



Fort Sam Houston

# News Leader<sup>®</sup>



Vol. 36, No. 37

Fort Sam Houston — Home of Army Medicine

September 16, 2004

## Briefs

### U.S. Army Garrison CFC Kickoff Ceremony, Sept. 16

The Combined Federal Campaign Kickoff ceremony will be held Sept. 16 from 1 to 3 p.m. at the Roadrunner Community Center, Bldg. 2797 on Stanley Road. Mission permitting, commanders and directors should allow Soldiers/employees the opportunity to attend.

### Nutrition Care Training Facility Dedication, Sept. 17

The Army Medical Department Center and School will dedicate Bldg. 1350 in honor of Maj. Helen C. Burns Gearin during a ceremony hosted by Maj. Gen. George Weightman on Sept. 17 at 8 a.m.

### 'American Soldier' author to sign book, Sept. 18

Gen. Tommy Franks, former U.S. Central Command commander, will visit the Post Exchange on Saturday, Sep. 18 at 1 p.m. for approximately 90 minutes. He will sign copies of his book, "American Soldier." No photographs will be authorized. Customers standing in line should have nothing in their hands while going through the line except a copy of the book, which can be purchased at the Post Exchange.

### Post begins Hispanic Heritage Month activities Sept. 20

The Fort Sam Houston Hispanic Heritage Month opening ceremony will be held Sept. 20 from 11:30 a.m. to 1 p.m. at the Roadrunner Community Center, Bldg. 2797, on Stanley Road. The keynote speaker will be Sgt. Maj. Jose Lopez of U.S. Army South.

Hispanic Heritage Month will be celebrated Sept. 15 through Oct. 15. The theme is "Hispanic Americans: Making a Difference in Our Communities and Our Nation."

### CS Storage AMMO closed, Sept. 20-24

The Camp Stanley Storage Activity Ammunition Supply point will be closed for issues and turn-ins from Sept. 20-24 for 100 percent inventory to meet the implications of the Most Efficient Organization on Oct. 1.

### A-76 Town Hall Meetings, Sept. 22, 24

The next A-76 Town Hall meetings will be held Sept. 22, 1:30 to 3 p.m. at the Roadrunner Community Center, Bldg. 2797 on Stanley Road and Sept. 24 at Headquarters Bldg. Conference Room, Camp Bullis.

### Hq. Co., STB Change of Command, Sept. 28

Maj. Takako Barrell will relinquish command of Headquarters Company, Special Troops Battalion to Capt. Martin O'Donnell during a change of command ceremony on Sept. 28 at 10 a.m. in the Quadrangle.



Photo by Esther Garcia

The Fort Sam Houston Color Guard leads a solemn procession of Fort Sam Houston and San Antonio community members during observance of Patriot Day and POW/MIA Day following a memorial service at the Gift Chapel. The procession concluded with a wreath presentation and retreat ceremony at the post flagpole. See more photos on page 19.

## Post community commemorates Patriot Day and remembers POW/MIA

By Phil Reidinger  
FSH Public Affairs Officer

On Friday, a bell tolled once for each of the 50 states and territories of the United States at the post Gift Chapel, honoring the sacrifices of those members of our Armed Forces killed and wounded combating terrorism in Iraq and Afghanistan.

Two services provided the post and San Antonio communities opportunities to reflect on the impact of lost lives, the

courage of first responders, and the valor of the men and women of the nation's Armed Forces waging the Global War on Terrorism.

The services also served as a reminder of the sacrifices and hardships suffered by our Nation's prisoners of war, and the families of those still listed as missing in action.

At the post chapel, retired Command Sgt. Maj. Howard T. Ray, president of the POW/MIA Association, described the sacri-

fications and POWs and the anguish of MIA families. Retired Army Chaplain (Col.) Willie Peacock led a reflection of the day's events and the horror of the planes crashing into the Twin Towers as the nation watched.

