



## Briefs . . .

### AECPC ceremony

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

### AUSA luncheon

The Association of the U.S. Army will sponsor a luncheon Friday at 11:30 a.m. at the Sam Houston Club. The guest speaker will be Col. David A. Rubenstein, assistant surgeon general and deputy chief of staff for force sustainment. For ticket information, contact a unit command sergeant major.

### Hispanic Heritage celebration

Fort Sam Houston will celebrate Hispanic Heritage Month with a festive event Sept. 22 from 11:30 a.m. to 1 p.m. at the Roadrunner Community Center. The event will feature Mexican food, Latin and salsa music, and dancing. The installation Equal Employment Opportunity Office will offer resume and Federal job search workshops. Meal tickets are \$5. For more information, call 295-0561 or 221-9276 or contact an EO adviser.

### Gazebo concert

Col. David Rubenstein, assistant surgeon general and deputy chief of staff for force sustainment, will host a gazebo concert Sept. 25 starting at 7 p.m. at Staff Post Road. The Army Medical Command Band will perform songs such as "Texas Promenade," "Big Band Signatures," "Fugue on Yankee Doodle" and "God Bless the USA." The concert is open to the public. Vehicles without government decals should enter at the Walters Gate off of Interstate Highway 35.

### OCSC luncheon

The Officer and Civilian Spouses' Club will host a Texas hoe-down barbecue with all the trimmings Tuesday at the Sam Houston Club at 11 a.m. Cost is \$13. For reservations, call Sigrid Reistetter at 226-8806 or e-mail Sigrid.Reistetter@AMEDD.ARMY.MIL. Deadline for reservations is tomorrow.

See **BRIEFS** on Page 4

### CFC fair

The U.S. Army Garrison will sponsor a 2005 Combined Federal Campaign Agency Fair Sept. 29 from 8:30 a.m. to 3 p.m. at the Roadrunner Community Center, Building 2797. All garrison personnel are encouraged to attend to show their support for the CFC. For more information, call Agnes Ortiz at 221-2560.



Photo by Elaine Wilson

District 4 Councilman Richard Perez, chair of the city council military affairs committee, escorted by Spc. Jeremy Bryant, presents a memorial wreath on behalf of the citizens of San Antonio Friday during a combined Patriot Day and Prisoner of War/Missing in Action Recognition Day ceremony.

# Post ceremonies salute past, present heroes

By Elaine Wilson  
Fort Sam Houston News Leader

In the wake of Hurricane Katrina and its overwhelming devastation, the post community turned its attention for a moment to commemorate two other days that also represent loss and the power of the human spirit – Patriot Day and Prisoner of War/Missing in Action Recognition Day.

POW/MIA Day is celebrated each year on the third Friday of September and Patriot Day on Sept. 11, but Fort Sam Houston's tradition is to honor both patriotic remembrances together.

The post's combined ceremonies Friday honored the victims of the Sept. 11, 2001, terrorist attacks, as well as service members who suffered as prisoners of war and those still unaccounted for today.

Chaplain (Col.) Gilley Richardson, installation chaplain, spoke of all those who sacrificed for their nation during a memorial service at the Main Post (Gift) Chapel.

"Today we're here to pay homage to prisoners of war, men who kept their faith," Richardson said. "Men like Army Chaplain Father Emil Kapaun who risked his life to help others. He reminded us that, no matter what the circumstances, we're still someone in the eyes of God."

Kapaun was a POW during the Korean War who sacrificed his own health and safety to aid his fellow service members.

Richardson also paid tribute to loved ones with still unanswered questions.

"How can you describe the pain, anxiety and courage of missing in action families and friends?" Richardson asked.

"And, still our Soldiers are on combat missions by night and humanitarian missions by day," he said.

In light of these sacrifices, Richardson said he does not like to hear people's reluctance to engage in war when so many Soldiers are putting their lives in harm's way.

See **CEREMONIES** on Pages 18 and 19

# Fifth Army helps first-time Mexican relief effort

By Master Sgt. C.S. Allbright  
Fifth U.S. Army Public Affairs

**LAREDO, Texas** – A 47-vehicle Mexican Army relief convoy arrived Sept. 8 after snaking its way up from the Mexico City area to San Antonio to provide relief supplies to victims of Hurricane Katrina at KellyUSA where there are an estimated 5,200 evacuees.

Mexican President Vicente Fox offered the State Department the assistance, based on Mexico's experience dealing with hurricanes off its own expansive coastline. The State Department reached the Federal Emergency Management Agency, who accepted the offer, asking that the aid be

sent to San Antonio, where there are a total of three evacuation centers.

Because of Fifth U.S. Army's longstanding relationship with the Mexican Army, Maj. John Hytten, a foreign affairs officer, helped coordinate the arrival of the 185 Mexican troops with the capability to feed up to 7,000 people three hot meals a day. Along with two mobile kitchens, the Mexican delegation also includes doctors, nurses, dentists and paramedics.

Although Fifth Army was involved with the process of getting the convoy through South Texas, the Fort Sam Houston-based unit wasn't alone. The U.S. Customs and Border Protection, the city of Laredo, Texas

Department of Public Safety officials and many others worked to get the convoy to San Antonio as smoothly as possible.

The convoy crossed over the border at the Colombia Bridge entry point in Laredo in the morning. Mexican Army Brig. Gen. Francisco Ortiz Valadez was greeted by Fifth U.S. Army Deputy Commanding General F. Joseph Prasek and the Laredo Mayor Elizabeth G. "Betty" Flores.

About 100 print and broadcast media from South Texas and around the world swarmed the Army generals as they gave an impromptu press briefing near the border

See **MEXICAN RELIEF** on Page 4

# Declaring disability status can improve workplace for all

Civilian employees are asked to help with the implementation of a Headquarters Department of the Army directive to resurvey the workforce for disability status, according to the Fort Sam Houston Equal Employment Opportunity Office's Individuals with Disabilities Program.

There is a critical need to gather updated, accurate data on disabilities in the workforce to improve accessibility and meet accommodation needs of the community and its employees, as well as to improve quality of life for the workforce

and customers. Federal civil service employees declare their disability status on a Standard Form 256.

Completing a SF 256 is voluntary for employees, with the exception of people hired and working under Schedule A or B appointments – special hiring authorities for persons with severe disabilities. However, in the interest of gathering solid, useful data to build programs and evaluate and improve equal opportunity, all civilian employees are asked to take a few minutes and complete a new SF 256.

A fillable SF 256, with instructions for transmittal, can be found at [www.samhouston.army.mil/iwdp](http://www.samhouston.army.mil/iwdp) at the far right side of the page under "Hot Links." People without computer access can call 221-9401 to get a hard copy of the form, which can be faxed to 221-2126. The form should be submitted by Sept. 23, the closing date of the survey period.

All responses will be held in strictest confidence. The forms will be sent to Glennis Ribblett, Individuals with

Disabilities Program manager, at the EEO office. Ribblett is the only person who will handle the forms, and then only to package them in batches for shipment to a point of contact at the North Central Civilian Personnel Operations Center for data input.

For more information about the resurvey or the SF 256 form, call Ribblett at 221-9401 or e-mail [samh.iwdp@samhouston.army.mil](mailto:samh.iwdp@samhouston.army.mil).

(Source: Fort Sam Houston Equal Employment Opportunity Office)

## Fort Sam Houston News Leader

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## Ethics training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units will take place Sept. 26 and Oct. 6 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

## 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.



# DoD seeks civilian employee volunteers for Katrina relief

By Donna Miles  
American Forces Press Service

WASHINGTON, D.C. — In light of the ongoing need for volunteers to support hurricane relief efforts in the Gulf, the Defense Department is encouraging its federal civilian employees to consider participating.

In a Sept. 8 memo to department leaders, David S. C. Chu, undersecretary of defense for personnel and readiness, urged DoD employees to offer their services, as long as it does not impact on their immediate defense mission.

In a related move, Chu announced DoD's participation in an emergency leave transfer program to help employees affected by Hurricane Katrina. That measure, authorized throughout the federal government by President Bush, will allow DoD

civilian employees to donate unused annual leave to other federal civilian employees who need more time off from work due to the hurricane.

DoD components are establishing programs and are expected to begin seeking leave donors as well as requests for help soon.

In his memo regarding the volunteer program, Chu noted that the Department of Homeland Security anticipates the need for 2,000 volunteers to help with the federal government's response and recovery efforts under way. As a result, he said, the Federal Emergency Management Agency is offering federal civilian employees the opportunity to volunteer for 14- to 30-day deployments to affected areas to help support DoD efforts.

Volunteers will remain on the DoD payrolls and be will be in a temporary-

duty status while performing their volunteer service, Chu said.

Mark Smith, from the Defense Civilian Personnel Management Service, said he expects the program to become an ongoing effort between DoD and FEMA, with ongoing volunteer rotations for the foreseeable future.

While encouraging employees to volunteer, Chu emphasized that they must receive their supervisor's approval before volunteering, and that their temporary absence from the workplace "cannot diminish or compromise service or support to our critical DoD mission."

Volunteers must go through their Defense Department component point of contact, not FEMA, to offer their services, Smith emphasized.

Details about both the leave donation

and volunteer programs are posted at the DoD Civilian Personnel Management Service's Web site, [www.cpms.osd.mil](http://www.cpms.osd.mil), under the "Hurricane Katrina" link. The site also includes points of contact within DoD about where to apply for the volunteer program, Smith said.

All volunteers must be physically able to work outdoors all day in a disaster area, with long work hours under arduous conditions, officials said. They also must require no refrigeration for medications.

Skills particularly in demand are bilingual capabilities in all languages, a commercial driver's license, logistics capabilities and expertise in information technology, officials said.

Before deploying to the affected area, all volunteers will receive one day of training in Orlando, Fla., before moving to the hurricane disaster area, officials said.

## Hurricane leaves disaster, wave of scams in its wake

By Elaine Wilson  
Fort Sam Houston Public Information Office

The nation watched in horror as Hurricane Katrina ripped through the Gulf Coast region, leaving devastation in its path. The photos, newscasts and countless heart-wrenching stories stirred a nation as people opened their homes, wallets and hearts to the evacuees left as wiped out as their city.

But, as the disaster grew in proportion, so did the wave of Internet, e-mail and phone scams designed to rip off generous people.

Rather than let a few criminals deter a nation's generosity, the best way to counter the latest rash of crime is through education, said Timothy Haight, a legal assistance attorney with the Office of the Staff Judge Advocate on post.

"If you are intent on giving money, stay with the known charities," Haight said. "Be leery

of small, newly created organizations. Some of them may be scams and others may not be nonprofit organizations. A large percentage of your money may end up paying a portion of someone's salary."

The Internet has been a growing source of fake charity scams in recent years. Web sites seeking credit card or other personal information became increasingly prevalent after the tsunami and are still a source of trouble when natural disasters strike. In fact, there are now about four times as many scams as with the tsunami disaster, according to Scambusters.org.

"There are plenty of Web sites that claim to be charitable organizations but are far from it," Haight said. "One of the most important things to look for in the wake of Hurricane Katrina is if the Web site is recognized through the Red Cross or an authorized sponsor."

Another scam is "phishing." In this scam, spam or e-mail messages asking for contribu-

tions link to a false Web site that looks similar to a legitimate one. Never respond to an e-mail request for a donation or open an e-mail attachment — it is almost sure to be a scam, according to Scambusters.org. People could end up with an empty wallet and a computer virus, the site said.

When donating, people should be wary when giving out checks or credit card information, Haight said. "Checks have your bank information and home address. If you're not careful, the danger then becomes identity theft."

