



Fort Sam Houston News Leader



Vol. 37, No. 35

Fort Sam Houston – Home of Army Medicine

Sept. 1, 2005

Briefs . . .

Pershing gate extends hours

Effective today, the Pershing vehicle access control point, also known as Harry Wurzbach West, has extended its hours of operation. The gate is now open 5:30 a.m. to 7 p.m. weekdays.

Avoid traffic congestion

Avoid traffic congestion going out-bound at the Walters Street gate by using the New Braunfels gate. The New Braunfels gate is open for outbound traffic only from 11 a.m. to 1 p.m. and 4 p.m. to 6 p.m. Monday through Friday.

Patriot Day, POW/MIA service

In honor of Patriot Day, observed Sept. 11, and Prisoner of War/ Missing in Action Day, a memorial service will take place at the Main Post (Gift) Chapel Sept. 9 from 3:30 to 4:15 p.m., and a wreath presentation from 4:45 to 5 p.m. at the U.S. Army Garrison flag-pole on Stanley Road.

AECPC ceremony

There will be an Army Medical Department Enlisted Commissioning Program commissioning ceremony Sept. 16 at 9 a.m. at Blesse Auditorium. The program offers eligible active duty Soldiers the opportunity to complete a bachelor's degree in nursing, become a registered nurse and be commissioned in the active Army Nurse Corps. For more information, call Sgt. 1st Class Charles Bradshaw at (502) 626-0381.

AUSA luncheon

The Association of the U.S. Army will sponsor a luncheon Sept. 16 at 11:30 a.m. at the Sam Houston Club. The guest speaker will be Col. David A. Rubenstein, assistant surgeon general and deputy chief of staff for force sustainment.

Sexual assault conference

A sexual assault conference for sexual assault victim advocates, commanders and chaplains will take place Sept. 23 from 8 a.m. to 4 p.m. at the Roadrunner Community Center, Building 2797. The one-day conference will focus on victim support, and will include presentations from the staff judge advocate, sexual assault nurse examiner, Rape Crisis Center and the Criminal Investigation Command. Registration is required. For more information, call 221-0918 or 221-0349.

A/T travel requirements

Military personnel and Department of Defense civilians traveling outside the United States, its territories and possessions are required to have a destination country update within two months of travel and antiterrorism awareness training (Level I) within 12 months of travel. This applies whether people are on leave, pass or temporary duty. For more information, contact a unit antiterrorism adviser or the Fort Sam Houston Antiterrorism Office at 295-0535 or 295-0509.

Football face off



Photo by Esther Garcia

Drill Sgt. Freddie Polite (left) and student Pfc. Jermaine Sampayan, both from E Company, 187th Medical Battalion, battle for position Saturday during the flag football competition. This was the first time cadre and students competed against each other for the Commander's Cup at the company's annual sports day. See related story, Page 6.

Satellite-based technology prevents friendly-fire tragedies on battlefield

By Shadi May
Fort Sam Houston Public Information Office

Losing a fellow Soldier in combat is always heartbreaking, but it's even more tragic when the loss is caused by friendly forces. Throughout military history, from Lt. Gen. Lesley McNair, commander, U.S. Army ground forces in World War II, to Pat Tillman, former NFL star and Army ranger in Afghanistan, both of whom were killed by friendly forces, fratricide has been a major cause resulting in dead or wounded troops.

The U.S. Army now uses Force 21 Battle Command Brigade and Below/Blue Force Tracking or FBCB2/BFT system, a satellite-based situational awareness system, which allows U.S. troops and

coalition forces to conduct decisive combat operations, preventing friendly-fire accidents.

The system has been used in both Iraq and Afghanistan, and gives troops precise, near-real-time information about friendly or blue forces, enemy forces, orders and intelligence to enhance maneuverability and battle command and to help avert friendly fire.

"One of the major problems during operations Desert Storm and Desert Shield was the friendly fire," said Craig Stephens, an FBCB2/BFT instructor at Army Medical Department Digital Education Branch at Fort Sam Houston. "This system allows the troops to see where friendly and enemy forces are located, and also allows you to see yourself by using satellite and global positioning systems."

See **SATELLITE** on Page 4

SGLI increase to \$400,000 takes effect today

The Servicemembers' Group Life Insurance maximum coverage increased to \$400,000 today.

All service members eligible for SGLI have been automatically insured for the maximum coverage of \$400,000. The monthly SGLI premium remains \$3.25 per \$50,000 of coverage, so the monthly premium for full coverage is now \$26.

These changes will not affect coverage under Family SGLI, which continues under previously existing elections.

People who wish to retain the \$400,000 of coverage with beneficiary designations do not need to take any action. The \$400,000 of coverage applies along with the new premiums, and beneficiary designations remain the same as those in effect before today.

Even service members who previously

declined SGLI coverage or elected less than the maximum coverage are automatically covered for \$400,000. If they wish to again decline or reduce coverage, they must complete a new SGLV 8286 form (September 2005 version) indicating the amount of coverage desired including no coverage, if applicable.

If service members properly complete and submit the form before Sept. 30, they will not be liable for the September premium associated with the reduced or declined portion of coverage. This gives people 30 days to reduce or decline unwanted coverage without charge. Units will be asked to process elections as quickly as possible to avoid the necessity for corrections in financial transactions.

The Defense Finance and Accounting Service will refund premiums deducted for

coverage in September, when the member files a valid election to reduce or decline the coverage by Sept. 30.

The new SGLV 8286 form is available on the Department of Veterans Affairs Web site at <http://www.insurance.va.gov>. Entries can be made on the page and then downloaded.

Valid SGLI elections become effective the first day of the month after properly submitting the election form. So, all members of the uniformed services will be fully insured for \$400,000 throughout the month, regardless of any election filed before or during September.

If a service member dies in September after completing an election for reduced

See **INCREASE** on Page 3

Have fun, be safe during Labor Day weekend

By **Maj. Gen. George Weightman**
Fort Sam Houston and AMEDD Center and School
commander

The Labor Day holiday recognizes the American worker and, more informally, the traditional end to summer. Before we embark upon this weekend, I want to thank each and every one of you for what you do every day in your service to our nation. Let us enter this holiday in a manner similar to how we approach our operational missions — managing risk with good judgment and sound decisions.

Labor Day is the third most dangerous

holiday period for alcohol-related traffic fatalities. Privately owned vehicle accidents continue to be the leading cause of accidental death of Soldiers, and the Army POV accident rate continues to increase. Our Army has suffered the loss of 120 Soldiers this fiscal year from off-duty POV accidents. The Combat Readiness Center POV Toolbox can be found at: <https://safety.army.mil/pages/pov/povinfo.html>. It offers a comprehensive set of tools and controls to assist leaders in addressing POV safety.

Re-emphasize the basics: sleep or rest before long trips, seatbelt usage, wearing helmets and protective gear when operat-

ing a motorcycle, defensive driving, and wearing life vests while boating or water skiing.

Remind your people to always stay sober whether driving, boating, swimming or participating in other activities that demand skill and alertness. Additionally, leaders must emphasize sexual assault risks, prevention and response in their holiday safety briefings; definitive guidance is available at www.sexualassault.army.mil.

Enjoy your time off, but, more importantly, take care of yourself, your Soldiers, employees and your families. Again, thanks for all you do every day.



Maj. Gen. George Weightman

Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Suite 4, Fort Sam Houston, Texas 78234-5004; (210) 221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The



editorial content of this publication is the responsibility of the director of public affairs. The News Leader is published by Prime Time, Inc., The Herald Newspaper Group, 17400 Judson Road, San Antonio, Texas 78247; (210) 453-3300, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Prime Time, Inc., The Herald Newspaper Group of the product or services advertised. Stories and photos for publication consideration may be e-mailed to news.leader@samhouston.army.mil or turned in on a disc accompanied by hard copy, by noon Monday.

Army Medical Department
Center and School and
Fort Sam Houston Commander
 Maj. Gen. George W. Weightman
Garrison Commander
 Col. Wendy Martinson
Public Affairs Officer
 Phillip Reidingger
Public Information Officer
 Yolanda Hagberg
Editor/Writer
 Elaine Wilson
Staff Writer
 Shadi May
Layout Artist
 Lori Newman

Colonel receives DSC for leading Iraqi commandos

Story and photo by Sgt. Lorie Jewell
Multi-National Security Transition Command-
Iraq Public Affairs

BAGHDAD, Iraq – The Distinguished Service Cross — second only to the Medal of Honor in military decorations — has been awarded to Col. James H. Coffman Jr. for his role in leading Iraqi Special Police Commandos through a five-and-a-half-hour battle against insurgents trying to overrun an Iraqi police station.

Flanked by the commando unit Coffman fought with, U.S. Army Gen. George Casey, commander of Multi-National Forces-Iraq, pinned the cross and eagle medal on Coffman's body armor during an Aug. 24 ceremony at Adnon Palace in Baghdad's International Zone. Iraq's Minister of Interior, Bayan Jabr, and a number of other high-ranking Iraqi and Coalition leaders also attended the ceremony.

"It's humbling to me, to be in the company of heroes," Casey said, noting Coffman's extraordinary heroism in the battle that killed 12 Iraqi commandos and wounded 24. "Such exemplary conduct is a great example to Iraqi commandos and to all American Soldiers and warriors."

Coffman, 51, is a senior adviser to Iraqi Special Police Commandos with the Multi-National Security Transition Command-Iraq's Civilian Police Assistance Training Team. He accompanied a commando Quick Reaction Force with the 3rd Battalion, 1st Iraqi Special Police Commando Brigade Nov. 14, 2004 to help a commando platoon under attack in a Mosul, Iraq, police station.

As the QRF approached the station, it was besieged with rocket-propelled grenades, small arms fire and mortar rounds. Coffman and the commandos fought the insurgents for four hours before help arrived. When the initial firefight killed or seriously wounded all but one of the commando officers, Coffman rallied the remaining commandos while trying to radio for assistance, according to his award citation.

"Under heavy fire, he moved from commando to commando, looking each in the eye and using hand and arm signals to demonstrate what he wanted done," the citation said.

When an enemy round shattered his left shooting hand, damaging his M4 rifle in the process, Coffman bandaged it and continued fighting with AK-47 rifles he collected from commando casualties until each ran out of ammunition. He also passed out ammunition to the uninjured

commandos with the help of the remaining commando officer; when all that remained were loose rounds, Coffman held magazines between his legs and loaded the rounds with his good hand.

When a second commando unit arrived four hours after the fight began, Coffman led them to his position and continued to fight, refusing to be evacuated for treatment until the battle was over. Not long after the commando reinforcements arrived, air support and a Stryker Brigade Quick Reaction Force were on hand to assist in the battle.

Coffman supervised the evacuation of injured commandos and led another group of commandos to the police station to make contact with the Iraqi police inside. Once the additional air and ground support elements began attacking buildings the enemy forces were hiding in, Coffman went back to his initial position to check on the injured commandos and then agreed to be evacuated for treatment. Twenty-five insurgents were killed and dozens injured.

"Col. Coffman, the blood you shed will never be forgotten," said Jabr, the Interior Minister. "We, the forces of the (Ministry of Interior) and the (Ministry of Defense) will continue to fight until we defeat terrorism. Right will always defeat wrong."

In remarks during the ceremony, Coffman praised the commandos for their service and commitment to defending freedom in Iraq. He also said he viewed the ceremony as a tribute to the Iraqi and coalition forces that have fought, bled and died together.

"Third battalion, I am truly, truly honored to stand here with you today and remember your courage and bravery last November and in all the days since then," Coffman said, facing the commando formations. "It has been an honor to fight with you."

Jabr and Iraqi Maj. Gen. Adnon Thebit, commander of the Special Police Forces, each presented Coffman with medallions.

