



# Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

Sept. 14, 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.

### SAEDA, OPSEC training

The Garrison Security Office will sponsor a subversion and espionage directed against the U.S. Army and operations security training today from 10 to 11:30 a.m. in Evans Theater. This training, the last for fiscal 2006, is mandatory for all Department of Defense personnel, to include contract employees. Employees who have not attended a training session since Oct. 1, 2005, must attend the training prior to Sept. 30. For more information, call the Garrison Security Office at 221-1906, 221-1859, 221-9500 or 221-9611.

### Accident Avoidance Training

The safety office offers accident avoidance training the first and third Thursday of each month from 8 a.m. to 12 p.m. in Building 902. The next training will be held Sept. 21. Service members under age 26 are required to take a minimum of four hours of classroom instruction in traffic safety; this training meets that requirement. Commanders and supervisors are encouraged to send personnel who have been convicted of a moving traffic violation or who were at fault in a traffic accident. Civilian personnel can also attend.

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Photo by Elaine Wilson

Cole Jr./Sr. High School seniors Chelsea Woodard and Keena Fisher proudly display the U.S. flag as they walk through downtown San Antonio Monday during the city's first Freedom Walk.

## Post community pays tribute to 9/11

By Elaine Wilson  
Fort Sam Houston Public Information Office

The gloomy weather echoed a solemn mood at Fort Sam Houston Monday as the post community commemorated the tragic events of Sept. 11, 2001, and paid tribute to the men and women still serving today.

The Silver Caduceus Society gathered at the Fort Sam Houston Cemetery in the pre-dawn darkness for a candlelight memorial service in honor of Lt. Col. Karen Wagner, a Converse, Texas, native who died Sept. 11 while serving in the Pentagon.

"The candles offer a bright reminder of Karen's dedication to duty and country," said Col. Bradley Freeman, chief, military personnel division, U.S. Army Medical Command.

"It was apparent she had a passion for the Army and a positive spirit for what she did," said Col. Larry Bolton, Wagner's boss prior to the Pentagon. "I ask you to rededicate yourselves to our God, our country and to the memory of 9/11 for the rest of the day and the rest of our lives."

Just a few hours later, students and parents gathered at the Fort

Sam Houston Elementary School for a walk around the school to commemorate the past and celebrate the nation's freedom.

"I'm walking to do my part in remembering 9/11," said Nakia Williams, who first had to track down her five children before proceeding on the walk.

"We're walking because we're free," said sixth grader Christopher Kane.

A similar walk took place downtown where about 1,200 people braved the rain to participate in San Antonio's first Freedom Walk, a two-mile tribute to the nearly 3,000 victims of Sept. 11, 2001.

The walk, sponsored by Operation Homefront and USAA, was one of more than 130 that took place throughout the nation as a remembrance of Sept. 11 and a tribute to service members still serving today.

The trek through the soaked, yet still scenic, downtown area offered participants, many from Fort Sam Houston, an opportunity to reflect on past tragedies, as well as a few more recent heartbreaks that hit a bit closer to home.

See TRIBUTE TO 9/11 on Page 18

**Hiring Heroes Workshop & Career Fair**  
Job Opportunities for Injured Service Members and Their Spouses

**Monday, September 18, 2006**  
Resume Writing Extravaganza, 1 p.m. to 7 p.m.

**Tuesday, September 19, 2006**  
Hiring Heroes Career Fair, 9 a.m. to 3 p.m.  
10 a.m. and 1 p.m. Ford Motor Company Mobility Transportation Seminar  
(Learn about adaptive transportation – from hand controls to wheelchair lifts)

**Sam Houston Club**  
1395 Chaffee Road  
Fort Sam Houston, TX

Come learn how to write professional resumes and talk with over 40 DoD, Federal and Private Sector recruiters about opportunities in various civilian career fields.

**Bring Your Resumes!**

For more information: Call Sharon Ferguson at 221-1425.



Photo by Esther Garcia

### Summer Gazebo Concert

The U.S. Army Medical Command Band will perform Sept. 24 at 6 p.m. at the gazebo on Staff Post Road. The Summer Gazebo Concert is hosted by Brig. Gen. James Gilman, commander, Brooke Army Medical Center. Bring a lawn chair, blanket and enjoy a variety of songs to include "West Side Story," "A Symphony of Sit-Coms," "Hooray for Hollywood," "The Wizard of Oz," "Boys of the Old Brigade March," "Jubilation Overture," "An American Symphony" "American Soldier" and everyone's favorite, "Stars and Stripes Forever."

# How 9/11 changed the Army

By **J.D. Leipold**  
Army News Service

**WASHINGTON** — As the 1941 “day of infamy” sneak attack on Pearl Harbor launched America into a world war against nations, the horrific attacks on the World Trade Center and Pentagon launched a war against nation-less terrorists. This war required the Army to take a different approach to organizing, training and fighting.

According to Command Sgt. Maj. William J. Gainey, enlisted advisor to the chairman of the Joint Chiefs of Staff, the events of 9/11 transformed the Army and its sister services.

“It made us more ready than ever before,” he said. “Our young men and women of all the services are better trained and have more combat experience than anyone in the last two generations.”

Today’s Soldiers don’t train for possible deployment to an unknown destination; they train for the realities of imminent combat in Iraq or Afghanistan. They train on such battlefield operations as counter-insurgency tactics at full spectrum training facilities like the National Training Center at Fort Irwin, Ca., and the Joint Multinational Training Center in Grafenwoehr, Germany.

New recruits have also gone from three to 21 days of field training and begin

weapons immersion on day three of basic training. They’re taught improvised explosive device detection skills, participate in convoy live-fire exercises and have the most up-to-date equipment.

Gen. William Wallace, commander of the U.S. Army Training and Doctrine Command, pointed out, “We now recognize that with the pace the operational Army is going today, we need to produce new Soldiers who on arrival at their first units are capable of making immediate contributions because they’re being asked to.

”Structurally, the Army has reset 37 brigade combat teams to the modular configuration. And Army Force Generation is

being implemented across the active and reserve Army to give Soldiers and their families a timetable for when they can expect to deploy. Active Army units will deploy every three years.

“In the AR we’re developing a five-year cycle which tells Soldiers that they can expect and predict to have four years inactive service before being deployed for up to a year, then come back for another four years of reset and training,” said Army Reserve Chief Lt. Gen. Jack C. Stultz.

Meanwhile, the reserve component continues changing from a strategic to an

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## Fort Sam Houston News Leader

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# Chief of Naval Operations visits wounded warriors

Story and photo by Norma Guerra  
Brooke Army Medical Center Public Affairs

Chief of Naval Operations Adm. Mike Mullens, along with his wife, Deborah, visited wounded warriors recovering at Brooke Army Medical Center to thank them for their sacrifice and service.

Mullens spoke individually to the wounded, asking them about their injuries, families, recovery and future plans.

"I think it's pretty neat that he would take the time to come and see us," said Petty Officer 2nd Class Derek McGinnis, who had an above-the-knee amputation of his left leg. "He wished my family and me well and told me that we were an inspiration to the fleet."

"I am so impressed with his visit," said Petty Officer 3rd Class Alex Morales, who lost both legs on a training mission. "He asked me what my plans were so I told him. He turned to one of his staff members and told him to get more information from me and to look into it. I was very grateful for the kind words his wife had for me as well."

At the burn center, Mullens and his wife put

on sterilized gowns, gloves and masks to visit burn patients and their families in their rooms.

One wounded warrior he visited in the burn center was Lance Cpl. Isaac Gallegos, who sustained second and third degree burns to 55 percent of his body as a result of an improvised explosive device while in Iraq.

Gallegos' father, Phillip Gallegos, a former Marine, explained to Mullens that it was very hard to understand what his son was saying because of his injuries, but said if his son could clearly speak to him he would tell him to "stay the course," and that his only frustration is that he is not fighting the war alongside his comrades.

"I am so inspired by the strength and courage the families have after everything they too, have gone through," said Deborah. "The families' strength, along with the excellent staff we see here, are what keep up the spirits of our wounded."

Upon his departure, Mullens thanked Brig. Gen. James Gilman, BAMC commander, for allowing him to visit these courageous service members and expressed to him how impressed he was with the staff and the care they are all giving to the wounded.



Chief of Naval Operations Adm. Mike Mullens and his wife, Deborah, visit with (from left) Petty Officer 3rd Class Alex Morales, Airman Manny Del Rio, Petty Officer 1st Class John Morley and Petty Officer 2nd Class Derek McGinnis at Brooke Army Medical Center where they are undergoing therapy for injuries sustained in the Global War on Terrorism.

## CAC application becomes paperless for contractors

By Elaine Wilson  
Fort Sam Houston Public Information Office

Fort Sam Houston will implement a Department of Defense-mandated system Oct. 27 that will eliminate paperwork for DoD contractors needing a Common Access Card.

The Contractor Verification System is designed to improve managers' ability to oversee DoD contractors and reduce potential security gaps with the manual process system currently in place.

"CVS is an automated, paperless

process," said Joe Gathers, deputy director of human resources, Directorate of Human Resources. "Instead of a lengthy paperwork process, the Web-based system requires the CAC candidate information to be inputted into the CVS and approved by the Defense Enrollment Eligibility Reporting System."

Gathers is now preparing for the Oct. 27 launch by seeking points of contact from each organization on post.

"Prior to the Oct. 27 implementation, every organization with a DoD contractor needs to identify two people to serve as

the trusted agent security manager and trusted agent," Gathers said. The people identified must be a DoD uniformed service member or a DoD civilian enrolled in DEERS.