People also should avoid placing their Social Security number on checks, Haight added.

Although it may be tempting to give a quick, no-fuss donation, Haight also discourages people from handing over money to street solicitors who frequent busy traffic intersections and shopping center parking lots.

"You need to know if someone is authorized to take donations first," he said. "If you

believe someone's intentions are not honest, you can file a complaint with the state attorney general's office or contact local law enforcement."

As for donation seekers calling people's homes, "the Red Cross will never call you for money," Haight said. "If you have someone calling on behalf of the Red Cross, get a name and number if you can and call the attorney general's office."

People can also ask callers for written information before making a donation decision.

The all-around best bet is for donors to contact the Red Cross directly, Haight said.

Additionally, "contributions to relief funds set up by the state governments that were affected by the hurricane are a sure-fire way to get your money to those who need it most," he said.

The Better Business Bureau Wise Giving Alliance offers a few other charitable giving tips:

- Do not give cash; always make contributions by check and make

checks payable to the charity, not the individual collecting the donation.

- Keep records of donations (receipts, cancelled checks and bank statements) so charitable giving can be documented at tax time. However, "the Internal Revenue Service only recognizes certain charities as tax deductible," Haight said. A list of accepted organizations is on the IRS Web site at [www.irs.gov](http://www.irs.gov).

- Don't be fooled by names that look impressive or closely resemble the name of a well-known organization.

- Check out the organization with the state attorney general's office and with the Better Business Bureau.

For more information on giving wisely, people can visit the Wise Giving Alliance Web site at [give.org](http://give.org), the IRS at [irs.gov](http://irs.gov) or the Scambusters at [scambusters.org](http://scambusters.org). To donate, visit the Red Cross at [www.redcross.org](http://www.redcross.org) or USA Freedom Corps at [www.usafreedomcorps.gov](http://www.usafreedomcorps.gov).

## DFAS releases Hurricane Katrina-related payment procedures

ARLINGTON, Va. — The Defense Finance and Accounting Service in coordination with the military services is providing financial assistance to military personnel; military retirees and annuitants; federal civilian employees with the Department of Defense, Department of Health and Human Services, and the Department of Energy; families affected by Hurricane Katrina; and the troops involved in recovery efforts.

Guidance called "Emergency Disbursing Officer/Agent Procedures In Support of Hurricane Katrina Relief Efforts" has been distributed to all DoD finance offices.

The guidance covers the following pay-related issues:

- Cashing of personal checks for those affected by the hurricane and those involved in relief efforts, including members of the Red Cross;
- Local payments of regular and advanced pay, as well as travel allowances, for military personnel and civilian employees of DoD, HHS and DOE;

- Payment of evacuation allowances for family members of military personnel and DoD civilian employees;

- Payments for local or regional DoD vendors unable to receive previously issued checks or electronic deposits due to disruptions in postal or bank service; and

- Payments for approved claims by military members and their families for damaged or lost personal property.

To aid DoD finance personnel in supporting the evacuation and relief efforts, the document also provides a list of DFAS employees who can help clarify the emergency procedures and address situations that arise which are not specifically contained in the document.

The agency will be monitoring the support efforts and will update the procedures as needed, said Tom Roberts, DFAS deputy director for pay.

DFAS officials urge recipients of payroll services from the agency to contact their local DoD finance

office for pay-related assistance. On post, people can call military finance at 221-2025 or civilian finance at 221-2905. If a DoD finance office is unavailable, they should contact one of the following relief information hotlines:

- "Military OneSource" (all military services) at (800) 342-9647 or via the Web site at [www.militaryonesource.com](http://www.militaryonesource.com).
- U.S. Marine Corps at (800) 342-9647
- U.S. Army at (800) 833-6622
- U.S. Army Reserve at (877) 464-9330
- National Guard at (888) 777-7731
- U.S. Air Force/Keesler Air Force Base at (800) 435-9941
- U.S. Navy at (877) 414-5358
- Red Cross Armed Forces Emergency Service Center at (877) 272-7337
- DFAS vendors and contractors at (800) 756-4571, option 6
- DFAS Payroll Customer Contact Center at (888) DFAS-411 (332-7411)

(Source: DFAS News Release)

## Retirees, annuitants affected by Katrina should update pay info

WASHINGTON, D.C. — Military retirees or annuitants who have relocated or changed their banking information after Hurricane Katrina must contact the Defense Finance and Accounting Service as soon as possible, DFAS officials said.

Officials recommended any of three ways to report the changes:

Call (800) 321-1080 Monday through Friday between 7 a.m. and 7:30 p.m. Eastern time. Have current address, banking data and beneficiary information available when calling.

Use the myPay Web site, <https://mypay.dfas.mil>, to update mailing and banking information. Customers can change their financial institution and designate direct deposit as the method of delivery.

To establish a myPay account, log on to myPay and select "New PIN." For answers to questions about myPay, call (800) 390-2348.

Fax updated information to (800) 469-6559, making sure mailing and banking data are complete and that "Hurricane Katrina" is written at the top of the page. Include a contact phone number if possible.

(Source: DFAS news release)

## Briefs cont. . . .

**Retirement ceremony**

Fort Sam Houston's consolidated retirement ceremony will be Sept. 29 at 7:45 a.m. at the MacArthur Parade Field.

**Sexual assault conference**

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

**'Still Serving' weekend**

The Fort Sam Houston Main Exchange will honor military retirees during its annual "Still Serving" weekend Friday through Sunday. Throughout the weekend, the Main Exchange will offer special events such as drawings, free refreshments, product samples, vendor demonstrations and door prizes. For more information, call Floyd Wynn, store manager, at 225-5566.

**Ice cream social at housing**

Lincoln Military Housing will sponsor an ice cream social Friday. An ice cream truck will drive through the villages from 3:30 to 6:30 p.m. to distribute free ice cream to the children.

# Career fair planned for wounded troops, spouses

By Donna Miles  
American Forces Press Service

WASHINGTON, D.C. — Severely wounded service members and all military spouses are encouraged to attend a "Hiring Heroes Career Fair" Tuesday at Fort Sam Houston to explore job opportunities in the federal government and private sector.

The fair, similar to one held earlier this year at Walter Reed Army Medical Center here, represents one of many steps the Defense Department is taking to help wounded troops transition to productive, satisfying civilian careers, said Mark Smith from the Defense Civilian Personnel Management Service.

Defense Secretary Donald H. Rumsfeld has expressed the department's continued commitment to taking care of wounded troops and easing their transition to civilian life, and helping them find jobs is an important step in that effort, Smith said.

"If we can't find them a job in DoD, we'll try to find one within the federal government, and if we can't do that, we'll look to the private sector," Smith said. "Our bottom line is to get them employed and transition them back to civilian life as quickly and painlessly as possible."

The career fair will provide injured troops as well as military spouses an

"Our bottom line is to get them employed and transition them back to civilian life as quickly and painlessly as possible."

Mark Smith  
Defense Civilian Personnel  
Management Service

opportunity to connect directly with recruiting representatives from the Defense Department and other federal agencies, as well as private industry, Smith said.

In addition to getting the chance to network with civilian and private industry recruiters, participants will be able to gather information about job opportunities and learn about the variety of special employment and training programs available to them.

The career fair will feature workshops in resume writing and online job search techniques, Smith said. In addition, demonstrations of workplace computer and electronic devices to accommodate people with disabilities will be featured, as well as discussions with representatives from special programs developed for injured service members.

Among special programs to be repre-

sented are the Rehabilitative Assignments Program for Wounded Service Members, the Computer/Electronic Accommodations Program, the Military Severely Injured Center and the Army's Always a Soldier program.

The Defense Applicant Assistance Office, Brooke Army Medical Center, the Military Severely Injured Center and Monster.com are jointly sponsoring the event, to be held at the Roadrunner Community Center, Building 2797, on Stanley Road.

For severely injured service members, hours are from 9 a.m. to 1 p.m., and for military spouses, 1 to 4 p.m. More than 300 severely injured service members and their spouses attended a similar event in April at Walter Reed. Smith called that event "a resounding success" that resulted in permanent job placements for 25 service members.

Plans are under way in the Defense Applicant Assistance Office to hold similar events at various other military medical centers around the country, Smith said.

For more information about the Fort Sam Houston event or other DoD-sponsored recruiting events, visit the "Civilians Working for National Defense" Web site at <http://www.godefense.com> or call (888) DOD-4USA (363-4872). The TTY number for the deaf or hard of hearing is (703) 696-5436.

## Mexican relief

Continued from Page 1

Control checkpoint. Media focused attention on the historic nature of a contingent of Mexican soldiers passing over the border for the first time and heading to San Antonio since the 1840s.

Valadez dismissed this thought by saying that throughout the years, Mexican troops have participated in training, officer exchange and education programs. However, it was the first time that Mexico has sent such relief to its northern neighbor.

The event attracted international media coverage, with press services such as Associated Press and Knight-Ridder carrying the story over the wires. Both Hytten and Prasek were interviewed extensively by both Spanish-language and English-language media. Prasek did

an interview on the nationally broadcast radio show "All Things Considered" from the road on the way to San Antonio. Host Robert Seigel joked that this "could be the largest sending out for Mexican food in the history of the United States."

Texas State Troopers, the Border Patrol and San Antonio Police escorted and were interspersed throughout the slow-moving convoy. American cars and trucks along the way greeted the convoy with honks and waves, and civilians standing roadside along Interstate Highway 35 greeted the convoy by waving their hands or Mexican flags and shouting cheers.

The Mexican delegation is expected to stay in the United States about 20 days and then head south after completing its historic humanitarian mission.



Photos by Master Sgt. C.S. Allbright

Mexican Army Brig. Gen. Francisco Ortiz Valadez is interviewed by a contingent of local and international press at the Laredo crossing of the Texas-Mexico border. Fifth U.S. Army Deputy Commanding General Brig. Gen. F Joseph Prasek stands alongside the general.



A Mexican Army truck rolls through the border checkpoint at the Laredo crossing.



Texas civilians wait alongside Interstate Highway 35 to welcome the Mexican relief convoy. Many people honked horns along the way, waved their hands or Mexican flags and shouted expressions of gratitude.



Photo by Phil Reidinger

## Former student returns

Col. Richard Agee, Army Medical Department Center and School chief of staff, visits with retired Col. (Dr.) Yank-Shok Yoo, from the Republic of Korea. Now a senior associate of the Korean Dental Association, Yoo visited Fort Sam Houston to celebrate the 50th anniversary of his graduation from the Medical Service Company Grade Officer Course in 1954. He was the first Korean dental officer to complete the course. Yoo later completed the Advanced Dentistry Course at Walter Reed Army Medical Center, Washington, D.C. Yoo credits his training and subsequent training of Korean officers as a significant contribution to the professional development of the ROK Army Dental Corps and other medical service specialties.

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# Sounds of Army traditions echo throughout post

By Yolanda Hagberg  
Fort Sam Houston Public Information Office

The U.S. Army instills pride in its members because of its history, mission, capabilities and the respect it has earned in the service of the nation. A reflection of that pride is visible in the customs, courtesies, and traditions the Army holds. Two such long-standing traditions are echoed daily on post during reveille and retreat.

Since Roman times, bugles or horns have been used as signals to command Soldiers on the battlefield and regulate a Soldier's days in the barracks. "Reveille" was a bright cheerful call to rouse Soldiers from their slumber, ready for duty.

The installation commander sets the time for sounding reveille and retreat. However, the responsibility for actually conducting reveille and retreat is a shared responsibility between the NCO Academy and Special Troops Battalion, according to Sgt. Maj. Garland Haynes, sergeant major for STB.

