," said Anderson. "That was the biggest challenge for the leadership of this detachment."

"I advise my troops to focus on the positive because these are strenuous times," said Capt. James Morrison, detachment commander. "I ask them to stick together and be a source of strength for each other. My biggest challenge will be to lead my Soldiers into the areas where they are challenged militarily and personally."

This is the first deployment for Morrison.

"My advice to my Soldiers is to take care of their body, mind and soul," added Morrison. "I am extremely proud of how my detachment has performed during the mobilization phase. If this is a sign of things to come, we will perform gloriously."

Army Community Services offers assistance to deployed Soldiers' families

Army Community Service Mobilization/Deployment Readiness provides initial and ongoing training for family readiness group leaders and information and referrals for family members. It also offers written resources for spouses and children on deployment and reunion topics, including how to prepare family members for separation, maintaining family ties during deployments, preparing for reunion and re-

establishing family bonds and routines after homecoming.

Additionally, a full range of Army Community Service classes and programs are available to families during a deployment.

For more information, call Chere Harper, mobilization/deployment readiness manager, at 221-2705 or chere.harper@samhouston.army.mil.

POST WORSHIP SCHEDULE

Main Post Chapel, Bldg. 2200, phone number: 221-2754

Catholic Services:
4:45 to 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 to 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

DECEMBER INTERFAITH CALENDAR . . .

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

Monday: 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.)

Monday: 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)

Monday to 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

21: Yule/Winter Solstice * - Wicca (Beginning of the winter)

25: Christmas * - Christian (Christian celebration of the birth of Jesus Christ observed by prayers, exchanging of gifts, and family parties.)

26: Zarathosht Diso (Death of Prophet Zarathushtra) - Zoroastrian (Zoroastrian anniversary of the death of Prophet Zarathushtra.)

26 to Jan. 1: Kwanzaa - Interfaith (An African American and Pan-African holiday celebrating family, community and culture, Kwanzaa is observed in many religious communities. Seven life virtues are presented.)

Garrison hosts CFC rally

The 2004 Combined Federal Campaign ends Dec. 15. To highlight the campaign, the U.S. Army Garrison will host a special rally at the Roadrunner Community Center Wednesday at 11 a.m. The rally will feature presentations by the Fisher House, Youth Services, St. Jude's and cystic fibrosis organizations. The U.S. Army Medical Command Band will provide entertainment. Refreshments and donations stands will also be available. The CFC is a chance to support a favorite charitable organization. Stop by and learn how your contributions support the community.

CHILD AND YOUTH SERVICES

Youth Happenings

Parent Night Out

Fort Sam Houston School Age Services will sponsor a Parent Night Out Dec. 10 from 5 to 11 p.m. Cost is \$20 per person. Pizza and dessert will be provided. The maximum is 30 children so people need to sign up early. Deadline for sign-up is Friday. Children must be registered with Child and Youth Services. For more information, call 221-4466.

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.

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.

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.

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.

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 Center gym. 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.

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.

MWR

Recreation and fitness

Garage sale

Find that perfect treasure at the next post MWR garage sale, which is Saturday from 11 a.m. to 5 p.m. at the MacArthur Pavilion parking lot, on the corner of Harry Wurzbach and Stanley Road. The event is free and open to the public.

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, shorts or 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 measure-

ments. 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 Monday. A coaches meeting is Dec. 13, and the season starts Jan. 10. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Dining and entertainment

Officers' Club

New Year's Eve party

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

Sunday Brunch

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

Sam Houston Club

Big Bucks Bingo

Big Bucks Bingo is Saturday at 12:50 p.m. with an early bird start. Bingo is Thursdays and Fridays at 6:50 p.m., early bird start. Doors open at 5 p.m. Saturdays, 12:50 p.m., early bird start. Children 10 and up may play when accompanied by an adult. The club provides 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 midnight 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.

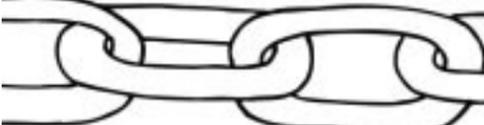
MWR Ticket Office

The MWR sells ticket for Sunday's performance of "Hairspray" at the Majestic. Entertainment coupon books for 2005 and season passes for Sea World and Fiesta Texas are also available for sale. Ticket sales begin Nov 30 for Alamo Bowl College Football, Dec 29. Tickets are valued at \$25 but are being sold for \$9.