Prior to the ceremony, Coffman said surgery repaired the shattered bones in his hand but it still isn't back to 100 percent. In the months he has had to reflect on the battle, Coffman said his focus continues to be on the courage and exemplary performance of the Iraqi commandos he fought with.

"I'm very proud of them, and more importantly, they're proud of themselves," Coffman said. "The next day, they were back out on patrol — after suffering 30 to 50 percent casualties. That's pretty amazing. I'm not sure American units would do that. That says something about their

resilience and their ability to maintain morale. They certainly mourned their losses, but they got back into the fight right away. I don't think you can ask much more of people than that."

After nearly two years in Iraq, Coffman is preparing to return home in early September. He will return to a Pentagon job he held prior to deploying to Iraq in December 2003, in the Office of the Assistant Secretary of Defense for Special Operations and Low Intensity Conflict.

After celebrating two wedding anniversaries in Iraq, Coffman is looking forward to returning to his wife of 21 years, Patricia White, and their two grown daughters.

Coffman was able to call his wife from the medical aid station before he was evacuated to tell her what happened, and that he was okay. When he learned he would be awarded the DSC, which came as a surprise, Coffman said there was some debate about whether the ceremony should be held here or at home, where his family could attend. He opted to have it done with the men he fought with. "In my mind, it's more for the Iraqis," he said.

Coffman doesn't see himself as a big hero, just a Soldier who did what he had to do to keep himself and his men alive. He believes there are plenty of heroic deeds going on in Iraq, particularly in the military and special police training teams, that go unrecognized.

"There are equal acts out there. This one just got written up," Coffman said. "I would like to see more people get written up."

Coffman may downplay his actions, but those who work with him on the commando adviser team describe him as a passionate, tough and no-nonsense warrior.

"At first, I thought he was crazy," laughed Sgt. 1st Class Carl Paris, who arrived to the team shortly after the battle. He recalled Coffman greeting him with a large bandaged hand, saying 'Hey, guess what, kid,' and then giving him a blow-by-blow description of the fight.

"I have nothing but admiration for



Gen. George Casey, commander of Multi-National Forces-Iraq, congratulates Col. James H. Coffman Jr. after pinning him with the Distinguished Service Cross in front of a formation of Iraqi special police commandos.

him," Paris said. "He is the example for me being here. A lot of people talk the talk, but he walks the walk. He has a real Soldier's mentality — cut through the B.S. and get the mission done, no matter what it takes."

Staff Sgt. Tlaloc Cutroneo feels honored to have been able to serve with Coffman and appreciates the trust Coffman placed with him.

"He has allowed me to be privy to major Iraqi developments and security solutions," Cutroneo said. "I have sat in on meetings as his battle buddy, not as merely a subordinate. To be referred to as his battle buddy means quite a bit."

Along with the Distinguished Service Cross, Coffman's other awards include the Bronze Star, Defense Meritorious Service Medal, Meritorious Service Medal with four oak leaf clusters, Joint Service Commendation Medal with two oak leaf clusters, the Combat Infantryman Badge, Expert Infantryman Badge, and Special Forces and Ranger Tabs.

Coffman will have to retire in three years, but he figures he still has one more overseas tour in him. He isn't sure it will be in Iraq, though.

"If asked, I would find it hard to say no," Coffman said. "I have a lot of respect for a lot of the Iraqis. They have a tough time ahead of them."

Proper procedures to report derogatory information

Army Regulation 380-67, Personnel Security Program, mandates that unit commanders and security officers have the responsibility to report unfavorable incidents on members of their command or organization. All personnel are encouraged to report such information to the commander and security manager.

Adverse information examples such as acts of sabotage, terrorism, unauthorized disclosure of classified information, criminal conduct or use or possession of drugs and other related derogatory issues are identified in AR 380-67.

Immediate reporting of adverse information will ensure the individual is accountable for appropriate administrative action through the Central Clearance Facility. Commanders or leaders of the organization have the authority to suspend access. This determination will affect the individual's local computer access. The description of the offense or allegation must include date of incident and any military or civilian charges.

The action taken consists of any pending military or civilian court action or ongoing inquiry or investigation to resolve the incident.

Recommendation by the commander may be the decision to suspend access, separation, termination or revoke security clearance.

Enclosures will include all supporting documents related

to an incident such as military police blotters or pending military or civilian court actions.

Commanders will submit follow-up reports at 90-day intervals indicating pending final action.

At the conclusion of the process, the commander will submit the results of any local inquiry, investigation or board action and final recommendation to revoke or reinstate security clearance. The results will include copies of documentation to substantiate final results (Article 15s, Mental Evaluation Reports, etc.). These reports are critical in assisting CCF in their determination decision in granting appropriate security clearance.

The commanders' and security managers' signature is required on initial, follow-ups and final reports of DA Form 5248. All reports will be mailed or hand carried to the Command Security Office, 1750 Greeley Road, Suite 25, Fort Sam Houston, Texas. The Security Office will submit the form through the appropriate channels.

For more information, call Frankie J. Hail, chief, Command Security, at 221-1906 or the Personnel Security section at 221-0811, 221-2829 or 221-2628.

(Source: U.S. Army Garrison, Directorate of Plans, Training, Mobilization and Security, Command Security Office, Security Awareness Education and Training)

Increase

Continued from Page 1

coverage or no coverage, the member's beneficiaries will still receive a \$400,000 payment. Those electing to decline or reduce coverage during September will essentially receive the September automatic coverage at no cost.

Service members who do not make an election to reduce or decline coverage from the \$400,000 level before October 1, will pay the premium for the full \$400,000 of coverage for September as well as for any other month in which the level of coverage remains in effect.

When a member properly completes and submits SGLV Form 8286 on or after Oct. 1 to reduce or decline coverage, the reduction is effective the first day of the month after the form is properly submitted.

The SGLI program change was made in the Emergency Supplemental Appropriations Act for Defense, the Global War on Terror and Tsunami Relief, 2005 (Public Law 109-13, May 11, 2005).

(Source: Department of Defense News Release)

Texas Guard unit continues legacy of Alamo defenders

Story and photos by Master Sgt. Lek Mateo
56th Brigade Combat Team Public Affairs Office

CAMP CEDAR, Iraq — Thick clouds of dust rose from the parched dry ground as a caravan of three-quarter-ton armored Humvees, loaded with heavily armed infantrymen from the 1st Battalion, 141st Infantry Regiment, based in San Antonio, snaked their way through small Iraqi towns and villages along the Euphrates River in Southern Iraq.

The Texas Army National Guard Soldiers, assigned to the 2nd Battalion, 36th Infantry Division, for Operation Iraqi Freedom, endured a bone-jarring ride as they traversed the rutted dirt roads that criss-cross their patrol area.

The unit, originally known as the 1st

Texas Infantry, traces its lineage back to the defenders of the Alamo, the mission that became an ill-fated fortress during the struggle for Texas independence from Mexico. Now, the unit's members are committed to helping the Iraqi army and police protect the fragile freedom of Iraq.

The unit is responsible for the force protection of the heavily fortified camp that is a key logistical convoy staging area, and a large coalition air base nearby, said 1st Lt. Jimmy E. Cunalata, a rifle platoon leader from B Company, 1/141st Infantry Battalion, based in Hondo, Texas.

"I try to make my Soldiers understand the significance of the mission and how they are helping to contribute to the proud lineage of the 141st Infantry while they are here in Iraq," Cunalata said.

The platoon's medic, Spc. Harold T. Manuel, of Waco, Texas, said the highlight of the deployment for him was when he helped save a sick child. He recalled the desperate Iraqi family who brought him their 2-year-old son with a body temperature of 103 degrees. Manuel said he felt compelled to stay with the child for three days until the fever broke, and that for him was a rewarding feeling.

"I think we have the finest of Texas in Iraq right now who are truly winning the hearts of the Iraqi people in our area by showing that we really



Curious Iraqi children surround 1st Lt. Jimmy E. Cunalata, rifle platoon leader, during a foot patrol through a local Iraqi town in Southern Iraq. Cunalata, from San Antonio, is assigned to B Company, 1/141st Infantry Battalion, in Hondo, Texas.

care about them," Manuel said.

Spc. George Flores Jr., of Pharr, Texas, said it makes him feel good to know the "Lone Star State" is recognized throughout the world — especially here in Iraq where the T-patch (the T stands for Texas) has become a familiar sight. The Rio Grande Valley resident added that he is also proud to be able to serve with other Soldiers who want to make a difference for the Iraqi people and be a part of the unit's proud history.

"I hope my children read about Operation Iraqi Freedom in their history book in the future and know that their father took part in the effort to help the Iraqi people," Flores said.

Sgt. Cristobal Trevino III, of Kingsville, Texas, said he re-enlisted after an eight-year break because of what happened Sept. 11, 2001. He said he hopes that he and his countrymen have made a positive impact on the lives of the people, and that a strong and lasting friendship develops between Americans and Iraqis.

The sergeant added that he doesn't think any of the Iraqis he has met here will remember the Alamo, but he hopes they will remember the Soldiers from the 36th Infantry Division.

"Our goal is to leave the Iraqi people that we have come to know with a good impression of us as American Soldiers and also as Texans," Trevino said.



Spc. Thomas B. Vinton Jr. takes up a security position near an Iraqi Army checkpoint at the outskirts of An Nasiriyah, Iraq. Vinton, from San Antonio, is a guardsman assigned to B Company, 1st Battalion, 141st Infantry Regiment, in Hondo, Texas.

Satellite

Continued from Page 1

The system provides users a lot of information in the decision-making process, and by using this collaborative tool, troops are able to get small detachments out of the enemy's reach and respond should there be need. Anyone seeing something unusual can report it through the system and keep it as up-to-date as possible.

"It's one of the best tools I have seen in my 22 years in the military," said Marine Gunnery Sgt. Raul Garcia, 4th Reconnaissance Battalion and an FBCB2/BFT student at Fort Sam Houston. "Anybody at any given time has access to the same information."

The systems' navigation system, situational awareness and command and control features offer a great alternative to the old method of using radios, compasses, and maps and overlays. Booby-traps, ditches and landmines can all be presented on the map screen. Using the system at night is particularly useful for "black-out driving," where troops need to drive with minimal or no light.

"This system will be awesome for helping me, as a communicator, to just navigate the terrain," said Marine Sgt. Jeremy Barnett, radio operator, 4th Reconnaissance Battalion. "The technology will give you ability to locate obstructions such as mountains, tall



Photo by Craig Stephens

Marine Cpl. Jonathan Reading inputs information into the Force 21 Battle Command Brigade and Below/Blue Force Tracking System during an exercise at Camp Bullis.

buildings, ambushes and marked landmines. It will help us with site surveys."

A system which provides such clarity for friendly forces could be deadly, were it to fall into the hands of the enemy. For this reason, important safeguards have been put in place. If the system is compromised, it can be locked remotely by higher headquarters. It is also protected by a challenge and response system, where the system operator is required to resubmit the password. The military members can destroy the machine themselves by activating a 15-second countdown

clock. The system immediately stops taking commands, and then, the hard drive is erased.

FBCB2/BFT training, offered in basic, intermediate and advanced levels, is given as a three- or six-hour overview course, a three-day course or a 40-hour comprehensive course which includes system maintenance, depending on individuals' or units' needs. Instructors trained in a two-week master digital course at Fort Knox, Ky, also take the 40-hour comprehensive

course as well as refresher courses. The course is open to Department of Defense employees regardless of their rank or specialty.

Fort Sam Houston is just one of several Army sites where this training is conducted. All Training and Doctrine Command installations offer the training, but not all courses are available at every site.