"The Soldiers assigned to these units conduct this mission each day to honor our great nation and pay respect to those who have fought and served," said Haynes.

At Fort Sam Houston the call to duty begins at 5:30 a.m. when the U.S. American flag is hoisted to the sounds of "Reveille" at the main flagpole located on Stanley Road.

Courtesies rendered by individuals during reveille are as follows:

At the sound of the first note of the music, military personnel in uniform should face the flag and render a hand salute; if flag is not in view, face in the direction of the music. End salute on last note of the music.

Military personnel in formation should come to a halt; execute "Present Arms" at the command of the officer or NCO in charge. At the sound of the last note of music, execute "Order Arms" at the com-

mand of the officer or NCO in charge.

At the sound of the first note, civilians should remove headgear, face the flag and stand with the right hand over the heart. Hold this position until the last note of music has been played. If flag is not in view, face in the direction of the music.

The term retreat is taken for the French word "retriate" and refers to the evening ceremony. The retreat ceremony serves a twofold purpose. It signals the end of the official duty day and serves as a ceremony for paying respect to the flag. Because the time for the end of the duty day varies, the commander designates the specific time for the retreat ceremony. The ceremony honors the U.S. American flag when it is lowered to the sound of "To the Color." Unit formations, often including promotion or award ceremonies, may be held in conjunction with retreat. However, at some installations, only personnel actually lowering the flag are present.

At Fort Sam Houston, retreat is held at 5:30 p.m. The following outlines courtesies rendered by individuals during retreat:

At the sound of the first note of retreat, military personnel in uniform should face the flag and stand at attention; if flag is not in view, face in the direction of music. Remain at attention until the last note of retreat is played and the cannon is fired. On the first note of "To the Color," military personnel should render a hand salute until the last note of music is played.

Military personnel in formation should come to attention at the command of the officer or NCO in charge. They should remain at attention until the last note of retreat is played and the cannon is fired. On the first note of "To the Color," the officer or NCO in charge will execute order to "Present Arms." At the sound of the last note of music, the officer or NCO in charge will give the command to "Order Arms."



Photo by Elaine Wilson

Soldiers assigned to the NCO Academy conduct a retreat ceremony at the main flagpole on Stanley Road. Retreat signals the end of the official duty day and serves as a ceremony to pay respect to the flag.

Civilians should stand and face the flag, remove headgear and remain standing until the last note of "To the Color" has been played. If flag is not in view, face in the direction of the music.

Personnel in a moving vehicle while reveille or retreat is conducted must pull over safely and stop. All occupants should exit and execute proper courtesies outlined above.

Military traditions are important to the Army, its Soldiers, units and the country, Haynes said.

"We should be proud to render honors to our nation's flag during these difficult times, as our men and women continue to fight for the rights and privileges that we own as a nation."

## ***Pull over, pay final respect***

On any given day, those who work or live on post may encounter a funeral procession headed for the Fort Sam Houston National Cemetery. Funeral processions are always escorted by a policeman on a motorcycle or a police vehicle with flashing lights.

Upon approaching a police vehicle, motorist should yield the right of way and immediately drive to the extreme right of the roadway to permit the vehicle to pass.

During a funeral procession, the flashing police vehicle should be accorded the same courtesy unless otherwise directed by the officer.

Stopping for a funeral procession is not only a southern tradition, but it is a display of respect by passing motorists for the family that has lost a loved one.

# New policy decreases threat of identity theft

**ARLINGTON, Va.** — The undersecretary of defense comptroller and the undersecretary of defense personnel and readiness have co-signed a new policy that directs military departments and Department of Defense civilian employees to support the policy to eliminate paper copies of leave and earning statements and W2 tax statements.

Under the new policy, military members and civilian nonbargaining employees

who log on to the myPay Web site are consenting to receive electronic copies of their documents. Bargaining unit civilians will be brought onto this system as soon as negotiations are completed.

For many years, myPay has provided military members, civilian employees, retirees and annuitants with a secure method to view, print and save their LES and W-2 statements, and 1099s electronically. Receipt of electronic documents

through myPay eliminates risk associated with hand-delivered mail.

By using myPay to view and print LES and W2 statements, and 1099s, the names, addresses and Social Security numbers of military members, civilian employees, retirees and annuitants are protected. They control when the document is viewed and printed, and also control sensitive data. This is particularly important for W2s and 1099s, where the SSN cannot be

masked due to Internal Revenue Service regulations.

Along with obtaining electronic copies of LES and tax statements, customers can make adjustments to federal and state tax withholdings and update bank account and electronic transfers through myPay.

People can obtain access to myPay by requesting a PIN online at <https://mypay.dfas.mil> or by calling (800) 390-2348.

(Source: DFAS News Release)

# Weak passwords offer easy computer access to hackers

A password is the key to a computer — a key much sought after by hackers as a means of getting a foothold into a system.

A weak password may give a hacker access not only to an individual's computer, but to the entire network to which the computer is connected. People should treat their password like the key to their home, and most people don't leave their home or office unlocked in a high crime area.

Too many passwords are easily guessed, especially if the intruder knows something about their target's background. It is not unusual for office workers to use the word "password" to enter their office networks. Other commonly used passwords are the computer user's first, last or child's name, Secret, names of sports teams or sports terms and repeated characters such as AAAAAA or bbbbbb.

A computer password is the foundation of computer security, and it needs to stand up against the tools that hackers have for cracking it. There are 308 million possible letter combinations for a six-letter password using all upper-case or all lower-case letters. This is easily broken within a couple of minutes by automated password cracking programs that hackers can download from the Internet. A readily available password cracker can check all of them in about two minutes and 40 seconds.

Here are some simple guidelines for strong passwords:

- It should contain at least eight characters.
- It should contain a mix of four different types of characters — upper case letters, lower case letters, numbers and special characters such as !@#%&\*;,;. If there is only one letter or special character, it

should not be either the first or last character in the password.

- It should not be a name, a slang word or any word in the dictionary. It should not include any part of the user's name or e-mail address.
- People should be able to type it quickly, so that someone looking over a shoulder cannot readily see what is being typed.
- It should be changed at least every 90 days to keep undetected intruders from continuing to use it.

Almost all computer operating system software programs on the market today that store passwords in encrypted format store the last character in the clear. All password-cracking programs know this, so that means one less character for them to crack. This is one of several reasons why numbers and special characters should be toward the middle of the password, not at the beginning or end.

With some combination of both upper- and lower-case letters, a six-letter password has 19 billion possible combinations. If the password is increased to eight letters with both upper and lower case, there are 53 trillion possible combinations. Substitute a number for one of the letters, and there are 218 trillion possible combinations.

People who substitute one of the special characters for another one of the letters have the recommended type of password — at least eight characters, including at least one upper-case letter, lower-case letter, number and special character or punctuation. This has 6,095 trillion possible combinations — still crackable, but requiring a more sophisticated program, a far more powerful computer and a lot more time.

The password used for logging onto an office computer should be different from the password used to log onto a Web site on the Internet. The password used to log onto a Web site is far more exposed to potential compromise. Any time people log in over an external network, their password is vulnerable to being stolen unless it is encrypted. Using a separate and unique password for office computers helps protect the security of the office network.

Once an effective password is selected, protect it. Resist the temptation to write a password down. If written, memorize it, then shred it. Never leave a password taped onto a terminal or written on a whiteboard. People should have different passwords for different accounts, but not so many passwords that they cannot remember them. Do not allow anyone to observe password entry during the logon process.

Do not disclose passwords to anyone, not even to a systems administrator or maintenance technician. They have no need to know it. They have their own password with system privileges that will allow them to work on an account. If a system administrator or maintenance technician asks for a user's password, be suspicious.

People should use a password-locked screensaver to make certain no one can perform any activity under their user ID while away from their desk. These can be set up so they activate after the computer has been idle for a while. Strange



as it may seem, someone coming around to erase or sabotage work is not uncommon. Or, imagine the trouble if nasty e-mail messages were sent to someone, or an account is used to transfer illegal pornography without the user's knowledge.

Considerable research is focused on the development of biometric identification systems. In the future, password access to networks containing sensitive information will probably be replaced by some form of biometric identification such as a fingerprint scanner.

For more information, call Frankie J. Hail, chief command security, at 221-1906, Marcie Loya, assistant chief, at 221-1859 or information security at 221-9500 or 221-9611.

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

# AKO forum links evacuees with host homes

By LaDonna S. Davis  
Army News Service

WASHINGTON, D.C. — More than 100 Army Knowledge Online members from throughout the country have offered their homes, support and care for families left homeless due to the destruction of Hurricane Katrina.

The "Need Shelter, Have Shelter" forum reads like a classified ad section with AKO members eager to help out victims of Katrina posting their contact information, the space they have available, the number of people they are willing to take in and any other type of information they feel would persuade a Soldier or displaced military family to stay with them.

The forum was started by Staff Sgt. Joel E. Fix, who said he wanted to create a consolidated place where all Army personnel who were willing to offer their homes to those families in need could post.

"I didn't expect for it to get as big as it has," said Fix about the overwhelming response to his forum.

"I just wanted to help," Fix said. "If I could help one individual, one Soldier, one family, then I feel like I'm doing my part."

So far, 10 military families have been matched up with AKO members who have offered their homes. But Fix hopes that with time, that number will grow.

"We want to help out military families first. We want to take care of our own," said Fix.

But helping doesn't always come easy. One of the biggest obstacles Fix has been faced with is getting the word out.

Because Hurricane Katrina left many without phone or Internet access, Fix has to find other ways to match up people in need with host families who have posted on AKO.

"It's an exhaustive liaison effort with federal, civilian and cross-level personnel to get word out," said Fix.

By contacting services like the Red Cross, United Way, National Guard and Army Reserve, Fix has been able to get lists of military families who now find themselves homeless by this devastating storm.

"It's a process," said Fix. "But what we are trying to do is find a long-term solu-

tion for these families in need."

Though many people have praised him for his efforts, Fix says that he is just doing his job.

"As a National Guard Soldier, this is what I've been trained to do. I'm compelled by the Army values," Fix said.

## How to help

People need an AKO account to access the "Need Shelter, Have Shelter" forum. After logging into AKO at <https://www.us.army.mil/suite/login/welcome.html>, click on the banner, "Click here to visit the AKO Katrina Information Center," then scroll down to a box titled "Discussion Forums." Under the "name" column, click on the forum link called "Need Shelter Have Shelter."

## Calling all unit commanders

Do you have new Family Readiness Group and key personnel in your unit? Have your FRG leaders and unit liaisons attended Family Readiness Group training? When was your last unit ongoing readiness briefing? OpReady has the information your Soldiers' families need for success in the military. To schedule your briefings at the unit, Army Community Service or to reserve space in FRG leader training, call Jutta Aviles at 221-0946.



# Employees need permission to seek off-duty employment

By **Shelby Tanner**  
**AMEDDC&S and Fort Sam Houston ethics**  
**counselor**

Soldiers and civilian employees occasionally seek off-duty employment. All active duty Soldiers in the Medical Command or a subordinate organization such as the Army Medical Department Center and School must obtain permission before engaging in off-duty employment. Civilian health care practitioners must do the same.

AMEDDC&S and Fort Sam Houston employees must submit their applications through their chain of command to the 32nd Medical Brigade commander. The rules, sample memo formats and procedures are set forth in MEDCOM Regulation 600-3 and AMEDDC&S Regulation 600-10.