The early start is needed since "the trusted agent security manager and trusted agent logon are taking approximately three to four weeks to arrive," said Gathers.

The trusted agent will be responsible for creating contractors' accounts in the CVS and the trusted agent security manager will verify the information is correct. After the information is inputted, the con-

tractor will be notified and told to schedule an appointment with the ID section; they will need two forms of identification for a CAC.

The CAC is valid for three years from the date of issue, Gathers said. "Without the CAC, contractors will not be able to gain access to the installation or their computer workstation."

A meeting for trusted agent security managers and trusted agents will be held Sept. 26 at 9:30 a.m. at Building 2247.

For more information, call Gathers at 221-0623.

## Deadline approaching for protective gear reimbursement claims

In November 2005, the Department of the Army began reimbursing both current and former Soldiers who purchased body armor and certain other protective, health and safety equipment for use in operations Noble Eagle, Enduring Freedom or Iraqi Freedom.

To qualify as a reimbursable purchase, the purchase must have been made after Sept. 10, 2001, and before April 2, 2006. The deadline to file Protective Gear Reimbursement Program claims is Oct. 3.

### Guidelines for reimbursement

To qualify for reimbursement, privately purchased equipment must fall within one of the approved categories of equipment, which include various types and components of protective body armor, as well as a number of other protective, health and safety items. The Army will reimburse Soldiers for protective body armor, combat helmets, ballistic eye protection, hydration systems, summer-weight gloves, knee and elbow pads, bed insect netting, insect repellants (both permethrin and DEET) and reflective vests. A Soldier may be reimbursed for protective body armor whether it was purchased as a complete outer tactical vest or as separately purchased components of an outer tactical vest, to include small arms protective insert plates.

The Army will provide reimbursement for qualifying purchases made by either a Soldier or by another, such as a parent or spouse, on behalf of a Soldier. In all instances, however, the Soldier for whom the equipment was purchased (or the survivor of a deceased Soldier) must file the reimbursement claim.

### Filing a claim

Current active duty or active reserve component Soldiers should file claims with the first field grade commander in the Soldier's current chain of command. Former Soldiers and survivors of deceased Soldiers may file by mail directly to the U.S. Army Claims Service at the address provided in block 12 of the claims form, DD Form 2902. Claims must include the following:

- A completed and signed DD Form 2902;
- A copy of official documentation noting the Soldier's deployment in support of one of the operations, such as deployment orders or a DD Form 214 noting deployment;
- Copies of all available receipts or other proofs of purchase for the items claimed; and
- Turn-in of the equipment for which the claimant seeks reimbursement. For those filing by mail to USARCS, shipping costs for turn-in of equipment will be reimbursed and can be noted on the DD Form 2902.

Claimants who no longer have the equipment should provide a written statement explaining why the equipment is unavailable for turn-in.

### Reimbursement amounts

Claimants who provide proof of purchase will be reimbursed the full purchase price plus shipping costs for each item, up to \$1,100 for any single item. If the proof of purchase is absent, the claimant will be reimbursed at a rate pre-established by the Department of Defense for the category of item claimed.

Claims are processed through USARCS for payment from the Defense Finance and Accounting Service. Current Soldiers receive direct deposits to their normal pay accounts, and all others receive checks directly from DFAS.

For more information on the body armor and protective equipment reimbursement program, including a list of reimbursable items together with the pre-established compensation rates, visit [www.jagcnet.army.mil](http://www.jagcnet.army.mil), and select the "U.S. Army Claims Service" link under the "Client Services and Links" section. Potential claimants can also obtain a printable DD Form 2902 through this link. Claimants or commanders can contact the Fort Sam Houston Claims Office at 221-1973.

(Source: Fort Sam Houston Claims Office)

## 9/11

Continued from Page 2

operational force. In June, for example, the Pennsylvania National Guard's 56th Combat Stryker Brigade — one of seven elite rapid-mobilization brigades in the Army and the only National Guard unit selected for the program — became the first National Guard unit to welcome the Stryker to its fleet.

"The experience of this brigade from concept development to material fielding is not only serving as a catalyst to lead

change across the Army National Guard here in Pennsylvania, but across the entire force," said Army Vice Chief of Staff Gen. Richard A. Cody at the rollout ceremony.

The Army has invested heavily to provide Soldiers the best equipment available. It has gone from 350 to 13,000 Level 1 Up-Armored Humvees, and from zero to 919,425 sets of interceptor body armor. Just last month, the Army completed the In-Process Preliminary Design Review of its principal modernization effort, the Future Combat Systems program.

According to FCS Program Manager Maj. Gen. Charles Cartwright, "Within a year, FCS capabilities will begin to be integrated into the current force through our evaluation brigade combat team. The EBCT will provide a structure that will allow us to test, validate and then deliver to our Soldiers new capabilities that are specifically designed to address 21st century threats."

New vehicles like the Stryker give Soldiers firepower, battlefield mobility and versatility, while such systems as manned ground vehicles, unmanned aerial

vehicles and unmanned ground vehicles help protect Soldiers' lives.

The Army also recognizes its most valuable asset is Soldiers. Some of the more prominent programs are pre- and post-deployment health screening, the U.S. Central Command's rest and recuperation leave program, deployment cycle support and the Army Wounded Warrior Program, which has assisted more than 1,000 severely wounded Soldiers as they transition back to military service or into the civilian community.

## Briefs cont. . . .

### **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.

### **AECF 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. AECF 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.

### **Newcomers' Extravaganza**

A Newcomers' Extravaganza will be held Sept. 26 from 9:30 to 11 a.m. at the Sam Houston Club. The event is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of arrival. Attendees will learn about Fort Sam Houston and the San Antonio area. Commanders and supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. Family members are welcome. For more information, call the Army Community Service Relocation Assistance Program at 221-2705 or 221-2418.

### **Collateral Duty Safety Officer training**

The safety office will sponsor collateral duty safety officer training Sept. 26 from 8 a.m. to 4 p.m. in Willis Hall, Building 2841, Room 2122. For more information or to sign up, call Richard Edges at 221-3857.

### **STB deactivation**

The Special Troops Battalion deactivation ceremony will be held Sept. 29 at 8 a.m. at the main post flagpole on Stanley Road. For more information, call 221-0177.

### **Hispanic Heritage Month luncheon**

A Hispanic Heritage Month luncheon will be held Oct. 3 from 11:30 a.m. to 1 p.m. at the Sam Houston Club. The educational event includes food, entertainment and guest speaker, retired Maj. Gen. Alfred Valenzuela. The cost is \$10. For tickets, contact a unit equal opportunity adviser before Sept. 26.

### **Hispanic heritage**

The Fort Sam Houston Museum has copies of "Hispanics and the Medal of Honor" on DVD and VHS available for loan. To reserve a copy, call 221-1886.

### **GED classes**

Family Employment Readiness offers General Equivalency Diploma classes Mondays and Wednesdays from 6 to 8 p.m. at the Roadrunner Community Center, Building 2797. The classes are taught by a certified instructor from Region 20. Most colleges and employers accept a GED certificate as the equivalent to a high school diploma. For more information, call 221-2705.

# Combat medics help bolster Benin's medical system

Story and photos by Dave Melancon  
U.S. Army, Europe Public Affairs

**COTONOU, Benin** — When U.S. Soldiers conduct small-unit operations against hostile forces, combat lifesavers fill a critical role in keeping severely wounded comrades alive on the battlefield. It's one Soldier taking care of another.

In Africa, 30 newly trained foreign combat lifesavers are learning that role. But, as members of a military that lacks many resources, they also are aspiring to improve their army's health system, thanks in part to training received during MEDFLAG '06.

This joint-level exercise has teams of medical professionals from U.S. Army, Europe, U.S. Air Forces in Europe, Marine Forces Europe, Naval Forces Europe and reserve units traveling throughout Benin, Nigeria, Ghana and Senegal, treating residents and holding classes.

Benin's first class of combat lifesavers received their aid bags Friday, following two days of intensive instruction by a five-man CLS mobile training team from USAREUR's 7th Army Reserve Command.

"This is very important to us. We are a poor country and we do not have the ability to organize such classes," said student Lt. Hugues Gandaho, a neurosurgeon from the Benin Military Training Hospital in Cotonou.

With few trained specialists, Beninese medics are not directly assigned to small tactical units, Gandaho said. Only the larger organizations have medical professionals.



Sgt. 1st Class James Barlow, a translator from the Utah Army National Guard, watches Beninese army medics carry a "wounded comrade" during classes held Sept. 7 at the Benin Army's Noncommissioned Officers Academy for MEDFLAG '06.

While medics are added to the battle rosters of Beninese units deployed to peacekeeping and humanitarian relief missions, they do not accompany squads or other small units on patrols, Gandaho explained. For that duty, there is an on-call nurse who responds to emergencies.

"We do not have enough people," the Beninese neurosurgeon said. "We cannot employ a medic with each squad."

Now, as they are trained, these African combat lifesavers will be assigned to smaller units, which, Gandaho said, "will start a course for the whole nation. The 30 students here will become 60 and so on. Soon we will begin to have enough."

Because of time constraints, the standard five-day Combat Lifesaver Course was condensed into two days to meet the needs of the Beninese army. Instructors from 7th ARCOM tailored the course to that service's organizational structure, the types of missions it undertakes and the injuries its Soldiers most frequently encounter.