"We train students who come to Fort Sam Houston Leadership School, Officer Advanced Course, Officer Basic Course and NCO Academy advanced and basic NCO courses," said Stephens. "All types of MOSs (military occupational specialty) take the course

to include doctors and nurses, and it is especially very useful to chaplains as their duties frequently require them to move about the battlefield."

Testimonials from the battlefields indicate that lifesaving FBCB2/BFT technology is just another example of how the Army is on the leading edge in the fight against terrorism. Not only does it dramatically reduce the probability of friendly-fire incidents, but it also provides tools which make it easier to target the enemy.

"This technology brings to the troops more confidence when they go to the battlefield because they know they have more information available to them and greater ability to communicate," said Atrell Owens, a Fort Sam Houston FBCB2/BFT instructor.

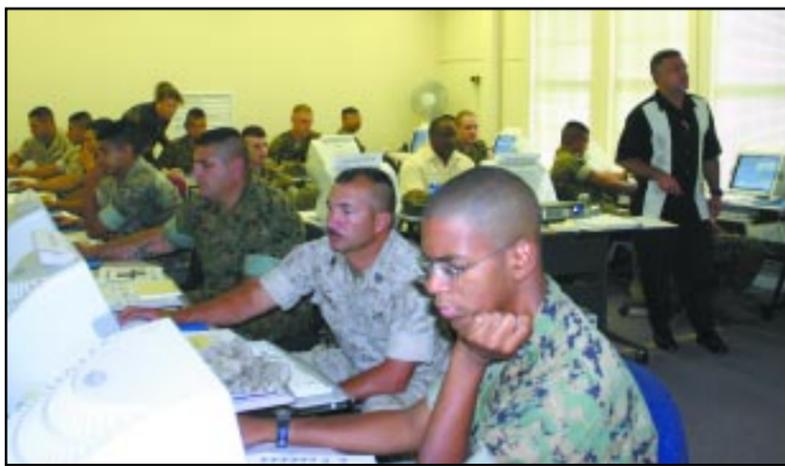


Photo by Shadi May

Stephanie Martin and Troy Alexander, Force 21 Battle Command Brigade and Below/Blue Force Tracking System instructors, conduct a class at Fort Sam Houston.

Army Medical Specialist Corps begins new tradition

Story and photo by Andricka Hammonds
Brooke Army Medical Center Public Affairs

The Army Medical Specialist Corps began a new tradition Aug. 24 with a welcome ceremony for 18 of its newest medical specialist officers at the Army Medical Department Museum.

Medical specialists from all over the world, including some retirees of the field, attended the ceremony.

"We wanted to have something that will foster belonging early," said Maj. Julie Hudson, AMSC executive officer. "We are one corps and part of a bigger picture."

The medical specialist corps includes occupational therapists, physical therapists, dieticians and physician assistants.

During the ceremony, the new medical specialists were presented a letter from Col. Bonnie DeMars, chief of AMSC; a coin bearing the corps motto, "United in the Mission of Serving Soldiers;" and a "calling" card symbolizing the new officers belong to something bigger than themselves.

DeMars said it is important for Soldiers and military leaders to know that medical specialists are combat multipliers, and their skills and expertise contribute immensely to mission success.

"I challenge you to communicate your value to Soldiers through your delivery of compassionate and competent care, which is so vital to accomplish the mission," said DeMars.

The AMSC vision is to be America's pre-eminent allied health professionals, from the battlefield to the board room. Their mission is to apply the corps' unique skills to maximize health and enhance readiness of warriors across the full spectrum of operational missions and environments.

"You have a very important job with serious responsibilities," said DeMars.



Physician's assistant 2nd Lt. Jason Orr, A Company, 187th Medical Battalion, speaks with occupational therapist 1st Lt. Christopher Ebner, Headquarters Headquarter Company, Brooke Army Medical Center, about his experiences in the Army Medical Specialist Corps. Orr was welcomed Wednesday during the first AMSC welcome ceremony organized by Corps Chief Col. Bonnie DeMars at the Army Medical Department Museum.

"Each one of you is now part of a highly competent and passionately dedicated team of AMEDD officers.

"You will find that the work will demand a lot from you, but there is no doubt that the rewards will be far greater than you can ever imagine," she said.

Cpl. J.R. Martinez, a Soldier being treated at Brooke Army Medical Center for burn injuries sustained in Operation Iraqi Freedom, addressed the new medical specialists, introducing them to the types of patients they will be helping. He told them they have a significant influence on the future of wounded Soldiers.

"I hope by coming to speak, the new officers get a better understanding of what patients go through," Martinez said. "I want them to understand the long-term effects of what they do and how their care

helps a wounded Soldier in the long run."

Retired Cpl. Robert Jackson, a bilateral amputee and national spokesman for the Coalition to Salute America's Heroes, accompanied Martinez, encouraging the new officers to be more than a caregiver. "You all will be counselors as well as medical specialists. I didn't expect to be able to talk to my therapists, but it happened," he said.

Martinez said being injured and starting from square one is a mentally challenging task. Injured Soldiers may have to relearn the basic activities of life. Martinez said medical specialists push Soldiers to get better when they are discouraged.

"Being a therapist will be frustrating at times. You are not our

friends when we are in (intensive care unit)," Martinez said to the therapists. "It's not until later that we appreciate your work.

"Personally, I want to thank you for your commitment and dedication," he added. "You may have not been involved with my case specifically, but you will be taking care of someone just like me as your career progresses."

"Listening to the guest speakers was an inspiration," said new medical specialist, 2nd Lt. Jessica Siu. "It gave me insight into the other side of our work; this whole experience really makes me feel I am a part of a bigger picture."

Many corps members came out to support their newest colleagues. "I came because I wanted the new officers to see all the different ranks that support them as they enter their new career field," said Capt. Elizabeth Barnaby, Landstuhl Regional Medical Command in Germany.

"I hope by being here, it sets them at ease and helps them go forward with motivation and enthusiasm," she said. "Mentorship is a part of leadership, and by attending tonight, I want them to know that they have my support."

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

The Financial Readiness Program at Army Community

Service offers this service. For more information, call 221-1612.



Students battle cadre for sports day trophy

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs

Drill sergeants, instructors and cadre battled against student Soldiers during the E Company, 187th Medical Battalion sports day Saturday at the football field across from the Hacienda Recreation Center and at the 32nd Medical Brigade gym.

The students took home the Commander's Cup for the event, which included football, volleyball, dodge ball, basketball, tug-of-war and relays. While winners for each event varied, the total points at the end of the day determined the overall winner.

The purpose of the annual sports day is to build unit morale, teamwork and esprit de corps within the unit.

In the past, the student Soldiers within the five military operational specialties assigned to the company competed in several events to obtain the coveted Commander's Cup as the overall winner of Sports Day. However, based on suggestions, it was decided drill sergeants, instructors and cadre would compete against the students to improve teamwork and camaraderie.

After the events, the unit sponsored a barbecue and awards presentation.

"The event took a lot of coordination, planning and resources on the part of the Soldiers, drill sergeants, instructors assigned to the 264th and the 187th Med. Bns.," said Capt. Etheridge Liquori, E Company, 187th Med. Bn. commander.

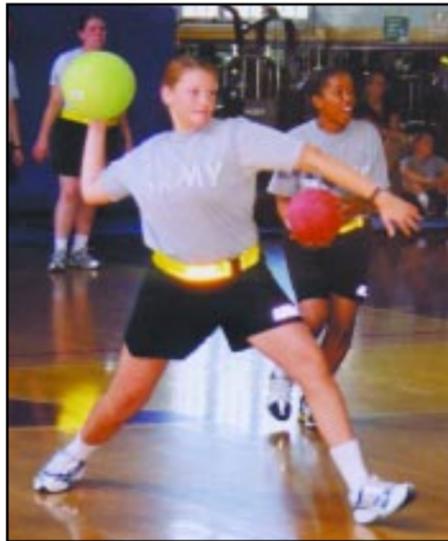
"Although the cadre team fell short of obtaining the Commander's Cup, the participants expressed an overwhelming admiration for obtaining an increase in morale and a reinforcement of the concept of teamwork as a result of the event," he added.



Senior Drill Sgt. Don Simpson and his team pull with all their might, but can't stop the students. The students won the trophy for the tug-of-war competition. The male and female student teams beat both the male and female cadre in this category.



Pvt. Robert Florence tries his hardest to score points during a flag football competition between cadre and students at the E Company, 187th Medical Battalion sports day Saturday. Despite the effort, the students were no match for the cadre who took the trophy for this competition.



Student Pvt. Megan Longley throws the ball during the dodge ball competition, but the female cadre team took the trophy. The male team lost out to the students.



Senior Drill Sgt. Richard Silvia and Staff Sgt. Audie Clark display teamwork during the volleyball competition.



Capt. Liquori Etheridge (kneeling right), commander, E Company, 187th Medical Battalion, and 1st Sgt. Clay Istre (kneeling left), E Co., 187th Med. Bn., pose with the trophies won by cadre and students during sports day competitions Saturday.

Post Pulse: What is the significance of Labor Day to you?



"It is everything we have fought for and gained, and the efforts of the every-day hard workers in America."

Spc. Corey Holloway



"It's to spend quality time with family."

Sgt. 1st Class Alexandria Mayfield



"It's to honor all the armed forces who have gone before us and fought for freedom so we could have the things we have today."

Carlos Sisk



"It's a reward for hard work."

1st Lt. Heather Jane Schaefer

Warrior-citizen award ceremony honors Army reservists

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

Eleven Soldiers from the U.S. Army Reserve, Southwest Information Operations Center, who served in Operations Iraqi Freedom and Enduring Freedom, and their spouses, were honored Saturday with a new Soldier recognition program enacted by the U.S. Congress and signed into law by President George W. Bush.

Maj. Gen. George W.S. Read, commanding general, U.S. Army Reserve Readiness Command, Fort Jackson, S.C., presented each Soldier with the Welcome Home Warrior-Citizen Award that consisted of an encased American flag, a specially designed commemorative coin, a lapel pin for the Soldier and spouse and a Welcome Home Warrior-Citizen flag. The award ceremony was held in conjunction with the USARRC comman-



Col. Wendy Martinson, commander, U.S. Army Garrison, congratulates Sgt. Maj. Kenneth McGowan and Master Sgt. Bernadette Council for their Welcome Home Warrior-Citizen Awards.

der's conference.

"You are the people who volunteered. You became warrior-citizens when the call came, and you answered the call to duty," said Read.

"It is with particular honor and humility to be here to honor both the warrior-citizens and their families today," said guest speaker Delicia Herrera, city of San Antonio council-

woman for District 6. "These families, friends and neighbors have been willing to serve our country in peace and in time of conflict. They have had to endure hardship, pain

and sorrow, and for that, I thank you.

"America is great because America is good," Herrera continued. "America will cease to be great when it ceases to be good. You and your families are the reason our nation is great because you are the goodness that is America."

"The Army is a great organization," said Capt. Joselito DeGuzman, information operation planner, U.S. Army Reserve Southwest Information



Master Sgt. Richard Lopez and his wife, Cristina, accept the Welcome Home Warrior-Citizen Award from Maj. Gen. George W.S. Read, commanding general, U.S. Army Reserve Readiness Command, Fort Jackson, S.C.; Col. Bruce Carlson, commander, Army Reserve Information Operations Command, Adelphi, Md.; and Col. Richard Blumberg, commander, Southwest Information Center. Lopez recently returned from Iraq.

Operations Center. "The reasons for that greatness are the Soldiers, family members, and support of the employers and communities across America."