In addition, any military or civilian

employee who files an SF 278, Public Financial Disclosure Report, or an OGE 450, Confidential Financial Disclosure Report, must also obtain permission from the ethics counselor.

Officer trainees enrolled in graduate training programs are prohibited from engaging in off-duty employment.

People interested in off-duty employment at more than one location must submit a new application with justification for each off-duty employment site even though they were previously approved to engage in off-duty work.

Off-duty employment includes self-employment of any nature, as well as uncompensated volunteer activities involving the delivery of health care or related services. Self-employment includes the sale of insurance, stocks, mutual funds, cosmetics, household supplies, vitamins and other consumer goods

and services, whether commercially manufactured or handcrafted.

Off-duty employment does not include providing expert opinion or expert testimony in private litigation, or representation of a nonfederal person or organization before the government. People may not seek off-duty employment with any nonfederal person or organization while participating personally and substantially in an official government matter in which that person or company has a financial interest.

As a general rule, off-duty employment is limited to 16 hours per week, and there must be at least a six-hour rest period between the end of the nongovernment employment and the start of government duties. Employees must submit a monthly report stating the number of hours worked the preceding month. The place of employment must be close enough to allow people to return to their place of duty within

two hours using land transportation.

People may not use permissive temporary duty, pass or compensatory time off to engage in off-duty employment.

Because of potential conflict with government obligations, employees will not assume responsibility for the medical or dental care of any patient on a continuing basis nor engage in private (solo) practice. Additionally, people may not receive compensation from appropriated funds in connection with off-duty employment or use government resources (official time, military medical equipment, etc.) in private employment.

While these general guidelines are important to know, deciding how the laws affect a particular situation is difficult. People should address specific questions to their ethics counselor. For more information, call Shelby Tanner at 221-2373 or 221-0485.

## Shoplifting can damage military careers, reputations

**DALLAS** – Military service members spend years building careers on values such as trust, competency and responsibility, all which can come crashing down with one shoplifting incident.

The Army and Air Force Exchange Service has several avenues to prevent shoplifting and supports legislation to recover stolen merchandise.

AAFES loss prevention associates focus on deterring shoplifting by identifying areas that tend to have high theft rates, such as electronics, sporting goods and cosmetics. Most AAFES exchanges have some type of surveillance,

whether it is cameras, detectives or both to monitor these areas and try to prevent shoplifting before it occurs.

If a customer shoplifts, loss prevention associates turn the issue over to military police. Along with action pursued by military police, the Federal Claims Collection Act allows AAFES to enact a Civil Recovery Program, which began March 1, 2002. The flat, administrative cost, applicable to every shoplifting incidence, is \$200 and there may be further fees depending on the condition of the recovered stolen merchandise.

“The costs involved in shoplifting affect more than

just the shoplifter,” said David Drake, AAFES loss prevention vice president. “AAFES has a mission to return dividends to Morale, Welfare and Recreation programs, so it ultimately affects everyone.”

Shoplifting in military exchanges cost service members millions of dollars annually. In fact, AAFES detained 9,076 shoplifters in 2004 alone.

Civil Recovery allows AAFES to recoup some of the cost associated with shoplifting; however, the damage to a career and reputation can be irreparable.

(Source: AAFES News Release)

# Parade celebrates Mexico's independence

Story and photos by Phil Reidinger  
Fort Sam Houston Public Affairs Office

The 24th Annual Guadalupe Street parade Saturday celebrated Diez y Seis de Septiembre, the celebration of Mexico's Declaration of Independence from Spain on Sept. 16, 1810. The parade is sponsored by the Avenida Guadalupe Association.

Martha Lara, Consul of Mexico, was the Grand Marshall of festivities broadcast live on the Spanish language Telemundo television network.

The parade drew more than 80 entries celebrating the culture and heritage of the San Antonio community, including Soldiers from the Better Opportunities for Single Soldiers organization riding two Humvees and the joint services military parade float with Master Sgt. Thomas Gray representing the Army. Area high school junior ROTC units also competed in a best drill team competition while marching along the parade route on Guadalupe Street.

Sept. 16 is a date of great importance for the Mexican community. Miguel Hidalgo,

a Catholic priest, raised the banner of a peasant revolution and led a bare-foot army against the Spanish king in order to claim Mexico's independence.

Another event that will celebrate the culture of San Antonio is the Folklorico Festival Thursday and Friday starting at 6:30 p.m. at the Arneson River Theater on the Riverwalk. The festival includes a combination of performances and colorful costumes featuring local and state musical and folk dance groups. Cost is \$5 at the theater entrance.



Waving to the crowd at the 24th Annual Guadalupe Street parade Saturday are 1st Lt. Zarine Malesra, Randolph Air Force Base; Master Sgt. Thomas Gray, Fort Sam Houston; Tech. Sgt. James Dill, Lackland AFB; and Staff Sgt. Simon Mace, Air Intelligence Agency. The parade celebrates the Diez y Seis de Septiembre (16th of September) that marks Mexico's Independence Day from Spain in 1810.

(Left) Staff Sgt. Michaela Reyes (center), Better Opportunities for Single Soldiers president, and eight Soldiers rode on two Humvees decorated with the BOSS banner in the 24th annual Guadalupe Street parade Saturday.

# TROOP SALUTE



## 187th Medical Battalion



### Officer of the Week

**Name:** 1st Lt. Kevin Mattern  
**MOS:** 72A, nuclear medicine science  
**Hometown:** Setauket, N.Y.  
**Time in service:** Four months  
**Future goals:** To teach at West Point and do research at the Army Research Laboratory  
**Reason for joining:** Childhood dream to serve my country  
**Latest accomplishment:** Finished master's degree in physics at Washington State University

## 232nd Medical Battalion



### Soldier of the Week

**Name:** Spc. Joseph Ellebracht  
**Unit:** D Company  
**MOS:** 91W, health care specialist  
**Hometown:** St. Louis, Mo.  
**Time in service:** Eight months  
**Future goals:** I want to own and operate my own restaurant  
**Reason for joining:** To serve my country, travel and make my father proud  
**Latest accomplishments:** I have proudly maintained a grade point average above 90 percent



### Junior Leader of the Week

**Name:** Pvt. Andrae Farr  
**Unit:** D Company  
**MOS:** 91W, health care specialist  
**Hometown:** Helena, Ark.  
**Time in service:** 15 months  
**Future goals:** To successfully become a 91W, to continue to excel in all military standards and become a drill sergeant  
**Reason for joining:** To make my mother, father, sisters and brothers proud of me and to also become someone I can be proud of.  
**Latest accomplishments:** Passing National Registry of Emergency Medical Technicians, graduating high school and having the privilege to explore the fields of health and medicine

## Soldier takes another step toward EIB

Story and photo by Capt. Martin L. O'Donnell  
 Headquarters Company, Special Troops Battalion

Sgt. Michael A. Gutierrez, Military Honors Platoon, Headquarters Company, Special Troops Battalion, finished his prerequisite Expert Infantryman's Badge 12-mile foot march Sept. 6.

He completed the foot march in two hours and 47 minutes, within the three-hour standard. Gutierrez will now travel to Fort Polk, La., to conduct his final prerequisite, the day and night land navigation course, before conducting the train-up and testing for the coveted badge. An awards ceremony is scheduled for Sept. 22 at Fort Polk.

The EIB is the mark of distinction for an infantry Soldier. To earn the coveted badge, Soldiers must complete four prerequisites before they can begin testing: fire expert with an M16 or M4 rifle, score at least 70 percent in each of the three events of the Army physical fitness test, pass a day and night land navigation test and complete a 12-mile road march with full gear and rucksack in less than three hours.



Sgt. Michael A. Gutierrez, Military Honors Platoon, Headquarters Company, Special Troops Battalion, completes a foot march in under three hours, putting him one step closer to the Expert Infantryman's Badge.



## Spotlight your unit

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

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

## Bicycle safety

All personnel on Fort Sam Houston, including children, must wear a bicycle helmet while riding a bicycle, as outlined in Department of Defense Instruction 6055.4, dated July 1999.

Army Medical Department Center and School and Fort Sam Houston Regulation 190-5, Motor Vehicle Traffic Programs, also states the bicyclist:

- must obey all traffic signals, signs and other devices;
- will not carry any other person on a bicycle; and
- when riding at night, bicyclists will be equipped with bicycle headlights and taillight.



## Fort Sam Houston marks anniversary of name designation

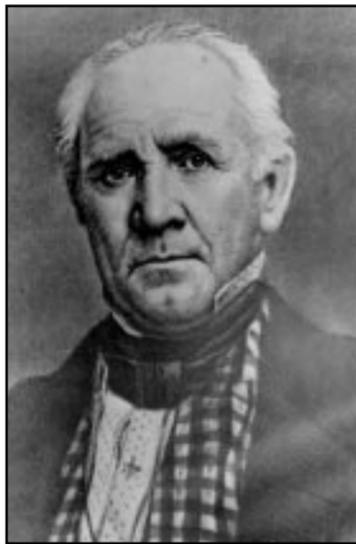
This year marks the 107th anniversary of the designation of this installation as Fort Sam Houston, and is a time to remember the post's origins and namesake.

The Army established a military installation in San Antonio in October 1845. The Post at San Antonio, as it was called, moved to Government Hill in 1879 to a permanent military reservation, but it was not until 1890 that the post was given an appropriate name.

Under the provisions of War Department General Order #99, the Post at San Antonio was designated as Fort Sam Houston on Sept. 10, 1890.

The individual honored by this action, Sam Houston, had a long, unique career in public service. Born in Virginia in 1793, Sam Houston was adopted by the Cherokee tribe, acquiring the name "the Raven." He served as a schoolmaster in Maryville, Tenn., then enlisted in the Army during the War of 1812. Houston served in the Army until 1818, rising to the rank of first lieutenant. His service included the Battle of Horseshoe Bend in Alabama, where he was wounded three times. After leaving the Army, Sam Houston became an Indian agent, studied law, was elected prosecuting attorney and appointed major general of the Tennessee Militia.

At age 30, Houston was elected to the House of Representatives from the state of Tennessee, and six years later was elected governor of that state. He married in 1829, but the failure of this marriage led



**Sam Houston**

him to resign from office and rejoin the Cherokees. While with the tribe, he decided that his destiny was in Texas. Houston arrived in Texas in 1832 and became involved in the struggle for independence.

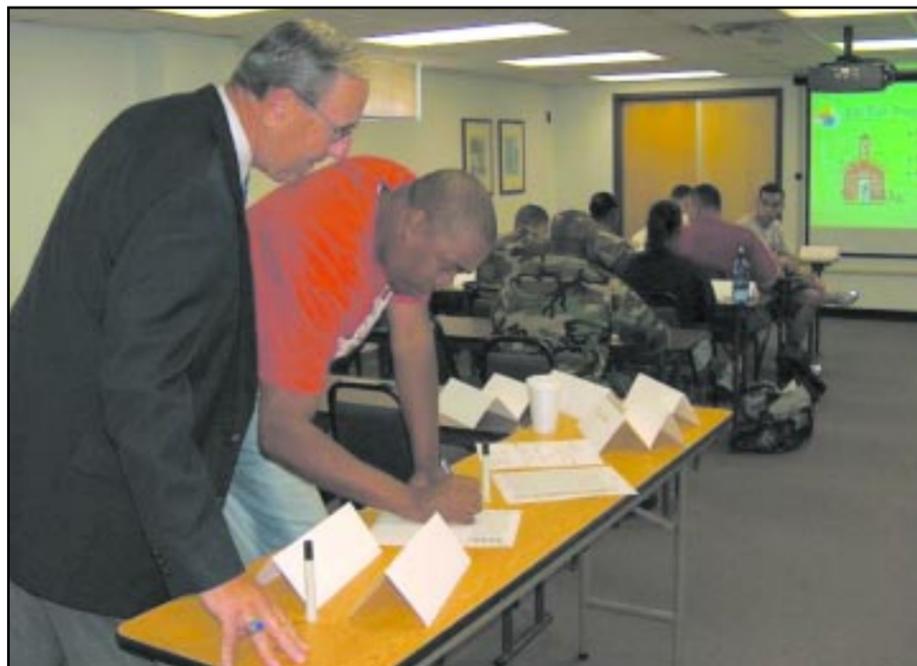
In 1835, Houston was elected major general of the Texas Army, and he served as a delegate to the Convention of 1836 which declared Texan independence from Mexico on March 2, 1836. Nine days later,

he was appointed general-in-chief of the Texas Army. At the Battle of San Jacinto on April 21, 1836, Houston's Army decisively defeated the Mexican Army under Santa Anna, securing Texas' independence.

