



Fort Sam Houston News Leader



Vol. 38, No. 36

Fort Sam Houston – Home of Army Medicine

Sept. 7, 2006

Briefs . . .

ID, CAC card issue

All customers — Soldiers, Department of the Army civilians, contractors, retirees and their family members — will be issued a Common Access Card and ID card by appointment only. Emergencies will be handled on a case-by-case basis. The average wait time for service may be an hour or longer. Personnel are advised to call early for an appointment, especially if the card is due to expire soon. The average wait time for an appointment is one to two weeks so people should plan accordingly. No appointment is required for PIN reset or to update certificates. To schedule an appointment, call 221-0415 or 221-2278.

Breakfast-on-the-Go

Lincoln Military Housing will host a Breakfast-on-the-Go Wednesday from 7 to 8 a.m. A favorite “Kid’s Recipe” contest will be held; the deadline for submitting recipes is Sept. 20. The winner will be announced Sept. 21 and will receive movie passes for the family. For more information, call LMH at 270-7638.

Audie Murphy induction ceremony

A Sergeant Audie Murphy Club induction ceremony will be held Sept. 22 at 3 p.m. at Blesse Auditorium. The guest speaker will be Sgt. Maj. John Thompson, of the Army Medical Department Personnel Proponent Directorate. For more information, call Sgt. 1st Class Brande Dietrich at 221-0240 or Sgt. 1st Class Isaac Day at 916-5991.

AECP ceremony

The Army Medical Department Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army Sept. 22 at 9 a.m. at the Roadrunner Community Center. AECP provides eligible active duty Soldiers the opportunity to complete a bachelor’s degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. For more information, call Sgt. 1st Class Kevin Moore at 221-3083 or Anna Prescott at 221-5582.

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Courtesy photo

It’s show time

Although this picture was taken more than 70 years ago, the now-vacant Post Theater 1 on Stanley Road still stands out today with its distinctive Spanish colonial-style tower. Built in 1935, the theater was the Army’s version of a “movie palace,” complete with a fancy lounge. The theater had seating for 1,207 people and people could see a movie, such as “Wings,” for 5 cents back in the 1930s. The last movie was shown there about 20 years ago, and plans are under way to restore the building for possible use as a conference center. For more on Fort Sam Houston’s history, see Pages 16 and 17.

Fort Sam employees required to register vehicles

By Cheryl Harrison
Fort Sam Houston Public Information Office

Registering a vehicle on Fort Sam Houston is one of the items on a “to do” list that has to be done, but might be pushed to the bottom of the list several times before it is accomplished.

Fort Sam Houston leaders, however, are working to ensure drivers make vehicle registration a priority. On Oct. 1, a Vehicle Registration Campaign will kick off in an effort to encourage the Fort Sam Houston workforce to register their privately owned vehicles as mandated by FSH Regulation 190-5. The campaign will involve a three phased approach: information, registration and enforce-

ment, said Ray Acuna, of the Provost Marshal Office.

The campaign’s information phase will take place from Oct. 1 to 15. During this time, drivers are asked to keep an eye out for News Leader articles, e-mail messages and flyers, which will be handed out at vehicle access control points.

During the registration phase, from Oct. 16 to 29, drivers who do not have their vehicles registered will be issued a traffic citation (DD Form 1408) at ACPs. They will have 10 working days to register their vehicles. The citations will be tracked in the Army’s Vehicle Registration System.

“No one is exempt,” Acuna said. “All Fort Sam Houston employees, whether

civil service or military, must have a decal to enter post, or obtain one within 10 days of citation.”

Contractors are included, but only if they will be working on post for more than six months. Contractors who will be working on post for less than six months will be issued an extended pass.

Retirees are also encouraged to register their vehicles to speed up gate traffic and offer more post entry options.

For the enforcement phase, Oct. 30 to Nov. 12, there will be mandatory registration at the visitors’ ACPs, which include the Harry Wurzbach (East), Binz Engleman and Walters gates. Drivers

See VEHICLE REGISTRATION on Page 4

Fort Sam, city commemorate Sept. 11

FSH Museum 9-11 exhibit

The Fort Sam Houston Museum is commemorating the Sept. 11, 2001, terrorist attack on the Pentagon with a new exhibit. For more information, call 221-1886.

Sept. 11 remembrance service

A Sept. 11 remembrance service will be held Monday from 12 to 12:30 p.m. at the Army Medical Department Regimental Chapel. For more information, call Chaplain Jonathan Etterbeek at 221-4362.

Lt. Col. Wagner, memorial service

The Silver Caduceus Society will host a Candlelight Memorial Service to honor Lt. Col. Karen Wagner Monday at 5:45 a.m. at her

grave site, at the Fort Sam Houston National Cemetery. Wagner died Sept. 11, 2001, while serving as a personnel policy officer in the Office of the Deputy Chief of Staff for Personnel at the Pentagon.

Freedom Walk

An America Supports You Freedom Walk will be held Monday at 9:15 a.m. at the Alamodome in commemoration of the five-year anniversary of the terrorist attacks of Sept. 11, 2001. The first-time walk will offer participants a time to reflect on the lives lost Sept. 11 and honor veterans, past and present. The event is free and T-shirts are free while supplies last. For more information or to register, visit www.operationhomefront.net/texas, call Amy Palmer at 659-7756 or e-mail amy@operationhomefront.net.



Courtesy photo

Hiring Heroes

Career fair to help wounded vets find new jobs

Severely injured service members and their spouses can connect with potential employers and learn about the latest civilian job opportunities at the Hiring Heroes Career Fair Sept. 19 from 9 a.m. to 3 p.m. at the Sam Houston Club, 1395 Chaffee Road.

More than 40 Department of Defense, federal and private-sector recruiters will be on hand to meet with the Soldiers and their families.

Soldiers without a resume or who may need a few resume-writing tips can prepare for the fair by attending a Heroes Resume Writing Workshop Sept. 18 from 1 to 7 p.m. at the Sam Houston Club.

"We have volunteers from the (human resources and equal employment opportunity) community on Fort Sam Houston and from the Air Force who will be on hand to assist the service members and their spouses with the preparation of their resumes and discussing jobs in the federal sector," said Sharon Ferguson, director, Civilian Personnel Advisory Center. "All of our volunteers are deeply committed to helping our wounded warriors in every way possible to find a job where they can utilize their skills."

Hiring Heroes helps connect service members with DoD and other federal agencies, as well as civilian com-

panies, with significant positions to fill. But it's not just a career fair, said Mark Smith, chief of the Recruiting Assistance Division of the Defense Department's Civilian Personnel Management Service.

"We don't want them just coming in and getting interviews," Smith said. "We want them to be prepared for an interview, know how to dress for the interview, know how to present a resume, and then basically, hopefully, get a job from that."

For more information about the Hiring Heroes Career Fair, call Ivan Scott at 703-501-4197.

(Source: American Forces Press Service)

Fort Sam Houston News Leader

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USARNORTH to receive cutting-edge emergency response vehicles

By Sgt. 1st Class Peter Rimar
U.S. Army North Public Affairs Office

During the first hours of a recovery effort following a disaster, reliable communications are vital to saving lives.

U.S. Army North is increasing its ability to rapidly support federal, state and local first responders with the delivery of 24 emergency response vehicles. This equipment will provide critical communications from the scene of a disaster.

The first Sentinel and MC-2 emergency response vehicles were delivered Tuesday to USARNORTH Headquarters at Fort Sam Houston. They will also be given to regional defense coordinating elements in Atlanta and Denton, Texas.

The vehicles are designed to act as mobile emergency command centers and provide self-sustained, uninterrupted telephone, radio and Internet service in any type of environment.

The MC-2 ERV is a mobile communications center mounted inside a Chevrolet Suburban. These vehicles will be fielded to the defense coordinating elements that are co-located with 10 regional Federal Emergency Management Agency headquarters throughout the United States. Additional vehicles will also be used by USARNORTH's operational command posts that deploy

in response to requests for Department of Defense support during a disaster.

The MC-2 ERV allows operators to send and receive messages across a wide spectrum of radio frequencies. Additionally, with the roof-mounted satellite dish, operators are able to access both secure and non-secure communications.

The Sentinel mirrors all the capabilities of the MC-2 but on a much larger scale. The 20-foot Sentinel can act as a communications command post when USARNORTH deploys one of its operational command posts in response to an emergency or natural disaster.

Vehicle operators recently visited the production facility in Auburn, Mass., for training on the new equipment prior to delivery.

Sgt. 1st Class Joe Garcia, an operations NCO for the defense coordinating elements in Denton, was impressed with one of the added features of the MC2.

"It has the capability to provide real-time, streaming video. With front- and rear-mounted cameras ... we can immediately set up the satellite and pass a live feed directly back to the Sentinel or to our higher headquarters. It helps provide an initial, visual assessment of the overall damage in a specific area," Garcia said.

Depending on the size of a disaster, it's important for authorities to get an accurate snapshot of what type of help is needed, where it's needed and in what amounts. Both the Sentinel and the MC-2 are designed to maintain communications between local, state and federal agencies, as well as Department of Defense assets involved in a particular operation.

Alan Hendron, a USARNORTH satellite and telecommunications specialist, deployed to New Orleans to assist in the recovery effort following Hurricane Katrina last year. He witnessed firsthand the



Courtesy photos

The Sentinel (right) and MC-2 emergency response vehicles were delivered Tuesday to U.S. Army North Headquarters at Fort Sam Houston.

importance of having this type of communications capability.