For more information, call 226-1663 or go to http://www.fortsamhoustonmwr.com/bod/mwr_ticket_office.asp.

Sealed bid auction of NAF property and equipment

Nonappropriated Funds will accept sealed bids for four horses from the Fort Sam Houston equestrian center. The horses range in age from 16 to 20 years old. The purchaser will be responsible for removing the horses from the post equestrian center 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 Wednesday. Bids will be opened at 8 a.m. Dec. 9. For more information, call Cynthia Tripoli at 224-7207 or Joe Cavanaugh at 221-3185.



COMMUNITY LINK



Happenings

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. The group will meet for a Christmas luncheon today 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. For reservations, call 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 today 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 Friday 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.

Christmas in Boerne

Mark your calendars for a Hill Country Christmas treat at Boerne. All weekends through Dec 18, the historic retail corridor of Main Street will transform into an exciting holiday season spectacular of cultural events, shopping, fun and entertainment. The themes will be Weihnachts-German Heritage, Friday and Saturday; Celebration Along the Cibolo, Dec. 10 and 11; and A Cowboy's Christmas, Dec. 17 and 18. For more information and schedules, visit www.ahillcountrychristmas.com.

Loop for the troops poker run

Alamo City Harley Davidson will host a bike ride benefiting the Fisher House Saturday at 8 a.m. at Verizon Wireless Amphitheater parking lot, 16765 Lookout Road, Selma. The ride will run through San Antonio and surrounding Hill Country with final stop at Javelina Harley

Davidson. The first bike will be out at 9 a.m. with the last bike out at 11 a.m. The event is open to all motorcycles and a minimum donation of \$5 is required. Alamo City Harley Davidson will provide music, food, refreshments and door prizes.

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 Saturday 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 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 Sunday 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.

Book signing at Fort Sam's PX

Linda Robinson, senior writer for U.S. News and World Report, will be at the post exchange Sunday from 11 a.m. to 2 p.m. to sign her book, "Masters of Chaos: The Secret History of the Special Forces."

149th Fighter Wing golf tournament

The 149th Fighter Wing Chiefs Group will sponsor a Christmas golf tournament Monday 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," Tuesday 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.

NAF conducts silent auction

FSH consolidated chaplain's fund will conduct a silent auction of donated items Wednesday in Bldg. 2530, next to Burger King, Room 2, from 10 a.m. to 1 p.m. The winners will be announced at the site at 1 p.m. The items include 100 Hummel figurines, jewelry and collectible coins. All property is sold as is and acceptable payment methods are money order, cashier's check or cash. For more information, call Chaplain Pyo at 221-5005 or 5006.

Wives' Christmas brunch

The officers' and civilians' wives club

will hold a Christmas brunch at the home of Karen Clark, 6 Staff Post Road, Dec. 14 at 10 a.m. Please RSVP to Sigrid Reitsetter at 226-8806 by noon Dec. 10.

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; AMEDDC&S, Maj. S. Owens or Maj. C. Zeise, 221-9922.

ARMED Services YMCA art contest

Dependents of active duty military personnel or retired Army, Navy, Marines, Air Force, Coast Guard and National Guard and Reserves can stop by the Roadrunner Community Center, Bldg. 2797, to pick up an entry form for 2005 art contest. The Armed Services YMCA will award six U.S. Savings Bonds of \$500 for first-place entries and \$100 bonds for second place. DoD civilians' children may enter in an honorary category for a \$100 U.S. Saving Bond. The top military entries will be used on the 2005 Military Family Month poster sponsored by GEICO Direct. Winners must present a social security card to be issued bonds. Army Community Services will recognize local entries at a ceremony Dec 16 at the Roadrunner Community Center. All entries will be forwarded to Armed Services YMCA in Alexandria, Va. for Feb 14 deadline.

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 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.

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.

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, from 9:30 a.m. to 2.30 p.m. For more information, visit their Web site at www.militaryjobworld.com.