Sam Houston was elected president of the Republic of Texas, taking office in October 1836. He served a second term as president from 1841 to 1844 and, following the annexation of Texas by the United States, served as senator from 1846 to 1859. Elected as governor of Texas in 1859, Houston opposed secession from the Union. When Texas seceded, Houston refused to take an oath of allegiance to the Confederacy and was deposed March 16, 1861. He then retired to his farm in Huntsville, Texas, where he died July 26, 1863.

Sam Houston never lived to see the installation which would bear his name, but this historic post is a long-standing memorial to a distinguished Soldier and statesman.

(Source: Fort Sam Houston Museum)



**Photo by Tinisha Lomax**

George Wahl, Army Career Alumni Program counselor, assists Staff Sgt. Falon Prude during the job fair prep class Sept. 8. The San Antonio Military Community Job Fair is Wednesday.

## ACAP class teaches job-hunting skills for upcoming fair

**By Tinisha Lomax**  
**Army Career Alumni Program**

The Fort Sam Houston Army Career Alumni Program Center provided a job fair prep class Sept. 8 to about 23 service members.

The prep class readied attendees for the semiannual San Antonio Military Community Job Fair Wednesday.

This class is provided twice a year to people who are transitioning, including military service members, Department of Army civilians and their family members.

Some of the topics included how to dress and groom for the job fair, employers attending the fair, tips on creating an effective resume, how to work the job fair

and, most importantly, research and networking.

"This workshop was well worth the time," said Lt. Col. Anthony Whaley. "I really learned a lot of information about what potential employers expect."

The class was presented by ACAP counselors Russell Matthias and George Wahl.

There will be more than 100 employers accepting resumes and possibly conducting onsite interviews at the fair. The fair will be held from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road.

For more information, call the ACAP Center at 221-1213. For a list of participating employers, visit <http://acap.army.mil>.

## SPORTS

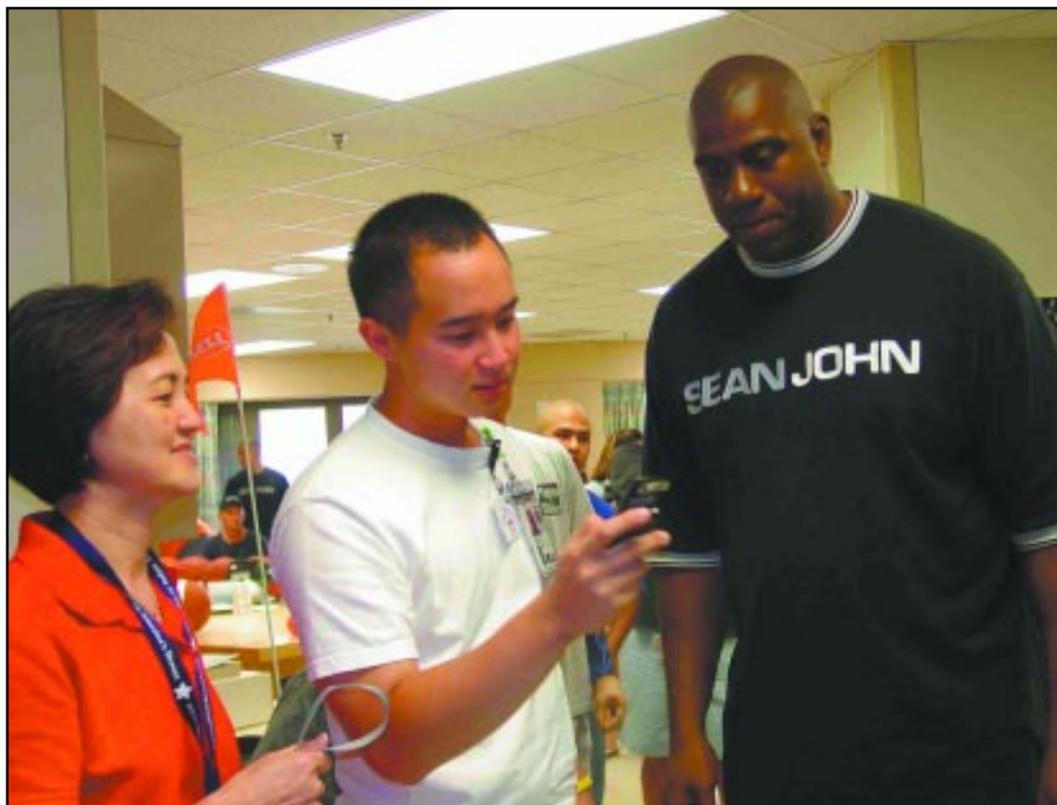


Photo by Nelia Schrum

Earvin "Magic" Johnson visits with Sgt. Chang Wong and his mother, Lien Chu, while Wong prepares his cell phone for a candid photo with the NBA legend Sept. 10 in the Brooke Army Medical Center Amputee Care Center.

## Former NBA great brings magic to BAMC

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

NBA legend Earvin "Magic" Johnson scored a slam dunk with wounded service members during a visit to Brooke Army Medical Center Sept. 10, thanking them for their numerous sacrifices, courage and dedication.

Johnson visited patients in the BAMC Burn Center and the Amputee Care Center.

Wounded warriors being treated at BAMC brought their families in to visit with Johnson. He autographed basketballs, rookie cards and photos while laughing and joking with the service members. Even as time ran short, he left no basketball unsigned.

"It really boosts our morale to see someone who is willing to sacrifice their time to come and visit us and thank us for what we do," said Sgt. Juan Arrendondo, amputee Soldier at BAMC.

Johnson thanked the warriors for their sacrifice and dedication for serving and protecting America. He spoke with mothers, wives and children of the military's wounded heroes and personally thanked the service members.

"It's important to tell them thank you and show them the respect they deserve," said Johnson. "They protect us each and every day. We are so

lucky to have the best military in the world."

Giving high fives, Johnson made a point to greet every patient he saw. Children shook Johnson's hand, while in the arms of their military parent. Service members expressed their gratitude to Johnson for coming to visit.

Johnson recognized the incredible sacrifices each wounded warrior has made for their country.

"Coming to visit BAMC makes you realize the things you take for granted. I think we forget that we're blessed," said Johnson.

Johnson spoke about those in New Orleans who are trying to recapture some sense of normalcy. He said he hopes America continues to rally around those people in need.

As Johnson exited BAMC, he continued to pose for pictures and sign autographs at the request of patients entering or exiting the medical center. Johnson said seeing wounded warriors in person and shaking their hand was an eye-opening experience in that it makes us see how we truly need each other.

The Soldiers were excited he took time out to visit them.

"I'm happy he came to visit. I know he's busy so it really means a lot. It lets me know he cares," said Sgt. Moses Sonera, amputee Soldier being treated at BAMC.

### SPORTS BRIEFS . . .

#### **Fort Sam Houston Golf Club Championship**

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

#### **NCAA football teams invite military to games**

The Trinity University Tigers invite service members to attend games this season. The games and parking are free, but parking is limited. See the schedule by visiting the Trinity University football Web site at [www.trinity.edu/departments/athletics/Football](http://www.trinity.edu/departments/athletics/Football). If an organization would like to present the colors or perform another service during a Trinity home game, call Navy Lt. Brian Haack at 221-0434 or e-mail [brian.haack@samhouston.army.mil](mailto:brian.haack@samhouston.army.mil).

#### **Football officials needed**

The North America Junior Football Federation is looking for football officials for the upcoming season. For more information, call Charles Scroggins at 221-3185 or 363-1637.

## Family housing assists residents from move-in to move-out

Fort Sam Houston Family Housing Property Management provides a team of trained personnel to guide residents through the move-in process, satisfy their maintenance and service requests during occupancy and help them through the move-out process.

The family housing office assists residents through this entire process, from move-in to move-out. Some of the services they provide along the way include:

- Move-in baskets for new residents with items that may be needed for the first few days such as a resident guide and list of important phone numbers;
- Round-the-clock emergency maintenance response within one hour from receipt of a call after business hours and 30 minutes from receipt of a call during normal business hours;
- Timely routine service requests, with completion by the end of the following business day;
- Two options for service requests: sign a Permission to Enter form or schedule an appointment. The PTE form permits the maintenance staff to respond to service request the

next business day. Appointments are scheduled in four-hour increments based on both the residents' and maintenance staff's availability, and residents are required to be present the entire time;

- Homes assessed quarterly for routine maintenance items such as replacement of air filters and mechanical inspections;
- Lawn and landscape maintenance, such as mowing, pruning and edging to all unfenced areas in housing;
- Provide a comprehensive interior and exterior pest control program to every home; and
- Several projects including termite treatment in Watkins Terrace, tree trimming and removal of dead trees, shrub pruning, asphalt repair, sidewalk and concrete repairs, roof repairs, tot lot repairs and fencing replacement in Watkins Terrace.

For more information, visit the Fort Sam Houston Family Housing Web site at [www.samhoustonlpc.com](http://www.samhoustonlpc.com), call "Lincoln at Your Service" at (888) 578-4141 or the housing office at 270-7638.

(Source: Residential Communities Initiative)

## Need an ID Card?

The ID Card Office, located in Building 367, accepts appointments from 12:45 to 3 p.m., Monday through Friday. Walk-in hours are from 7:15 to 10:30 a.m. and 12:45 to 2:30 p.m., daily. To schedule an appointment, call 221-2278 or 221-0415. People can also obtain an ID card by appointment only at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.



## Commissary/PX advisory council

The quarterly commissary/post exchange advisory council meeting will take place today at 9 a.m. in the commissary break room. For more information, call 224-2021.

# DoD begins Hurricane Katrina health care outreach

As recovery and relocation efforts continue in the aftermath of Hurricane Katrina, the Department of Defense is embarking on an aggressive outreach to nearly 360,000 active duty military personnel, retirees and their families displaced by the storm.

TRICARE Management Activity, the DoD agency that administers the military's health plan, has beneficiaries who have been relocated to about 474 evacuee sites throughout the United States. TRICARE is dispatching staff to a number of sites to provide face-to-face counseling for affected beneficiaries. They will advise them how to access care and answer questions about their health benefit options.

"Providing accurate information and assisting with access to medical care for our beneficiaries are priorities for TRICARE under these very difficult circumstances," said Dr. William J. Winkenwerder Jr., assistant secretary of defense for health affairs. "In this time of need, all of our

beneficiaries should know that TRICARE stands ready to assist them, and very shortly we will have personnel on the ground to help advise and assist."