Attending the ceremony were retired Maj. Gen. Elvin Schofield, Army Reserve ambassador for Texas; Command Sgt. Maj. Dennis Lafferty, president of the Alamo Chapter of the Association of the U.S. Army; and Victor Ortiz, ombudsman for the Employer Support of the Guard and Reserve.

Drunk driving can turn holiday into jail stay

Fort Sam Houston police are taking part in a nationwide campaign called "You Drink and Drive, You Lose."

The goal of the program, which runs through Labor Day weekend, is to raise awareness about the dangers of drinking and driving, and to arrest motorists who choose to drive while impaired by drugs or alcohol. The effort takes place during Labor Day period to target end-of-summer drunk drivers.

This weekend, police officers will be out in force statewide. Additionally, Fort Sam Houston's access control points, manned by security officers from Chenega, Inc., will remain a major factor in detecting drunken drivers on post.

Drivers who refuse a sobriety test will lose their license on the spot and have their car impounded. Don't turn a holiday into a jail stay.

The .08 blood alcohol content laws for impaired driving are also in effect nationwide. Uniform BAC laws strengthen the hand of law enforcement to arrest and prosecute dangerous drunk drivers to fullest extent of the law.

The National Highway Traffic Safety Administration studies show that nearly 97 percent of Americans view drinking and driving by others as a threat to their families and themselves. Studies also show Americans support tougher enforcement and rank drunk driving ahead of health care, poverty, the environment and gun control as an important social issue.

The Fort Sam Houston police would like to remind everyone:

- Be responsible and don't risk it ... you will be caught.
- If you plan to drink, choose a designated driver before going out.
- Take mass transit, a taxicab or ask a sober friend to drive you home.
- Spend the night where the activity is held.
- Report impaired drivers to law enforcement.
- Always buckle up – it is your best defense against an impaired driver.

(Source: Provost Marshal Office)

Housing office seeks mayors for villages

Lincoln Military Housing seeks volunteers from each community for the mayor program. The mayors are the voice for their community, and serve as a liaison between their village's residents and Lincoln Military Housing. A few of the mayoral duties are as follows:

- Help with community activities;
- Attend the monthly mayor/senior resident meetings;
- Coordinate the welcome committee for new move-ins; and
- Serve as a contact for village residents to voice their concerns or suggestions.

The current senior residents have

expressed their desire to continue with the Senior Resident Program. This program asks for senior enlisted service members in each village to volunteer to assist with coordination of programs and report concerns.

The Residential Communities Initiative office will be responsible for this aspect of the program. As such, the RCI office will send letters to senior residents in each village requesting their support.

For more information, call Emily Garcia, Lincoln Military Housing office, at 270-7638 or Patricia Baker, RCI, at 221-0891.

(Source: RCI)

Squad stakes



Photo by Esther Garcia

Capt. Cassandra Mims (right), commander, 418th Medical Battalion, presents the first place trophy to members of Team 1, who earned the most points during the annual 418th Squad Stakes competition. Six teams were randomly selected from the three companies assigned to the battalion. The event included physical fitness, a road march, assembling and disassembling an M16, assembling a Humvee and a timed event where teams had to don their protective gear. The event ended with a bowling game competition sponsored by Morale, Welfare and Recreation.



Photo by Staff Sgt. Jose Raymundo

Soldiers compete in the physical fitness category during the 418th Squad Stakes competition in August. "This is a great time to practice warrior tasks and be proficient at it. It is a great thing," said Capt. Cassandra Mims, commander, 418th Medical Battalion.

SPORTS

Hole-in-one

Cole senior earns spot in national golf tournament

By Elaine Wilson
Fort Sam Houston Public
Information Office

A Robert G. Cole Jr./Sr. High School student is one of 78 junior golfers from throughout the nation selected to play in the Wal-Mart First Tee Open at Pebble Beach in California this weekend.

James Raymond, son of Col. Douglas Raymond, from U.S. Army South, and wife, Celeste, vied with 90 other golfers in a competition on and off the golf course in Kansas for a spot in the prestigious tournament.

"We had to write an essay, go through an interview process and play two rounds of golf," said the 18-year-old senior. "It was very competitive."

For the Open, Raymond and the other juniors will each pair up with a player from the Champions Tour, an organization for 50 and older pro golfers. The event will be televised nationally on The Golf Channel and NBC.

For most teenagers, scoring a spot on a tournament slated for primetime coverage would be a life-altering event, but with a seemingly mile-long list of tournament wins, for James Raymond, the selection is just par for the course.

In the past year, Raymond has racked up an impressive resume with seven first-place finishes in one high school season, the junior champ title from Sam Houston Club, a spot on the Texas Legends Juniors Tour and, most recently, the title of San Antonio Junior Golf Association's Player

of the Year.

"James is a great competitor and sportsman and really fun to watch," said Coach Larry Ransom, high school athletic director. "He's a super individual."

Raymond's love of the game started three years ago, when he picked up his first club at age 15 in Naples, Italy, where his family was stationed.

"My first sport was baseball, but I started excelling at golf and got hooked," he said.

When his father moved the family to Fort Benning, Ga., Raymond joined the golf team and, every evening, found a bevy of willing partners on the golf course.

"We had a driving range 50 yards behind our house," he said. "I was always out there practicing. The older golfers would let me play with them."

Starting out in the golf-addicted state of Georgia, Raymond found himself up against some steep competition.

"Golf was very competitive," he said. "On the team, I was the number four player. They took it very seriously, and there were some awesome players on the team, but, it made me a better golfer."

His determination to excel paid off. The family moved to San Antonio last August, and Raymond immediately scored his first big win at the Texas State Junior Match Play.

"It was great to start a new school with an accomplishment like that under my belt," he said.

Ever since that win, Raymond

can't seem to lose. While some would attribute his success to pure talent, Raymond chalks it up to dedication and discipline.

"I have to manage my time very carefully," he said. "I go to school, play nine holes of golf, eat dinner, do homework, then train physically. I don't have a lot of free time."

With a resume only Tiger Woods wouldn't envy, it seems the sky is the limit for Raymond. But, he has his sights set closer to the ground. His dream since his freshman year has been to attend the U.S. Military Academy at West Point, N.Y.

"Everything I do is in preparation for school," said Raymond, a member of the school's Junior ROTC program. "When I get tired or want to sleep instead of going for a run or studying, I think, 'If I'm tired now, how will I get through West Point?' It's my No. 1 goal."

He said his drive, both on and off the course, is a combination of a military upbringing, Junior ROTC involvement and a competitive spirit.

"I've grown up in an environment where discipline and the 'Army way' were instilled in me," Raymond said. "That helps a lot on the golf course where I need the focus and determination to stay calm."

Ultimately, it's all about choices, he said.

"I've learned in junior golf that I'm competitive," he said. "West Point will offer me the opportunity to become an Army officer and play collegiate golf. If



Courtesy photo

Robert G. Cole Jr./Sr. High School senior James Raymond is one of 78 junior golfers from throughout the nation selected to play in the Wal-Mart First Tee Open at Pebble Beach in California this weekend.

golf takes me to a higher level, then I'll consider that path. I'm trying to allow for future options."

In the meantime, Raymond will continue to balance golf, school and his West Point preparations, and find some time in between to enjoy his upcoming

moment in the spotlight at Pebble Beach.

"I really owe my success to my family, friends and supporters," he said. "It's gratifying to know so many people are behind me and supporting me all the way."

Warrior putt



Photo by Alexandra Nordeck

Sgt. Melinda Rivera, who fought in Afghanistan during Operation Enduring Freedom, putts a hole-in-one Friday at the Fort Sam Houston Golf Course. Seven wounded Soldiers from the Soldier and Family Assistance Center visited the Golf Club to play a round of golf on the championship La Loma Course. The group included Rivera, Sgt. Daniel Stubblefield, Sgt. Mike Moravito, Staff Sgt. Karl Faber, Spc. Queaira Goodman, Spc. Richard Saylor and Sgt. Albert Gonzalez.

SPORTS BRIEFS . . .

Fort Sam Houston Golf Course Club Championship

The Fort Sam Houston Golf Club will sponsor its annual Club Championship Sept. 24 and 25. This 36-hole stroke play event is open to all golf club members, active duty military, their dependents and Department of Defense employees and contractors assigned to Fort Sam Houston. The event will be played on La Loma and the Salado Del Rio golf courses, with the starting time scheduled for 8 a.m. and shot-gun start on both days. Interested golfers can register in the Pro Shop from 7 a.m. to 7 p.m. daily until Sept. 21. The registration fee is \$60 for members and \$80 for nonmembers. This fee includes golf carts, green fees (if applicable), prizes and an awards banquet following the tournament.

Men's and women's basketball

Coaches and players are needed for the Fort Sam Houston men's and women's basketball teams. Tryouts for players are Tuesday to Sept. 9. Coaches should send their resumes by Monday to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX, 78234. For more information, call 221-1180 or e-mail earl.young@samhouston.army.mil.

Battalions, Slagel celebrate Soldiers' birthdays

Story and photos by Shadi May
Fort Sam Houston Public Information Office

The Slagel Dining Facility offers a special birthday dinner on the last Thursday of every month to Soldiers from the 187th and 232nd Medical Battalions who celebrate their birthdays in that month.

For August, the dining facility prepared more than 480 birthday dinners.

"The dining facilities' committee members decided to do this as a way to build morale and support the troops," said Eldridge J. Guillory, Slagel Dining Facility manager.

The menu consists of sirloin steak, shrimp, mixed vegetables, rice, corn on the cob and birthday cake, topped with first-class service from both battalions' leaders, to include commanders and first sergeants, serving the Soldiers.

"Somebody went through a lot of efforts to do this for us; that's very generous," said Spc. John Laurin, A Company, 232nd Med. Bn.

This month's event was sponsored by the 232nd as the battalions switch dinner sponsorship every month.

"On this special occasion, they are away from their loved ones, so we fill in the void because their families aren't here to celebrate this special day with them," said Lt. Col. Brian Kueter, 232nd Med. Bn. commander.



Following the Army tradition, the youngest and oldest members of the battalion receive the honor of cutting the August birthdays cake Thursday at the Slagel Dining Facility.



Lt. Col. Patricia Darnauer, 187th Medical Battalion commander, serves Soldiers from the 187th and 232nd Medical Battalions their steak and shrimp birthday meal Thursday at the Slagel Dining Facility. "It is a unifying function and an opportunity to connect with Soldiers in a significant event of their life other than in an administrative matter," said Darnauer.

PX offers program so customers can 'Take It Home Today!'

The Fort Sam Houston Post Exchange is offering a new way to purchase furniture, major appliances, carpeting, mattresses and box springs, as well as selected electronics and outdoor living merchandise with the "Take it Home Today!" program.

The new initiative is being tested in 20 Army and Air Force Exchange Services exchanges in the United States and includes benefits such as instant credit upon approval, no up-front fees or down payment, low interest rate and 36 conven-

ient equal monthly payments.

"This new program makes it easy for AAFES customers to make a furniture, appliance or specified major purchase and take it home that same day," said Tom Goodloe, Fort Sam Houston PX general manager. "With low interest and instant credit approval, customers can enjoy their purchase sooner with 'Take it Home Today!'"

For more information, call Floyd Wynn, Fort Sam Houston PX store manager, at 225-5566.

(Source: AAFES News Release)

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, Brooke Army Medical Center
916-3352 or 916-5538



Ethics training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units will take place Sept. 14 and 26 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

Akeroyd Blood Center urges donors to give '5 in '05'

The Akeroyd Blood Center challenges eligible blood donors to give five donations during 2005 during its "5 in '05" campaign.

Participating donors will receive a "5 in '05" card and be recognized at a special ceremony at the end of the year.

To donate, call the Akeroyd Blood Center at 295-4655 or 295-4989 or stop by the center at 1240 Harney Road between 7:30 a.m. and 3 p.m. weekdays.