Family Readiness Group

A Family Readiness Group Leadership Team Workshop is Friday 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 more information, call Chief Warrant Officer Matthew Watterson at 295-8773 or e-mail matthew.watterson@us.army.mil

Officers' Wives and Widows Club

The Retired Officers' Wives and Widows Club meets 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.

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 SPHFSH, P.O. Box 340308, Fort Sam Houston, Texas, 78234.

Post Pulse: What would you like Santa to bring you this Christmas?



*"Lots of games
for my XBox."*
Eric Willett, 11



*"All I want for
Christmas is a
Shrinky Dink."*
Marina Fox, 12



*"I would like a
remote control
Hummer (Humvee)
with spinner rims,
candy and clothes."*
Mario Bethel, 11



*"I'm not really
sure, but I know I
would like a Yu-Gi-
Oh! Destiny Deck."*
Maxianne Villalon,
11

FORT FREEBIES

Freebies are published on a first come, first served, basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.



For Sale: Antique 1920s spring rocker, blue print, carved cherry wood, excellent condition, \$300; navy loveseat, custom-made in North Carolina, excellent condition \$300. Call 590-4775.

For Sale: Off-white love seat and couch with matching lamps, coffee table and two side tables in cherry wood finish, only 18 months old, \$250. Call 656-5046.

For Sale: Baby furniture, baby girl clothing, shoes and toys; glass sofa table; decorative wall mirrors and other miscellaneous items. Call Master Sgt. Jefferson at 826-9073.

For Sale: Holiday frocks, size 12 petite; ivory brocade front button knee length dress, pearl and gold style buttons, sweetheart neckline, cap sleeves, never worn, size 18 1/2, \$35; elegant black sequined evening jacket, with crocheted black lace below-the-knee dress, \$45. Call Cleo Brennan at 916-7928

during duty hours or 659-8166 in the evenings.

For Sale: Kids' pool, ping pong and hockey game table, 3 feet, 5 inches by 2 feet, 5 inches, \$45. Call Gloria Travis at 648-0065.

For Sale: Sears Kenmore side by side refrigerator with freezer, ice maker and water in door, 25.1 cubic feet, works and looks great, \$175. Call Capt. Brian Martin at 829-4192.

For Sale: Sony car DVD system, includes 7 foot flip-down screen, wireless headsets, excellent condition, \$500; Casio keyboard with stand, \$100; race-car bed with mattress, dresser new, \$250; roller-skates, size 10 adults, \$10. Call Maj. Victor Ortiz at 697-9261.

For Sale: New Ab Lounge, paid \$100 asking \$50; treadmill, two years old, paid \$350 asking \$100. Call Sgt. 1st Class Richard Mathews at 845-1152.

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

For Sale: 1980 GMC pick up truck, four by four, 6-inch suspension lift, 3-inch body lift, 38-inch Super Swamper tires, new, rebuilt engine and transmission, with warranty, \$3,500 obo. Call 695-6404 or cell, 378-3621.

For Sale: Lounge and deck chair, all metal, 55-foot long with adjustable back rest, wheels at front, cushion included, a beauty, \$60. Call 657-6264.

For Sale: 2000 Dodge Ram, 2,500 four by four Diesel pick up, 58 K, excellent condition; huge treed-lots within walking distance from Fort Sam Houston, two blocks from Botanical Gardens, multiplex zoned, steal both lots for \$26K. Owner will finance. Call 916-5049 or 822-6587.

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.

Site Safety Officer, San Antonio. Full-time Spanish speaking site safety officer experienced in confined space, hot work and industrial hygiene to oversee corrosion control procedures. EM 385-1-1 experience is a plus.

Senior Consultant RHIA MSN, San Antonio. Excellent presentation skills and ability to do client training. Strong clinical, administrative and performance improvement background. Consulting and training with clients on customer service software to improve service to patients.

IT Control Specialist, San Antonio. Evaluates IT management effectiveness in the attainment of IT control objectives. Assists in the identification of controls over information systems. Performs annual scoping process. Reviews and tests controls in IT systems and functions for the corporation to ensure the security and integrity of corporate information assets.