TRICARE started delivery of materials such as wallet cards, fact sheets and benefit overviews to evacuee shelters Monday that list customer service contacts, phone numbers, Web sites and special benefits for hurricane evacuees.

For more information, displaced beneficiaries should call Humana, the contractor for the South region, at (800) 444-5445 or visit [www.tricare.osd.mil](http://www.tricare.osd.mil). Beneficiaries may also contact beneficiary counseling and assistance coordinators, debt collection assistance officers, TRICARE service centers and family support representatives at local military installations. Another resource available to active duty military personnel, retirees and their families is Military One Source at (800) 342-9647 or online at [www.militaryonesource.com](http://www.militaryonesource.com).

(Source: TRICARE News Release)

## Red Cross Family Links Registry helps hurricane evacuees find loved ones

WASHINGTON, D.C. — The American Red Cross has created and launched the Family Links Registry, which will aid people who are seeking loved ones and family members in the wake of Hurricane Katrina.

The Family Links Registry can be accessed by visiting [www.redcross.org](http://www.redcross.org) or by calling (877) LOVED-1S (568-3317). Evacuees wishing to inform loved ones of their location can register their name by clicking on "Family Links Registry" on [www.redcross.org](http://www.redcross.org) or calling the toll-free number.

Concerned friends and family can register the names of their loved ones and view the list of those already posted. Due to the extent of the damage and the number of people displaced, friends and family members are encouraged to visit the site daily to consult the list, as it will be updated continuously.

The American Red Cross, the U.S. Department of Homeland Security and governmental and nonprofit agencies are part of a monumental response to this disaster. As a team, they are working to alleviate the anxiety of those searching for news of their loved ones.

(Source: Federal Emergency Management Agency News Release)

### Emergency numbers



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

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

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

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

## Blood is the fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on O Negative blood.

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

Contact the donor center to lend a helping hand.

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



# TRICARE eases access to benefits for Katrina-displaced beneficiaries

WASHINGTON, D.C. — Military evacuees displaced by Hurricane Katrina may request that their prescription records at military treatment facilities in the Gulf Coast region be transferred to other military or retail pharmacies nationwide, TRICARE officials said.

With this policy, displaced beneficiaries who have and need available refills will not have to see a primary care manager to have their prescriptions rewritten, officials said.

TRICARE is working closely with retail pharmacies to ensure military evacuees continue to have access to their pharmacy benefits, officials said. For example, victims sheltered in and around Houston can now fill their prescriptions at a commercial CVS pharmacy recently set up at the Astrodome. This newly established facility is now one of many retail pharmacies in the national TRICARE pharmacy network, officials said.

Displaced beneficiaries who previously ordered their prescriptions through TRICARE's mail-order pharmacy may now request their prescriptions from retail pharmacies if they are unable to receive them by mail, officials said. For those relocating to areas where postal service is still available, Express Scripts

International, TRICARE's pharmacy contractor, is updating patient information to include temporary mailing addresses so prescriptions will reach the beneficiaries at their new location.

For assistance, hurricane victims can call TRICARE at (866) 275-4732. They can also contact Express Scripts International at the following phone numbers:

- Mail order pharmacy program, (866) 363-8667 (DOD-TMOP)
- Retail pharmacy program, (866) 363-8779 (DOD-TRRX)

For more information, displaced beneficiaries can also call (800) 444-5445 or visit the TRICARE and Hurricane Katrina Web site at <http://www.tricare.osd.mil/Katrina/index.cfm>.

TRICARE beneficiaries can also contact beneficiary counseling and assistance coordinators, debt collection assistance officers, TRICARE service centers and family-support representatives at local military installations for assistance.

Another resource available to active-duty military personnel and their families is Military OneSource at (800) 342-9647.

(Sources: TRICARE and American Forces Press Service)

## BAMC Health Promotions September Class Schedule

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

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



Chaplain (Col.) Gilley Richardson, installation chaplain, delivers the invocation at the memorial wreath presentation Friday at the main flagpole. Richardson also spoke at the memorial service at the Main (Gift) Chapel prior to the wreath ceremony.



Spc. George Eleazer, from the Army Medical Command Band brass quintet sounds taps during the wreath ceremony.



Rob Warfield, from the San Antonio Bagpipers, plays "Amazing Grace" at the start of the memorial wreath ceremony.



Staff Sgts. Jennifer Dunn and Marshall Crawford, both from the Basic Noncommissioned Officers' School, participate in the wreath presentation during the retreat ceremony led by 1st Sgt. Eduardo Martinez.

*"The tradition of courage and sacrifice of America's men and women engaged in the v..."*

## Ceremonies

*Continued from Page 1*

"We're in the city of the Alamo ... a sacred shrine of sacrifice and freedom, not just for San Antonio, but for the nation," he said. "When Sam Houston faced Santa Anna in the swamps of San Jacinto in 1836, he didn't falter or ask, 'why are we doing this?'"

Richardson also spoke about the sacrifice and courage of people on Sept. 11, 2001.

"How can you forget a charred field in Pennsylvania, a man calling out, 'Are you ready? Let's roll!,' or a fire-fighter rushing into the World Trade Towers and never coming back out?" Richardson asked.

"For those whose spirits were not broken, for those devoted to country and buddy, for those loved ones still waiting for news, for those who lost their lives in an event that paralleled Dec. 7, 1941, let us give thanks," he said.

In the community commemoration following the memorial service, post leaders and Soldiers paid homage to past sacrifices with a memorial wreath presentation and retreat ceremony.

Several post organizations participated in the wreath presentation, to include the U.S. Army Medical Command; Army Medical Department Center and School; U.S. Army South; Southwest Region Office,

Installation Management Agency; Regional Medical Center; and paired up with Soldiers at the flagpole.

Councilman Richardson and chair of the city council presented the wreath on behalf of the city.

Perez, also the guest speaker, spoke to the guests in those of present-day



of deployments and wounded Soldiers returning to the States whose sons and daughters are still missing, Perez said. "Know that the Army is working on these endeavors."



Photos by Elaine Wilson  
ers Course at the NCO Academy, fold the flag at

*ast heroes survives today  
ar against terrorism."*

**Councilman Richard Perez**

t Agency; U.S. Army Garrison; and Great Plains  
mand and Brooke Army Medical Center. Leaders  
to lay memorial wreaths at the base of the main

Perez, city council representative for District 4  
ncil military affairs committee, presented a  
citizens of San Antonio.

speaker, said the sacrifices of the past are echoed  
Soldiers.

"The tradition of courage and sacri-  
fice of America's past heroes sur-  
vives today in the heroism of our  
men and women engaged in the  
war against terrorism," Perez said.  
"The spirit of patriotism lives  
today because, throughout our his-  
tory as a nation, military members  
have given their last full measure  
of devotion to our great country,  
to the defense of freedom and to  
the fight against terrorism."

He said all citizens owe a debt  
to the military, for what they  
have done in the past and contin-  
ue to do today.

"As citizens we share the anxiety  
ness both the joy of members of our Armed  
families and the heartache of those families  
rs paid the ultimate sacrifice for their nation,"  
we, as a community, are with you in all your



(From left) Col. Richard Agee, chief of staff, Army Medical Department Center and School, Sgt. George King and Command Sgt. Maj. Michael Kelley represent AMEDDC&S during the wreath ceremony.



(From left) Col. Wendy Martinson, commander, U.S. Army Garrison, Spc. Jeremy Bryant and Command Sgt. Maj. Pedro Class pay respect to the sacrifices of prisoners of war, those missing in action and the losses from Sept. 11, 2001, as they represent the U.S. Army Garrison during the memorial wreath ceremony.



The U.S. Army Medical Command Band brass quintet plays an armed forces medley at the conclusion of the ceremony.

## Fort Sam Houston Independent School District

Weekly Campus Activities  
Monday to Sept. 24, 2005

### Hispanic Heritage Month

#### Fort Sam Houston Elementary School

G.A.T.E. nominations all week

#### Wednesday

Early dismissal – kindergarten through fourth grade, 2 p.m.

Early dismissal – fifth and sixth grade, 2:30 p.m.

#### Sept. 22

Fort Sam Houston ISD school board meeting in Professional Development Center, 11 a.m.

#### Sept. 23

Spirit Day

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

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

#### Tuesday

Volleyball vs. Comfort, freshmen, 5 p.m.; junior varsity, 6 p.m.; and varsity, 7 p.m.

#### Sept. 22

Fort Sam Houston ISD school board meeting in Professional Development Center, 11 a.m.

#### Sept. 23

Pep rally schedule

Homecoming/varsity football vs. Center Point at Cole, 7:30 p.m.

#### Sept. 24

Cross country at University of Texas at San Antonio/Whataburger Invitational Meet, TBA

Fall play weekend rehearsal in Room 500, 1 to 3 p.m.  
Homecoming dance, 8 p.m. to 12 a.m.

## ELEMENTARY SCHOOL NEWS

### Elementary teacher helps students transition

By Dr. Kathy Maxwell  
Fort Sam Houston Elementary School

Brandon Jones, Fort Sam Houston Elementary second grade teacher, uses an innovative and simple technique to emphasize teambuilding and facilitate a student's transition to another school.

Building a "rope" demonstrates the importance of each student in a team and what occurs when part of the team leaves.

For the exercise, each student is pro-

vided a single strand of yarn. The strand of yarn alone can be stretched and broken. However, when the students place each of their strands side-by-side and pull the strands together into a bundle, it is almost impossible to break. The bundle is pulled through a pipe link to tie equally spaced knots in the "yarn rope." The knots tied in the rope make it stronger still.

"Just as one strand of yarn is not as strong as many strands together, so are the students," Jones said. "When the

students come together to support each other in a group, they form a strong unit, like the rope. My class becomes the rope, with the students making their presence known and felt as the knots."

When students must experience a permanent change of station, or PCS, with their family, one knot is cut from the rope symbolizing the loss and the departure of one team member. The transitioning student takes the knot with them as a symbol of personal strength.

## HIGH SCHOOL NEWS

### Parents invited to UTHSC presentation

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

Parents of students in grades sixth through 12 are invited to attend a presentation by the University of Texas Health

Science Center, San Antonio, on the sex education program "Worth the Wait." The presentation is Monday

from 6:30 to 8 p.m. at the Cole Jr./Sr. High School cafeteria.

Discussion will include what parents need to know about the sex education curriculum to be taught to Fort Sam Houston Independent School District students at the age-appropriate grade levels.

"Worth the Wait" is an education program and school curriculum which promotes abstinence as the right choice for teens and focuses on helping adolescents make informed deci-

sions about sexual behavior. The presentation is intended for adults only and will cover a myriad of topics, including learning the medical, legal and economic facts regarding adolescent sexual activity; discovering tips on how to better communicate with teens concerning these difficult issues; and discussing the hard questions and getting straight answers.

"Worth the Wait" is the sex education curriculum recommended by the Fort Sam Houston ISD's Health Advisory Council, an entity required by law, Texas Education Code §28.004. The council is an advisory group whose duties include recommending methods of instruction and course materials for human sexuality, sexually transmitted diseases and human immunodeficiency virus or acquired immune deficiency syndrome. The council includes parents, doctors and nurses from the military medical community, school nurses and district staff.

For more information on "Worth the Wait," visit the UTHSCS Web site at [www.uthscsa.edu/obgyn/worththewait](http://www.uthscsa.edu/obgyn/worththewait) or call Dr. Roland Rios, Cole principal, at 368-8774.