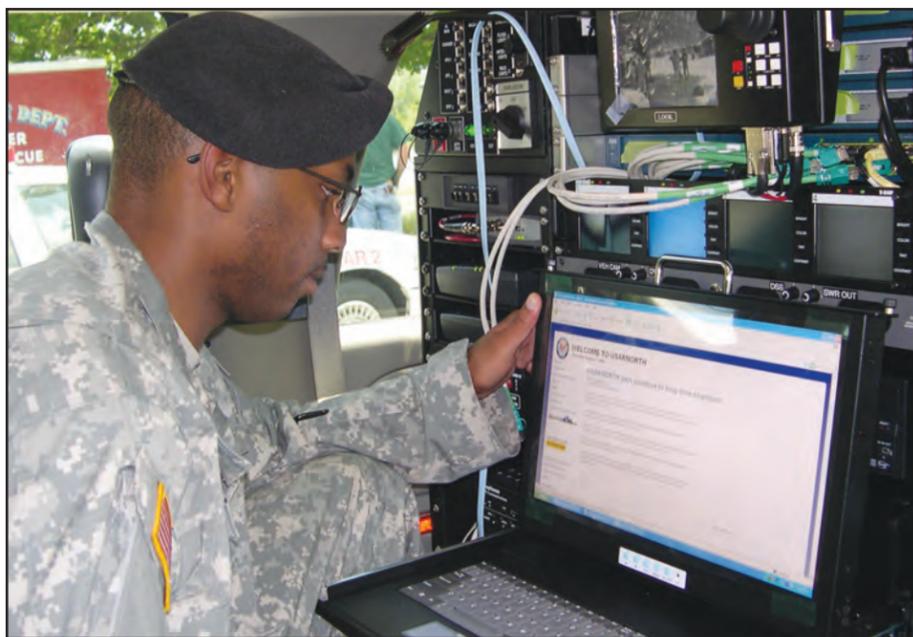
"When we first arrived ... our communications equipment was nearly all geared toward the military. Now, if we need to communicate with local police, (emergency medical services) or fire departments, this equipment gives us that important capability. No matter what type of radio they have, we'll be able to talk with everybody."

As each defense coordinating element accepts delivery of a vehicle, Soldiers and Department of the Army civilians will receive extensive, hands-on training on the system's unique capabilities.

"The bottom line is, this gives us the opportunity to better assist people in a disaster area and provide a more rapid response in the recovery effort," said Lt. Col. Travis Grigg, deputy defense coordinating officer for Region VI in Texas.

"It's robust enough that we can go into an austere environment that doesn't have a lot of infrastructure remaining or the power is out," Grigg said. "It will allow us to set up and operate as a complete defense coordinating element team."

Whether it's Homeland Defense or a disaster relief mission, the Sentinel and MC-2 ERV systems will enable USARNORTH to better support federal, state and local agencies to save lives, reduce human suffering and manage the consequences of a natural or man-made disaster.



Staff Sgt. Jaeson Reese, a U.S. Army North information technician, tests a computer in the MC-2 emergency response vehicle.

Military coordinates effort to help wounded troops return to work

By Steven Donald Smith
American Forces Press Service

BETHESDA, Md. — Officials from the Defense Department and military services got together here for the first "From Deployment to Employment" conference to discuss ways to better serve America's severely injured service members.

The daylong conference was essentially a forum to exchange ideas about how to improve the quality of military health care and help coordinate various programs and services aimed at helping severely wounded troops return to the work force.

"This forum will focus on services available to facilitate and encourage reemployment of our returning wounded service members," Dr. William Winkenwerder, assistant secretary of defense for health affairs, said.

DoD's Computer/Electronic Accommodations Program hosted the conference. CAP provides "needs assessment and training" to wounded service members during their transition back to employment, whether it is in the military, government or the private sector.

"CAP uses science and technology to improve the health and the lifestyles of our service members," Winkenwerder said.

He said DoD has been working with other federal agencies, such as the Labor

and Veterans Affairs departments. "We have to cut through all that usual red tape and get to helping the person, helping the family," he said.

Winkenwerder said the military health care system is embarked on a major transformation effort. "What gave us the greatest impetus to begin transformation, at least in my judgment, was 9/11," he said. "We understood soon after, if not that day, that we were in an entirely new world and that we had to approach everything differently."

Military medicine, like the military as a whole, needed to become more nimble and agile in order to keep up with the challenges of the war on terror, he said. "To adequately support this mission within a transformed military we must create and sustain a high performance health care system that promotes the highest quality care while being both efficient and effective," he said.

The forum included a panel discussion of wounded troops who spoke about their recovery experience.

Among them was Capt. Scott Smiley, who lost sight in both eyes in April 2005 when a suicide car bomber struck his unit in Mosul, Iraq.

Smiley called the medical care he received at Walter Reed Army Medical Center in Washington, D.C. top notch, but he said he had a few issues with some of

the procedures. For instance, while he was in the early stages of his recovery, a doctor asked Smiley's wife to sign his retirement papers. Smiley said he had just begun his recovery process and it was too soon for him to be forced to make a decision about his future in the military.

"I believe a Soldier who is physically incapable of doing any job in the Army should be retired," he said. "But that Soldier needs to be given the time to recover from his medical disabilities first."

In December 2004, Defense Secretary Donald H. Rumsfeld instituted a policy that allows injured troops to stay on active duty and do work within their capabilities. This applies to active-duty and reserve troops wounded on active duty.

"It's tough when you've been to war and been wounded on behalf of your country and you sometimes feel that the system is just not coordinated," said Maj. Gen. Elder Granger, deputy director of the TRICARE Management Activity, while moderating the panel discussion. "At the end of the day, we're all trying to do good, but how do we consolidate that good? We need to come away from here with recommendations about how we can close the gap without allowing anyone to fall through the cracks."

"We've got to come up with an integrated system so that we all communicate the same message and sing off the same

sheet of music," Granger continued. "I see it basically like running a race where you're passing off the baton. You can't allow it to drop. That's the bottom line."

The conference also included several workshops, including one called "Military Support Program: Who Can I Call?" that brought together the directors of the military services injury support programs. The programs include the Army Wounded Warrior program, the Navy's Safe Harbor program, the Marine For Life Injured Support program and the Air Force's Palace HART program.

Also on hand for this workshop was the director of DoD's Military Severely Injured Center, Navy Cmdr. Dave Julian, who stressed that MSIC was launched in February 2005 as a way to enhance the services' programs, not replace them.

"The Military Severely Injured Center was designed to be the augmenting force, a backstop if you will, to help provide resources to the services as necessary," Julian said.

The Military Severely Injured Center can be reached 24 hours a day by calling 1-888-774-1361. For more information about the Army Wounded Warrior Program, call 1-800-237-1336 or e-mail AW2@hoffman.army.mil.

For information on the Post's Hiring Heroes Career Fair, see article on Page 2.

Solar panels help cut energy costs at Fort Sam

By Debra Valine
Huntsville Center Public Affairs

San Antonio gets plenty of sunshine, so why not convert that natural power to usable energy? Solar power creates green energy. It's good for the environment and saves money.

Building 1350 at Fort Sam Houston now uses a 180 kilowatt-hour photovoltaic solar panel system to augment electricity from the power company. The solar panel system is saving the installation nearly \$6,000 a month in energy costs, and provides clean energy, no carbon dioxide emissions and less dependence on foreign oil.

The solar panels produce DC electricity and route it through an inverter where it is turned into AC energy that is accessible to anyone on the power grid in San Antonio. Once on the grid, the solar energy is used just like electricity that comes from the power company; this just comes from the sun. It is seamless to the end user.

"What is great about the use at Fort Sam Houston is that it provides additional energy for cooling during the peak demand periods," said Will White, the lead program engineer of the Utility Monitoring and Control System team at the U.S. Army Corps of Engineers, Engineering



Building 1350 at Fort Sam Houston now uses a 180 kilowatt-hour photovoltaic solar panel system to augment electricity from the power company. The system is saving the installation nearly \$1,000 a month in energy costs.

and Support Center in Huntsville, Ala. "You get more kilowatts of energy from the solar panels when the sun is the brightest. The solar energy powers the chillers in classrooms, barracks, etc."

The project is part of the Energy Conservation Investment Program, funded by Congress through the Military Construction Program. ECIP judges the different projects that installations submit. All of the proposals include an economic analysis that includes factors such as cost, savings on investment ratio and payback.

"ECIP likes funding (photovoltaic) because it is green energy," White said.

Rob Jay, the installation energy manager at Fort Sam Houston, and Gene Rodriguez, Fort Sam Houston's in-house technical consultant for photovoltaic systems, submitted the project to ECIP, and it was funded in September 2005. The project was completed seven months later.

"Initially our primary objective for going with PV was to try and not exceed the demand charge from City Public Service, our local utility company," Rodriguez said. "The solar constant is something like 1,500 BTUs per square foot per day. That is a lot of energy going to waste. Our chillers are drawing the most current flow from 3 to 5 p.m., almost matching the peak output of the PV system that it is interfaced with."

"Due to the reduction in maintenance dollars, a system almost has to be designed for neglect. Our PV system would have to be as close to low maintenance as you can get," he said.

"It hasn't rained much lately in San Antonio, but for the most part an occasional rain is all that's required to keep the collectors clean," Rodriguez said. "But now we're finally starting to pay attention to global warming and national security. Due to soaring oil prices, using a renewable alternate energy source, in this case solar energy that we have in abundance, to achieve energy independence in America not only makes sense but soon may



Courtesy photos

Terry Hyatt (left) site superintendent, Williams Electric Company, and David Brearley, solar PV system installer, discuss the project to install a 180 kilowatt-hour photovoltaic solar panel system on Building 1350 at Fort Sam Houston.

become mandatory.

"More importantly, this will help procure the long term national security that comes with preserving the environment for our children and grandchildren, and cut our international foreign deficit by keeping our dollars here in America instead of sending them to some Middle Eastern country that doesn't like us and promotes terrorism," he said.

Partners in the project included the installation, the Corps of Engineers Fort Worth District, the Huntsville Center, Williams Electric Company of Fort Walton Beach, Fla., and Meridian Energy Systems of Austin, Texas.

(Note: Valine is the deputy chief of public affairs for the Engineering and Support Center - Huntsville in Huntsville, Ala.)

Honoring the Educators of San Antonio



Join
BG and Mrs. Gilman
for the
Gazebo Concert
by the
**U.S. Army Medical
Command Band**

**Staff Post Road
Sunday, Sept. 24
6 p.m.**

*All are invited!
Bring your lawn chair!*

Briefs cont. . . .

Museum dedication

The Spurgeon Neel Aeromedical Evacuation Pavilion will be dedicated Sept. 29 at 10 a.m. at the Army Medical Department Museum. Maj. Gen. Spurgeon Neel, a Medal of Honor recipient, is known as the "father of aviation medicine" for his work in promoting the use of helicopters for rapid evacuation of wounded Soldiers. For more information, call the museum at 221-6358.