"We focused on trauma, blood loss, fluid dehydration and shock — the bread and butter of the Combat Lifesaver Course," said Sgt. Ian Patrick, an instructor with 7th ARCOM.

As more Beninese soldiers complete the course, the army will be able to weave its medical teams with other armies' and with governmental and non-governmental health care providers such as the World Health Organization.

The course took place indoors and out as the team used teaching aids, medical supplies and 30 combat lifesaver aid bags. Students also received illustrated, spiral-bound books of instructions in French, Benin's official language.

"These initial students will take this instruction and use it as a basis for instructing their military," Patrick said. "They are going to go out and teach



Lt. Col. Kerry Welch, 2nd Medical Brigade, U.S. Army Reserve, checks an African boy's ears during a medical assistance visit Sept. 7 as part of exercise MEDFLAG '06. The exercise — supported by medical, dental and veterinarian specialists from U.S. Army Europe, U.S. Air Forces in Europe, Marine Forces Europe, Naval Forces Europe and U.S. reserve units — is providing medical assistance to Benin, as well as the neighboring countries of Nigeria, Ghana and Senegal.

thousands, from what I've been told."

Patrick described his class of surgeons, medics and paratroopers as some of the most intelligent and motivated students he has ever instructed.

"They asked questions that I have never heard U.S. Soldiers ask," Patrick said. "They are taking the information, grasping it and putting it to use to meet their own needs. They are the best that I have ever taught."

Speaking through a translator, Beninese army Cpl. Monsia Moiseise, a nurse assigned to a military training hospital here, said he put maximum effort into the course because of his "simple desire to be a better soldier."

"If you are on the field of combat," Moiseise said, "and the enemy is firing on you, a combat lifesaver can save lives. As soldiers we all fight an opponent, but as combat lifesavers we are going to save the lives of our friends as well. It's all camaraderie. After that, everything else falls into place."

## Insurance program assists severely injured service members

By Gerry J. Gilmore  
American Forces Press Service

**WASHINGTON** — Troops appreciate a congressionally legislated insurance program that provides financial aid to badly wounded service members, a senior Defense Department official told a Senate committee here yesterday.

Congress established the Traumatic Servicemembers Group Life Insurance program in 2005 in response to the experiences of some former and current military members who found themselves financially strapped after they suffered severe injuries during the war against terrorism. Coverage applies to active-duty and reserve-component members.

"The program is working very well, and the Department of Defense is a satisfied customer," Michael Dominguez, principal deputy undersecretary of defense for personnel and readiness, told the Senate Committee on Veterans' Affairs.

Beginning Dec. 1, 2005, every service member who has Servicemembers' Group Life Insurance automatically began receiving TSGLI coverage, Dominguez said. The TSGLI bene-

fit is retroactive to military members who experienced severe financial losses due to traumatic injury suffered between Oct. 7, 2001, and Nov. 30, 2005.

TSGLI coverage will pay a benefit of between \$25,000 and \$100,000, depending on the loss directly resulting from the traumatic injury, according to information on the Department of Veterans Affairs Web site. The VA is a co-administrator of the insurance program.

Within DoD, "a total of 2,261 retroactive claims have been approved as of Aug. 25, 2006," Dominguez reported, noting that 403 claims have been paid as of late August 2006.

The committee also heard testimony from Sgt. John Keith, a Virginia resident, who lost his left leg and suffered other severe injuries in an explosion in Iraq. Keith was one of the first people to receive a TSGLI payment. He said he was able to replenish his savings, pay off most of his debts and buy his wife a van after receiving his payment.

For more information on TSGLI, visit <http://www.insurance.va.gov/sgliSite/legislation/TSGLIFacts.htm>.

# Health battle inspires military family to help others

Story and photo by Elaine Wilson  
Fort Sam Houston Public Information Office

A disease has robbed 23-year-old Jenni Craig of her hair, her health and, possibly, her future. But the one thing Jenni and her husband, Spc. William Craig, refuse to let go of is hope.

Jenni is battling Gardner's Syndrome, a rare genetic disease in which the colon, stomach and upper intestine become riddled with polyps. The polyps, or tumors, eventually lead to cancer.

There is no known cure for this disease; doctors can only treat the various ailments that arise from the syndrome. But whether she has 50 days or 50 years, Jenni is

determined to find a cure, not just for herself, but for everyone else touched by the disease.

"All I know is we're going to face this disease head on and not let it beat us," she wrote in her online journal.

To help make that happen, Jenni, her husband and a few close family members and friends established the Jenni Renee Foundation this year, a nonprofit organization dedicated to finding a cure, providing funds for health care to those who can't afford it, and educating others, including doctors, about the relatively unknown disease.

Jenni's concern may seem surprising under the circumstances, but caring for others is a way of life for the young mother.

The Missouri native met her husband when she was only 16 years old. They married a year later and soon had two sons, Elijah and Jacob. William joined the Army in 2002 and the growing family moved to Fort Polk, La., in 2003. William left for Iraq and a few days later, Isaac was born.

Alone and busy caring for three boys, the timing couldn't have been worse to have health issues, but "that was when I started having problems," Jenni said.

Jenni felt a large lump in her stomach, later diagnosed as a desmoid tumor, a slow-growing, cancerous group of tumors that arises from connective tissue or muscle. She was sent to Brooke Army Medical Center where a colonoscopy revealed hundreds of polyps in her colon, stomach and small intestines. "The doctors told me it was Gardner's Syndrome," Jenni said. "I had never heard of it."

"A patient with Gardner's Syndrome is someone who has Familial Adenomatous

Polyposis (an inherited colorectal cancer syndrome) and other extra-intestinal findings," said Dr. Christopher Jones, assistant chief of oncology at BAMC and Jenni's doctor. "FAP alone accounts for 1 percent of all colon cancers."

Extra-intestinal findings include osteomas (bony growths), cysts, desmoid tumors and thyroid disease.

"I've had them all," Jenni said. "My doctors tell me I have the full-blown case of Gardner's Syndrome."

Jenni went in for surgery and doctors removed the desmoid tumor and her colon in April 2004; her colon was removed as a preventive measure for cancer. Jenni chose to have doctors monitor the polyps found in her rectum with scopes every three months rather than remove her rectum. Like the polyps in her colon, those in her rectum have a 100 percent chance of turning to cancer.

Despite a frightening diagnosis, Jenni was fine for about a year. Then, one night she had a gut feeling.

"I knew the tumor was back," she said. "I never imagined I'd have to face my worst fears." There was a desmoid tumor growing in the same spot in her abdomen as the last one. She traveled to BAMC again for surgery in March 2005.

"I woke up from the surgery and instantly knew something wasn't right. I could tell," Jenni said.

Jenni had about 10 tumors spreading throughout her kidney, intestines, duodenum (a hollow tube largely responsible for the breakdown of food in the small intestine) and the main blood vessel to her small intestines.

"The doctors said she would bleed to death if they removed the tumors," William said.

It was a no-win scenario – remove them and die, or don't remove them and die. The cancerous tumors would eventually grow too large and interfere with her organs, or the cancer would kill her. The doctors gave Jenni two to 12 months to live.



Jenni Craig and her husband, Spc. William Craig, check for updates on the Jenni Renee Foundation Web site. Despite Jenni's own health struggles, the couple started the foundation to educate people about Gardner's Syndrome and to raise money for sufferers unable to afford health care.

See **HEALTH BATTLE** on Page 7

## Health battle

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The doctors planned a course of chemotherapy to shrink the tumors. But, two rounds of chemotherapy and months of nausea and exhaustion later, the treatment was proving worse than the disease – the chemotherapy was ineffective.

Jenni again went in for surgery in April 2006 to try for the removal of the desmoid tumor. “I came out of surgery with more bad news,” Jenni said.

The 10 tumors had intertwined into one large tumor. “It’s attached to vital organs, Jones said. “It’s in too many spots for us to cut it out.”

“They couldn’t get in at all,” Jenni said. “They just removed a small part of the tumor.”

In the midst of Jenni’s health battle, the Craigs decided to test their sons for the genetic disease. As an autosomal dominant syndrome, there was a 50 percent chance her children had inherited the disease.

“We got the results in January and all three of our boys have the disease,” William said.

“It’s like flipping the coin three times and coming up with tails every time,” Jones said.

Jenni’s sons, now 3, 4 and 6, will have to undergo colonoscopies starting at age 11, and, if polyps are found, have their colons removed to prevent an inevitable cancer. Disheartening news, but the Craigs remain hopeful that the boys won’t have the full-blown syndrome like Jenni.

At the moment, Jenni is undergoing another round of chemotherapy, an effort to shrink a desmoid tumor too large and too dangerous to remove. “If this doesn’t work, we’ll try another round of chemotherapy.”

Jenni has endured rounds of chemotherapy, surgeries and even a prediction of death, but she and her husband are still unwilling to accept defeat, for Jenni, their sons or for other syndrome sufferers worldwide.

“We want to do everything in our power to make sure this doesn’t happen to our boys or other families,” she said.

“My wife and I are so lucky. We’re in the military and have all our medical expenses taken care of. But other people can’t afford care,” said William, who recycles cans to keep the Jenni Renee Foundation running. “We want to make sure everyone can receive the medical care they need.”

“This is a deadly disease and we need to find hope for people who do have it,” Jenni said.

For more information on the Jenni Renee Foundation, visit <http://www.jennireneefoundation.com>.

## Online tool delivers personalized cancer-action plan to reduce risks

By **Sandra Norcross**  
Health promotion coordinator

**MONCRIEF ARMY COMMUNITY HOSPITAL, Fort Jackson, N.C.** — Not sure whether you or a loved one should begin cancer screening? Check out the Great American Health Check.