## Post Pulse: What do you want your students to remember about you as a teacher?



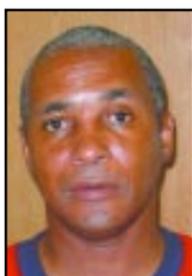
*"I want my children to remember that learning can be fun, doing teaches more than telling and creating opens the door to the future."*

**Carolyn Absher**  
Gifted and Talented  
Education teacher, Fort Sam  
Houston Elementary



*"I want my students to remember me as the teacher who had high expectations and a belief that each one of them had the potential to become a great person."*

**Terri Bills**  
Fourth grade  
teacher, Fort Sam  
Houston Elementary



*"I want students to remember that I made history. I once was told, 'wherever you go, you make history.'"*

**Retired Sgt. 1st  
Class John Clinton**  
Junior ROTC  
instructor, Cole High  
School



*"I want my students to remember that I made learning fun."*

**Kelly Palmer**  
English teacher,  
Cole High School

# Cole Sports Update



### Cole Cougar varsity football team

Led by junior running back Erin Simmons, the Cole Cougar varsity football team increased its record to 2-1 in the Sept. 9 27-2A game, with a convincing 27-12 victory over the Jourdanton Indians. Simmons rushed

for 261 yards and three long touchdowns. Sha Cameron also scored a touchdown and added 32 rushing yards. Larry Ransom is the district's athletic director and head coach, with Darrell Kurek and Howard Baer as assistant coaches.

### Cole junior varsity football team

The Cole junior varsity football team defeated Jourdanton Sept. 8 20-6. Reggie Garnett scored on a 27-yard run and quarterback Steven Sult threw touchdown passes to Patrick Newcomer

and Will Vega. The record now stands at 3-0. The junior varsity football team coaches are Eric Boehme and Brian Sotak.

### Cole girls' varsity volleyball team

The Cole girls' varsity volleyball team lost to Keystone Academy Sept. 6, 17-25, 25-19, 19-25, 25-15 and 10-15.



### Utopia Tournament at Cole

In the first round of the Utopia Tournament at Cole Sept. 9, the Lady Cougars defeated Lackland Independent School District's Stacy Jr./Sr. High School 25-13 and 25-13. In the second round Sept. 10 in Utopia, Cole lost to Bracket 22-25 and 10-25. The third place match was lost to Leakey 16-25, 27-25, 25-17, 17-25 and 12-15. Joella Allen, high school health teacher, is the coach.

### Cole book fair

Robert G. Cole Jr./Sr. High School will sponsor a scholastic book fair Monday to Sept. 23 from 7:30 a.m. to 4 p.m. each day in the Cole library, except for Sept. 23, when the hours will be extended to 7 p.m. for a special family night. There will be an assortment of books for junior high through adult readers, and all profits will go to reading programs for the school. Scholastic accepts cash, checks and major credit cards.

### School board meeting

The Fort Sam Houston Independent School District board of trustees will meet for a regular meeting Sept. 22 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

## POST WORSHIP SCHEDULE

**Main Post Chapel**, Building 2200, 221-2754

**Catholic Services:**

4:45 to 5:15 p.m. - Confessions - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

**Protestant Services - Sundays:**

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

**Jewish Services:** 379-8666 or 493-6660

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

Shabbat

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

**Catholic Services - Sundays:** 12:30 p.m. - Mass

**Protestant Services:**

10:30 a.m. - Collective Gospel Protestant - Sundays

9:30 to 11:30 a.m. - Women's Bible Study

(PWOC) - Wednesdays, child care is provided.

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

**Catholic Services:**

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

**Protestant Services:**

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays

**AMEDD Regimental Chapel**, Building 1398, 221-4362

**Troop Catholic Mass:** Sundays:

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

**Troop Protestant Gospel Services:**

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

**Troop Protestant Service:** Sundays: 9 a.m. -

32nd Med. Bde. Soldiers

**Samoan Protestant Service:** Sundays: 12:30 p.m.

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

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

Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious Education - Thursdays

**Evans Auditorium**, 221-5005 or 221-5007

**Mormon Services:** 9:30 to 11:30 a.m. - Sundays

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

## Smoke-free and courageous forever

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

Health Promotion Center

Room L31-9v, Brooke Army Medical Center

916-3352 or 916-5538



## RELIGIOUS HAPPENINGS . . .

### All-Protestant service

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

### Contemporary service starts Oct. 2

The new 11:01 contemporary Protestant chapel service starts Oct. 2 at the installation chaplain's office, Building 2530, Funston Road (by Burger King). Age-appropriate nursery and Sunday school programs begin at 9:30 a.m. with worship at 11:01 a.m. A praise band, message and family friendly atmosphere welcome people to learn about "Where faith and life meet." The start time at 11:01 was chosen to reflect the nontraditional nature of the service and is also a reference to Hebrews 11:1 - "Now faith is the substance of things hoped for, the evidence of things not seen." For more information, call Chaplain Yvonne Hudson at 295-2096.

### Retirement dinner

The Fort Sam Houston Installation Chaplain's Office will host a retirement dinner for Chaplain (Col.) Edward Maney Sept. 23 from 6 to 9 p.m. at the Sam Houston Club, 1395 Chaffee Road. The cost is \$16.45. People can sign up by calling Sgt. 1st Class Vonda Morrisette or Staff Sgt. Donna Mayo at 221-5007 or 221-5004, or e-mail [vonda.morrisette@samhouston.army.mil](mailto:vonda.morrisette@samhouston.army.mil).

### PWOC Bible studies

#### Evening Bible study

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

#### Daytime Bible study

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

#### OCF Bible study

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

## INTERFAITH CALENDAR . . .

**Saturday - Feast of Mithra** - A Zoroastrian festival with focus on Mithra as the angel of light. From ancient times in Iran, it is a time of gratitude for life and light.

**Monday - Lailat al Bara'ah** - Islamic night of forgiveness, a night of prayer to Allah for forgiveness of the dead, a preparation for Ramadan through intense prayer.

**Sept. 22 - Mabon - Fall Equinox** - Wicca observance of the autumnal equinox when day and night are of equal length, a harvest festival time.

# MWR

## Recreation and Fitness

### Fort Sam Fall Fest

Get ready for the Fort Sam Houston Fall Fest Oct. 15 from 10 a.m. to 8 p.m. at the MacArthur Parade Field. Events include a chili cook-off (military units welcome), free 5K fun run, arts and crafts fair, parade, carnival games, pony rides, live entertainment, car show and food and beverage booths. For more information, call 221-9904 or 221-2307. For those interested in being an arts and crafts vendor, call 221-5224 for details while space is still available.

### Free fun run

A free 5K run/walk will be Sept. 24 at 10 a.m. at the Jimmy Brought Fitness Center. Participants receive a free T-shirt. For more information, call 221-2020.

### 3-D archery at Camp Bullis

The next archery shoot is Sept. 24 and 25. Check-in 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. Saturday's shoot is \$15, all competitive, and Sunday's shoot is competitive for \$15 or noncompetitive for \$10. Minis and cubs shoot free with a paid adult, and a playground is available. It is open to the public. For more information, call 295-7577.

### Archery lessons

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

Archery Shop at 221-5225.

### Swimming lessons, indoor pool

Swimming classes begin Sept. 24 and run through Nov. 12 at the Jimmy Brought Fitness Center indoor swimming pool. There are two time slots available, 9:30 to 10:20 a.m. and 10:30 to 11:20 a.m. Class size is limited to three groups of eight students per time slot. Cost is \$40 per session. Students will be given a swim test on the day of registration. Swimming lessons are recommended for individuals who know how to swim but need improvement; new nonswimmers will need to work on their swimming between Saturday lessons. For more information, call John Rodriguez at 221-1532 or 221-1234.

### Water aerobics

The Jimmy Brought Fitness Center pool features water aerobics every Monday, Wednesday and Friday from 8:45 to 10:30 a.m. and from 5 to 6 p.m. The cost is \$2 per class or \$24 for a 16-class pass and free to pregnant women and new mothers. For more information, call 221-2020.

### Free morning aerobics

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

### Senior fitness

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

### Salsa and merengue classes

Join the Latin dance craze by learning these popular dances for fun and exercise. Classes are Monday and Thursday from 6:30 to 7:30 p.m. at the Jimmy Brought Fitness

Center aerobics room. The cost is \$2 per class or \$24 for a 16-class pass. For more information, call 221-2020.

### New cycling class

The Jimmy Brought Fitness Center now offers a free cycling class every Tuesday at 5:30 p.m. Other class times are Thursday at noon and Wednesday at 4:45 p.m.

### Yoga, pilates teacher needed

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

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Bingo

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

#### Lunch buffet

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

### Bowling Center, 221-3683

#### Join fall bowling leagues

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

#### Unlimited bowling

There will be unlimited bowling every

Friday from 5 to 10 p.m. for \$5.95.

### Family bowling day

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

### Cyber bowl

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

### Golf Club, 221-4388

#### Pro Shop sale

The sale lasts through Sept. 30 and includes shoes, Wilson irons, woods and putters.

#### Golf lessons

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

### Around the Corner Frame Shop

The Around the Corner Frame Shop is located at 407 Dickman Road, on the lower level of the former Officers' Club building. In addition to framing service, the shop offers specialty items like engravings, medals, trophies, combat medic statues, military coin racks and flag cases. For more information, call 224-7125.

### Harlequin Dinner Theatre

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

### MWR Ticket Office

The ticket office has discount tickets available for various events. For more information, call 226-1663 or visit [www.portsam-houstonmwr.com](http://www.portsam-houstonmwr.com).

# MWR CHILD AND YOUTH SERVICES

## Youth Happenings

### Youth Center closed

The Youth Center will close Friday at 8 p.m. for the Cole High School football game. The center will open Saturday at 3 p.m. for regular programs. The Youth Center will close at 8 p.m. Sept. 23 for the Cole High School football game. It will reopen Sept. 24 at 3 p.m. for open recreation. For more information, call 221-4882.

### Parent, teens, staff basketball games

The parent, teens, staff basketball game will be Saturday from 8 to 10 p.m. at the Youth Center. This is a chance for the teens to get back at the Youth Services staff. Parents are invited to join the game and try to beat the teens. Refreshments will be available after the games.

### Junior teen dance

The Junior teen dance will be Sept. 24 from 8 to 10 p.m. at the Youth Center for youth in sixth to eighth grades. The cost is \$2 for members and \$3 for non-members. Members who bring someone new will pay only \$1. Refreshments will be available. Youth are invited to bring their edited CDs and learn how to be a DJ at the dance.

### Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

### Youth Services volunteers

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

For more information, call the Youth Center at 221-3502.

### Youth sports kicks off football, cheer season

The Fort Sam Houston Child and Youth Services Youth Sports program kicked off its 2005 football and cheerleading season Friday with a "Cougar Pep Rally" at the football field adjacent to the Youth Center. The football and cheer squads, ages 5 through 12, were highlighted along with cheer and dance performances. The "Best Cougar" was awarded to the 11 to 12 age group while the 9 to 10 age group took home the award for winning the "Football-Cheer Relay." For upcoming game information, call youth sports at 221-3502. Youth sports is a member of the North American Junior Independent Football Federation.

### Cheer registration

Cheer registration for the football season is ongoing at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. for youth ages 7 to 12. The cost for cheerleading is \$50 for the first child and \$45 for the second. Youth must be registered with Child and Youth Services. A birth certificate and proof of a physical are required to cheer. Space is limited. For more information, call 221-3502 or 221-5513.