Following a procession from the chapel to the post flagpole, the sounds of a bagpiper playing Amazing Grace began the retreat ceremony that included a presentation of wreaths by Maj. Gen. George Weightman, Army Medical Department

Center and School and Fort Sam Houston commander; Brig. Gen. Shelia Baxter, Medical Command; Brig. Gen. C. William Fox, Great Plains Regional Medical Command and Brooke Army Medical Center commander; Col. Garry Atkins, U.S. Army Garrison commander; Col. Luke Green, Fifth U.S. Army, Col. Thomas Heaney U.S. Army South; and Command Sgt. Maj. Kenneth Fyffe, Southwest Region, IMA.

## Post welcomes Maj. Gen. George Weightman as new commander

By Phil Reidinger  
FSH Public Affairs Officer

A formation of the three 32nd Medical Brigade battalions and the Army Medical Department NCO Academy spread across MacArthur Parade Field during the change of command ceremony on Sept. 9 recognizing Maj. Gen. George W. Weightman as the new Army Medical Department and Center and School commander. As the Fort Sam Houston senior mission commander, Weightman also serves as the installation commander.

The unit formation represented the more than 28,000 officers, NCOs and enlisted personnel, including Navy and Air Force students, who attend training at the Army Medical Department Center and School each year.

Maj. Gen. Kevin C. Kiley, acting commander, U.S. Army Medical Command, was the host and reviewing officer for the ceremony.

Following the change of command ceremony, the post commu-

nity bid farewell to Brig. Gen. Daniel F. Perugini and his wife Coleta, who retired after 30 years of service. Kiley presented the Distinguished Service Medal to Perugini and recognized Coleta Perugini's extensive volunteer service with the Secretary of the Army Public Service Award.

Prior to assuming command here, Weightman served as the commanding general, 44th Medical Command and Corps Surgeon, XVIII Airborne Corps at Fort Bragg, N.C. His previous assignments included commanding general of 3rd Medical Command (Forward) and Coalition Forces Land Component command surgeon for Operation Iraqi Freedom following an assignment as assistant Surgeon General for Force Projection.

Awarded a Doctorate of Medicine Degree from the University of Vermont, he completed his Family Practice residency at Eisenhower Medical Center at Fort Gordon, Ga.



Photo by Ray Turner

Maj. Gen. George W. Weighman accepts the Army Medical Department Center and School colors from Maj. Gen. Kevin C. Kiley, acting commander, U.S. Army Medical Command. See more photos, page 18.

# C Company, 187th Med. Bn. gets the message out to vote

By 1st Lt. Christopher Nordin  
Special to the News Leader

C Company, 187th Medical Battalion kicked off Voting Week with a voting workshop set up at Rocco Dining Facility during lunchtime hours on Sept. 8. Similar workshops were conducted by sister units across the 32nd Medical Brigade.

Catching Soldiers in a hurry to eat and get to their next formation was a baptism by fire experience. Manning the voting assistance table on Sept. 8 were 1st Lt. Christopher Nordin and Drill Sergeant

Charles Cox. Soldiers lined up, eager to request absentee ballots from their home state. Soon, the table was surrounded with these citizen Soldiers requiring assistance. For many of the Soldiers attending training in 32nd Medical Brigade units, voting is a first time experience and they needed encouragement and guidance in filling out the forms, which may seem difficult. The truth is, it's an easy process.

The workshop lasted for more than an hour, could have remained open the entire day, and still had business. In a short period of time we could not register everyone.

Hopefully, our efforts will have a reciprocal effect as Soldiers talk to each other.

Pfc. Adriene Stack assigned to C Company said, "I come from a military family moving around every few years. My decision was to get a ballot from Oklahoma where my mother is stationed. What a great opportunity we have every four years to express our feelings and have a voice in how the country is run. Its really an obligation."

Soldiers should know who their Voting Assistance Officers and NCOs are. Units also should maintain visibility of voting assistance officers and NCOs on bulletin

boards and high traffic areas.

Soldier, are you registered to vote? Do you want a voice in primary elections in your home state? How about the presidency? You can vote through an absentee voting ballot form. All you have to do is fill out a request form by mail or even fax to states that allow it. It takes about five minutes to fill out, does not cost you any money, and will arrive to you at any address you request. Contact your unit voting officer or ask someone in your chain of command for assistance.