ICE

Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

TRICARE unveils new extended care health option

TRICARE's Extended Care Health Option will be available for beneficiaries of active duty family members with defined qualifying conditions today.

Beneficiaries who currently receive care through the Program for Persons with Disabilities and do not qualify for ECHO will continue receiving care through TRICARE program options — Prime, Extra or Standard.

This new program will deliver financial assistance and additional benefits, including supplies and services, beyond those available within TRICARE Prime, TRICARE Standard or TRICARE Extra. The ECHO benefit also increases the monthly government cost share from \$1,000 (through PFPWD) to \$2,500 per eligible family member. Additionally, beneficiaries who are homebound may qualify for extended in-home health care through ECHO.

Active duty family members who have one of the following conditions may qualify for ECHO benefits:

- Moderate or severe mental retardation;
- A serious physical disability; or
- An extraordinary physical or psychological condition of such complexity that the beneficiary is homebound.

Multiple disabilities involving two or more separate body systems may result in a qualifying condition determination.

TRICARE ECHO requires all eligible beneficiaries to enroll in the Exceptional Family Member Program of their sponsors' military service and to

register with their regional contractor or Overseas TRICARE Area Office to obtain ECHO benefit authorization.

To complete EFMP enrollment, eligible beneficiaries must obtain a DD Form 2792 (medical summary) and, if applicable, a DD Form 2792-1 (special education/early intervention summary) and submit the forms to their special needs/EFMP coordinator for processing.

Upon completion of enrollment, the sponsor must show proof of enrollment to the regional contractor for registration into the ECHO program. The Defense Enrollment Eligibility Reporting System will then be updated to indicate the beneficiary is eligible for ECHO.

Beneficiaries must use public funds or programs first to the extent they are available and adequate for TRICARE ECHO benefits related to training; rehabilitation; special education; assistive technology devices; institutional care in private, nonprofit, public, state institutions or other medical facilities; and, if appropriate, transportation to and from such institutions and facilities.

For more information, beneficiaries can go to www.tricare.osd.mil/echo or call their regional contractor: TRICARE Regional Office North at (877) 874-2273, TRO South at (800) 444-5445, TRO West at (888) 874-9378 and overseas at (888) 777-8343.

(Source: TRICARE News Release)

BAMC Health Promotions September Class Schedule

Class	Date	Time	Place
Diabetes Management	12, 19 and 26 Tuesday, 13, 20 and 27	12:45 to 4:30 p.m.	BAMC, nursing administration conference room (third floor)
Foot Care for Diabetics	12 and 26	1 to 2:30 p.m.	BAMC, Health Promotions (L31-9V)
Yoga	Wednesday, 14, 21 and 28	12 to 1 p.m.	BAMC, Occupational Therapy Clinic
Breast and GYN Cancer Support Group	14	9:30 to 11 a.m.	Roadrunner Community Center
Breast and GYN Cancer Support Group	15	1 to 2:30 p.m.	BAMC, Health Promotions
Body Fat Testing	16	8 to 11 a.m.	BAMC, Health Promotions
Cholesterol Management	19	9 to 11:30 a.m.	BAMC, nursing administration conference room
Arthritis Management	20	9:30 to 11 a.m.	BAMC, nursing administration conference room
Blood Pressure Management	21	9 to 12 p.m.	BAMC, Health Promotions
Learn to Manage Your Child's Asthma Pediatric	30	2 to 3:30 p.m.	BAMC, Health Promotions
Weight Management Winning Combinations	today, 8, 15, 22 and 29	8 to 9:30 a.m.	BAMC, Health Promotions
Breast Feeding Support Group	9, 16, 23 and 30	1 to 2:30 p.m.	BAMC, OB/GYN fifth floor conference room

For more information, call Brooke Army Medical Center Health Promotions at 916-3352; to register for Diabetes Management, call 916-5000.

Certain beneficiaries to receive permanent ID card

A permanent United States Uniformed Services ID card will be available this month for eligible Uniformed Services family members and survivors of deceased personnel age 75 and over. Currently, Uniformed Services retirees are the only people who receive a permanent ID card.

Beneficiaries with a valid ID card should obtain the new permanent ID card within 90 days of expiration. If beneficiaries' cards are not due to expire for at least another year, they do not need to apply for the new ID card until their existing card is

within 90 days of expiration.

The Military Health System requires eligible beneficiaries to have an ID card to receive health care. Beneficiaries will continue to receive health care benefits and their claims will be processed with their current ID card until they receive the permanent ID card as long as their personal information is current in the Defense Enrollment Eligibility Reporting System.

Even though active duty and retired service members are automatically registered in DEERS, their family members are

not. It is the sponsor's responsibility to register family members into DEERS. Sponsors must also make necessary updates in DEERS for themselves and their family members to ensure TRICARE benefits and claims processing continue without interruption. Changes to a sponsor's status, such as home address and family status (marriage, divorce, birth and adoption) need to be reported.

It is important for surviving family members to update their personal information in DEERS when the active duty or retired spon-

sor dies. For more information, call the DEERS Support Office at (800) 538-9552 or go to www.tricare.osd.mil/DEERS.

For more information about permanent retiree ID cards or DEERS enrollment, beneficiaries can go to www.tricare.osd.mil/deers or call the TRICARE Regional Office North at (877) 874-2273, TRO South at (800) 444-5445, TRO West at (888) 874-9378 or overseas at (888) 777-8343. Locally, beneficiaries can call 221-0415 or 221-2278.

(Source: TRICARE News Release)

Selfless service totals 96 years



Photo by Ed Dixon

(From left) Sgt. 1st Class Edgar Cooper, Maj. Victor Figueroa, 1st Sgt. Gerald Peters and Col. William J. Hartman are recognized for their military careers, which total 96 years of service to the nation at an awards and retirement ceremony Aug. 25 at the MacArthur Parade Field. The retiree ceremony was hosted by Col. Richard Agee, chief of staff, Army Medical Department Center and School and the 187th Medical Battalion.

Fort Sam Houston honors retirees with 'Still Serving' weekend

The Fort Sam Houston Main Exchange will honor military retirees during its annual "Still Serving" weekend, Sept. 16 to 18.

Throughout the "Still Serving" weekend, the Main Exchange will offer special events such as drawings, free refreshments, free product samples, vendor demonstrations and door prizes.

Representing nearly half of Army and Air Force Exchange Services military households, the Exchange maintains a strong relationship with retirees throughout the year.

"Military retirees make up 42 percent of sponsors eligible to shop AAFES facilities," said Tom Goodloe, AAFES Fort Sam Houston general manager. "While we pause to formally recognize them in September of each year, AAFES and its associates understand that retirees deserve our gratitude 365 days a year."

Every time retirees choose to shop at AAFES, they provide needed support for Morale, Welfare and Recreation programs, facilities and nonappropriated fund construction projects such as bowling, gymnasiums and golf courses.

"Retiree support plays a big part in AAFES' annual dividend. Without their support, it would not have been possible for AAFES to return more than \$242 million to Armed Forces MWR programs last year," said Goodloe.

"AAFES' 'Still Serving' weekend will be full of great information and events," Goodloe added. "I hope military retirees will make a point to stop by the Fort Sam Houston Main Exchange for a not-to-be-missed weekend."

For more information, call Floyd Wynn, store manager, at 225-5566.

(Source: AAFES)

Need an ID Card?

The ID Card Office, located in Building 367, accepts appointments from 12:45 to 3 p.m., Monday through Friday. Walk-in hours are from 7:15 to 10:30 a.m. and 12:45 to 2:30 p.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID card by appointment only 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.



CAREER CLIPS

Manager, inpatient unit, San Antonio - Provide daily direction to the team, including all scheduling, care planning, documentation, productivity and all other patient care operations; and manage all patient care expenditures.

Inpatient care nurse consultant, San Antonio - Obtain necessary information from providers and facilities concerning the care being provided to members; assessment of a member's clinical condition and ongoing medical services and treatments to determine medical appropriateness.

Business/operations analyst, San Antonio - Compile and review audit results; develop and coordinate the development of audit reports using Microsoft applications (Excel, Word, Access); and formulate and communicate recommendations and options based upon analysis of audit results, and communicate to management.

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, Building 2263, or by calling 221-1213.



Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail news.leader@samhouston.army.mil or stop by the office in Building 124 (second floor).

TROOP SALUTE



187th Medical Battalion



Officer of the Week

Name: 2nd Lt. Casey Russell

MOS: 70B, health services administration

Hometown: New Kingston, N.Y.

Future goals: To become a foreign area officer in the Army.

Reason for joining: Tradition and because both of my grandfathers have received a Purple Heart

Latest accomplishment: Assisting with the implementation of the Officer Soldier Mentorship and Training program and graduating from Niagara University, N.Y., with a bachelor's degree in French

232nd Medical Battalion



Soldier of the Week

Name: Pfc. Mikky Nixon

Unit: D Company

MOS: 91W, health care specialist

Hometown: St. Petersburg, Fla.

Future goals: Become a registered nurse

Reason for joining: Earn money for college

Latest accomplishments: Making it through the 91W course



Junior Leader of the Week

Name: Pfc. Mark Fuller

Unit: D Company

MOS: 91W, health care specialist

Hometown: Waterbury, Conn.

Future Goals: Become an airborne ranger and later a drill sergeant

Reason for joining: To be the best I can be for my family and myself, and to serve my country in its time of need

Latest accomplishments: Becoming a certified emergency medical technician

Paving the way . . .



Sgt. Leigh Ann Hester
Kentucky Army National Guard

Hester is the first female Soldier since World War II to receive the Silver Star, which she received for her actions during an enemy ambush on her

convoy in Iraq. "It really doesn't have anything to do with being a female. It's about the duties I performed that day as a Soldier."



Col. Wendy Martinson
U.S. Army Garrison commander

"I believe my success comes from learning to be who I am and working with both my strengths and weaknesses. I've had tremendous support throughout my career; people who believed in

me on days I wasn't sure I believed in myself. It's important to celebrate Women's Equality Day because it gives us the chance to recognize the synergy created on a team when everyone is given the opportunity to bring their thoughts and ideas to the table."



Lt. Col. Patricia Darnauer
187th Medical Battalion commander

"I measure my success in the military in relation to all my contemporaries, not only my female peers. That being said, I feel proud and fortunate to be able to serve as a female officer at this time of conflict and transformation in our Army's history.

Celebrating Women's Equality is important from a historical perspective because it defines how far we have come as a country in recognizing the value of all members of our society. It is important from a contemporary perspective because it enables us to appreciate the relative equity the Army affords all members — regardless of gender."

Fort Sam Houston, city celebrate Women's Equality Day

By **Andricka Hammonds**
Brooke Army Medical Center Public Affairs

Fort Sam Houston, Brooke Army Medical Center and Image de San Antonio each hosted a ceremony in honor of Women's Equality Day Friday.

Women's Equality Day, celebrated each year on Aug. 26, commemorates the 1920 passage of the 19th Amendment to the constitution, granting women the right to vote.

"Equality is a launching point, not a landing point," said Capt. Maria Doucettperry, BAMC judge advocate general officer.

Doucettperry, the guest speaker for the BAMC celebration, gave a powerful performance of the "Ain't I a Woman" by Sojourner Truth, a speech delivered at a women's convention in Akron, Ohio, in 1851.

Doucettperry encouraged women and men alike to continue the efforts toward full equality. "Despite the fight, it's still not over. Women should use their right to vote. This program was my chance to do my part; we all have a duty to make a difference, and when we get that chance, we must seize it."

Doucettperry said it is not enough to assimilate; it is up to us to mold our future. She asked the audience if equality was enough and, once that goal is reached, how equality can be maintained.