This online tool, launched by experts at the American Cancer Society, is aimed at increasing awareness about the importance of early cancer detection and to encourage people to get tested.

The Great American Health Check is an easy-to-use, confidential, online health-assessment tool. It asks users questions about gender, age, height, weight, family history of cancer, dietary habits, physical-activity levels, and alcohol and tobacco use.

The tool helps users understand which early detection tests they should take to find potential cancer at an early stage and when treatment is most likely to be successful. It also provides users with information on how to reduce cancer risk by doing such things as quitting smoking and maintaining a healthy weight.

After providing information to the Great American Health Check, users receive a personalized cancer-action plan that outlines recommended cancer-screening tests and lifestyle changes.

“While cancer remains one of the top health concerns of Americans, many people may not realize cancers that can be prevented or detected earlier by screening account for about half of all new cancer cases,” said Dr. Stephen F. Sener, national volunteer president of the American Cancer Society.

Breast, colon, rectum, cervix, prostate, oral cavity and skin cancers are among those easily spotted by early detection tests. Tests for cervical and colorectal cancer may also detect changes in cells before they become cancerous, according to the society.

To access the Great American Health Check, visit <http://www.cancer.org>, go to “Resources for Healthy Living” and click on the “Great American Health Check.” Or, visit a military medical treatment facility’s health promotion office.

(Courtesy of Army Medicine News Service)

### Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

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

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.





Photo by Esther Garcia

## Tee time

Sgt. Jason Morris practices his shots before the start of the Labor Day Golf Tournament Sept. 4 at the Fort Sam Houston Golf Course. Morris, who was wounded in Iraq from a car bomb, has been recovering from wounds to his neck, burns on his left hand and nerve damage to this left shoulder since April 2005. "I've worked very hard to get where I am now," said Morris, who still tries to enter as many tournaments as he can. He is waiting to have his fifth surgery. More than 50 participants entered the tournament. The tournament was sponsored by Brook Owens of Keller Williams Realty, Gallop and Associates, Texas Veterans of Foreign War and Enterprise Rent-A-Car.

## Bank donates football tickets



Photo by Esther Garcia

Kirk Frady (left), vice president, military affairs, Bank of America, presents 100 Army vs. Texas A&M football tickets for the service members and families of the Soldier and Family Assistance Center. The center, run by donations, is used by service members and their families who are receiving outpatient treatment at Brooke Army Medical Center. Accepting the tickets are Col. J.D. Harmon, chief of staff, Army Medical Department Center and School; Judith Markelz, SFAC program coordinator; Paul Mathews, director, Morale, Welfare and Recreation; and Staff Sgt. Gilbert Martinez, who is receiving treatment at BAMC as an outpatient for wounds received supporting operations Iraqi and Enduring Freedom. For information about the SFAC, call 241-0811.

## Softball players visit SFAC

(From right) Charles Scroggins, Jimmy Brought Fitness Center; Assistant Coach Kenneth Fairley; and Head Coach Bruce Jessie, Army Softball Team, visit with Judith Markelz at the Soldier and Family Assistance Center to distribute autographed softballs. Soldiers from overseas and various stateside installations have gathered at Fort Sam Houston to compete for a spot on the coveted Army Softball Team. The players took time out from practice Sept. 7 to visit with wounded Soldiers at the SFAC. The Soldiers have been playing against various teams on and off post plus participating in tournaments. Final selections will be made by the end of this week.



Photo by Esther Garcia



Photo by Norma Guerra

### Soldiers are 'cheered' up

Staff Sgt. Jon Arnold, Pfc. Don Martinez and Sgt. 1st Class Daniel Robles take a break from their daily therapy Friday at Brooke Army Medical Center to visit with the Minnesota Vikings cheerleaders. The Soldiers are recuperating from injuries sustained in Iraq while fighting in the Global War on Terrorism. The visit was sponsored by the Army and Air Force Exchange Service at Fort Sam Houston.

### SPORTS BRIEFS . . .

#### ***BNCOC wins championship***

The Basic Noncommissioned Officers Course team won the 2006 pre-season fall flag football tournament, beating the 264th Medical Battalion. BNCOC came out of the loser bracket to claim the pre-season championship. BNCOC beat the 264th Medical Battalion 3-0 in the first game, forcing the deciding game for the championship. In the championship game, BNCOC scored first to take a 6-0 lead. The 264th came back to take a 7-6 lead, only to have BNCOC take a 12-7 lead into halftime. In the second half, it was all BNCOC, the team finished with a final score of 20-7. The fall flag football regular season starts Tuesday night.

#### ***Golf tournament***

The San Antonio Chapter of the National Defense Transportation Association will host its 21st Annual Scholarship Golf Tournament Friday 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](http://home.att.net/~alamondta/golf_flyer2006.htm). For more information, call Stephen Rohrbough at 496-9429.

#### ***Men's basketball team tryouts***

Final tryouts for player positions on the post men's basketball team will be held Monday through Sept. 22 at 6:30 p.m. at the Jimmy Brought Fitness Center. Call Earl Young at 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

#### ***Women's basketball team tryouts***

Final tryouts for player positions on the post women's basketball team will be held Monday through Sept. 22 at 6:30 p.m. at the Jimmy Brought Fitness Center. Call Earl Young at 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

#### ***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 be registered 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](mailto:douglas.stanley@samhouston.army.mil) or [john.m.rodriguez1@samhouston.army.mil](mailto:john.m.rodriguez1@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.

#### ***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 Field, located at the corner of Basse and McCullough roads in San Antonio. Registration fee is \$10. For information, visit [jrotc450363@aol.com](mailto:jrotc450363@aol.com) or call Wes Rogers at 479-6888 or 326-0212.

#### ***Intramural Fall Softball Standings***

Sept. 7			
Team	Win	Losses	
ARNORTH	5	0	
USARSO	5	0	
BAMC	3	2	
470th MI	2	2	
STB Renegades	2	2	
MEPS	1	3	
264th Med Bn	1	4	
201st MI	0	6	
Sept. 6			
STN Renegades	17	201st MI	11
USARSO	28	264th Med Bn	14
BAMC	10	MEPS	8



**Have feedback for a post customer service provider?**

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

**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.

# Program offers parents chance to 'Read to the Kids'

By Cheryl Harrison  
Fort Sam Houston Public Information Office

The Fort Sam Houston Library now offers a new program for Soldiers in training or preparing for a deployment, single parents and even grandparents who might like to give a child something as a reminder that they are loved and special.

The Video Messenger System is available for use at the Fort Sam Houston Library. The "Read to the Kids" program records people reading a children's book to a child. The finished video or DVD can then be mailed in a bubble wrap envelope, which the library provides. Books used in the program are available at participating installation libraries.

The hardware for the self-contained unit is referred to as the Video Messenger System. It includes a camera, DVD recorder, DVD player and VCR player. The entire unit weighs about 45 pounds.

The unit is packaged for combat

areas so deployed Soldiers can record themselves reading books for loved ones back home, but a few select libraries now have the system stateside. Every unit overseas should now have a Video Messenger System.

People who want to use the system are asked to call the library and set up an appointment. An appointment allows library staff the time to prepare the unit, and it is an opportunity to record during non-business hours. This allows the freedom to read without noise, interruption and gives a certain amount of privacy.

A few suggested books readily available are "Trouble Dolls" by Jimmy Buffet, "My Monster Mama Loves Me So" by Laura Louck and "Ella Sarah Gets Dressed" by Margaret Chodos Irvine, a Caldecott Honor Award winner.

For more information or to make an appointment, call Al Butcher or Susan Artiglia at 221-4702 or 221-4387.

## Recipe contest

LMH is seeking recipes for a "Kid's Recipe" contest. The deadline to submit recipes is Wednesday. The winner will be announced Sept. 21 and will receive movie passes for the family.

For photos and upcoming activities, residents can visit LMH's interactive Web site at [www.samhoustonlpc.com](http://www.samhoustonlpc.com). For more information, call LMH at 270-7638.

<b>August Survey of the Month</b>		
Spc. Javier Martinez		
<b>August Yards of the Month</b>		
4901-B Ashby Circle	500 Dickman	
713 Patch	401 Dickman	

	<b>Career Counselors</b>	
	Soldiers and their families can contact a career counselor at any time for career and reenlistment information. The following are the Fort Sam Houston retention team career counselors:	
Headquarters, U.S. Army Medical Command Retention Management Office Personnel: Sgt. Maj. Gary T. Schoolfield, command career counselor, 221-6420 or DSN: 471-6420 Sgt. Maj. Edward M. Chavis, reserve components, command career counselor, 221-8540 Master Sgt. Clyde H. Dixon, operations NCO, 221-6738 Rose Harris, administrative assistant, 221-6806		
Fort Sam Houston and AMEDDC&S Defense Finance and Accounting Service-San Antonio/ Hometown News/Medical Command/Veterinary      Master Sgt. Richard Rieck, 221-2800 Command/Dental Command/Special Troops Battalion      Sgt. 1st Class Maurice Sims, 295-0645		
Reserve Components	Sgt. 1st Class Dwain Humphreys, 221-1942	
32nd Medical Brigade 187th/264th/232nd	Master Sgt. Andy Bevil, 221-4535	
264th Medical Battalion	Staff Sgt. Robert Zamora, 295-8771	
Great Plains Regional Medical Command	Master Sgt. Wayne Baker, 295-2386	
Brooke Army Medical Center	Sgt. 1st Class Reginald Griffin, 916-9746	
5th Recruiting Brigade	Sgt. 1st Class Ruben Garcia, 221-0089 Staff Sgt. Patty Castro, 295-8775 Staff Sgt. James Pashia, 221-1551	
5th U.S. Army 418th Medical Logistics/440th Blood Detachment/ 591st Medical Logistics/Explosive Ordnance Detachment/ 228th Combat Support Hospital/43rd Medical Detachment	Sgt. 1st Class Cynthia Kling, 221-1999	
U.S. Army South	Master Sgt. Thermon Jones, 295-6562 Sgt. 1st Class Cynthia Kling, 295-5964	
470th Military Intelligence Brigade 314th Military Intelligence Battalion	Staff Sgt. Brian Banfield, 295-6787	

# Pets were welcome guests at PXtra

By Jane Casarez  
Special to the News Leader

The Annual Fort Sam Houston Pet Show was held Saturday at the post PXtra with about 50 owners and their pets on hand to compete in different categories.