## Fort Sam Houston News Leader

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**Army Medical Department  
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# Mother daughter team share special bond; proud to serve and care for Soldiers

By Michael Dulevitz  
BAMC Public Affairs

When Sgt. Israel Burks was wounded in Operation Iraqi Freedom, little did he know that two of his caregivers on his road to recovery would share a very close bond.

Burks, a 25-year old active duty Soldier and native of Alabama, assigned to the 121st Infantry, 25th Infantry Division, suffered gunshot wounds and fractured tibias in both legs March 8 while serving in Iraq.

After being stabilized, he was airlifted to Landstuhl Regional Medical Center, Germany, for his initial care, and was subsequently transferred to Brooke Army Medical on March 20.

While at Landstuhl, Burks was cared for by Senior Airmen Kasandra Lee, an Air Force aerospace medical technician. Upon transfer to Brooke Army Medical Center, his care fell to 1st Lt. Katrina Noles, a registered nurse assigned to BAMC's Ward 4 West. In a unique twist of fate, his caregivers, Noles and Lee, turned out to be mother and daughter.

Burks remembered his time at Landstuhl and Lee very well. "She took really good care of me, and kept my spirits up while I was there," he said.

Lee also remembered Burks. "I can still picture his face," she said, adding that he was a very friendly patient and very willing to work with her to get done what needed to be done with regard to his care.

She laughed when saying, "I remembered him for his awesome Southern accent and for just being a good old country boy."

Lee said that when she realized that Burks was going to BAMC, she called her mother to inform her of his possible arrival and to look out for him. Lee also asked Burks to contact her mother and to say hello for her when he arrived at BAMC.

Lee's premonition about Burks meeting her mother was on target. Upon his arrival at BAMC he was assigned to Ward 4 West, her mother's ward, but oddly enough, Noles had not yet begun work there.

After his arrival on the floor, Burks asked staff members about

Noles, but no one was aware of her soon-to-be presence, and told him they did not know her.

One morning, several hours after Burks returned from surgery, Noles entered his room and introduced herself. Noles said, "He told me that my daughter had asked him to say hello, and the rest is history."

Noles had the opportunity to work closely with Burks and his family during his stay. "They are very special people. His wife is expecting a baby and I felt touched to be a part of his recovery."

Noles, a reserve officer serving with the 75th Combat Support Hospital, was called to active duty on Feb. 28. She had previously been an Army medic before being commissioned in May 2002. She says that, "I feel extremely proud to serve as a nurse in the U.S. Army Nurse Corps."

She told the story of how during a training assignment at Fort Gordon, Ga., just a short time before the war, she was sitting in her car at a crosswalk where masses of young Soldiers were crossing the road en route to the chow hall. Noles began to cry realizing this is why she serves, and that if we were ever to go to war that these young men and women would need her. "This has come to pass and I feel very grateful to have the knowledge and ability to care for all of them that come to me," she said.

Noles daughter, Kassie, as her mom refers to her, has been in the Air Force for six years, having enlisted in Pensacola, Fla. in July 1998. Lee had hoped to enter the field of electronics, but entered the Security Forces instead. After serving in that capacity for three years she cross-trained into the medical field. She has not been sorry with her choice, and finds her current profession to be very beneficial



Photo by Mike Dulevitz

1st Lt. Katrina Noles, a registered nurse, works with Sgt. Israel Burks on his road to recovery at Brooke Army Medical Center. Noles daughter, Senior Airman Kasandra Lee, was part of the initial joint health care team that treated Burks at Landstuhl Regional Medical Center in Germany.



Courtesy Photo

Senior Airman Kasandra Lee, an aerospace medical technician, assists with the medical care of many of the casualties evacuated due to injuries sustained in the Global War on Terrorism.

and rewarding. She is continuing with her college education and hopes to follow in her mother's footsteps and become a registered nurse.

"My mom has always been a large influence on me," Lee said. "She strives to improve herself daily and I admire her for that."

Lee's next assignment will be in Osan, Korea, and she is looking forward to the challenges her new duty station will hold.

Meanwhile her mom said that although she doesn't plan to make the Army a career, she is proud to serve and care for Soldiers as long as she is able to do so. When talking about her daughter she said, "I am truly blessed to have such a wonderful and caring daughter and have never been more proud of her than I am now."