"Be sure to thank those who fought for our rights, including those nameless souls who suffered so we

wouldn't have to," said Doucettperry. "Now, it's our turn to be those nameless faces."

Also at the ceremony were Soldiers dressed in early 19th century garb with picket signs demanding the right to vote, and a voter registration table in the BAMC medical mall where BAMC patients and visitors could register to vote.

"Soldier participation brought a good touch to the story," said Command Sgt. Maj. Jackie McFadden, troop command sergeant major.

"We wanted this event to be thought-provoking and inspire action in those who didn't think they could contribute to the fight for equality," said Sgt. 1st Class Isaac Day, BAMC equal opportunity adviser.

Doucettperry ended her presentation with a similar message, "Is equality enough? If you think equality is enough, your standards are too low, get busy and get involved."

For the installation event, Women's Equality Day was celebrated with a luncheon at Sam Houston Club to commemorate the positive changes from women in the past.

"Celebrating the accomplishments of women in the past and present helps us remember what women have done so we can mold our future in a positive way," said Master Sgt. Michael Boehringer, installation equal opportunity adviser.

At the luncheon, guest speaker retired Sgt. Maj. Kasha Zilda said one day she hopes there is no need for a Women's Equality Day. Zilda served in the Women's

Army Corps, and also was the first woman to reach various positions in her Army career.

During her speech, she took people through history reminding the audience how different the Army was when she first joined. "You (women) could not marry without your commander's approval," said Zilda.

She honored women injured in combat by listing their names and injuries sustained in combat.

On the civilian side, Image de San Antonio, an organization dedicated to supporting Hispanic Americans, honored 12 Outstanding Hispanic Women Role Models, including three women from Fort Sam Houston, during a dinner and ceremony at the Kelly Field Club.

The post recipients are Rebecca Ayala, who recently retired after 33 years with the federal government as an equal employment opportunity specialist; Maj. Dawn Garcia, the Brooke Army Medical Center Department of Nursing agency coordinator and nurse recruiter; and Esther Garcia, a public affairs specialist from the Fort Sam Houston Public Affairs Office.

The awards are given out each year to recognize outstanding Hispanic women as well as to encourage young women to follow their dreams.

"With hard work and perseverance, anyone can achieve," Esther Garcia said. "I believe it is important to highlight successful women, past and present, to remind our youth that they can attain their goals despite the odds."

Image de San Antonio, an Hispanic American organization, honored twelve San Antonio women, including three from Fort Sam Houston, for being "Outstanding Hispanic Women Role Models" Friday at the Kelly Field Club in honor of Women's Equality Day. The women received an award from Mary Espiritu, Image de San Antonio president, and a Governor of Texas Yellow Rose Commission from the Honorable Joaquin Castro, Texas state representative, District 125.



Photo by Arcy Longoria



Lt. Col. Barbara Holcomb
Special Troops Battalion commander

I attribute my success in the Army to doing the best I can do at any job I'm given — I don't attribute it to being female. I would discourage young Soldiers from asking, 'How can I be

successful as a female?' The question they need to ask is, 'How can I be successful as a Soldier?' The answer is to know and uphold the standards, stay motivated and focus your energy on doing the job to the best of your ability."



Maj. Dawn Garcia
Brooke Army Medical Center Department of Nursing agency coordinator

"Whether I am providing bedside clinical nursing, serving in a combat casualty hospital in Iraq or in a role that supports the clinical bedside nurse, I am fulfilled by caring for the American Soldier. I honestly wake up in the

morning looking forward to going to work. I believe that if you have a career you enjoy, ultimately success will follow. The celebration of this day brings awareness to potential distinctions or classifications due to gender with the goal of breaking down these distinctions, eliminating discrimination and prejudice."



Capt. Cassandra Mim
418th Medical Logistics Battalion commander

"My motivation to succeed comes from my internal drive; knowing there is a goal and a mission to accomplish. Women's Equality Day is important because we take time to recognize

that women are an integral part of society and have multiple skills to bring to the table."

Sgt. Amanda Medders presents guest speaker Capt. Maria Doucettperry, Brooke Army Medical Center judge advocate general officer, with a picture portraying Women's Equality Day Friday at the close of the BAMC presentation.

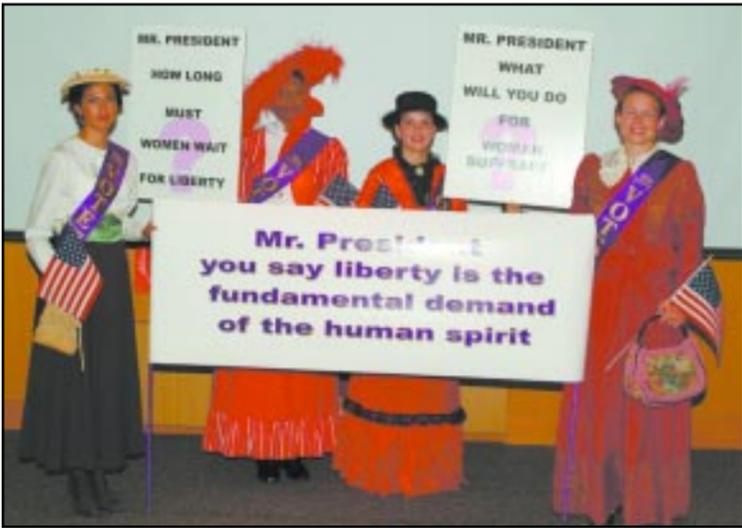


Photo by Andricka Hammonds

(From left) Sgt. Lisette Piedra, Staff Sgt. Gloria Hoskins, Sgt. Sabrina Garza and Sgt. Amanda Medders dress up as women in the suffrage march Friday during the Women's Equality Day ceremony at Brooke Army Medical Center. Along with their appearance at the ceremony, the Soldiers also walked through the BAMC medical mall encouraging people to register to vote.



Photo by Andricka Hammonds



Photo by Olivia Mendoza



Photo by Olivia Mendoza

Lt. Col. Barbara Holcomb presents a gift to retired Sgt. Maj. Kasha Zilda for speaking at the installation's Women's Equality Day luncheon Friday at the Sam Houston Club.

(Left) Staff Sgt. Robin Farland sings the National Anthem at the start of the installation's Women's Equality Day luncheon at the Sam Houston Club.

RELIGIOUS HAPPENINGS . . .

All-Protestant service

There will be an all-Protestant outdoor service Sept. 18 at 8 a.m. at the Main Post Chapel, with a meal to follow. The service will include worship leaders and choirs from throughout the installation. All Protestant services are cancelled for that day except for those at the Army Medical Department Regimental Chapel and Brooke Army Medical Center Chapel.

Catholic Women of the Chapel

The Catholic Women of the Chapel will host its first gathering Sept. 9 at Dodd Field Chapel. Rosary begins at 8:30 a.m. followed by Mass at 9 a.m. and a program. The gathering includes a potluck brunch. Outreach donations for this gathering will be school supplies. On-site childcare will be available with a copy of the child's shot records. For more information, call Maria Gonzalez at 223-7475.

PWOC Bible studies

Evening Bible study

Protestant Women of the Chapel will launch an evening Bible study Sept. 15 from 6:30 to 7:30 p.m. at Dodd Field Chapel. The evening session will study "The Five Love Languages" by Gary Chapman. For more information, call Tracey Toner at 566-1099 or e-mail traceytoner@sbcglobal.net.

Daytime Bible study

The daytime Protestant Women of the Chapel group will meet every Wednesday from 9:30 to 11:30 a.m. at Dodd Field Chapel. The studies for the fall semester include "Thirty Days to Understanding the Bible" by Max Anders, "The Five Love Languages of Children" by Gary Chapman, "Falling in Love with Jesus" by Dee Brestin and Kathy Troccoli, "Bible Book Study—John" by Kristi Robinson, "That the World May Know" by Ray Vanderlaan and Focus on the Family. For more information, call Lois Griffith at 226-1295. Free childcare will be provided at both PWOC studies, and all women from the Fort Sam Houston community are invited to attend. For more information, visit www.samhouston.army.mil/chaplain/womensministry.

OCF Bible study

For the month of September, the Officers' Christian Fellowship will meet for dinner and study on the first and third Sundays of each month from 4:30 to 7 p.m. at 1008 Gorgas Circle (near the old Brooke Army Medical Center). The study will focus on The Minor Prophets. For more information, call Lt. Col Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

INTERFAITH CALENDAR . . .

Today - Lailat al Miraj - Islamic observance of Mohammed's night journey from Mecca to Jerusalem and his ascension to heaven

Wednesday - Ganesh Chaturthi ** - A Hindu festival honoring the god of prosperity, prudence and success; images of Ganesa are worshipped.

Sept. 8 - Birth of the Blessed Virgin Mary - Christian celebration of the birth of the Virgin Mary

Sept. 11 - New Year - Coptic Christian

Sept. 14 - Holy Cross Day - A Christian day of recognition for the cross on which Jesus was crucified as a central symbol of the Christian religion.

** Local customs may vary on this date.

POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 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: 379-8666 or 493-6660

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

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services - Sundays:

12:30 p.m. - 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.

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays

AMEDD Regimental Chapel,

Building 1398, 221-4362

Troop Catholic Mass: Sundays:

10 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Gospel Services:

Sundays: 11 a.m. - 32nd Med. Bde.

Soldiers

Troop Protestant Service:

Sundays: 9 a.m. - 32nd Med. Bde.

Soldiers

Samoan Protestant Service:

Sundays: 12:30 p.m.

FSH Mosque, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children's Religious

Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious

Education - Thursdays

Evans Auditorium, 221-5005 or 221-5007

Mormon Services: 9:30 to 11:30

a.m. - Sundays

Web site:

www.samhouston.army.mil/chaplain

SCHOOL NEWS

Cougars off to great start



Photo by Lt. Col. Bob Hoffman

The Cole Cougar football team storms onto the field Friday for the first game of the season. The Cougars beat the Three Rivers Bulldogs 27-6. Greg Washington ran for 167 yards and scored two touchdowns. Erin Simmons had 54 yards rushing and scored two touchdowns. Quarterback Matt Newcomer was 5 for 8 passing for 88 yards. Paul Parker completed three receptions for 52 yards. The entire defense played an outstanding game, holding the Bulldogs to only six points. Sha Cameron and Damon Grant were the leading tacklers.

Fort Sam Houston Independent School District Weekly Campus Activities – Monday to Sept. 10

Fort Sam Houston Elementary School

Monday
School holiday - Labor Day

Tuesday
Iowa Test of Basic Skills for first to sixth graders, 8:30 to 10:30 a.m.

Wednesday
Iowa Test of Basic Skills for first to sixth graders, 8:30 to 10:30 a.m.
Early dismissal – kindergarten to fourth grade, 2 p.m.
Early dismissal – fifth and sixth grades, 2:30 p.m.

Sept. 8
Iowa Test of Basic Skills for first to sixth graders, 8:30 to 10:30 a.m.

Sept. 9
Iowa Test of Basic Skills for first to sixth graders, 8:30 to 10:30 a.m.
Spirit Day

Robert G. Cole Jr./Sr. High School

Monday
School holiday - Labor Day

Tuesday
Junior varsity and varsity volleyball vs. Stacey at Cole, 5 and 6 p.m.

Wednesday
Ninth grade Iowa Tests of Educational Development in cafeteria, 8 a.m.
Senior class/parent meeting in cafeteria, 6:30 to 7:30 p.m. - "I'm a senior now, so what do I do!"