The categories and winners include:

- Cat showing, J. Sean Habina
- Canine over 100 pounds, Taylor Nasara
- Most unusual pet, Joe Stawick
- Canine 51-99 pounds, Jose Rodriguez
- Canine 31-50 pounds, Nicole Casarez
- Pet/owner look-a-like, Nicole Casarez
- Canine 11-30 pounds, Lisa Nguyen
- Canine puppy showing under one year, Alissa Hall
- Best trick showing, Charlie Torres

The winner in each category received a \$50 Army and Air Force Exchange Service gift card. Dog and cat bowls, mats and toys were also awarded to pets placing second or third.

Nine-year-old Amanda Casarez entered her seven-month-old lab mix in the best trick category, and although he did not win, she said, "It was really fun. I know he did not win but he's still a puppy. We want to do it again."

Amanda's sister, Nicole Casarez, won the look-a-like contest by dressing her and her pet in soccer uniforms.

"It was so fun to see her dressed like me, but I also liked seeing the other dogs. That part was great," said Nicole.

"It's a lot of fun, you get to see different animals and watch many of them perform." Said one of the judges and AAFES employee, MariaAnita Villanueva. We are usually anxious every year with the turnout and making sure things run smoothly, but so far things have gone perfectly."

The PXtra along with Aspen Pets sponsored the pet show on post.

Chris Brown, a representative from Aspen Pet supplies said, "Aspen Pets, in conjunction with Mohawk Marketing

Corporation, have provided support to AAFES for the national pet shows scheduled throughout the year. It is a great opportunity to meet fellow animal lovers in the military community and show support to our troops."



Charlie Torres (left) and his dog, Lobo, were participants in the pet show. Lobo was the winner in the best trick category. Other owners and pets were on hand to participate in the annual show.



Photos by Chris Brown

Amanda Casarez (front) encourages her dog Cowboy to share his special talents with the judges during the best pet trick demonstration. Nicole Casarez and her lab mix, Paula, wait for their opportunity to perform for the panel of judges.

## PostPulse: What advice would you give a Soldier just beginning a military career?



*"Pay attention to training, it will save your life later."*

**Spc. Richard Meyer**



*"Pay attention to your training. Be alert and be aware that in battle you are a target at all times."*

**John Doerr**



*"Marines don't duck but we do take cover."*

**Marine Lance Cpl. Matthew Sevald**



*"Take training seriously. You will have to fight for your country. Prepare yourself. Don't expect to stay in the states your whole career, because it won't happen."*

**Sgt. Jason Morris**

## Career Clips

**Anesthesia tech, San Antonio** – Assists physicians in the physiological monitoring of patients and the preparation of drugs, fluids, anesthetic and equipment ancillary to operative intervention of other procedures requiring anesthesia. Set up, operate and maintain monitoring and anesthesia equipment.

**Project manager/clinical operations, San Antonio** – Coordinates and projects scheduling needs for dorms, housekeeping and meals for in-house studies; quality checks all study-related documents; coordinates and acts as liaison with clinical lab for coverage, testing, and turnaround times for assigned studies as well as reconciliation of lab billing; primary sponsor contact for questions and study dates for assignees studies.

**Manager, business continuity program, San Antonio** – Determines the business unit's vulnerability to loss potential and identifies applicable controls and safeguards to prevent or minimize the effect of the loss. Analyzes impact assessments for the business unit and works with the management team to establish the associated relationship to key performance indicators and quantitative and qualitative metrics

*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.*



Photo by Staff Sgt. Phillip Hernandez

## Honorable service

(From left) Marine Gunnery Sgts. Frank Guajardo, company gunnery for Headquarters and Service Company, 4th Reconnaissance, and Raul Garcia, training chief, are honored for their service during a retirement ceremony last month at the Navy and Marine Corps Reserve Center.

## Army Community Service

### Financial Readiness – September Class Schedule

Class	Date	Time.
Checkbook Maintenance	Tuesday and Sept. 21	2 to 4 p.m.

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.

## *VA replacing veteran ID cards*

The Department of Veterans Affairs has launched an aggressive campaign to ensure enrolled veterans replace the old ID card with the new Veterans Identification Card.

VA decided to initiate the mass replacement to reduce veteran vulnerability to identity theft and to demonstrate VA's commitment to securing the confidential personal information of all enrolled veterans.

Prior versions of the VA's ID cards display sensitive information, such as Social Security number and date of birth, on the front of the card. The new VIC, which was introduced in 2004, does not contain sensitive information on the face of the card.

Since the new VIC was introduced in March 2004, about 2.4 million enrolled veterans have been issued the new VIC. VHA estimates that between 3 and 4 million enrolled veterans have not yet been issued a new VIC. VA hopes to complete the massive replacement program within the next 12 months.

For more information about the new VIC card, contact an Eligibility and Enrollment Office at a VA health care facility or visit the VA Health Care Eligibility Web site at <http://www.va.gov/healtheligibility>.

(Source: VA)



Photos by Ed Dixon

## Faithful service

(From left) Sgt. 1st Class Donald Stigger, Sgt. 1st Class Sunnie Trujillo, Sgt. 1st Class Scott Balvin, Sgt. 1st Class Sara Miller and Staff Sgt. Mathew Miele are honored for their outstanding military service, commitment and devotion to duty at the monthly retirement ceremony Aug. 31 at MacArthur Parade Field.



(From left) Troy Dixon, Command Sgt. Maj. Cheryl Mathis, Sgt. Maj. James Lansing and Master Sgt. Jamie Vargas are recognized for their outstanding contributions to the Army and the nation at a retirement ceremony Aug. 31 at MacArthur Parade Field.

## UTSA offers college grads fast-track to teaching certificate

College graduates with a background in mathematics and the sciences can earn a middle school or high school level teaching certificate through an innovative program now available at The University of Texas at San Antonio.

The Accelerated Teacher Education Program, or A-TEP, facilitates teacher preparation and the state certification process after only 18 months of preparation.

Currently, UTSA is recruiting candidates for the program's third class, which begins in January. A one-hour information session will be held at the UTSA 1604 Campus in the main building today at 6 p.m. The deadline to apply for the next class is Oct. 10.

A-TEP participants attend graduate school at UTSA for night classes, take weekend professional development workshops and participate in a paid internship as a classroom teacher.

A \$4,000 stipend is available to help pay for books, tuition and related fees. In return, there is a commitment to teach math or science for three years in a high need school district in San Antonio. UTSA's partner school districts include the Edgewood, Harlandale, San Antonio, South San Antonio, Southside, and Southwest Independent School Districts.

A-TEP is funded by "Transition to Teaching" grants from the U.S. Department of Education.

For more information, call Karrie O'Neal at 458-6170 or e-mail [ate@utsa.edu](mailto:ate@utsa.edu).

(Source: UTSA)



Photo by Maria G. Gonzalez

## Future of health care

Second Lt. Fabian Barrera administers the oath of office to 2nd Lt. Joseph Lopez Friday during a commissioning ceremony at the Army Medical Department Center and School. Lopez was one of 10 Soldiers commissioned into the Army Medical Specialist Corps prior to entering the U.S. Army-Baylor University Doctoral Program in Physical Therapy. The other Soldiers commissioned were 1st Lt. Andrew Fortenberry and 2nd Lts. Jamie Bush, Peter Doyle, Nicole Hall, Chelsea Jordan, Cyrus Kardouni, Jason Mitchler, Bryan Pickens and Brian Stoltenberg. The Soldiers will attend the Officer Basic Leader Course before they start the doctorate of physical therapy program.

## 7<sup>th</sup> Annual Tell-A-Friend Breast Cancer Awareness Luncheon



**“Don’t Stall - Get a Mammogram”**

**Friday, 6 October 2006 at 1130**

*Mrs. America 2006 will share her personal experience with Breast Cancer.*

**St. Anthony Wyndham Grand Heritage Hotel 300 East Travis Street**

**Tickets: \$12.00**

**Purchase Deadline is the 22nd of September!**

To purchase tickets call CPT Pauline Potter @ 916-1682, Susie Ferrise @ 916-2261 or Sandy Terrazzino @ 916-4457

October is National Breast Health Awareness Month. Because all women are at risk for developing breast cancer, BAMC and Fort Sam Houston are partnering once again with the local American Cancer Society to increase awareness of the importance of screening and early detection of breast cancer.

This year, the 7<sup>th</sup> Annual Breast Cancer Awareness Luncheon will be the kick-off event for a month long campaign to encourage women to quit stalling and get a mammogram. The luncheon will be held at the St. Anthony Wyndham Grand Heritage Hotel located at 300 East Travis Street.