Burks is just thankful to them both for the care that they have given him.

## F Company, 232nd Medical Battalion conducts Warrior Ethos training

By 1st Lt. James Silverstrim  
Special to the News Leader

Early Saturday morning, the Soldiers from F Company executed Warrior Ethos training to reinforce their soldierization and medical skills. The combat medics were given a fully stocked aid bag with orders to proceed to their patient on the "battlefield." Along the way, they were subjected to simulated direct and indirect fire.

By training the Soldiers under these conditions, they were required to use individual movement techniques to avoid becoming casualties themselves. Once they reached the patient, they were forced to treat a severe laceration requiring a tourniquet to control the bleeding. By the time the tourniquet was applied

the patient had gone into shock. Treatment of shock required the Soldiers to initiate an IV.

This training reinforced the skills the Soldier medics are learning in the classroom. Earlier in the week, the Soldiers learned how to initiate an IV. However, this was done in a classroom setting. The training reinforced their skills in executing IV's and at the same time gave them a more realistic environment under which they will be required to perform these duties. By combining Soldier skills and medical tasks training in classroom and realistic field training environments, the 232nd Medical Battalion is training a more confident and competent combat medic to treat battlefield injuries.



Courtesy photo

Pfc. Jasmin Sierra initiates an IV on a Soldier simulating shock during a field training exercise. Initiating IVs in a battlefield environment is a necessary skill for all combat medics.

# The Army Medical Department Student Detachment is proud to announce the commissioning of the following officers:

Ambersley, Michelle F.	SSG	91W	University of Oklahoma
Andrews, Iquo N.	SSG	91W	George Mason University
Balding, Kristina M.	SPC	35E	University of Colorado
Bracete, Gerald A.	SGT	91X	Inter-American University
Coley, Velma J.	SSG	91W	Clayton State University
Dorr, Nakeima	SGT	75B	Columbus State University
Duran, Orlando T.	SSG	19K	Inter-American University
Fiore, Angelo V.	SGT	91D	University of Texas HSC
Givens, Jennifer	SGT	93C	Armstrong Atlantic State University
Hudson, Felicia E.	SSG	91W	Austin Peay State University
Johnson, Tiffany	SGT	92S	North Carolina Central University
Jones, Lakeisha D.	SSG	91W	Georgia Southern University
Jones, Stephen D.	SGT	91W	Austin Peay State University
Kaluza, Andrea M.	SGT	91W	Austin Peay State University
Krause, Andrew S.	SSG	91A	Pittsburg State University
Luciano, Juliana A.	SPC	91W	University of Maryland
Mozer, John M.	SGT	63B	Barton College
Nierman, Linda C.	SGT	91W	Columbus State University
Peck, Nicole	SGT	92A	Armstrong Atlantic State University
Perez, Omar	SPC	91S	Inter-American University
Pina, Isabella	SGT	92A	University of Mary-Hardin Baylor
Sipe, Kelly C.	CPL	77F	Austin Peay State University
Thomas, Cheryl L.	SSG	91E	Medical College of Georgia



Photos by Ed Dixon

Last Friday, 23 Soldiers received their commission in the Army Nurse Corp during a ceremony in Blesse Auditorium hosted by Brig. Gen. Shelia Baxter, assistant Surgeon General for Force Sustainment. The Army Medical Department Center and School Student Detachment manages the Enlisted Commissioning Program that provides eligible active duty soldiers the opportunity to complete a baccalaureate degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. The program, initiated in 1990 is open to a maximum of 85 Soldiers who may be funded to participate each year.



## eArmyU to be fielded Armywide

Beginning Oct. 1, access to the Army Continuing Education System's eArmyU program will be available to most active-duty enlisted Soldiers.

The Army launched eArmyU in 2001, to offer eligible enlisted Soldiers the opportunity to work toward a college degree or certificate online. The program began with selected installations and so far, more than 46,000 Soldiers have taken courses from 29 institutions.