Sept. 8
Ninth grade Cognitive Abilities Test in cafeteria, 8 a.m.
Junior varsity football vs. Jourdanton at Cole, 6 p.m.
Varsity volleyball tourney at Utopia, TBA

Sept. 9
Varsity football at Jourdanton, 7:30 p.m.
Junior varsity and varsity volleyball vs. Stacey at Cole, 5 and 6 p.m.

Sept. 10
North East Cross Country at University of Texas at San Antonio, TBA
Varsity volleyball tournament at Utopia, TBA

Emergency numbers



Dial 911 when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.

**A health care professional's
greatest calling is to serve the
Soldiers that defend our
Nation's freedom.**



**The United States Army offers
virtually every health care specialty
found in the civilian sector.
Call your Army Health Care
Recruiter to learn about
opportunities for direct
commissions, scholarships,
internships, and residencies at
(210) 692-7376
healthcare.goarmy.com**

MWR

Recreation and Fitness

Fort Sam Houston Fall Fest

Get ready for the Fort Sam Houston Fall Fest Oct. 15 from 10 a.m. to 8 p.m. at the MacArthur Parade Field. Events include a chili cook-off (military units welcome), arts and crafts fair, parade, carnival games, pony rides, live entertainment, car show and food and beverage booths. For more information, call 221-2926. For those interested in being an arts and crafts vendor, call 221-5224 for details while space is still available.

Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

Camp Bullis catfish pond

The catfish pond at Camp Bullis is open Saturdays and Sundays from 4 to 8 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

Free morning aerobics

The Jimmy Brought Fitness Center offers free morning aerobics classes Monday and Wednesday from 6 to 6:45 a.m. in the aerobics room.

Water aerobics

The Jimmy Brought Fitness Center pool features water aerobics every Monday, Wednesday and Friday from 8:45 to 10:30 a.m. and from 5 to 6 p.m. The cost is \$2 per class or \$24 for a 16-class pass and free to pregnant women and new mothers. For more

information, call 221-2020.

Senior fitness

The Jimmy Brought Fitness Center aerobics program includes a senior fitness class every Tuesday and Thursday. Participants will learn stretching and some low impact weight-bearing exercises. The cost is \$2 per class or \$24 for a 16-class pass. For more information, call 221-2020.

Salsa and meringue classes

Join the Latin dance craze by learning these popular dances for fun and exercise. Classes are Monday and Thursday from 6:30 to 7:30 p.m. at the Jimmy Brought Fitness Center aerobics room. The cost is \$2 per class or \$24 for a 16-class pass. For more information, call 221-2020.

Free cycling classes

The Jimmy Brought Fitness Center hosts free cycling classes every Tuesday and Thursday at noon and every Wednesday at 4:45 p.m.

Yoga, pilates teacher needed

The Jimmy Brought Fitness Center is looking for an instructor for a beginning yoga and pilates class. Certification is required for this contract position. For more information, call 221-2020.

Aquatic Center to close

The Aquatic Center will close Monday until next summer. This weekend, the center is open Friday from 11:30 a.m. to 1:30 p.m. for lap swim; 4 to 8 p.m. for open swim, no slides; and Saturday, Sunday and Monday from 12 to 8 p.m. with full operation. Come enjoy the outdoor pool one last time this summer.

AC service

Beat the heat with air conditioning service at the Auto Craft Shop. All AC services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the Morale, Welfare and Recreation Web site at www.fortsamhous-

tonmwr.com for a \$5 off coupon. For more information, call 221-3962.

MWR car wash

Stop by the Fort Sam Houston Morale, Welfare and Recreation Auto Craft Shop in Building 2410, on the corner of Funston and Schofield Roads, to use one of the two car wash bays. The center also features an automobile vacuum. The hours of operation are Wednesday through Friday from 1 to 9 p.m., and Saturday and Sunday from 9 a.m. to 5 p.m. For more information, call 221-3962.

Dining and Entertainment

Bowling Center, 221-3683

Join fall bowling league

New leagues are forming now at the Fort Sam Houston Bowling Center. Leagues include men's, mixed, senior ladies' majors, youth and officers' wives. For more information, call the Bowling Center at 221-4740.

Unlimited bowling

There will be unlimited bowling every Friday from 5 to 10 p.m. for \$5.95.

Family bowling day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.

Cyber bowl

Cyber bowl is Saturdays from 7 to 9 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

Golf Club, 221-4388

Labor Day Scramble

The Labor Day Scramble is Monday at 8:30 a.m. There will be a shot-gun start. Form your own two-person team. Members pay \$35 and non-members pay \$60. Fee includes carts, green fees, prizes, lunch and award ceremony.

Pro Shop Labor Day sale

The sale lasts through Sept. 30 and includes

shoes, Wilson irons, woods and putters.

Golf lessons

Private customized and personalized instruction are offered at the golf course.

Sam Houston Club, 224-2721

Sunday brunch

The Sunday brunch will be from 10 a.m. to 1:30 p.m. The cost is \$11.95 for members, \$13.95 for non-members, \$6.95 for children ages 7 to 11 and free for children 6 and under. Adults' meals include complimentary champagne.

Bingo

Play bingo every Thursday and Friday; doors open at 5 p.m., and Saturday, the doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m. The cost is \$5.95 for members and \$6.95 for non-members.

Harlequin Dinner Theatre

The Harlequin Dinner Theatre is now featuring the Neil Simon comedy: "I Ought To Be In Pictures" Wednesday through Saturday evenings through Sept. 24. The play centers on Herb, a once-successful Hollywood scriptwriter, who is having a dry spell and his confidence is shaken. Discounts are available for military. The house opens for salad bar and cocktails at 6:15 p.m. The buffet is open from 6:30 to 7:30, and the show begins at 8 p.m. To make reservations, call the box office at 222-9694.

MWR Ticket Office

The ticket office has discount tickets available for various events. For more information, call 226-1663 or visit www.fortsam-houstonmwr.com.

MWR CHILD AND YOUTH SERVICES

Youth Happenings

Youth Center closes early

The Youth Center will close Friday at 8 p.m. for the high school football game. The center will re-open Saturday at 3 p.m.

Saturday night at the movies

A marathon movie night with pizza will be Saturday from 8 to 10 p.m. for middle school students and from 8 to 11 p.m. for teens.

Before- and after-school programs

Patrons in need of before- and after-school care for kindergarten through fifth graders can register for the School Age Services Program. For more information, call Central Registration at 221-4871 or 221-1723.

Free after-school program

Youth Services offers a free after-school program for sixth to ninth graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

Youth Services volunteers

Youth Services is looking for volunteers to assist with youth programs such as golf, roller hockey, tennis, computers and arts and crafts. Volunteers with typing or filing skills are needed for the administrative office. Parents and teens can also volunteer to help in the concession stands Saturdays during football season. For more information, call the Youth Center at 221-3502.

Football registration

Football registration is ongoing at the Youth Center for youth ages 7 to 12. Registration is Monday to Friday from 10 a.m. to 8 p.m. The cost is \$65 for the first child and \$60 for the second child. Youth must be registered with Child and Youth

Services. A birth certificate and proof of physical are required to play. For more information, call 221-3502 or 221-5513.

Cheer registration

Cheer registration for the football season is ongoing at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. for youth ages 5 to 12. The cost for cheerleading is \$50 for the first child and \$45 for the second. Youth must be registered with Child and Youth Services. A birth certificate and proof of a physical are required to cheer. Space is limited. For more information, call 221-3502 or 221-5513.

Cooking classes

The Youth Center offers cooking classes every Friday from 5 to 6 p.m. For more information, call 221-3502.

Saturday open recreation

The Youth Center sponsors open recreation Saturdays for first through 12th graders: first to fifth graders meet from 3 to 8 p.m., sixth to eighth graders meet from 3 to 10 p.m. and ninth to 12th graders meet 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. Youth must be registered with Child and Youth Services to attend. For more information, call 221-3502.

IMPACT recreation

The IMPACT Recreation Group will sponsor a basketball recreation program Saturdays from 11 a.m. to noon at School Age Services, Building 1705, for families with special needs youth registered with Child and Youth Services. Parents with special needs youth must stay and participate. For more information, call Robin at 497-6310.

Parent News

Employee of the quarter

Congratulations to Jeanne Warren, Youth Services manager, for earning the third quarter Employee of the Quarter award.

PAC meeting

The next Child and Youth Services Parent Advisory

Council meeting will be Sept. 20 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 about upcoming events, meet staff and address concerns.

ArmyFCC.com

Fort Sam Houston Family Child Care Program is now on ArmyFCC.com, a Web-based information and referral tool for parents interested in FCC. The Web site includes both a public and a private section describing each installation's program and more information on providers. Soldiers and qualified civilians must be registered through Child and Youth Services to benefit from any CYS programs to include FCC. For more information, call Central Registration at 221-4871 or 221-1723.

PCI enrollment opportunity

The Parent Child Incorporated Child Development Center is currently taking applications for enrollment. This is a free child care program. Eligibility is based on federal guidelines. For more information, call 221-3788.

Part-day preschool program

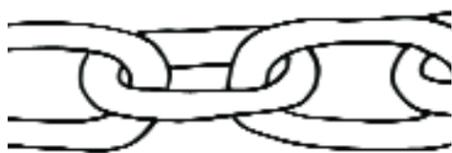
Patrons interested in the part-day preschool program at the Child Development Center can contact Central Registration to register at 221-4871 or 221-1723. This program will run from 9 a.m. to 2 p.m. Monday through Friday. Fees are based on total family income.

Home-based child care

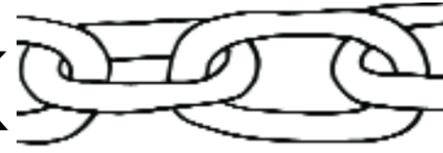
Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.



COMMUNITY LINK



Happenings

Water Safety Day at Canyon Lake

The Fort Sam Houston Safety office will sponsor a Water Safety Day at Canyon Lake Retreat, Friday from 10 a.m. to 2 p.m. The Safety Office will conduct a clinic on the proper fitting of a life safety jacket and preventing heat injury. Park rangers from the Corp of Engineers will provide instructions on water recreation safety. The Provost Marshal Office will provide photo identification and fingerprinting for children. The fire department will offer a fire prevention clinic. For more information, call 221-3823

Golf association seeks new members

The Fort Sam Houston Women's Golf Association is looking for new members. All eligible women golfers are invited to join. The association, which plays on Tuesday mornings, offers both a 9-hole group and an 18-hole group. For more information on the first group, call Barbara Rhea at 490-2727, and for the second group, call Nita Whiting at 653-0418.

NAF horse auction

Non appropriated funds will accept sealed bids on six horses at the post Equestrian Center ranging in age from 9 to 20 years old. The purchaser will be responsible for removing the horses from the Equestrian Center premises. The horses may be viewed by appointment. Sealed bids will be accepted until Sept. 16, and bids will be opened Sept. 19 at 8 a.m. For more information on horses, call 224-7207. For more information on the event, call Cynthia Tripoli or Joe Cavanagh at 221-3185.

NDTA annual golf tournament

The San Antonio Chapter of the National Defense Transportation Association will sponsor its annual scholarship golf tournament Sept. 30. Prizes include \$10,000 for a hole-in-one. For more information, visit http://home.att.net/~alamondta/golf_flyer2005.htm.

FRG leadership training

All commanders, first sergeants and family readiness group leaders are invited to attend the next FRG leadership training Sept. 16 from 8 a.m. to 4 p.m. New FRGs will receive the "purple box" multicomponent family support kit. To make reservations, call 221-0946.