Vehicle registration

Continued from Page 1

who have been previously identified with a citation will be denied access if they have gone past the 10-day period. Newly assigned personnel will be issued a citation and given 10 working days to register their vehicles.

Drivers should ensure they do not have any outstanding, unpaid traffic tickets before they register their vehicle. Personnel with unpaid tickets received on an Army installation are entered in the U.S. Army's Vehicle Registration System. If a person comes up in the system, the appropriate law enforcement agency will be contacted to report the outstanding unpaid fines, Acuna said. To determine any outstanding unpaid traffic fees, call the Central Violations Bureau at 301-6400; fines can be paid by visiting www.cvb.uscourts.gov.

Vehicle registration takes only a few minutes with proper documentation and advanced planning.

It is recommended that people register their vehicles early mornings and training holidays because business is usually slower. Lunchtime is always the busiest.

Having the proper documentation is the most important thing to remember when registering a vehicle. Four documents are required:

- Current state license registration receipt
- Valid insurance card
- Valid driver's license
- Valid Department of Defense ID card for all DoD personnel, active duty and retired, and civilians working on a military installation.

To register a newly purchased car, the same



Photo by Cheryl Harrison

Customer Louis Jimenez looks over paperwork while he registers his vehicle. (From left) Alma Hernandez, Charles Foxwell and Chet Cooper, are available to make the registration process go as smoothly and quickly as possible.

documentation is required. Until the actual registration has been received, bring a purchaser's agreement, proof of insurance, ID card and driver's license. A 30-day pass will be issued.

When returning with a vehicle from an overseas assignment, a pass will be issued, allowing the owner time to register their car in the state of preference. However, once again, the proper documentation is required.

Charles Foxwell, of vehicle registration, said, "It is also just as important to remind people that if they sell or trade-in a vehicle, to remove the decals and return them to us. The decal will come off in pieces, but we can then take that vehicle out of our system."

The vehicle registration office is located in the In and Out Processing Center, Building 367 on Stanley Road, and is open Monday through Friday from 7:30 a.m. to 4 p.m., except holidays. For more information, call 221-9205 or 221-2570.

Popping 'Kernels' benefit hospital community

By **Nelia Schrum**
Brooke Army Medical Center Public Affairs

Members of the Brooke Army Medical Center Kernels Club took home the fourth quarter "CARES" award Aug. 29.

The award goes to the group or individual who in the estimation of a 12-member committee best demonstrates the qualities the award stands for — compassionate, attentive, responsive, enthusiastic and smiling.

The Kernels, who are all members of the BAMC Retiree Activities Group, volunteer their time to prepare popcorn, offering it in the BAMC Medical Mall for a donation. Last year, the group raised more than \$37,000 for the BAMC Auxiliary and plan to exceed that figure this year.

Often volunteers give the popcorn away.

"They notice when a child is unhappy and ask the parents if the child may have a small bag of popcorn," said Laura Hansborough, who nominated the group for the award.

The group is known throughout the hospital for the enthusiasm that they bring to their volunteer work.

"The Kernels are

usually on duty by 10 in the morning during the work week and have picked up a regular following of customers including staff, patients and visitors," said Brig. Gen. James Gilman, BAMC commander. "They do an incredible amount of good at BAMC while thoroughly enjoying their customers and leaving a positive impression."

The group's chairperson, retired Air Force Senior Master Sgt. Lou Cottrell, said the group formed a collaboration with the BAMC Auxiliary. The BAMC Retiree Activities Group provides volunteers to operate the popcorn machine, and the BAMC Auxiliary distributes the funds generated from the proceeds, returning it in the form of an item that enhances patient care and benefits the hospital community.

"I know it sounds corny," Cottrell said. "But, if they come, we will keep popping. It all goes to help BAMC's important health care mission."



Photo by Kelly Schaefer

The Brooke Army Medical Center Kernels Club is recognized with the fourth quarter "CARES" award by Brig. Gen. James Gilman, commander of BAMC. The five-member Kernels Club includes retired Air Force Lt. Col. Clyde Laws, Ruth Fritz, retired Master Sgt. Max Balderas, Alda Martinez and "Mr. Lou" Cottrell, a retired Air Force senior master sergeant.

DeCA emphasizes 'Family Day' with contest

By **Bonnie Powell**
Defense Commissary Agency

FORT LEE, Va. — One military family will win a trip to New York and a special dinner courtesy of a worldwide contest to draw attention to "Family Day — A Day to Eat Dinner with Your Children."

Created by The National Center on Addiction and Substance Abuse at Columbia University, "Family Day" is the fourth Monday of September each year. This year it falls on Sept. 25. According to CASA research, the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs. And, they get better grades.

Commissary shoppers can go to the Defense Commissary Agency Web site at www.commissaries.com to access links to the contest, make a "symbolic" pledge to have a family dinner Sept. 25, get more information about "Family Day" or find healthy recipes. The contest is

open now through Sept. 30.

Last year, 1.3 million Americans "pledged" to have dinner with their children on "Family Day."

"The military community certainly has a strong sense of family, but focusing on an event like this reminds us just how important something as simple as eating dinner together is to the health of our families," said Patrick Nixon, DeCA director.

To draw even greater attention to Family Day, the military sales team of The Coca-Cola Company is sponsoring a three-day, two-night trip to New York. The winner will also get a family dinner cooked by Sandra Lee, best-selling author and host of the Food Network show "Semi-Homemade with Sandra Lee." Lee's latest cookbook, "Semi-Homemade Grilling," will be awarded to second-place winners.

"This is a unique event for us," said Doug McAlister, director of the Coca-Cola worldwide military sales team. "Coca-Cola

is the national corporate sponsor of 'Family Day,' but the military sales team is taking it a step further for the benefit of the entire military community. Conducting the contest online gives military retirees, Guard, Reserve and active duty a chance to enter — whether they are in Germany or Guam, Illinois or Iraq."

Being the eldest of five children, Lee appreciates the importance of family dinners. "Growing up in a small town in Washington state, we always ate dinners together," she said. "It gave us a chance to talk about school, our day — and I think it made a difference in my life."

Lee specializes in meals made by spicing up everyday, store-bought products. "We requested she prepare a 'healthy' meal for the winner and she agreed immediately," said McAlister.

Coincidentally, Lee is working on a new cookbook for 2007 focusing on light and healthy cooking.

"That is certainly the trend for America right now," she said. "People have busy lives and not a lot of time to spend on cooking, but there isn't any reason light and healthy meals can't also be fast and delicious."

"That's great," said Nixon. "It really fits in with DeCA's 'It's Your Choice, Make it Healthy' initiative encouraging military families to think of the commissary as the place for healthy food, healthy savings and healthy family."

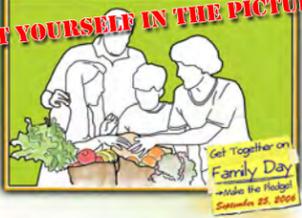
DoD schools, TRICARE, family organizations such as the National Military Family

Association, military Web sites and many others are supporting the Family Day concept.

No matter where in the world you "serve" dinner...

Celebrate FAMILY DAY
A Day to Eat Dinner with your Children!
Monday, September 25

PUT YOURSELF IN THE PICTURE



A military family will win a trip to New York & a "healthy" dinner with a famous chef!

Find out more...
www.commissaries.com

Healthy Food
Healthy Savings
Healthy Family
...at your Commissary!!

Contest sponsored by and courtesy of the Military Sales Team of the Coca-Cola Co.

Breast-feeding classes

Wilford Hall Medical Center now offers breast-feeding classes for expectant parents. The two-and-one-half-hour classes are conducted by an international board-certified lactation consultant once a month in the hospital's birthing center. Expectant fathers are encouraged to attend so they can learn how to support their wife. Call the TRICARE appointment line at 916-9900 and ask for an appointment with the Wilford Hall Medical Center Pediatric Clinic and then specify the breast-feeding class. For more information, call Karen Haveman at 292-6452.

Mail-order pharmacy service saves customer, DoD dollars

By **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON — More military health system beneficiaries are opting to have prescriptions mailed to their homes, rather than picking up medications at installation or commercial-sector pharmacies, a military health care official said.

Defense Department officials welcome this development as part of ongoing efforts to control rising health care costs, and as a means to save beneficiaries' hard-earned dollars, said Capt. Thomas J. McGinnis, chief of pharmacy at the office of the assistant secretary of defense for health affairs.

"Our big issue here is our rising drug costs," said McGinnis, a U.S. Public Health Service officer. DoD spent \$5.4 billion last year to provide pharmaceuticals to beneficiaries, he said.

"This year, in fiscal year '06, we're predicting we're going to spend \$6 billion" on pharmaceuticals, McGinnis said.

"We're trying to do everything we can to save money,"

McGinnis explained, "to sustain this great prescription drug benefit our beneficiaries have."

The Congressional Budget Office estimates that DoD will save \$1.5 billion from 2007 to 2016 by transferring prescription delivery from retail pharmacies to mail-order service, according to a TRICARE Management Activity news release. The TMA manages health care plans for military members, retirees and their families.

DoD gets discounted purchase-price rates on pharmaceuticals that are dispensed at military treatment facilities or by mail order, McGinnis pointed out.

"We don't get federal pricing at the retail pharmacy, so DoD saves about 40 percent on all medications dispensed from the mail-order pharmacy," he said.

Mail-order prescription delivery also makes economic sense for TRICARE beneficiaries, McGinnis said, noting they pay a \$9 co-payment for each brand-name prescription, and \$3 for each generic drug prescription.

The kicker, he said, is that retail pharmacies dispense

30-day prescriptions, while mail order prescriptions are filled in 90-day supplies.

Accordingly, customers taking long-term administered drugs need to obtain more prescriptions via the over-the-counter method. As a result, TRICARE customers can save as much as \$72 each year, per brand-name prescription by using the mail order service, McGinnis explained.

Some customers would want to obtain certain prescriptions, such as pain relievers, more quickly over the counter, McGinnis acknowledged.

But overall, it's more convenient for beneficiaries to have most of their prescriptions mailed to them, he said, noting they wouldn't have to use up time to go to the pharmacy.