With the program's expansion to the entire Army, the eArmyU "Technology Pack" or "laptop" option will be offered solely as a retention and readiness tool in support of Army Transformation and the Army Campaign Plan, officials said, by encouraging re-enlistment into combat forces/operational units.

The eArmyU "no laptop" enrollment, now called "eCourse enrollment," will be offered to the majority of other active-duty Soldiers, officials said.

With eCourse enrollment, Soldiers use their personal computers to participate in the program on a course-by-course basis. There is no longer a service-remaining requirement with the eCourse option, officials said. However, they said Soldiers must have sufficient remaining time in service to complete the eArmyU course in which they are enrolling.

The Army-wide expansion of the program comes with some critical changes in Soldier enrollment eligibility, officials said.

Enrollment in eArmyU's "laptop" option (referred to as Technology Package) will be limited only to Soldiers who re-enlist for assignment in a combat forces/operational unit, as defined by senior Army leadership in the list below.

Laptop program enrollees will receive a state-of-the-art laptop to use in their participation, and will be required to successfully complete 12 semester hours in three years instead of the current two years. Soldiers must have three years time-in-service remaining at the time of program enrollment, and must have concurrent enrollment approval from their commander and the ACES Counselor.

Both "no-laptop" and "laptop" students receive several tools to support their success as an online student, including an Internet Service Provider account, eArmyU "Boot Camp" tutorial, an email account, online academic tutoring, digital library services, and 24/7 helpdesk and technology support.

For the purposes of eArmyU, the following assignments are now considered combat forces/operational units:

### Divisions:

1st Armored Division (Wiesbaden, Germany)  
 1st Infantry Division (Wuerzburg, Germany)  
 1st Cavalry Division (Fort Hood, Texas)  
 2nd Infantry Division (Camp Red Cloud, Korea)  
 3rd Infantry Division (Fort Stewart, Ga.)  
 4th Infantry Division (Fort Hood)  
 10th Mountain Division (Fort Drum, N.Y.)  
 25th Infantry Division (Schofield Barracks, Hawaii)  
 82d Airborne Division (Fort Bragg, N.C.)  
 101st Air Assault Division (Fort Campbell, Ken.)

### Army Cavalry Regiments:

2nd Armored Cavalry Regiment (Fort Polk, LA)\*  
 \*will become Stryker Brigade Combat Team 4 (Fort Lewis, Wash.) in Apr 05  
 3rd Armored Cavalry Regiment (Fort Carson, Colo.)

### Stryker Brigade Combat Teams:

SBCT 1 (3rd Brigade, 2nd Infantry Division - Fort Lewis)  
 SBCT 2 (1st Brigade, 25th Infantry Division - Fort Lewis)  
 SBCT 3 (172d Infantry Brigade - Fort

Wainwright, Alaska)  
 SBCT 5 (2nd Brigade, 25th Infantry Division - Fort Shafter, Hawaii)\*\*  
 \*\*planned for 4th quarter Fiscal Year 2005

### Separate Brigades:

173 Airborne Infantry Brigade (Vicenza, Italy)  
 1st Brigade, 1st Infantry Division (Fort Riley, Kan.)  
 3rd Brigade, 1st Armored Division (Fort Riley)  
 and Army Special Operations Command  
 Additional changes may be made in modularity and restationing initiatives, officials said.

eArmyU.com, the program's distance-learning portal, currently allows enrolled Soldiers to access 146 post-secondary certificates as well as associate, bachelor's, and master's degree programs from 29 regionally-accredited college and university partners.

Soldiers are ensured that they can transfer education credits across institutions because only Servicemembers Opportunity Colleges Army Degree, or SOCAD member schools, may offer undergraduate programs as part of eArmyU.

# How TRICARE new contracts will affect you

The TRICARE health plan has several medical and dental contracts that provide health care services to more than 8.9 million beneficiaries. Many of these contracts have reached the end of their planned existence. The TRICARE Management Activity has awarded and is in the process of transitioning to new contracts. The new TRICARE health care service and support contracts will merge 11 stateside TRICARE regions into three. What is currently Region 6, Arkansas, western Louisiana, Oklahoma and Texas (except El Paso), will become part of the new TRICARE South Region and will begin to transition to the new contractor, Humana Military Health Services, on September 20, 2004 with complete health

care delivery starting on November 1, 2004.