Labor Day computer sale

FSM Leasing will offer an opportunity to purchase leased IBM Pentium IV computers Friday and Saturday from 10 a.m. to 3 p.m. for only \$199 plus tax. The sale location is Brooke Army Medical Center warehouse, Building 4194. Not-for-profit organizations can purchase tax-free. The system comes with a 17-inch black IBM monitor, a keyboard and a mouse. It is DSL Internet ready. For more information, call 416-7744 or 916-2722.

Single Parent Support Series

Army Community Service Family Advocacy Program presents the Single Parent Support Series. The series discusses topics including healthy perceptions of family, parenting skills unique to the single parenting lifestyle, factors influencing single parenting, custody and child support issues, and the impact of separation on children and resources available for single parents and their children. Classes start Sept. 9, and continue every Friday for six weeks from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650, on Patch Road. For more information, call 221-0349 or 221-2418 or visit www.fortsamhoustonmwr.com. This class is open to all military ID cardholders and Department of Defense civilians.

Prostate Cancer Awareness Day

The Brooke Army Medical Center Urology Clinic will observe Prostate Cancer Awareness Day Sept. 23 from 7:30 to 11 a.m.

The event is open to all active duty and retired military over age 40. No appointment is necessary. For more information, call Maria Patterson at 916-3419.

Rainbow Kids stay busy

The Rainbow Kids touring and performing arts group is dedicated to presenting professional quality, family style entertainment in a variety of ways. The Rainbow Kids will perform Saturday at 6, 6:50 and 7:30 p.m. at the River City mall (lagoon area) and Sept. 10 at 2 p.m. at the USAA Towers. The Rainbow Kids are sponsored by the Fort Sam Houston Youth Activities under the direction of Ron Joy. For more information, call 348-8014 or 295-2093.

Glenn Miller Orchestra

The Veterans of Foreign Wars of the United States and the Knights of Columbus will sponsor the world-famous Glenn Miller Orchestra, to perform in San Antonio to honor war heroes and veterans, past and present. The performance will be at La Villita Assembly Hall Sept. 19. Tickets are \$40. For more information, call 681-4688, 735-5003 or 684-9555.

ACTS weekend retreat

The St. Anthony Retreat Center will sponsor a weekend retreat for those affected by HIV/AIDS Sept. 22 to 25. For more information, call Leroy Perez at 922-2574 or 358-7283.

VFW chili cookoff

Veterans of Foreign Wars Post 8456 will sponsor a Chili Appreciation Society International-sanctioned chili cookoff to raise funds for cancer research and other local charities Sept. 17 at 6808 State Highway 123 in Geronimo (between Seguin and San Marcos). For more information, call Bill Owen at (830) 303-9903 or Chris Savage at (830) 660-9809.

Castroville Walk

The Trinity Trekkers Volksmarch club will sponsor a 10-kilometer (6.2 miles) and 5-kilometer walk in historic Castroville, Texas, Sept. 10. The start point is at the Castroville Regional Park. For more information, call David Toth at 521-8684 or e-mail dnt@stic.net.

Texas Wanderers walk

The Fort Sam Houston Texas Wanderers in association with American Volkssport Association will sponsor a 10K walk at the Guadalupe River State Park and Honey Creek State Natural Area Oct. 15 at 3350 Park Road 31, Spring Branch, Texas. For more information, call Lyn Ward at 651-6536 or David Maple at 221-5554.

Volunteer

Pediatric dental screenings

The Pediatric Dental Department at Lackland Air Force Base will provide drop-in dental screenings for children under 13 Sept. 14 and 21 from 8 to 11 a.m. in the Skylark Community Center, Building 6576. This service is for eligible military medical beneficiaries. No appointment is necessary. Children will receive a dental screening exam, an opinion about their dental condition and appropriate treatment recommendations or alternatives. Parents should bring a copy of their child's treatment plan or referral letter from their private dentist. For more information, call Col. Jeff Mabry at 292-3327 or Staff Sgt. Shannon Lilley at 292-4072.

SAMM volunteer opportunity

San Antonio Metropolitan Ministry, a nonprofit organization that runs the largest homeless shelter and transitional housing program in San Antonio, seeks volunteers for its various charity missions. For more information on upcoming projects, call Betty

Schwartz at 340-0302, extension 224.

WHMC periodontics seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks patients with specific needs for treatment in the periodontics residency program. Applicants must be a military retiree, family member of a retiree or family member of an active duty member and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must have a written consult from their referring dentist and can either bring it to MacKown Dental Clinic or fax it to 292-5193. For more information, call 292-7273.

Volunteer ombudsmen needed

The Alamo Area Council of Governments' Alamo and Bexar area agencies on aging are looking for caring individuals to become certified volunteer ombudsmen. Ombudsmen are advocates for elders' rights. The ombudsmen programs are composed primarily of volunteers. AACOG staff administers a specialized training program, certified by the Texas Department of Aging and Disability Services, to teach volunteers how to advocate for the elderly in long-term care. For more information, call 362-5226 for Bexar County or 362-5223 for the Alamo Region or visit www.aacog.com/aging.

UFE procedure available

The department of interventional radiology at Wilford Hall Medical Center is accepting patients for nonsurgical treatment of symptomatic uterine fibroids. Uterine artery embolization is a minimally invasive, safe and effective procedure that can be performed for most patients with symptomatic uterine fibroids. People who desire an evaluation should call 292-5262 and ask for Maj. George Leon, Lt. Col. David Condie or Lt. Col. Thomas Seay.

BAMC needs volunteers

Brooke Army Medical Center seeks volunteer drivers for its caremobiles, which transport patients from the BAMC parking lot to the clinic entrance. For more information, call Jessica Veilluex at 916-3862.

Professional Development

Army Reserve opportunities

The U.S. Army Reserve is actively recruiting. For more information, call (800) USA-ARMY or visit www.goarmyreserve.com.

Resume and interview workshops

Family employment readiness program will offer a resume writing workshop Sept. 9 from 9 a.m. to 12 p.m. and a job fair preparation workshop Sept. 19 from 9 a.m. to 12 p.m. at the Roadrunner Community Center. Reservations are requested. A valid military family member ID card is required. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

Hiring Heroes Career Fair

The Department of Defense Applicant Assistance Office and Brooke Army Medical Center in conjunction with Monster.com will sponsor a job fair for severely injured veterans of Operations Enduring Freedom and Iraqi Freedom and their spouses Sept. 20 from 9 a.m. to 3 p.m. at the Roadrunner Community Center, Building 2797. The event is open to the veterans of all services. For more information, call (888) 363-4872, TTY (703) 696-5436, or visit www.goDefense.com.

Free computer training

Family members of active duty military personnel may receive computer training for the job market through the family employment readiness program. Automated, self-

paced training is available on all Microsoft Office software (Word, Excel, Access, Power Point), Windows, Outlook, QuickBooks (accounting), customer service, clerical and typing skills. Typing instructions are also available in Spanish. For more information, call 221-0516 or 221-0427.

Job search assistance

Employment Readiness Program offers job search assistance to family members. Services include job search, resume writing, interview preparation, skills testing and much more. For more information or to make an appointment, call Jennifer Swiger at 221-0427 or Gabriele Dias at 221-0516. A valid military family member ID card is required for all services.

San Antonio military job fair

The semiannual San Antonio military job fair is Sept. 21 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road, located at the junction of Interstate Highway 35 and Anderson Loop 1604. There will be more than 100 employers represented. To view a list of participating employers, visit the Army Career and Alumni Program Web site at http://acap.army.mil/acap_centers/Centers/CenterDetailView.cfm. For more information, call the ACAP Center at 221-1213.

Army health care recruiting

A health care professional's greatest calling is to serve the Soldiers that defend our nation's freedom. The U.S. Army offers virtually every health care specialty found in the civilian sector. Call an Army health care recruiter to learn about opportunities for direct commissions, scholarships, internships and residencies at 692-7376 or visit www.healthcare.goarmy.com.

St. Mary's offers master's degree

St. Mary's University would like to offer a master of arts in international relations for personnel at Fort Sam Houston. This 36-hour program is currently offered on campus online and can be completed in two years. Several concentrations are available: inter-American studies, international conflict resolution, international criminal justice and crime control, and international development studies and security policy. A military tuition grant is offered to active duty military, retired military, Department of Defense civilians and the spouses of these groups. For more information, call Judy Olivier at 226-3360, or stop by Building 2248, Room 206.

Meetings

Native Plant Society meeting

The Native Plant Society of San Antonio will present a discussion, demonstration and tips about the rescue of wild plants Sept. 27 at 7 p.m. at Lions Field Senior Center, 2809 Broadway and East Mulberry in Brackenridge Park. For more information, call 733-0034 or visit www.npsot/SanAntonio.org.

Caribbean American Association

The San Antonio Caribbean American Association seeks new members. There is a gathering on the last Saturday of each month. For more information, call Master Sgt. Pauline Perry at 221-6913.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Micaela Reyes at 221-8947.

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. Real estate ads will not be published. 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 appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.

For Sale: Pentium 15 computer with monitor, keyboard, mouse and speakers, \$100; IBM computer monitor, 17-inch, \$30. Call Tony Ramon after 6 p.m. at 666-0502.

For Sale: Graco double stroller dual glider, \$20; Radio Flyer wooden classic Tiny Trike, \$10; Fisher Price Stride-to-Ride walker, \$8. Call 824-4770.

For Sale: Scots riding lawnmower, 46-inch cut, \$600; pet rats, \$5 each. Call 393-2864.

For Sale: New Glucometer Elite XL diabetes care system, includes three boxes of blood glucose test strips (50 count each), \$90, retails for \$210; Toshiba laptop computer with 333 MHZ, K6.2 processor, 3.5 diskette drive and 24X CD-ROM, 56K, V90

modem, Windows98, Microsoft Office 97 software, CaseLogic carry case and extra mouse, \$425 firm; Dell keyboard and mouse, \$15. Call 359-6827 after 4 p.m.

For Sale: 1998 Mitsubishi Diamante, egg-plant color, damaged by hit and run accident, damage to front and back driver side doors and windows, interior and all other exterior not damaged, still runs well, \$1,200 obo. Call Cynthia at 221-2304 or 333-8979 in the evenings.

For Sale: Entertainment center, \$25; girls' bike, \$5; end tables, \$10; sofa sleeper and loveseat, \$200, can e-mail photos. Call 271-3661.

For Sale: Dachshund, four pups and mom, \$125 each obo; Hedstrom hobby

horse, like new, \$50; computer desk, \$65; white storm screen door with frame, \$50; red leather purse, \$30; 1994 red Volvo, perfect condition, low miles, all new parts and tires, \$8,900 obo. Call 633-3859.

For Sale: Large, full wall German shrunk in excellent condition, light medium wood, three pieces, entertainment, cabinet and display center, \$750 obo. Call 224-0739.

For Sale: One-year-old La Z Boy tan, leather recliner, brand new condition, paid \$600, will sell for \$350; 32-inch chimenea with stand, \$25. Call 490-5240 or cell 213-2182.

For Sale: 1994 Nissan Pathfinder, 120K, six cylinder, cold a/c, excellent condition, \$2,795 obo. Call Kim at 316-9030 or at home at 226-4766.

For Sale: 1998 Harley Davidson Heritage Softail, 7,800 miles, many extras, \$12,500; 1999 Dodge Ram 1500, 98K miles, a/c, AM/FM cassette, 5SP, cruise control, tool box, bedliner, \$5,500 obo. Call 849-7396 or 225-4603.

For Sale: Honey-colored dresser with mirror; three table lamps with shades; two rust-colored upright arm chairs; queen size brass bedstead; small bookcase and repairable console TV, all for \$125 cash. Call 945-2906.

Free: Australian Catahoula cattle and sheep dog, 7-year-old female, fixed, needs to be outdoors, best suited for a ranch or country living, shots up to date, identity microchip. Call 212-8055.