"It's delivered right to your home," McGinnis said.

"You don't have to get into the car and go downtown to the pharmacy."

Plus, mail-order prescription customers can access a pharmacist's advice phone line, McGinnis said, by calling 1-866-DOD-TMOP (1-866-363-8667).

TRICARE for Life beneficiaries subject to policy change

Beginning Sept. 30, TRICARE for Life beneficiaries will be required to see Medicare-participating providers. In the past, when a TFL beneficiary received care from a physician who opted out of Medicare, TRICARE would become the primary payer for the claim, normally paying 75 percent of allowed charges, the TRICARE Standard rate.

The TRICARE Reimbursement Manual (Chapter 4, section 4.1.C.1.e.) is now changed. The new section reads, "If

the service or supply normally is a benefit under both Medicare and TRICARE, but Medicare does not make any payment because the provider has a private contract with the beneficiary (also referred to as "opting out" of Medicare), TRICARE cannot make any payment on the claim. In such cases, the contractor is to deny the claim."

Until Sept. 30, TRICARE will continue to pay claims at the TRICARE Standard rate

for any Medicare-eligible beneficiary who is treated by a provider who has opted-out of Medicare. After that date, a TFL beneficiary who seeks care from a provider who opted out of Medicare will be responsible for the entire bill.

To ensure their health care claims will

be paid by both Medicare and TRICARE, beneficiaries should make sure they see a Medicare-participating provider. For a list of Medicare-participating providers, call 1-800-MEDICARE (1-800-633-4227) or visit www.medicare.gov/Physician.

(Source: TRICARE news release)



Courtesy photo

Scouts create SFAC fitness center

Col. Wendy Martinson, U.S. Army Garrison commander, and Judith Markelz, director of the Soldier and Family Assistance Center, thank Eagle Scout Jerry Gruber, of Boy Scout Troop 512, for his work renovating a room in the Powless Guest House as his Eagle Scout project. SFAC has a new fitness center thanks to Gruber's work and donations of equipment by the Akers, Youmans, Hardy and Dreasky families who wanted to do something special to recognize the support provided them during their stay at the guest house. With the help of eight scouts and five adults, Gruber and his volunteer team transformed a former game room into a fitness center, dedicating 184 hours from April to August replacing ceiling tiles, painting, designing equipment placement and decorating the room. Gruber is the son of Lt. Col. Gerry and Lisa Gruber.



Photo by Phil Reidinger

Ride benefits SFAC

Judith Markelz and Pfc. Joseph Alfred accept a \$1,481 donation to the Soldier and Family Assistance Center from members of the Vietnam Veterans and Legacy Veterans Motorcycle Club "F Troop" who wanted to recognize the service and sacrifice of Soldiers hospitalized at Brooke Army Medical Center and their families. The motorcycle clubs rode to Fort Sam Houston Saturday from Austin and Killeen, Texas, to present the check at the Drop Zone Inn located on Carson Street where they were met by members of the Alamo Silver Wings Association for lunch. Last month the clubs sponsored a ride to raise the funds to thank the SFAC staff and volunteers for their support of Fort Hood Soldiers and families. The clubs previously donated to the Fisher House.

Post Pulse:

This year marks the fifth anniversary of the terrorist attacks of Sept. 11, 2001. What memories do you have of that day?



"I was at Fort Hood (Texas) getting ready to go to work. I felt very worried because we lived on post and I was concerned about my kids and how school would be affected. I was worried about all the people and also about my family."
Cindy Garcia



"Extreme utter devastation and despair, sadness; indeed, at that moment, we realized the world had changed."
Maj. Carl Nelson



"I was working at Lucent (Technologies) in Fredericksburg (Texas) and heard the news on CNN. I had just retired in 1999. My first thoughts were 'We're going to war and I'm getting called back.' And then I thought about all those people. I have relatives in New York."
Charles Foxwell



"I was in college. I remember it was a Tuesday and the class I was in."
Kenneth Dodson
"I was a senior in high school in Corpus Christi (Texas). We had a trade center so, when I heard the news, I was confused at first."
Laura Dodson

(From left) David Coker, president of the Fisher House Foundation; Command Sgt. Maj. Craig Layton, Great Plains Regional Medical Command and Brooke Army Medical Center; and Randy Smith, Randolph-Brooks Federal Credit Union president and CEO, display a check for \$517,533. Randolph-Brooks raised the money for the Fisher House Foundation by challenging the community to donate money, then matched the donations.



Courtesy photo

Randolph-Brooks raises big bucks for Fisher House

LIVE OAK, Texas — Randolph-Brooks Federal Credit Union is donating \$517,533 to support the military and their families.

The funds were raised as part of the “Fisher House Challenge” campaign that Randolph-Brooks sponsored from Memorial Day to Independence Day.

The credit union kicked off the campaign by announcing a \$100,000 contribution to the Fisher House Foundation and challenged the community to raise an additional \$200,000, which the credit union pledged to match. Community donations totaled \$217,533 and Randolph-Brooks matched \$200,000.

“We are proud to make this contribution to a program that supports our brave military men and women,” said Randy Smith, president and CEO of Randolph-Brooks. “The successful outcome of this fundraising challenge would not have been possible without the giving spirit of so many people, including our members, other credit unions, our community and local business partners.”

Since 1990, the Fisher House program has been able to help more than 100,000 families by providing “a home away from home” so that America’s military families can be together during extended treatment for a serious illness or lengthy therapy. In San Antonio, there are five Fisher Houses — two at Brooke Army Medical Center and three at Wilford Hall Medical Center. Two more houses are under construction at BAMC and are expected to open in January 2007. The new houses will help relieve the current waiting list, which stands at more than 60 families.

For more information about the Fisher House Foundation or to donate, visit www.fisherhouse.org.

(Source: Randolph-Brooks Federal Credit Union news release)



Photos by Esther Garcia

Military represented at annual parade

Sgt. Christopher Lawrence, drum major, leads the U.S. Army Medical Command Band down Main Street at the 101st annual Kendall County Parade held Saturday in Boerne, Texas. The parade is one of the major events during four days of Labor Day weekend celebrations in Boerne, along with the opening of the fairgrounds Aug. 31 that included live entertainment, a livestock show and a rodeo.



Sgt. Rebecca Magner, Fort Sam Houston; Air Force Airman 1st Class Richard McGinthy, Brooks City-Base; Air Force Senior Airman Francisca Alaka, Randolph Air Force Base; Air Force Senior Airman Amanda Belden, Air Intelligence Agency; and Air Force Tech Sgt. Hope Skybitskys, Lackland Air Force Base, wave to the crowd from the Military Service Float during the 101st annual Kendall County parade in Boerne, Texas.

Troop Salute

Soldiers of the Week

Pvt. Brandon Bunker and Pfc. Allana Lanier, along with other Soldiers from G Company, Medical Hold, have been providing administrative assistance with a project called "Physical Demand Assessment of the 91W." The study, which was conducted January through August, used litter carries and data analysis to gauge the physical demands on today's combat medics.



Pfc. Allana Lanier and
Pvt. Brandon Bunker

The results will be released this month and recommendations will help Army leaders tailor physical training to meet the physical demands in the field. "These Soldiers did a great job," said Lt. Col. David Hernandez, deputy director of the Department of Combat Medic Training. "I was grateful for their help."

Career Clips

Community relations representative, San Antonio – Provides community and area organizations with education of company services and resources including special needs health plan. Develops relationships with key contacts within the perspective territories to further sales objectives and branding opportunities for special needs health plan.

Financial adviser, San Antonio – Works with current members to assess their financial situations while providing appropriate financial product recommendations. Advises them on an array of financial issues that could include retirement planning, college funding, asset allocation and basic debt management. Works to develop financial strategies based on current needs and goals..

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, Room B099, or by calling 221-1213.

Army Community Service

Financial Readiness – September Class Schedule

Class	Date	Time
Personal Financial Management	Today	2 to 4 p.m.
Financial Planning	Tuesday and 14	2 to 4 p.m.
Checkbook Maintenance	19 and 21	2 to 4 p.m.

Personal Financial Management – Information on credit reports, maintaining budgets and effective savings planning.

Financial Planning – Focuses on savings, credit and establishing budgets.

Checkbook Maintenance – Geared toward personnel referred by the command for abusing and misusing check-cashing privileges; however, anyone can attend.

Classes are held in Training Room 1 at the Roadrunner Community Center, Building 2797 on Stanley Road. For more information or to register, call 221-1612.

TSP seminar

A Thrift Savings Plan seminar will be held Sept. 27 from 2 to 4 p.m. in the Roadrunner Community Center, Building 2797, Stanley Road. The seminar is open to all Army and civilian personnel. For more information, call Lydia Rodriguez at 221-1612.

SPORTS BRIEFS . . .

Golf tournament

The San Antonio Chapter of the National Defense Transportation Association will host its 21st Annual Scholarship Golf Tournament Sept. 15 at Gateway Hills Golf Club at Lackland Air Force Base, Texas. Complete details and entry applications are available on the Chapter Web site at http://home.att.net/~alamondta/golf_flyer2006.htm. For more information, call Stephen Rohrbough at 496-9429.

Boxers, coaches needed for Brought III

The Jimmy Brought Fitness Center seeks boxers and coaches to participate in Boxing at the Brought III. The event is Oct. 28 at 6 p.m. Boxers and coaches must register with USA Boxing and be training 30 days prior to the event. Pre-registration and pairing of boxers begins Sept. 28. For more information on USA Boxing registration and Boxing at the Brought III, call the Morale, Welfare and Recreation Sports Branch, Boxing Club at 221-1532 or 221-1342, or e-mail douglas.stanley@samhouston.army.mil or john.m.rodriguez1@samhouston.army.mil.

Men's basketball team tryouts

Tryouts for coach and player positions on the post men's basketball team will be held through Friday at 6:30 p.m. at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180, or e-mail earl.young@samhouston.army.mil.

Women's basketball team tryouts

Tryouts for coach and player positions on the post women's basketball team will be held through Friday at 6:30 p.m. at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180, or e-mail earl.young@samhouston.army.mil.

Instructors needed

The Jimmy Brought Fitness Center seeks instructors for pilates and yoga classes. For more information, call Lucian Kimble at 221-2020.