These new contracts will make the TRICARE benefit:

- Easier to Access
- More Customer Service Focused
- More Responsive to Patients

These regional mergers will result in better customer service, improved portability, and access to quality health care. However, your benefit, cost and enrollment process will remain the same.

**Benefit:** TRICARE benefits for patients remain the same. Additionally, the new contracts are expected to enhance access to health care and simplify the administrative process for beneficiaries and providers.

**Cost:** TRICARE costs for patients remain the same. No

change to deductibles, enrollment fees, copayments, catastrophic caps, or cost shares.

**Enrollment:** The enrollment process will remain the same. Patients who choose to enroll in this Region to TRICARE Prime during the transition period beginning September 20, for an effective date of coverage of October 1, 2004, will need to contact the new contractor, Humana Military Health Services. If patients in one of the other new regions are currently enrolled in TRICARE Prime, and wish to remain enrolled in TRICARE Prime in this Region, their records will be transferred to the new contractor upon request. Please note that upon the enrollment anniversary, all enrollments will be transferred to

a fiscal year basis rather than an enrollment year basis.

#### Primary Care Manager:

Every effort will be made to retain civilian health care providers who serve as PCMs in the existing TRICARE network. Additionally, work is in progress to attract new providers to join the network. HMHS will assist patients in identifying a new PCM if the current PCM does not wish to remain in the new TRICARE network.

**Prime Enrollment Record:** Patients enrollment records will remain intact. If PCMs choose not to continue in the TRICARE network as authorized and/or network providers, the patients' records will be updated with their new PCMs information.

#### Claims:

- Claims will continue to be filed with the current claims processor until transferred to the new claims contractor. WPS will remain responsible for processing all claims with a date of service prior to November 01, 2004.

- Claims filing addresses for the new TRICARE contractors will be widely disseminated as the date approaches for the new contractors to begin health care delivery. There will be a mechanism to ensure that claims sent to the old claims processing address will be forwarded to the new claims processor. TRICARE Prime providers will electronically submit claims to the new TRICARE contractor address.

## eArmyU

Continued from Page 4

Institutions offering only graduate and/or certificate programs must agree in writing to the Servicemembers Opportunity Colleges institutional principles and criteria.

All eligible Soldiers receive \$250 per semester hour or up to 100-percent tuition, whichever is less, up to an annual ceiling of \$4,500. Tuition Assistance covers tuition, fees, books, academic advisement,

library resources, and administrative and technical support, officials explained.

To find out more about the Army-wide expansion of eArmyU, visit any installation's Education Center, officials said.

#### Eligibility Requirements for eCourse

- Be an Army regular active-duty or Army Active Guard/Reserve enlisted soldier
- Be eligible for favorable personnel action
- Have a high school diploma or GED certificate

- Meet a home institution's admission criteria

- Have concurrent enrollment approval from commander and an ACES counselor

#### Eligibility requirements for Technology Package

- Be an Army regular active-duty enlisted Soldier and re-enlist for assignment in a combat forces/transforming units as defined by senior Army leadership.
- Be eligible for favorable personnel action

- Have a high school diploma or GED certificate

- Meet a home institution's admission criteria

- Have concurrent enrollment approval from commander and an ACES counselor

- Have a minimum three years Service Remaining Requirement

Source: Information provided by Human Resources Command Public Affairs.

Source: Army News Service

# 232nd Med. Bn. Soldier and Junior Leader of the Week

Courtesy photos



Pfc. Mark E. Bertrand

(Left) Pfc. Mark E. Bertrand, Soldier of the Week, is a native of New Orleans, La. He is a National Guardsman currently attending the University of New Orleans, majoring in psychology. Bertrand joined the Army to support the fight for freedom and hopes to join the Special Forces. The most important lesson he learned since arriving at Fort Sam Houston is to trust your peers, your equipment, and your superiors. Bertrand's physical fitness score is 250 and his grade point average is 94.