### Cooking classes

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

### Saturday open recreation

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

### IMPACT recreation

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

## Parent News

### PAC meeting

The next Child and Youth Services Parent Advisory Council meeting will be Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

### ArmyFCC Online

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

### PCI enrollment opportunity

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

### Part-day preschool program

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

### Home-based child care

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



# COMMUNITY LINK



## Happenings

### Computer sale

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

### Audie Murphy induction ceremony

There will be a Sgt. Audie Murphy induction ceremony honoring Sgt. 1st Class Martine Brown, E Company, 187th Medical Battalion, Sept. 30 at 4 p.m. The guest speaker will be Command Sgt. Maj. David A. Eddy, command sergeant major, U.S. Army Medical Command. For more information, call Sgt. 1st Class Wafford at 221-9314 or e-mail [Dwight.wafford@amedd.army.mil](mailto:Dwight.wafford@amedd.army.mil).

### NAF horse auction

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

### Heart of Texas guest night

Men of all ages who like to sing are invited to the Heart of Texas guest night today at 7 p.m. at the Texas State University Music Department, Sessom and North L.B.J., Room 222. The event is free. Visit [www.hotchorus.org](http://www.hotchorus.org) or [www.youcansingtoo.com](http://www.youcansingtoo.com) or call Shawn O'Brien at 488-2792.

### NDTA annual golf tournament

The San Antonio Chapter of the National Defense Transportation Association will sponsor its annual scholarship golf tournament Sept. 30. Prizes include \$10,000 for a hole-in-one. For more information, visit [http://home.att.net/~alamondta/golf\\_flyer2005.htm](http://home.att.net/~alamondta/golf_flyer2005.htm).

### St. Phillip's College postpones reunion

St. Philip's College Alumni Association and Friends will postpone its fourth annual scholarship reunion and social originally scheduled for Friday, until a later date yet to be determined. For information on the alumni association, call 531-3332.

### Jewelers at the Sam Houston Club

The Officer and Civilian Spouses' Club will sponsor James Jewelers of Bangkok, Thailand, Tuesday at the Sam Houston Club from 11 a.m. to 2 p.m. The jewelry sale is open to the Fort Sam Houston community and proceeds from the sale will benefit the OCSC welfare and scholarship funds.

### Prostate Cancer Awareness Day

The Brooke Army Medical Center Urology Clinic will observe Prostate Cancer Awareness Day Sept. 23 from 7:30 to 11 a.m. The event is open to active duty and retired military over age 40. No appointment is necessary. For more information, call Maria Patterson at 916-3419.

### Glenn Miller Orchestra

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

### Benefit concert

Jazz guitarist John Scofield will perform the music of Ray Charles in a Trinity University KRTU-FM benefit concert Oct. 8 at 8 p.m. in the Laurie Auditorium. Tickets are \$10, \$20 and \$30 and are available at all Ticketmaster locations. For more information, call KRTU-FM at 999-8917.

### VFW chili cookoff

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

### Texas Air Museum tour

A tour of the Texas Air Museum near Stinson Airport will be led by Director John Tosh Oct. 8 at 10 a.m. Exhibits include a rare World War II German Focke-Wulf 190 fighter plane and flight-related artifacts from both world wars. A Dutch-treat luncheon will be at the Stinson Airport Café. Cost for the tour is \$25. Lunch is not included. For more information or to register, call North East Community Education at 657-8866 or visit their Web site [www.neisd.net](http://www.neisd.net) or <http://www.neisd.net/>.

### Canyon Lake walks and bike trail

The U.S. Air Force will sponsor two 10-kilometer (6.2 miles) volksmarch walks and a 25-kilometer bike trail Saturday starting at Randolph Air Force Base Recreation Area off FM 306 at Canyon Lake. For more information, call 652-6508 or toll-free at (800) 280-3466.

### Historic Mason Texas walks

The Trotting Texas Turtles Volksmarch club will sponsor two 10-kilometer (6.2 miles) walks Saturday in historic Mason, Texas. For more information, call Karl or Beverly Kittinger at (254) 547-1403 or e-mail [walkabout@hot.rr.com](mailto:walkabout@hot.rr.com), or check out the club's Web site at [www.walktx.org/TrottingTexasTurtles/](http://www.walktx.org/TrottingTexasTurtles/).

## Volunteer

### Free Apple iPod for spouses

Army spouses who are selected to participate in a special pilot program using comprehensive, interactive Web-based tools for career management may win a free iPod. Those who complete four key assessments and a quick five-minute survey will be entered in the drawing. For more information, call 221-0427 or 221-0516.

### Golf association seeks new members

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

### BAMC needs volunteers

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

### Pediatric dental screenings

The Pediatric Dental Department at Lackland Air Force Base will provide drop-in dental screenings for children under age 13 Wednesday from 8 to 11 a.m. in the Sky Lark Community Center, Building 6576. This service is for eligible military medical beneficiaries. No appointment is necessary. Children will receive a dental screening exam, an opin-

ion about their dental condition and appropriate treatment recommendations or alternatives. Parents should bring a copy of their child's treatment plan or referral letter from their private dentist. For more information, call Col. Jeff Mabry at 292-3327 or Staff Sgt. Shannon Lilley at 292-4072.

## Professional Development

### Army Reserve opportunities

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

### FRG leadership training

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

### AFTB marathon week

Army Family Team Building will offer levels 1, 2, and 3 courses Oct. 3 to 7 from 8:30 a.m. to 5 p.m. at the Roadrunner Community Center. Participants may register for all three levels and complete the AFTB training or select specific topics during the week. For more information and to register, call 221-0275 or 221-2418.

### Financial workshops

KLRN will host financial literacy workshops in September and October for families with children ages 6 to 12. Workshops are at Oakwell Public Library, 4134 Harry Wurzbach, Tuesday, 6:30 to 7:30 p.m.; Guerra Library, 7978 W. Military Dr., Sept. 27, 6:30 to 7:30 p.m.; PanAmerican Library, 1122 W. Pyron St., Sept. 28, 6:30 to 7:30 p.m.; and Carver Library, 3350 E. Commerce, Oct. 4, 18 and 25, 6:30 to 7:30 p.m. For more information, call KLRN at 270-9000, ext. 2246, or visit [klrn.org](http://klrn.org).

### Military community job fair

The San Antonio Community Job Fair will be Wednesday, 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road (junction of IH-35 and Anderson Loop 1604). More than 100 employers will be represented. The event is sponsored by the Fort Sam Houston Army Career and Alumni program, Fort Sam Houston Family Employment Readiness program, Lackland Air Force Base Transition and Career Focus programs, Randolph AFB Transition and Career Focus programs, U.S. Department of Labor/VETS, and the Texas Workforce Commission. For a list of participating employers, visit [http://www.acap.army.mil/acap\\_centers/centers/CenterDetailView.cfm?site\\_id=27](http://www.acap.army.mil/acap_centers/centers/CenterDetailView.cfm?site_id=27). For more information, call 221-1213.

### GPS class

Outdoorsman Phil Starr will teach a two-hour class on using global positioning systems Oct. 1 at Eisenhower Park. He will show how it can be used for navigation in the city and country and how to mark a favorite spot, such as one for fishing. Students should bring a GPS unit if they have one or plan to borrow from the teacher. The cost is \$20. For more information or to register, call North East Community Education at 657-8866 or visit [www.neisd.net](http://www.neisd.net) <http://www.neisd.net/>.

### St. Phillip's lecture series

Award-winning journalist and author Richard Rodriguez, will start the 2005-2006 St. Philip's College President's Lecture Series Oct. 11, with a guest lecture on the college's main campus, 1801 Martin Luther King Drive. In observance of Hispanic Heritage Month, Rodriguez will address the

topic, "On Being Brown: Mixture in America," beginning at 11 a.m. in the theatre of the Watson Fine Arts Center. A book signing will immediately follow. For more information, call 531-3260. Admission is free and open to the public.

### Free workshops

St. Philip's College will offer students and the community a series of free miniworkshops this fall covering a broad range of self-improvement tips and focusing mainly on developing effective study skills. Although classes are free, donations of canned goods for the college Equity Center are accepted. All workshops will be presented on the main campus of St. Philip's College, 1801 Martin Luther King Drive, in the Norris Technical Building, Room 117, Mondays, Tuesdays or Thursdays. For more information, call 531-3544.

### ESL classes

Army Community Services will offer English as a second language classes every Tuesday and Thursday from 6 to 8:30 p.m. at the Roadrunner Community Center, Building 2797. These classes are geared for foreign-born spouses to increase reading comprehension, vocabulary and pronunciation and are appropriate for beginning, intermediate, and advanced students with individualized group instruction. For more information, call 221-2418 or show up at 6 p.m. any Tuesday or Thursday.

### Resume and interview workshops

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

### Hiring Heroes Career Fair

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

### Job search assistance

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

## Meetings

### Caribbean American Association

The San Antonio Caribbean American Association seeks new members. There is a gathering on the last Saturday of each month. For more information, call Master Sgt. Pauline Perry at 849-1957 or 221-6913.

### BOSS seeks single Soldiers

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

# FORT FREEBIES



*Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.*

**For Sale:** Two male Dachshund pups, \$125 each; AKC male golden retriever, 3 years old, obedient, \$225; computer desk, \$65; storm screen door with frame, white, \$50; baby cradle, solid wood, \$225; 1994 red Volvo, low miles, \$7,900 obo. Call 633-3859.

**For Sale:** 1993, 4 by 4 Toyota 4-Runner, white, 6-cylinder, AC, sunroof, running boards, AM/FM stereo, CD player, \$3,500 obo. Call Zori at 379-2202 or Staff Sgt. Gonzalez at 445-8094.

**For Sale:** Used Kenmore heavy duty washer with instruction manual, delicates adapter and hoses, \$50. Call 481-3846.

**For Sale:** Queen bedroom set without

mattress, three-piece, light wood, \$100; large southwest couch, \$150; entertainment center, oak, in very good condition, \$100; white microwave, \$50. Call Lt. Col. Smith at 437-4585.

**For Sale:** 2000 Nissan Frontier Crew Cab SE, fully loaded, V-6, automatic, power windows and locks, AC, cruise, AM/FM stereo, CD player, bedliner, factory bed extender, roof rack and step rails, 8,3000 miles, maintenance records, 100K mile extended warranty, \$12,000 obo. Call 313-3538.

**For Sale:** 2004 Hydrosipa hot tub, fits five, spa steps, chemicals, instructions included, in excellent condition, paid

\$3,000, asking \$1,750. Call Jennifer at 663-1443.

**For Sale:** California king Tempur-Pedic mattress in mint condition, paid \$1,300, asking \$700 obo. Call David at 916-3733 or 288-4505.

**For Sale:** Queen-size bed, \$100; Panasonic microwave oven, \$20; green couch, \$25; plaid couch \$25; kitchen table, \$25. Call James O'Connell at 221-0045.

**For Sale:** China cabinet with hutch, two-piece dark cherry, base unit with drawers, top has glass doors, \$375; Bentwood-style rocking chair, \$20; coffee table, dark wood, \$10; microwave oven with stand \$40. Call 495-2296 or 286-2349.

**For Sale:** Tapan microwave oven, \$20; Panasonic VCR, \$20; computer desk and hutch, \$45; glass top dining table with 4 chairs, \$100; Cannon fax machine, \$25. Call Sandy at 241-1291.

**For Sale:** Three lamps with shades, \$5 each; two upright arm chairs, \$10 each; oil paintings, \$5 each; queen-size brass bed-stand, \$20; mirrored dresser, \$75; small book case, \$5. Call 945-2906.

**Free:** Four brown teak dining room chairs; four southwest, white-wash dining room chairs plus two barstools; single overstuffed chair with ottoman, good condition. Call Lt. Col. Smith at 437-4585.