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.



Cyclists must follow 'rules of the road'

By Jennifer Keefer
U.S. Army Combat Readiness Center

FORT RUCKER, Ala. — The Bureau of Transportation reports that after the automobile, bicycling is the second most preferred form of transportation with about one third of Americans using a bicycle at least once a month.

But a U.S. Centers for Disease Control and Prevention report indicates there are about 800 bicycling deaths each year. The report suggests that, like vehicle operators, cyclists must follow the "rules of the road" along with other laws and guidelines to remain safe.

People bicycle for a variety of reasons — as a family activity, physical fitness, lifelong leisure pursuit, work commute, competitions or just for the sheer excitement. Whatever the reason, cyclists must use composite risk management and take the appropriate steps necessary to protect themselves and their families from injuries and death, said Lt. Col. Bill Dawson, an avid cyclist and director of operations at the U.S. Army Combat Readiness Center.

There are several situations that invite the possibility of problems for cyclists. More than half a million cyclists are injured each year as a result of incidents such as riding against the flow of traffic, on sidewalks, along driveways and close to parked vehicles, according to the National Federal Highway Administration. There are also cyclists who don't obey traffic control at intersections.

On a good note, there have been no bicycle fatalities in the Army to date this fiscal year, according to Army statistics.

However, there were six injuries due to cyclists losing control of their bicycles while negotiating sudden obstacles such as rough terrain, pedestrians and canines.

"Some of these accidents may have been prevented with prior planning," Dawson said. "A reconnaissance check of a particular route can reveal possible obstacles so cyclists know what to avoid. Since accidents can still happen, it's always best to ride in pairs or groups. And always wear protective gear, especially a helmet."

Cyclists should also remember to have a plan before they ride, picking areas to rest and hydrate, said Dawson. The cyclist also suggests riding along roads with shade, wide shoulders and less traffic.

Statistics show that not all people who ride bicycles take such precautions. The CDC reported that more than 95 percent of cyclists killed each year were not wearing helmets. Despite the fact that nearly 70 percent of all fatal bicycle crashes involve head injuries, according to the NHTSA, only about 20 to 25 percent of all cyclists wear bicycle helmets.

The CDC suggests that cyclists could prevent an estimated 150 deaths and 100,000 nonfatal head injuries each year if each of them wore helmets. Bicycle helmets are known to reduce the risk of serious head injury by as much as 85 percent. They also reduce the risk of brain injury by as much as 88 percent.

"Everyone is required to wear a helmet, civilian or military, when riding a motorcycle or a

bicycle on post," said Larry Whisenant, Medical Command safety director at Fort Sam Houston. "And, in accordance with Army regulation, Soldiers are also required to wear protective equipment off post."

Unfortunately, only 25 percent of children ages 5 to 14 wear helmets when riding bicycles. The percentage of teenage cyclists who wear helmets is close to zero, according to the CDC. This, along with the lack of experience, can spell tragedy for children, who are more likely to ride through intersections without stopping at posted signs or ride past driveways without looking for traffic, according to NFHA.

"Parents must emphasize the importance of wearing the proper safety equipment to their children even if it is uncomfortable or not cool," said Sgt. Jonathan Griffin, NCO-in-charge of community police at Fort Rucker.

For more information on bicycle safety, visit <http://www.bicyclinglife.com>, <http://www.bicyclinginfo.org> or <http://www.nhtsa.dot.gov/portal/site/nhtsa/menuitem.810acaee50c651189ca8e410dba046a0>.

Bicycle safety tips

- Wear a helmet
- Obey traffic signals
- Ride with traffic, not against it
- If riding at night, use reflectors and lights
- Give pedestrians the right of way
- Ride defensively
- Don't weave in and out of traffic
- Slow down and look out for traffic at all intersections
- Keep your bike maintained

If it gets stolen ...

People may be able to file a claim with the claims office if a bicycle or motorcycle is stolen on post. Claims for theft of bicycles, motorcycles and other easily movable vehicles may be payable provided proper measures were taken to secure the vehicle, such as locking the vehicle to a fixed object such as a pole, post or tree. Securing the vehicle by locking the

wheels or handlebars together does not provide sufficient protection. Motorcycle helmets must be secured by taking them inside or securing them with a wire-locking device run through a hole in the helmet.

For more information, visit the Fort Sam Houston Claims Office in Building 153, call 221-1973 or visit http://www.samhouston.army.mil/sja/claims_div.asp. Office hours are Mondays through Fridays from 8 a.m. to 2:30 p.m.

Fort Sam Houston ISD hosts Freedom Walk activities

By Dr. Gloria Davila

Fort Sam Houston Independent School District

The Fort Sam Houston Independent School District is proud to participate in the Department of Defense's "America Supports You" Freedom Walk activities of Sept. 11 in support of the military serving the nation around the world and to reflect on the lives lost in 2001. Parents and community members are invited to attend the festivities at the Fort Sam Houston Elementary and Robert G. Cole Jr./Sr. High School.

FSH Elementary School will sponsor its own "America Supports You" Freedom Walk Monday for its students, staff, parents and community members. The "Freedom Walk" will begin at 8:15 a.m. and take place on the perimeter of the campus grounds. Parents participating can join their children in the walk by checking in at the campus office for a visitor's pass and then reporting to their child's classroom at 8 a.m. The activities will end by 9 a.m. For more information, call 368-8800.

Cole Jr./Sr. High School will hold an assembly Monday at 8:45 a.m. in the Cougar Stadium. The entire student body will congregate in the stadium for the commemoration ceremony. The Cole Junior ROTC color guard will post the colors. Parents and community members participating in the assembly can proceed directly to the stadium at 8:30 a.m. The ceremony will end by 9:15 a.m. For more information, call 368-8730.

In addition, student council representatives from FSH Elementary and Robert G. Cole Jr./Sr. High School will participate in the first annual San Antonio Freedom Walk Monday at the Alamodome. The walk is 2.1 miles, starting and concluding at North Plaza, Sunset Station. The event will be hosted by San Antonio Mayor Phil Hardberger, USAA and KSAT-TV Channel 12. Brig. Gen. James Gilman, commander, Brooke Army Medical Center and Great Plains Regional Medical Command, will be a guest at the festivities. The Freedom Walk will be covered by KSAT TV Channel 12 and WOAI radio. For more information, call 659-7756.

Cougars kick off football season

By retired Lt. Col. Robert Hoffmann
Robert G. Cole High School

The Robert G. Cole High School varsity football team kicked off the 2006 season with a bang Friday night, beating San Antonio Christian with a convincing 39 to 14 score. The game was tied at seven at the end of the first quarter, when the Cougars reeled off 32 unanswered points.

Sophomore Greg Washington rushed for 193 yards on 15 carries in the first start of his career.

Washington's night was highlighted by touchdown runs of 61 and 62 yards.

Also having a big night was junior quarterback Steve Sult, who passed for two touchdowns, also in his first varsity start. Senior Emerson Weber pitched in with a breakaway 78-yard touchdown romp, finishing the night with 94 yards on just four carries.

Cole opens their home season against St. Anthony Friday at 7:30 p.m. at Cougars Stadium.



School board members needed

The Fort Sam Houston Independent School District is accepting nominations for its five-member board of trustees. Board members are nominated by the garrison commander and appointed by the State Board of Education. Military personnel, their spouses and post civilian employees may serve. Applications must be submitted by Tuesday. For more information, call Keith Toney at 221-9613 or Brenda Berry at 295-4806.

Fort Sam Houston Independent School District Weekly Calendar Monday through Sept. 16

Fort Sam Houston Elementary School Monday

"Freedom Walk on Campus Grounds," 8:15 to 9 a.m. 8 a.m. - Parents check in at office and proceed to child's classroom.

Wednesday

Early dismissal
Pre-kindergarten through fourth grade, 2 p.m.
Fifth and sixth grade, 2:30 p.m.
Progress reports sent home

Sept. 14

Team health pep rally, 9 a.m.
PTO Fear Factor event

Sept. 15

Spirit day

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

Special pep rally schedule
"America Supports You" assembly, 8:45 to 9:15 a.m. 8:30 a.m. - Parents proceed to Cougar Stadium
Senior Class meeting in cafeteria, advisory

Tuesday

Seventh grade Iowa Test of Basic Skills in cafeteria, 8 a.m.
Volleyball at TMI, 6 and 7:30 p.m.

Code 78234 CD release party in cafeteria, 4 p.m.

Wednesday

Seventh grade Cognitive Abilities Test in cafeteria, 8 a.m.

Sept. 14

Hispanic heritage media center display of literary works

Junior varsity football at Randolph, 6 p.m.

Sept. 15

Pep rally schedule
Pep rally, TBA
Varsity volleyball vs. Leakey/Randolph, 4 and 5:30 p.m.

Varsity football vs. Randolph at Cole, 7:30 p.m.

Sept. 16

Team health pep rally
ACT test date
Seguin High School cross country invitational at Starcke Park, TBA
Volleyball vs. Cotulla at Cole, 11 a.m., 12 and 1 p.m.

Surrounded by history

By Elaine Wilson
Fort Sam Houston Public Information Office

Most of the 30,000 people who live and work on post are accustomed to seeing the familiar stone tower at the Quadrangle and have heard about at least a few of the post's more famous residents, such as Gens. Douglas MacArthur and Dwight D. Eisenhower.

But not many people may know about some of the lesser known historic landmarks, such as the sprawling building on Buck Road that used to be a psychiatric hospital or the house where Arthur (yes, Arthur) MacArthur lived while his son, Douglas, went to military school downtown. It's not commonly known that the post once housed a Chinese refugee camp at the end of Shafter Road by the warehouses from 1917 to 1922. Many of their descendents live near Fort Sam Houston today.

And, on the animal front, people who frequent the Wilson gate may have wondered about the grave that rests just inside the gate, the resting place of Pat the horse. The Army horse served honorably from 1908 to 1938. He died in 1953 at 45 years old.

"There's a lot of history on Fort Sam," said John Manguso, director of the Fort Sam Houston Museum.

Manguso is a wealth of knowledge about the post's history, able to trace back in detail to when the Army first established a presence in San Antonio in 1845.