Our guest speaker will be Mrs. America 2006, Andrea Preuss, who will share her personal experiences with breast cancer. Mayor Phil Hardberger will be on hand to proclaim October as Breast Cancer Awareness Month in San Antonio and the surrounding counties and will encourage women to get their mammograms.



Please join us at St. Anthony's on 6 October 2006 at 1130 for this special event.

Don't forget, you can help too!  
Tell-A-Friend!!!



## Family Day

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](http://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.

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

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

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

Find out more...  
[www.commissaries.com](http://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.



Photo by Cheryl Harrison

Students from Fort Sam Houston Independent School District hold the "Freedom Walk" banner as they lead a pack of about 1,200 people who braved the rain Monday to participate in San Antonio's first Freedom Walk, a two-mile tribute to the victims of 9/11.

## Tribute to 9/11

Continued from Page 1

Grace Lopez walked and talked about her son, Spc. Lauro Deleon, who died Sept. 8, 2004, while serving in Iraq. "I'm here because I remember 9/11," said Lopez, wearing a laminated picture of her son and gripping tightly to a soaked banner with the words, "Support Our Troops." "And, I'm here because there are still people in Iraq we need to remember. I'm walking for every person in uniform."

Lopez walked alongside friend, Olga Hernandez, who received a call of support just moments before the walk began. "My son called me from Iraq to thank me for supporting the troops," she said. "And that's why I'm here."

Many participants, including those in military uniform, were still attending high school classes when the first plane crashed into the tower Sept. 11 just before 9 a.m., an act that many said changed their lives forever.

"A lot of us here are young and made the decision to join because of 9/11," said Spc. Alison Wilson, one of a dozen

Soldiers from A Company, 314th Military Intelligence Battalion at Lackland Air Force Base, Texas.

"Sept. 11 is the main reason I joined," said Pfc. Jason Peterson, who participated with 20 other Soldiers from A Company, 377th Military Intelligence Battalion at Fort Sam Houston.

"I wouldn't have joined otherwise," Spc. Pawel Kozubek added.

Other participants were barely starting school in 2001. For them, Sept. 11 is a history lesson rather than a memory frozen in time. They walked just the same, some in support of their military parents and others to pay tribute to a national tragedy.

"I'm walking to support our troops," said 11-year-old Grace Wafford, a sixth grader from Fort Sam Houston Elementary School and daughter of 1st Sgt. Dwight Wafford.

"And to remember 9/11," added Julia Brock, Wafford's friend and classmate.



Photo by Elaine Wilson

San Antonio firefighters cheer on the participants of the city's first Freedom Walk.

Just ahead of the elementary students, students from Cole Jr./Sr. High School at Fort Sam Houston led the way, holding the "Freedom Walk" banner as hundreds of people trailed behind. The steady rain slowed to a drizzle as the procession looped around the Korean War Memorial and headed back to the starting point, the Alamodome.

Senior Keena Fisher was one of the 40 participants from Cole. The daughter of an Army sergeant first class said she was grateful for the time to reflect on the past. "This walk gives us time to think about why we're here. Yes, we're wet, but that's not important now."

The attacks that unified the nation and sparked a war have become a defining moment for everyone old enough to remember. For prior generations, the question was, "Where were you when Kennedy was shot?," said Leslie Mouton, a news anchor from KSAT-12, just prior to the Freedom Walk. "For this generation, the question is, 'Where were you on 9/11?'"

While the answers to that question vary, the response to the attacks must

never falter, said Air Force Gen. William Looney III, commander of Air Education and Training Command and a speaker at the walk. "Five years ago our nation was attacked like never before in our history," Looney said. "And even though they were able to destroy some buildings, they will never, ever be able to destroy the spirit of this great country."

"Together we will fight this war," he said. "Not only will we win, we must win."

Back on post, people gathered at noon for a Sept. 11 remembrance service at the Army Medical Department Regimental Chapel. The ceremony included a video and music, comments by Col. John Cook, commander of the 32nd Medical Brigade, and remarks by Chaplain (Col.) Thomas Vail, Army Medical Department Center and School command chaplain.

"We have walked the valley of decision and death, we have witnessed terrible things and it is time to leave the valley to take the high ground," Vail said. "Taking the high ground requires courage to leave the past behind and press forward; stamina to work, to sacrifice, to stay the course ... to act right, morally and ethically."



Photo by Elaine Wilson

Cecilia Starksbarton, Marty Rivas and Diane Eagan, Red Cross volunteers, passed out water bottles to the rain-soaked, yet thirsty, participants of the Freedom Walk.



Photo by Elaine Wilson

Olga Hernandez (left) and Grace Lopez walk in honor of Hernandez' son, who is deployed to Iraq; and Lopez' son, who died two years ago while serving in Iraq.



Photo by Michael Dulevitz

Members of the Brooke Army Medical Center Color Guard lead the way for about 1,200 walkers as they leave the Alamodome for the two-mile Freedom Walk.



Photo by Norma Guerra

Chaplain (Col.) Ben Todd and Sgt. 1st Class Reginald Gatewood, Brooke Army Medical Center's Department of Ministry and Pastoral Care, lay a wreath outside the BAMC Chapel in memory of the victims of 9/11.

John Manguso, director of the Fort Sam Houston Museum, explains the story behind a bracelet donated by the sister of a Pentagon plane crash victim, part of the Fort Sam Houston Museum's new Sept. 11, 2001, exhibit. "A woman came in here one day to visit the museum, she saw the exhibit and gave me a bracelet," Manguso said. The bracelet turned out to belong to the woman's sister, Sandra Teague, from Fairfax, Va., a passenger on American Airlines Flight 77, which crashed into the Pentagon.



Photo by Esther Garcia



Photo by Esther Garcia

The new 9/11 exhibit at the Fort Sam Houston Museum includes pictures of the devastation of the Pentagon following the attack Sept. 11, 2001. Another display includes a stone from the Pentagon that weighs 58 pounds.

### Pentagon victim honored



Photos by Esther Garcia

Cadet 1st Lt. Joann Avila, Cadet Rosa Gonzalez and Cadet 1st Lt. Kevin Wilson place a patriotic wreath near the photo of Lt. Col. Karen Wagner Monday at Karen Wagner High School. Students from the high school paid a special tribute to their school's namesake, who was a victim of the Sept. 11, 2001, terrorist attack on the Pentagon. Wagner, a 1979 Judson High School graduate, was serving as a personnel officer in the Office of the Army Surgeon General at the Pentagon. "We want to keep her memory alive and for what she stood for in life, continuing education," said retired Lt. Col. George Miranda, senior Army instructor for the ROTC program.



Col. Bradley Freeman, chief, military personnel division, U.S. Army Medical Command, visits with Kim Wagner and Mattie Wagner, sister and mother of Lt. Col. Karen Wagner, following a tribute in honor of Wagner at Karen Wagner High School. During her career, Wagner attended training at the AMEDD Center and School. She also served with the Inspector General's Office at Headquarters, U.S. Medical Command at Fort Sam Houston.

**Fort Sam Houston  
Independent School District  
Weekly Calendar –  
Monday through Sept. 23**

**Hispanic Heritage Month**

**Fort Sam Houston Elementary School**

G.A.T.E. nominations all week

**Monday**

Fall individual pictures

**Wednesday**

Early dismissal

Pre-kindergarten through fourth grade, 2 p.m.

Fifth and sixth grade, 2:30 p.m.

**Sept. 22**

Spirit day

PTO meeting, all members welcomed, 8:30 a.m.

G.A.T.E. nomination forms due by 3 p.m.

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

Book Fair in Media Center all week, 7:30 a.m. to 4 p.m.

**Monday**

Senior class meeting in cafeteria during advisory

**Tuesday**

Ninth grade Iowa Test of Basic Skills/Cognitive

Abilities Test in cafeteria

Cafeteria volleyball vs. Dilley, freshmen, 5 p.m.; junior

varsity, 6 p.m.; varsity, 7 p.m.

“Worth the Wait” awards presentation at FSH golf

course, 6 to 8 p.m.

**Wednesday**

Ninth grade ITBS/COGAT in cafeteria

**Sept. 21**

Ninth grade make-up for ITBS/COGAT in cafeteria

Junior varsity football at Navarro, 7:30 p.m.

**Sept. 22**

Pep rally, 10:20 a.m.

Normal bell schedule, 10:40 a.m.

Book fair/family fun night in Media Center, 8 a.m. to 7 p.m.

Varsity volleyball vs. Gervin at Cole, 4 p.m.

Homecoming/varsity football vs. Navarro at Cole,

7:30 p.m.

**Sept. 23**

Cross country at Judson/Judson invitational meet, TBA

Homecoming dance, 8 p.m. to 12 a.m.

## Cole assembly commemorates 9/11

By retired Lt. Col. Robert Hoffmann  
Robert G. Cole Jr./Sr. High School

Robert G. Cole Jr./Sr. High School students, parents, faculty and administrators packed Cole High School's Moseley Gymnasium for a commemorative assembly.

The program was led by Cole High School junior Jessica Jordan singing a solo rendition of the national anthem, followed by soloist local Army Reserve recruiter Sgt. 1st Class Michael Minner. The Cole High School choir also sang a moving rendition of Lee Greenwood's "God Bless the USA." Both brought cheers and tears to the students, parents and staff.