(Right) Pfc. David T. Chung, Junior Leader of the Week, is a native of Milwaukee, Wis. He is a National Guardsman currently attending the University of Minnesota, majoring in history and political science. Chung says that it's always been his dream to serve his country in the Army. The most valuable lesson he learned since arriving at Fort Sam Houston is that to be a good leader, you must first learn to follow. Chung's physical fitness score is 286 and his grade point average is 91.



Pfc. David T. Chung

# 232nd Med. Bn. conducts 9-11 remembrance run

**By Sgt. 1st Class Alford Rodriguez  
Special to the News Leader**

In remembrance of the third anniversary of the September 11, 2001 tragedy, the 232nd Medical Battalion conducted an esprit de corps run to pay tribute to the victims of the 9-11 terrorist attacks. Maj. Gen. George W. Weightman, commander, U. S. Army Medical Department Center and School and Fort Sam Houston, Col. Bradley Freeman, commander, 32nd

Medical Brigade, and Lt. Col. Bruce McVeigh, commander, 232nd Medical Battalion addressed the entire Battalion on the day's historical significance and the 91W Soldier medic role in the Global War on Terrorism. McVeigh then proudly presented the Fort Sam Houston Fire Chief with a plaque signifying the Battalion's appreciation for all firefighters and first responders that risk their lives everyday to protect and serve.



**Photo by Chaplain (Capt.) Luis Lopez**  
(above) Fort Sam Houston Firefighters are recognized for their outstanding community service with a plaque presented by Lt. Col. Bruce McVeigh, 232nd Medical Battalion commander, on behalf of the battalion.



**Photo by Chaplain (Capt.) Luis Lopez**  
(Left) F Company, 232nd Medical Battalion Soldiers listen to comments by Maj. Gen. George W. Weightman, commander, U.S. Army Medical Department Center and School and Fort Sam Houston, prior to leading the battalion esprit de corps run Sept. 10.

# Spider bites require quick medical attention

The bite of the brown recluse is usually painless until 3 to 8 hours later when it may become red, swollen, and tender. Later the area around the bite site may develop into an ulcerous sore from 1/2 to 10 inches in diameter. Healing often requires a month or longer, and the victim may be left with a deep scar. Prompt medical attention can reduce the extent of ulceration and alleviate other complications that may develop. It should be noted that not all brown recluse bites result in ulcerations or scarring.

Spider bites are difficult to diagnose, even by physicians. Anyone bitten by a spider, which is believed to be a brown recluse should try to collect the specimen and bring it to a qualified individual for identification. Positive identification by an expert will help the physician decide on the appropriate course of treatment.

About 50 percent of spider bites are 'dry,' meaning that no venom is injected and nothing happens to the victim. In fact, often times the victim does not even realize that he has been bitten. Typically, when venom is injected, the victim will experience an immediate redness, which

develops around the bite then begins to disappear within a few hours. Very often, for the first 24 hours, the bite appears to be no worse than that of a mosquito; then it begins to blister in the center. Within 24 to 36 hours the blister breaks open, leaving an open, oozing ulceration.

The ulceration will 'scab' over within three weeks from the initial bite, leaving a permanent scar. If the bite is delivered in fatty tissue, the lesion may be very deep and extensive, not healing for two or three years. Systematic reactions to hobo spider poisoning include severe headaches, nausea, vomiting, soreness and flu-like symptoms.

In extreme cases where the bite was not taken care of early, skin graft, amputation, and the possibility of bone marrow failure may occur.

#### **Brown recluse spider characteristics**

The brown recluse spider is about 1/4 to 1/2 inches in body length (most adults are about the size of a United States dime to a U.S. quarter with legs extended).

Coloration ranges from tan to dark brown, with the abdomen often darker than the rest of the body. The feature that most distinguishes the brown recluse from many other harmless spiders is a somewhat darker violin-shaped marking on top of the leg-bearing section of the body. The neck of the violin "silhouette" points towards the rear (abdomen) of the spider.



Brown Recluse spider

Brown recluse spiders also have 3 pairs of eyes (arranged in 3 groups of two) rather than 4 pairs for most other spiders. This diagnostic feature requires use of at least a 10 times magnification hand lens.

The brown recluse roams at night seeking its prey. During the day, it hides in dark niches and corners, where it may spin a poorly organized, irregular web.