"The post back then was known as the Post of San Antonio," Manguso said. The Army leased facilities downtown at various sites, such as the Alamo and the area where the Gunther Hotel is now located, he said.

In the late 1860s, the Post of San Antonio experienced a Base Realignment and Closure of sorts, and the Army prepared to pull out of the city. The city, however, was not ready to see the Army go. City officials purchased 92 acres and donated them to the Army. As an added incentive, they offered to let the Army use the city's quarries,

now the San Antonio Zoo and Sunken Gardens, for construction.

It was an offer the Army couldn't refuse. The Army set up shop in the area known as the Quadrangle in 1876. In 1915, Dodd Field, an airfield, was established at the north end of post. A remount station for horses and mules sprawled across the area in the north side of post now built up with post housing. Horses were broken there by cowboys, then shipped out to Army posts nationwide during World War I.

In World War II, the post established a prisoner of war camp in the area now known as Watkins Terrace. "When a group of Japanese-American Soldiers reported for duty at Fort Sam Houston, they were put into the camp," said Jackie Davis, museum specialist. "A telegram had been sent saying 'Japanese soldiers are coming to Fort Sam.' I think that caused some confusion."

At the end of World War II, the Army designated Fort Sam Houston as its premier medical training site, a mission it retains today.

Throughout the years, the post has been home to famous military "brats," such as Douglas MacArthur, Oliver North, actor Peter Weller and basketball star Shaquille O'Neal, who still stops by his alma mater, Cole High School, for a visit and a chat with his former assistant coach, Herb More, who still coaches at the school.

It has also been home to Gen. Dwight D. Eisenhower – twice –, Gen. John Joseph Pershing and other military figures who went on to make history, and history books. Among notable visitors to Fort Sam Houston were Geronimo, who was imprisoned on post for 40 days in 1886 for his battles with Mexican and U.S. troops, and Teddy Roosevelt, who was on his way to Cuba along with the other Rough Riders of the Spanish-American War.

For more information about post history, visit the Fort Sam Houston Museum at 2250 Stanley Road, call 221-1886 or visit <http://ameddregiment.amedd.army.mil/fsh-muse/fshmuseumain.htm>; or visit the Army Medical Department Museum at 2310 Stanley Road or call 221-6358.



Photo by Elaine Wilson

Lt. Gen. Arthur MacArthur, father of Douglas MacArthur, lived at No. 4 Staff Post Road from 1893 to 1897. His son, Douglas, went to military school downtown. Although most people think MacArthur Parade Field was named after Douglas, it was actually named for his father. Arthur received the Medal of Honor for his heroism in the Civil War, and also served the commanding general of forces in the Philippines.



Photo by Elaine Wilson

Chenega security officers work out of a building that was once known for its fresh meat. The building, on New Braunfels Road, was once Krause's Meat Market, built before the Army moved from the downtown area to its present location.



Courtesy photo

Krause's Meat Market fed the people of San Antonio until 1916, when the Army purchased the building now home to Chenega security officers.



Courtesy photo

(Right) The building that now houses the Operating Room Technical Training was a consolidated mess hall in 1891 (see picture above), then a post exchange in 1905.



Photo by Elaine Wilson



Courtesy photo

(Left) The Sam Houston House dates back to 1886, when it served as the first permanent hospital on post. The first hospital to care for military members at Fort Sam Houston was located on Cunningham Road, just outside the Wilson gate. The Sam Houston House turned to distinguished visitors quarters in 1951, a mission it retains today.



Photo by Elaine Wilson

The building on Buck Road that now houses several Army and Marine recruiting units was a psychiatric hospital in 1942.



Photo by Elaine Wilson

Gen. Dwight D. Eisenhower was a two-time resident of Fort Sam Houston. He first lived in this building on Infantry Post Road from 1915 to 1917 as a second lieutenant. He met his future wife, 18-year-old Mamie Geneva Doud, when she was visiting family friends in the building across the street. They married nine months later, on July 1, 1916.



Photo by Elaine Wilson

During his second tour at Fort Sam Houston, Gen. Dwight D. Eisenhower lived at 179 Artillery Post Road and served as chief of staff for the Third Army, under Gen. Walter Krueger from 1939 to 1941.



Courtesy photo

Second Lt. Dwight D. Eisenhower and wife, Mamie Geneva Doud.



Photo by Elaine Wilson

This former blacksmith shop is located outside the Wilson gate, not far from the building once used as stables.

The "long" barracks is suitably nicknamed as it stretches along Infantry Post Road for 1,081 feet. The barracks was built in 1886. The center section was once the post jail.



Photo by Elaine Wilson

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

Protestant Services:

10 a.m. - Worship Service - Sundays
12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass:

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

Troop Protestant Gospel Service:

9:45 a.m. - 32nd Med. Bde. Soldiers - Sundays

Troop Protestant Service: 8:30 a.m. - 32nd Med. Bde. Soldiers - Sundays

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

Catholic Service: 12:30 p.m. - Mass - Sundays

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.

Samoan Protestant Service: 8:30 a.m. - Sundays

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 Service: 9:30 to 11:30 a.m. - Sundays

Installation Chaplain's Office, Building 2530, 295-2096

Contemporary Service: 11:01 a.m. - Sundays

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

Web site:

www.samhouston.army.mil/chaplain

RELIGIOUS HAPPENINGS . . .

Protestant Women of the Chapel

The Protestant Women of the Chapel meet Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m. at the Dodd Field Chapel. Childcare is provided for up to age 5. Visitors are welcome. For more information, call Lois Griffith at 226-1295 or visit www.samhouston.army.mil/chaplain/pwoc.



Sept. 11 remembrance service

A Sept. 11 remembrance service will be held Monday from 12 to 12:30 p.m. at the Army Medical Department Regimental Chapel. For more information, call Chaplain Jonathan Etterbeek at 221-4362.

Catholic Religious Education Registration

Registration for Catholic religious education for children, first holy communion and confirmation classes is now in progress. Classes begin Sept. 24. To enroll a child or for more information, call Brian Merry at 221 5006 or e-mail brian.merry@samhouston.army.mil.

Solicitation for chapel services

The U.S. Army Contracting Agency, Southern Region Contracting Center West, Fort Sam Houston, is soliciting for the following chapel services:

- Catholic priest
- Choir director, 11 a.m., Installation Chaplain's Office

- Choir director, 11 a.m., Main Post Chapel
- Pianist, Catholic Mass, 12:30 p.m., Dodd Field Chapel
- Musician/choir director, 9:15 a.m., Catholic, Army Medical Department Regimental Chapel
- Choir director/musician (piano, organ or guitar), 9:30 a.m., Catholic Mass
- Catholic priest
- Pianist/organist, 8 and 11 a.m., protestant, Main Post Chapel
- Organist/pianist, 10:30 a.m., gospel service, Dodd Field Chapel
- Keyboard player, 10:15 a.m., gospel service, AMEDD Regimental Chapel
- Choir director, 11 a.m., Catholic service, AMEDD Regimental Chapel
- Mentor coordinator

Solicitations will close Tuesday and awards made Sept. 20. For more information and to obtain a copy of the applicable solicitation, call Lulu Cachola at 221-3751 or Donna VanGilder at 221-5586.

Soldiers to compete for Military Idol title

By Ben Paniagua
Hacienda Recreation Center

The date is fast approaching when Fort Sam Houston will name its Military Idol. The competition will be held Wednesday and Sept. 14 at 6:30 p.m. at the Hacienda Recreation Center.

The show will be two days instead of one due to the high number of participants.

Soldiers will compete a cappella Wednesday. Some

Soldiers will be eliminated that night and others will move on to the finals Sept. 14, when they will perform accompanied by music.

A three-person panel of judges will select the Soldiers who will move on to the finals. During the finals, both the judges and the audience will select the winners, each with 50 percent of the vote.

Ballots will be handed out to the audience to vote for their favorites. With each purchase in the Hacienda Snack Bar, audience members will receive an additional ballot.

The first place winner, Fort Sam Houston's Military Idol, will receive \$500 in cash and represent Fort Sam Houston at the Army military finals at Fort Belvoir, Va., in October. The winner will also receive an additional \$500 for the military unit being represented. The second place winner will receive \$250 and third place will receive \$100.

The show is open to the public, and is sponsored by Morale Welfare and Recreation and the Armed Forces Vacation Club.

2006 Combat Medic Fest

The 2006 Combat Medic Fest will be held Oct. 21 from 7:15 a.m. to 6 p.m. at the MacArthur Parade Field. The Combat Medic Run will kick off the day-long festivities and includes a 5K, 10K and 10 meter run or walk. Other activities include a parade, arts and crafts fair, live entertainment, games, contests and children's activities. For the first time, the festival will include a barbecue cook-off, "Funniest Soldier on Post" competition and a dance contest.

If interested in participating in the Combat Medic Fest, contact the following for registration information:

Activity	Contact
• Food vendor	221-5224
• Barbecue cook-off	221-5224
• Arts and crafts fair	221-5224
• Parade	221-3185
• "Funniest Soldier on Post" contest	221-1532 or 221-1234
• Combat Medic Run	www.iaapweb.com

For more information on event activities, call 221-3003. The Combat Medic Fest is sponsored by DeVry University, Ford, First Command Financial Planning, Y100 FM, Z106.7 FM and Hotel Marquis Airport.

Winter Swim Improvement Program

Sign up for the Winter Swim Improvement Program at the Jimmy Brought Fitness Center Saturday and Sunday from 9:30 to 11:45 a.m. Students must be present during the registration process and ready to enter the swimming pool to take a swim test. The program consists of eight week-long lessons taught Saturdays or Sundays. The first session begins Sept. 16, and the last session starts March 18. The program is for swimmers with levels two through six skills. Its purpose is to increase students' current swimming knowledge and ability. Sessions are limited to 10 students per class chosen on a first-come, first-served basis. The cost is \$35 per student, per session. For more information, call Amanda Ballew at 221-1234 or 295-8861.

DINING AND ENTERTAINMENT

Sam Houston Club, 224-2721

Lunch on the run

The Sam Houston Club now offers lunch to go. Customers can select take-out items from the deluxe salad bar for \$4.95 or the buffet bar for \$6.95. Delivery service is also available with a minimum of 10 orders required. For more information, call 224-2721.