Emotional remarks by students and faculty followed, as they recounted where they were and how they felt on

the day that changed the lives of Americans forever. Angela Jolivette, Cole reading teacher, recalled watching the second jet hit the World Trade Center, ending all speculation of an accident.

Lisa Nieves, Cole senior, recalled being in seventh grade while living on a kasern in Germany. The school was closed for two days. "I never thought I would long to go back to school," she said.

The remarks were punctuated by two emotional video presentations showing pictures of the day of the attack and Soldiers in action fighting in Iraq.

"It was a wonderful, inspiring program," said Jim Hudson, Cole history teacher. "It is important to keep this date fresh in the minds of our students and staff."



Courtesy photo

Sgt. 1st Class Michael Minner, Army Reserve recruiter, sings his rendition of "God Bless the USA" at Robert G. Cole Jr./Sr. High School's Sept. 11 assembly. The Cole choir accompanied Minner to an ear-deafening applause from the crowd of about 600.

## Cougars' Washington has another great night

Cole sophomore running back Greg Washington liked his first game's rushing total so much, he decided to do it again.

Washington matched his first week's total with 194 yards rushing Friday night in the Cougars 28-0 shutout of the St. Anthony Yellow Jackets. Washington romped for touchdown runs of 52, 53 and 8 yards as Cole struck early and coasted to

their second win in as many games.

Senior Emerson Weber added his second touchdown of the season with a 10-yard first quarter reception from quarterback Steve Sult.

The Cougars' next game is Friday at 7:30 p.m. against arch-rival Randolph Rohawks at Cougar Stadium.

### **Notice of public meeting to discuss FSHISD's state financial accountability rating**

A public meeting of the Fort Sam Houston Independent School District Board of Trustees will be held Sept. 26 at 11 a.m. in the Professional Development Center, 1908 Winans

Road, San Antonio. The purpose of the meeting is to inform the FSH school district's community of its superior achievement rating based on School Financial Integrity Rating

System of Texas. School FIRST is the Texas Education Agency's system developed to monitor and improve the management of the district's financial resources.

# Elementary supports military, remembers Sept. 11

By Dr. Kathy Maxwell

Fort Sam Houston Elementary School

In a grand show of support for military Soldiers serving around the world, and in remembrance of Sept. 11, 2001, Fort Sam Houston Elementary students, parents and staff participated in an America Supports You Freedom Walk, an event duplicated throughout Texas and the nation.

The Freedom Walk began as a short assembly in the campus gym due to the rain, with the actual walk taking place on the campus grounds after the rain stopped. The ceremony included student recitals, singing "God Bless the USA," 9/11 words of wisdom, a love vs. hate commentary and a moment of silence.

The students carried colorful, patriotic signs that they created. The campus was decorated in red, white and blue banners and signs. Many students carried American flags and wore red, white and blue to demonstrate their patriotism. About 950 students, parents and staff participated in the first

annual America Supports You Freedom Walk.

Some parents were on hand to participate in the walk with their children. Maj. Micheal Jurus and his daughter, Abigail, a third grader, were present. Jurus said, "I came to support the school and remember Sept. 11. Also, I came to walk with my daughter."

The purpose of the America Supports You Freedom Walk is to establish a national tradition to reflect on the lives lost Sept. 11, 2001, to renew the commitment of Americans to freedom and the values upon which the country was founded, and to honor veterans past and present. Every elementary student that walked has a parent, guardian, or relative that has served the country through the military services.

Ten other locations in Texas hosted America Supports You walk events. In addition to the walk, a Web site was created to allow elementary students to send messages to deployed troops. The Web site currently displays more than 12,000 messages from school children all over the United States.



Photo by Cheryl Harrison

Fort Sam Houston Elementary School students carry a patriotic sign while participating in the school's America Supports You Freedom Walk.



Photo by Elaine Wilson

Several parents took time out from busy schedules to join their children on a Freedom Walk around the school.

## ***PTO meeting***

Fort Sam Houston Elementary Parent Teacher Organization's Fear Factor Family Night event will be held today from 6 to 7:30 p.m. for families of students. Bring a gently used children's book donation and get a slice of pizza and a drink.

## ***School board meeting***

The Fort Sam Houston Independent School District Board of Trustees will meet Sept. 26 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, for a regular meeting.

## PWOC welcome



Courtesy photo

Lonna Graves, board member for the Protestant Women of the Chapel, welcomes a new guest. The PWOC fall kickoff was held Aug. 30. The group meets 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](http://www.samhouston.army.mil/chaplain/pwoc).

## RELIGIOUS HAPPENINGS . . .

### *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](mailto:brian.merry@samhouston.army.mil).

### *Fall Bible studies for OCF*

The Fort Sam Houston Officers' Christian Fellowship will host Bible studies Sunday; Oct. 15 and 22; Nov. 5 and 19; and Dec. 3 and 17. Studies will be held from 6 to 7:30 p.m. at 1008 Gorgas Circle, Fort Sam Houston, followed by dessert. Nov. 5 will be a potluck dinner and study. For more information, call Lt. Col. Bob Griffith at 221-6740 or 385-8451 or e-mail [robert.griffith1@amedd.army.mil](mailto:robert.griffith1@amedd.army.mil).

### *High Holy Day services*

The Jewish congregation's High Holy Day services will be held on the following dates:  
 Rosh Hashanah services - Sept. 22 at 8 p.m., Sept. 23 at 9 a.m. and 8 p.m., and Sept. 24 at 9 a.m.  
 Shabbat Shuvah - Sept. 29 at 8 p.m.  
 Kil Nidre - Oct. 1 at 6:30 p.m.  
 Yom Kippur - Oct. 2 at 9 a.m.

All services will be held at the Main Post Chapel, Building 2200 on Wilson St. For more information, call 493-6660, 379-8666 or 385-8666.

## 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

**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, child care is provided.  
**Samoan Protestant Service:** 8:30 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

**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

**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

**Web site:** [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)

## Soldiers to compete for Military Idol title

By Ben Paniagua  
Hacienda Recreation Center

The Military Idol finals will be held Friday at 6:30 p.m. at the Hacienda Recreation Center.

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 addi-

tional 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.

### Free Valero Texas Open tickets

A limited number of free tickets to the 2006 Valero Texas Open are available to military personnel and their families. The Professional Golf Association tour will be played Sept. 21 through 24 at the Resort Course at La Cantera in San Antonio. Professional golfers will be competing for \$4 million. Those interested in volunteering as a PARTner at the VTO can sign up online at the PARTner's Corner at [www.golfsanantonio.org/valero/volunteer.asp](http://www.golfsanantonio.org/valero/volunteer.asp). VTO PARTners are volunteers who assist the Golf San Antonio staff in the operation of the PGA tournament. Stop by Directorate of Morale, Welfare and Recreation facilities to pick up tickets. For more information, call 221-2606 or 221-9904.

### 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 2-mile 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	<a href="http://www.iaapweb.com">www.iaapweb.com</a>

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, Century 21, Rudy's Bar-B-Q and Miller Lite.

### '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.

## 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 Sunday 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.

### 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.

#### \$5.95 Friday nights

Receive unlimited bowling every Friday night from 9 p.m. to 12 a.m. for only \$5.95 at the bowling center. For ore information, call 221-3683.

#### Eighties Day

Enjoy 80 cent bowling and 80 cent shoe rental every Sunday from 2 to 8:30 p.m. at the Fort Sam Houston Bowling Center. 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

#### 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, 226-1663

Tickets are on sale at the MWR 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. The MWR Ticket Office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. The office is closed Saturdays and Mondays. For more information, call 226-1663.

### 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 Saturday and Sunday. Registration is from 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 Wednesday 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.

### FSH Army Dillo

The Fort Sam Houston Army Dillo half marathon and relay will be held Sept. 24 at 7:30 a.m. at the Brigade Gym. To register or for more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

### Bow hunting season opens

Bow hunting season opens Sept. 30 at Camp Bullis. For more information on bow hunting season, call the Camp Bullis Outdoor Recreation Center at 295-7577.

## 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 Tuesday 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.

### America's Day for Kids

Youth Services Middle School Teen Program will celebrate "America's Day for Kids" with a barbecue, dance and game day Saturday at 4 p.m. at the youth Center, Building 1630. This is for Youth grades six through 12. The events include an X-Box tournament and movie marathon, 5 on 5 basketball tournament and food served at 7 p.m.

A dance will follow from 8 to 10 p.m. This event is for registered Child and Youth Services members only and is free. For more information, call the Youth Center at 221-3502 or 221-4882.

### 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 childcare options in the local community. There are two childcare 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 childcare, call Family Service Association at 299-2480 or Fort Sam Houston Central Registration at 221-4871 or 221-1723.

## Events

### 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](http://www.lonestarjamboree.com).

### AT&T Pioneers Motorcycle Run

AT&T Pioneers will sponsor the second annual Motorcycle Run Saturday 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 register the day of the event will receive a pin. For more information, visit [www.motorcycle-run-for-the-troops.org](http://www.motorcycle-run-for-the-troops.org).

### Canyon Lake walks, bike ride

Randolph Air Force Base will host its Global Volksmarch Saturday. The event will consist of two 10K and 5K walks and a 25K bicycle ride beginning at the Randolph Recreation Area, 781 Jacob Creek Park Road off FM 306 in Canyon Lake, Texas. For more information, call Sharon Rector at 652-6508 or e-mail [sharon.rector@randolph.af.mil](mailto:sharon.rector@randolph.af.mil).

### Georgetown, Texas walk

The Colorado River Walkers Volksmarch Club will host a 10K and 5K walk Saturday and Sunday beginning at the Lake Georgetown observation point in Georgetown, Texas. For more information, call Dick Trautmann at 512-868-2583, e-mail [dicknjo@thegateway.net](mailto:dicknjo@thegateway.net) or visit [www.coloradoriverwalkers.org](http://www.coloradoriverwalkers.org).

### OCSC luncheon

The Officer and Civilian Spouses' Club will host a luncheon Tuesday 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 Reitstetter at 226-8806.

### Military Community Job Fair

More than 100 employers will participate in the San Antonio Military Community Job Fair Wednesday 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](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 Wednesday 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: microwave 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 the Morale, Welfare and Recreation's warehouse at 221-4449 or 221-4950.

### Author to sign books at AMEDD

Kathi Jackson will sign copies of her new book, "They Called Them Angels, American Military Nurses of World War II," Sept. 21 at 3 p.m. at the Army Medical Department Museum gift shop on Harry Wurzbach and

Stanley roads, Building 1046. A lecture and reception will follow at 5 p.m. in the museum auditorium. For more information, call Cheryl Musket at 225-0015.

### San Antonio walking tour

The Army Community Service Relocation Program and the United Service Organizations will conduct a walking tour Sept. 28 from 8:45 a.m. to 1 p.m. through downtown San Antonio. Participants will meet at the Roadrunner Community Center, Building 2797 on Stanley Road. Transportation will be provided. The tour includes the Riverwalk, the Alamo, Hemisfair Plaza and La Villita. Lunch will be along the Riverwalk and costs about \$8 to \$10. Participants may choose to bring a sack lunch. Register at the Newcomers' Extravaganza Sept. 26 or call 221-2418.

### Retired Officers' Wives, Widows Club

The San Antonio area Retired Officers' Wives and Widows Club will meet Sept. 25 at 11 a.m. at the Sam Houston Club. The program will include a fashion show by Inca Boutique and Renaissance Fine Jewelry. For reservations, call Arline at 822-6559.

### 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 theater 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. To reserve a table for 10 guests, call 829-5360. For more information, visit [www.sabot.org](http://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.neisd.net](http://www.communityed.neisd.net) or call North East Community Education at 657-8866.

## Meetings

### Homeschoolers get together

A homeschoolers welcome and organizational get together will be held today 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](mailto:bstrout@texas.net), or Suzan Farrell 378-0422 or e-mail [suzan.farrell@us.army.mil](mailto: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](mailto:Adrienne.Berkley@us.army.mil), or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail [Tiffany.reid@amedd.army.mil](mailto: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](mailto:michael.veri@cen.amedd.army.mil).

## Training

### Calling all unit commanders

The next Family Readiness Group leadership training and workshop will be held Sept. 21 from 8:30 a.m. to 3:30 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. Commanders are encouraged to send new FRG and key personnel, FRG leaders and unit liaisons to FRG leadership training. To schedule a briefing at the unit or at Army Community Service or to sign up for FRG leadership training, call Jutta Aviles at 221-0946.

### Army Family Team Building Level 1

An Army Family Team Building Level 1 class will be held Sept. 25 from 8:30 a.m. to 3:30 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. The class topics include: What are those acronyms? What's an LES? and What can I expect from Army life? For more information or to sign up, call 221-9821 or 221 2705.

### Green to Gold briefings

Fort Sam Houston's Education Center will sponsor Green to Gold briefings for Soldiers interested in the ROTC program. The briefings are Wednesday 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.

### Free workshop

The Human Relations Equal Employment Office, Special Emphasis Programs Committee, will sponsor a free workshop Sept. 27 from 8 a.m. to 12 p.m. at the Sam Houston Club. The topic is Job Performance and Employment Longevity and features Capt. Pauline Potter. The workshop will include hands-on practice in reading food labels, figuring actual dietary needs and portions and how the body uses resources to get and stay healthy. To register, call Phyllis Bergen at 221-7070 or e-mail [Phyllis.Bergen@amedd.army.mil](mailto:Phyllis.Bergen@amedd.army.mil).

### 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, Building 2797 on 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.neisd.net](http://www.communityed.neisd.net).

### 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](mailto:evst@stmarytx.edu). For information on graduate admission, call 436-3214 or visit <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 visit <http://www.stmarytx.edu/continuingstudies/>.

## Volunteer

### ASMC seeks volunteers

The American Society of Military Comptrollers' next community service event will be Saturday from 9 a.m. to 12 p.m. at the Sunshine Plaza Apartments, 455 E. Sunshine Drive in San Antonio. The group will conduct light cleaning for senior citizens. School students can earn a certificate for up to three hours of community service per event. To volunteer, e-mail [Kathy.scott@cen.amedd.army.mil](mailto:Kathy.scott@cen.amedd.army.mil) or [Patrick.reynolds@us.army.mil](mailto:Patrick.reynolds@us.army.mil).

### VFW, District 20 fair, blood drive

The Veterans of Foreign Wars, District 20, will host a health fair and blood drive Sept. 23 at Mission County Park, 6030 Padre Drive in San Antonio. The event will feature a POW/MIA ceremony at 2 p.m., a blood drive, free fingerprinting for the children, a car club display and music. A barbecue plate will be sold from 12 to 6 p.m. for a \$6 donation. Tickets will be available at the door. A free health fair will be held from 1 to 3 p.m. The public is invited. For more information, call Sylvia Sanchez at 684-7964 or e-mail [Henrysylvia3@hotmail.com](mailto:Henrysylvia3@hotmail.com).

### Volunteer open house

The Fort Sam Houston Army Family Team Building program invites all master trainers and AFTB instructors in the San Antonio area to an information open house Sept. 29 from 9:30 to 11 a.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. Learn what is happening at Fort Sam Houston with AFTB. Participants must be an active volunteer with the program to attend. For more information, call Sue York at 221-9821 or 221-2705.

### Girl Scouts need volunteers

Girl Scouts in the San Antonio area is looking for adult volunteers to become troop leaders, event planners and board members for the Cole service unit located on Fort Sam Houston. Volunteers are needed to help build girls with courage, confidence and character, who will make the world a better place. People with a particular interest or talent could make a big difference in the life of a young girl. Volunteers do not have to have a daughter to help. For more information, call Sandi Juni at 257-9319 or Maria Forte at 221-6277.

### USO seeks volunteers

The United Service Organizations in downtown San Antonio needs volunteers between 9 a.m. and 7 p.m. Volunteers will greet guests, cook and serve meals, assist with the information desk, check out games and provide people with directions around the downtown area. Hospitality is provided to all service members and their families, especially during lunch when volunteers are encouraged to eat with guests and engage them in conversation. The USO Airport location also seeks volunteers to assist with coordinating transportation to local military installations, hotels, provide maps of the city, as well as refreshments and entertainment for visitors passing through San Antonio. To volunteer, call Luis Sandoval at 227-9373, ext. 11 or visit [www.alamouso.org](http://www.alamouso.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](mailto: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:** 1986 Porsche 944, in excellent condition, \$3,750. Call 325-3657 or 659-7233.

**For Sale:** Ford pickup aluminum rims with tires, 16 by 7 inches, includes suspension parts, \$450. Call 822-9646.

**For Sale:** Full-size bedroom set, includes headboard, footboard, mattress, box spring, nightstand, dresser with mirror, desk with hutch and chair, in great condition, \$600 obo. Call 262-5501.

**For Sale:** Bundy Selmer flute, new case and pads, in great condition, \$100 obo. Call 821-5479.

**For Sale:** 1998 Itasca Class C 460 Ford motor home, three-year warranty, all new transmission, brakes, tires, upholstery and hoses, 55,000 miles, in great condition, \$25,500 obo. Call 259-9502 or 648-8698.

**For Sale:** Cover for 21-inch travel trailer, never

used, \$150 obo; equalizer trailer hitch, \$300 obo; class III trailer hitch (draw tite), fits 2002 and 2003 Ford Explorer, Mountaineer or Aviator, \$75 obo. Call 655-5016.

**For Sale:** One pet door insert for a sliding glass door, \$25; Department 56 Dicken's Village collection, mostly retired pieces, all or single sales will be considered, many houses and accessories; sports card collection: baseball, football, basketball and hockey. Call 265-2140.

**For Sale:** Little Tykes climb and slide, car buggy, kitchen stand, large dog house, Ford Aerostar. Call 705-2727.

**For Sale:** Cherry wood dinette table with six chairs and cabinet, \$1,200; sofa and love seat, \$200; dryer, \$100; or all furniture for \$1,500. Call 232-7738.

**For Sale:** Crib with mattress, walker, infant carrier

and car seat, high chair, Little Tykes playhouses. Call 229-9662.

**For Sale:** BMW Z4 car bra, fits models from 2003 to 2006, \$75 obo; soft top assembly (covers the convertible top when down) for all Mustang convertibles, fits models from 2002 to 2005, \$100; racquetball racket, \$15; tennis racket, \$15. Call Rita at 295-6321 or 512-589-7286.

**For Sale:** Whirlpool refrigerator, seven years old, in excellent condition, \$250; lawn mower, three years old, runs, in good condition, \$55; motorized remote control M-5 Stuart tank, one-sixth scale, \$85; 30-gallon fish aquarium complete with all equipment, decorations, some fish and black iron stand, \$75. Call 478-0322.

**Free To Good Home:** Short-haired female dog, mixed breed, medium size, one year old, spayed, house-broken, current on all vaccinations, dog house, needs home with a yard. Call 844-1516.