'Welcome to the Neighborhood'

The Sam Houston Club and Lincoln Military Housing will host a "Welcome to the Neighborhood" party Sept. 22 at 4:30 p.m. at the Sam Houston Club. Free food, musical entertainment by a disc jockey and door prizes will be provided. The evening will conclude with a presentation to the winner of the grand prize drawing. This event is open to the public and sponsored by Brook Owens of Keller Williams Realty, Clarence Wooten Jr., DBA Primerica Financial Services and Insley Evans of KE & Associates. For more information, call 224-2721.

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month from 10 a.m. to 1:30 p.m. The next brunch will be held Sept. 17 and will feature a kids' meal station, chocolate fondue station, complimentary champagne and international food station. The cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Bingo

Bingo is every Thursday, Friday and Saturday at the Sam Houston Club. Doors open at 5 p.m. Thursdays and Fridays and 11 a.m. Saturdays. For more information, call 224-2721.

Bowling Center, 221-3683

Winter league bowlers needed

Winter league bowlers are needed at the Fort Sam Houston Bowling Center. Leagues include the ladies trio handicap, mixed four-person team, short season trio mixed handicap, seniors mixed five-person team, Roadrunners trio mixed handicap, Thursday niters mixed four-person team, men's post five-man teams handicap, guys and dolls mixed four-person team and the Christian fellowship mixed four-person team. Team and individual players are welcome. For more information, call 221-3683.

Bowl-A-Jam 7 at 7

Customers can enjoy Bowl-A-Jam for only \$7 Sept. 23 from 7 to 10 p.m. at the Fort Sam Houston Bowling Center.

Players pay \$7 and receive unlimited bowling, shoe rental, T-shirts (while supplies last) and an order of fries (one per lane). Bowl to glowing lights and the sound of music provided by an on-site disc jockey. Register to win the evening's grand prize drawing for a free bowling ball. The event is sponsored by First Command Financial Planning and Home Depot.

Rent-A-Lane Bowling Special

The Fort Sam Houston Bowling Center offers a Rent-A-Lane special Tuesdays from 5 to 8:45 p.m. The cost is \$20 per lane which includes unlimited bowling and shoe rentals. The offer is available to groups up to eight people. For more information, call 221-3683.

Bumpers and gutters

Bumpers and gutters have been installed at the Fort Sam Houston Bowling Center. Now bowling novices can enjoy playing alongside experienced bowlers. Bumpers can retract from player to player in a group or family to adjust to individual skill levels and have flashing lights that glow in the dark. It is the perfect addition to bowling parties for kids. For more information, call 221-3683.

Golf Club, 221-4388

Ladies golf clinic

A ladies golf clinic for beginners is scheduled for today and Sept. 14, 21 and 28 from 6:30 to 7:30 p.m. The cost is \$120. To register or for more information, call 355-5429.

Junior golf lessons

Junior golf lessons are held Saturdays from 9 to 10 a.m. at the Fort Sam Houston Golf Course. Junior lessons are available for youth 7 to 16 years old of any level of experience. The cost is \$7. For more information or to register, call 355-5429.

Harlequin Dinner Theatre, 222-9694

The romantic comedy "The Rainmaker," by N. Richard Nash, will play at the Harlequin Dinner Theatre through Sept. 30. Performance tickets are \$23.95 Wednesdays and Thursdays and \$26.95 Fridays and Saturdays. The house opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. For more information or reservations, call 222-9694.

MWR ticket office

Tickets are on sale at the Morale, Welfare and Recreation Ticket Office located inside the Sam Houston Club for popular local attractions and events as well as for out-of-state theme parks. Get San Antonio Speedway tickets for \$6 through Oct. 21.

Coushatta casino resort trip

The MWR Ticket Office and the Sam Houston Club are sponsoring a trip to Coushatta Casino Resort in Kinder, La. The bus departs from the Sam Houston Club Oct. 10 at 7 a.m. and returns Oct. 11 at 10 p.m. The cost is \$44.95 per person and includes motorcoach transportation, overnight hotel accommodations, continental breakfast at the hotel and one \$23 coupon for the casino. Tickets are available at the ticket office. For more information, call 226-1663 or 224-2721.

COMMUNITY RECREATION

Free Judo classes

Free Judo classes are held at the Jimmy Brought Fitness Center every Saturday from 10 to 11:30 a.m. For more information, call Carl Johansen at 279-1742.

3-D Archery Shoot

The next 3-D Archery Shoot will be held Sept. 16 and 17. Registration is 8 to 10 a.m. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards are given to the top three in each class. The cost is \$15 per person. Minis and cubs shoot free with a paid adult, and a playground is available for younger children. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

Health and Wellness Fair

A Health and Wellness Fair will be held Sept. 20 from 10 a.m. to 1 p.m. at the Jimmy Brought Fitness Center. Activities include cholesterol screening, diabetes screening, proper weight training, nutrition information, door prizes and more. Participants who wish to have a cholesterol screening must fast 12 hours before the screening. The event is free. For more information, call 221-2020 or 221-1234.

'Read to the Kids' program

The Fort Sam Houston Library has a Video Messenger System that gives children of deployed or pre-deployed Soldiers the opportunity to stay connected with their parents. The program captures Soldiers reading a child's book while being videotaped and recorded. A completed copy of the video or DVD is then mailed to the Soldier's home. Books used in the program are available at the post library. The service is by appointment only. To make an appointment or for more information, call 221-4702 or 221-4387.

CHILD AND YOUTH SERVICES

Before and after school registration

Register youth for the before and after school program for middle school and open recreation. Participants must have a Child and Youth Services membership. To register for membership, patrons will need to provide a leave and earnings statement or pay stub, two local emergency designees, \$18 registration fee and youth's Social Security number.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Sept. 19 from

11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff and learn of upcoming events and parent education opportunities.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider's philosophy of care, hours of operation and background. This online tool can be accessed through the

Child and Youth Services Central Registration office at Building 2797 from 8 a.m. to 4:30 p.m.

Off-post child care options

The Army Child Care in Your Neighborhood program offers military families more child care options in the local community. Family Service Association of San Antonio has recruited two child care centers and 25 civilian providers in areas surrounding Fort Sam Houston for use by local Army families. The centers and providers are monitored to ensure they meet Army standards.

For more information or to inquire about child care, call Family Service Association at 299-2480 or Fort Sam Houston Central Registration at 221-4871 or 221-1723.

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.

Events

20th annual Grapefest

The 20th annual Grapefest, the largest wine festival in the southwest, will take place in the historic Main Street district at Grapevine, Texas, today through Sunday. Wine lovers and connoisseurs from across the nation will sample award-winning Texas wines. For more information, call 817-410-3185 or visit www.grapevintexasusa.com.

Lone Star, Sierra Club conference

The Lone Star Chapter of the Sierra Club will host the South Central Texas Regional Water Conference Saturday from 8:30 a.m. to 3:30 p.m. at Chapman Hall Auditorium, Trinity College, San Antonio. The registration fee is \$20 paid before Tuesday or \$25 at the door. Students and press attend free. For more information, call 512-477-1729 or visit lonestar.chapter@sierraclub.org or <http://texas.sierraclub.org>

Castroville, Texas walk

The Trinity Trekkers Volksmarch Club will host a 10K and 5K walk in historic Castroville at the Regional Park south of U.S. Highway 90 in Castroville, Texas, Saturday. Begin between 8 a.m. and noon, finish by 3 p.m. For more information, call David Toth at 521-8684 or e-mail dntoth@sbeglobal.net.

Military-Civilian Club welcome coffee

The Military-Civilian Club of San Antonio will start its 85th year with a welcome coffee Monday at 10 a.m. at the historic Stilwell House on Fort Sam Houston. The purpose of the Military-Civilian Club is to foster patriotism and the integration of the military and civilian communities in the San Antonio area. For more information, call Betty Skeistaitis at 494-7993.

Freedom walk

Operation Homefront will sponsor Freedom Walk 2006 Monday beginning at 9:15 a.m. at the Alamodome in San Antonio. On this same day, throughout the country, in big and small venues, citizens will gather to participate in America Supports You Freedom Walks. For more information, call Amy Palmer at 659-7756, e-mail amy@operationhomefront.net or visit www.operationhomefront.net/texas.

Country, gospel music show

A country jamboree, country and gospel music show is presented the second Monday of each month from 7 to 10 p.m. at the Seguin-Guadalupe County Coliseum, 810 S. Guadalupe St. in Seguin, Texas. There will be a military appreciation show Monday with free admission for all active duty military personnel who present ID cards. For all others, admission is \$6, with children under 12 free. For more information, call Horace or Linda Comfort at 512-392-1545 or visit www.lonestarjamboree.com.

Wilford Hall Sept. 11 exhibit

Wilford Hall Medical Center will showcase a photo exhibit titled "Avenue of the Strongest" by New York photographer Mark Roddenberry. The exhibit will be displayed Monday through Sept. 15 in the hospital atrium in memory of those who lost their lives Sept. 11, 2001, in the World Trade Center buildings. For more information, call the Wilford Hall Public Affairs Office at 292-7688.

ASMC luncheon

The Alamo Chapter of the American Society of Military Comptrollers will host a luncheon Wednesday from 11 a.m. to 1 p.m. at the Fort Sam Houston Golf Course restaurant. The guest speaker will be retired U.S. Air Force Col. Sidney Heetland, who will talk about "Federal deficits and their impact on you!" For reservations, e-mail kathy.scott@cen.amedd.army.mil or Patrick.reynolds@us.army.mil.

San Antonio Manufacturers' Job Fair

The San Antonio Manufacturers Association will host a Manufacturers' Job

Fair Wednesday from 10 a.m. to 6 p.m. at the Norris Conference Center at Crossroads Mall. While the job fair includes companies looking to fill professional positions, most of the attending manufacturing firms are looking for production workers. For more information, call 979-7530.

AT&T Pioneers Motorcycle Run

AT&T Pioneers will sponsor the second annual Motorcycle Run Sept. 16 beginning at the AT&T building on 530 McCullough and ending in Shiner, Texas. San Antonio proceeds will benefit the United Service Organizations Council of San Antonio and Central Texas Inc. Registration fee is \$30. Participants who pre-register by today will receive a T-shirt, pin and a catered lunch. Participants who register the day of the event will receive a pin. For more information, visit www.motorcycle-run-for-the-troops.org.

OCSC luncheon

The Officer and Civilian Spouses' Club will host a luncheon Sept. 19 at 11 a.m. at the Sam Houston Club. A special presentation of jewelry sales by the James Quality jewelers from Bangkok, Thailand, will be in the ballroom from 10 a.m. to 2 p.m. A percentage of the total sale of the jewelry will be donated to the OCSC Welfare and Scholarship Funds. For luncheon reservations, call Sigrid Reitsstetter at 226-8806.

Military Community Job Fair

More than 100 employers will participate at the San Antonio Military Community Job Fair Sept. 20 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. Bring plenty of resumes. For a list of participating employers, call 221-1213 or visit http://www.acap.army.mil/centers_webs/27/mpolyer%20listing%20sep%2006.

Cash and carry sale of NAF property

A cash and carry sale of non-appropriated funds property will be held Sept. 20 from 9 a.m. to 3 p.m. in Building 4192, Bay A. Cash and personal checks with photo identification will be acceptable forms of payment. Used items for sale include: microware ovens, refrigerators, TVs, wall mirrors, carpet tiles, desk chairs, easy chairs, tables, desks, wall art, CPUs, monitors, a food warmer and assorted used billeting furniture. Additional items will be added as they are turned in by NAF activities. There is no prior viewing of items. All property listed is subject to issue to NAF activities for continued use prior to date of sale. For more information or directions, call Morale, Welfare and Recreations warehouse at 221-4449 or 221-4950.

Auditions for 'Season's Greetings'

The Harlequin Dinner Theatre will hold open auditions Sept. 25 and 26 from 7 to 8:30 p.m. for "Season's Greetings," a comedy by Alan Ayckbourn with Art Peden directing. There are roles for five men and four women, ranging in age from mid-20s to about 60. Other volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew. Performances will be held Wednesday through Saturday evenings from Nov. 15 through Dec. 16. For direction to the theat or more information, call the Harlequin Dinner Theatre at 222-9694.

Gardens by Moonlight

The San Antonio Botanical Society will host Gardens by Moonlight at the San Antonio Botanical Garden Sept. 30 from 7 to 11 p.m. Tickets are \$12 in advance or \$15 at the gate and will be on sale at Starbucks beginning Monday. To reserve a table for 10 guests, call 829-5360. For more information, visit www.sabot.org.

Spirits of San Antonio tour

Docia Williams, author of a number of books on ghosts, including "The History and Mystery of the Menger Hotel," will conduct a bus tour of some of San Antonio's most

"spirited" places Oct. 6 beginning at 7 p.m. Participants will hear of local hauntings as they stop at the Spanish Governor's Palace, the Menger Hotel and the Bullis House. The cost is \$52. Registration deadline is Sept. 22. For more information, visit www.communityed.net or call North East Community Education at 657-8866.

Adult baseball league forming

Teams are now forming for the 2007 baseball season; full teams are also welcome. Age brackets include 18, 28, 38, 48 and father-son ages 18 and older. The league is affiliated with the National Adult Baseball Association. Register Oct. 7 from 8 a.m. to 12 p.m. at Bain baseball field, located at the corner of Basse and McCullough roads in San Antonio. Registration fee is \$10. For information, visit jrotc450363@aol.com or call Wes Rogers at 479-6888 or 326-0212.

Notre Dame Club football schedule

The Notre Dame Club of San Antonio invites all graduates, former students, parents and friends to join them in cheering the fighting Irish for the remaining football Saturdays at Madison Avenue, located at 5500 Babcock Road or Hooligan's at 13920 Interstate Highway 35 North at Pat Booker Road. For more information about the ND football games schedule, availability of tickets, the Game Watch Program, or the ND Club of San Antonio, call Marvin Boroski at 545-4491 or visit marvjanski6@hotmail.com.

Sumie painting

Learn about the beautiful and spiritual art of Sumie painting with Mary Bowman Oct. 2 from 4 to 5 p.m. at the Cody Branch Library, 11441 Vance Jackson. The class is free and open to the public. For more information, call 696-6396.

Meetings

Homeschoolers get together

A homeschoolers welcome and organizational get together will be held Sept. 14 at 2 p.m. at Salado Park on Fort Sam Houston. For more information, call Karlene Well at 595-8789.

Warrant Officer Association meeting

The Lone Star Chapter of the U.S. Army Warrant Officers Association meets on the third Monday of the month at 7 p.m. at VFW Post No. 8541, located at 2222 Austin Highway, between Perrin Beitel and Eisenhower roads. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call Bill Strout 590-2642 or e-mail bstrout@texas.net or Suzan.Farrell@us.army.mil.

SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve Chapter, will conduct a study group Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in Building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail Adrienne.Berkley@us.army.mil, or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail Tiffany.reid@amedd.army.mil.

BAMC chess club

The Brooke Army Medical Center chess club meets Mondays from 4:30 to 7 p.m. in the BAMC Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 557-2477 or e-mail michael.veri@cen.amedd.army.mil.

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.

Training

Green to Gold briefings

Fort Sam Houston's Education Center will sponsor a Green to Gold briefing for Soldiers interested in the ROTC program. The briefing is Sept. 20 from 9 to 11 a.m. and 1 to 3 p.m. in the Army Learning Center, Building 2247, Stanley and New Braunfels roads. The ROTC cadre from a local university and the 12th ROTC Brigade will be available to answer questions.

Thrift Savings Plan seminar

A Thrift Savings Plan seminar will be held Sept. 27 from 2 to 4 p.m. at the Roadrunner Community Center, 2797 Stanley Road. For more information or to register, call Lydia Rodriguez at 221-1612.

Voice, diction class

Gary Blohm, veteran West Coast actor and television producer, will teach a two-week class on voice and diction skills at Alamo Heights High School Sept. 26 at 6:30 p.m. He will discuss how to modulate and project the voice, how to enunciate clearly, pronounce correctly and reduce an accent if desired. For more information or to register, call 657-8866 or visit www.communityed.net.

Funded Legal Education Program

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Under this program, the Army sends up to 15 active duty commissioned officers to law school at the government's expense. Selected officers will attend law school beginning in the fall of 2007 and remain on active duty while attending law school. The program is open to commissioned officers in the ranks of second lieutenant through captain. Applicants must have at least two, but not more than six years of total active federal service at the time legal training begins. For more information, officers should contact their local Staff Judge Advocate; on post, call 221-2777.

Undergraduate evening studies

St. Mary's University will have a representative available for appointments Wednesdays and Thursdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360. For information on undergraduate admission to St. Mary's, call the Office of Evening Studies at 436-3215 or e-mail evst@stmarytx.edu. For information on graduate admission, call 436-3214 or e-mail at <http://www.stmarytx.edu/eveningstudies>.

Computer certification

St. Mary's University and New Horizons Computer Learning Center will be available to discuss computer certifications Tuesdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360 or e-mail at <http://www.stmarytx.edu/continuingstudies/>.

Volunteer

Marching band seeks new members

The Alamo City Community Marching Band is accepting new members for the fall season. There are no auditions or tryouts. People 18 years and older, who can play an musical instrument, are eligible. The band provides sousaphones, baritone horns and percussion instruments. French horn players are needed. The band performs in and around San Antonio. Rehearsals are held Mondays from 7 to 9 p.m. at the American Legion Hall, Post 2, 3518 Fredericksburg Road in San Antonio. For an application or more information, call 733-0120 or visit www.alamocity-band.org.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail news.leader@samhouston.army.mil or fax to 295-0512. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: 2000 Volvo S70, 80K miles, leather seats, cruise control, front airbags, power seat, stability traction control, class II frame hitch, cold weather package, in excellent condition, \$10,900. Call 370-3123.

For Sale: 2002 Coachman motor home, under 10K miles, queen bed and sleeper sofa, slide-out, oven, built in microwave, refrigerator, lots of storage, well-maintained, \$64,000 obo. Call 833-8581.

For Sale: 1997 Holiday Rambler, 36-foot fifth wheel trailer. Call 830-663-2060 or visit rvonline.com.

For Sale: Five-piece dinette set, \$120; china hutch, \$220; wooden desk, \$50; TV

entertainment center, \$60; commercial copier, \$90. Call 241-1291.

For Sale: 1995 Palomino rollup, slide-in truck camper, in excellent condition, \$1,500; signed and numbered unframed prints: Long Grey Line with West Point Seal by Ben Maile, \$3,500 and The Comander and First Sergeant by Don Stivers, \$2,400. Call 497-8139 or 386-0373.

For Sale: 2005 Fuji Roubaix Pro men's bike, carbon fiber forks, seat stays and post, in new condition, \$650; Kenmore washer and dryer, dryer needs some work, \$275 takes the pair. Call 945-7627 and leave message.

For Sale: One-year old, male,

neutered, fawn-colored boxer needs a new home with fenced yard, recent physical, great with kids, supplies included, serious inquires only. Call 212-5725.

For Sale: 1992 Ford custom conversion van, loaded, free luggage carrier to the buyer, \$3,995. Call 659-6741.

For Sale: GE 24.9 cubic-foot, side-by-side refrigerator, white, new, \$800 obo. Call Jack or Cathy at 658-1643, leave a message.

For Sale: Extra large dogloo dog house, 47.5 inches wide by 46 inches long by 32 inches tall, in great condition, \$50. Call 369-9664.

For Sale: 1986 Porsche 944, in excel-

lent condition, \$3,750. Call 325-3657 or 659-7233.

For Sale: 2003 Ford Ranger Edge Supercab, black, automatic, 70K miles, in great condition, \$9,500. Call 566-5034 or 667-5770.

For Sale: 1998 Dodge Grand Caravan SE, V-6, automatic, low mileage, seven passenger, front and rear ac, dual sliding doors, two built-in rear child's seats, \$4,500; Singer portable sewing machine, just tuned, \$70. Call 673-9649 or 630-3936.

For Sale: Cassette, CD, AM/FM stereo and speakers, purple dish chair, two wheel golf pull cart, golf swing trainer, \$15 each. Call 697-9261.