It is shy and will try to run from a threatening situation but will bite if cornered. People are sometimes bitten while they are asleep because they roll onto a brown recluse spider while it is hunting in

the bed. More often the victim is bitten while putting on a shoe or piece of clothing, which a spider has selected for its daytime hiding place.

Spiders prefer quiet, undisturbed areas such as closets, garages, basements, and attics. Reducing clutter in these areas makes them less attractive to spiders.

Large numbers of spiders often congregate outdoors around the perimeter of structures.

Moving firewood, building materials, and debris away from the foundation of the house indoors can reduce migration. Shrubs, vines and tree limbs should be clipped back from the side of the building.

Install tight-fitting window screens and door sweeps to exclude spiders and other insects. Inspect and clean behind outdoor window shutters.

Consider installing yellow or sodium vapor light bulbs at outside entrances. These lights are less attractive than mercury vapor, fluorescent, or incandescent bulbs to night-flying insects, which, in turn, attract spiders.

Source: Fort Sam Houston Safety Office.

## Reserve Component Readiness highest ever

By Kathleen T. Rhem  
American Forces Press Service

The state of readiness among today's Reserve Component forces is higher than it has been in the nation's history, the official responsible for equipping and training those forces said Sept. 9.

Assistant Secretary of Defense for Reserve Affairs Thomas Hall said he believes the high state of readiness among National Guard and Reserve

troops is indicative of the goodness in the American people.

"I believe the thing that has been said about America and our goodness is (that it) is not at all in the science and not at all in the equipment, but in all the people," he said during an interview with the Pentagon Channel and American Forces Press Service.

Hall said the Guard and Reserve are representative of the American people because they

are truly citizen-soldiers. He added that he believes today's generation of young people has the potential to be the next "greatest generation."

"Sometimes we say the younger generation is this or that. I think what the younger generation is today is patriotic," the secretary said.

"And they are answering the call to colors just like their fathers, grandfathers (and) grandmothers did throughout the past."

Today's National Guard and Reserve troops are deployed to virtually every location and every mission that requires active-duty service members. "So when you look in the Sinai, you look in Bosnia, Kosovo, Afghanistan, Korea, Europe, Iraq — almost anywhere in the world — you'll find guardsmen and reservists alongside their active-duty brethren," Hall said. "And in a totally integrated force, that's what you need."

Hall, a retired two-star Navy admiral, said he believes recruiting and retention will be among the greatest challenges facing the reserve components in the immediate future. With 400,000 guardsmen and reservists mobilized since September 11, 2001, and 157,000 still activated today, he said the war on terrorism has led to the largest mobilization of reserve-component troops since the Korean War.

## Wilford Hall offers treatment for patients with uterine fibroids

Story and photo by Sue Campbell  
59th Medical Wing Public Affairs

Interventional radiologists at Wilford Hall Medical Center are offering a non-surgical treatment for women who suffer with uterine fibroids. The treatment is called uterine fibroid embolization and it involves only a tiny prick to the skin.

"UFE is a new approach for treating uterine fibroids that blocks the blood flow to the tumors," said Maj. (Dr.) George Leon, an interventional radiologist in the 759th Diagnostics and Therapeutics Squadron. "It is a minimally invasive procedure that takes only about one hour, performed while the patient is conscious, but sedated."

Fibroids are benign, non-cancerous growths within or on the muscular walls of the uterus or womb. Some can be as small as a pea, while others can be as large as a cantaloupe. The uterus may have more than one fibroid in any area and 20-40 percent of women over the age of 35 have them.

"Fibroids can cause pain, abnormal menstrual bleeding, and frequent urination," explained Leon. "This procedure allows us to treat the problem, preserving the uterus and avoiding surgery."

The UFE involves placing a catheter in an artery in the leg and guiding it to the artery in the uterus. The radiologist injects small round particles into the artery that block the blood supply to the fibroids, causing them to shrink in size over the next two to three months.

Generally, there is an overnight stay at the hospital, but 95 percent of women who have the procedure go home after one night. Recovery is normally one to two weeks, but most patients are mobile in a couple of days, returning to work after one week.

"When you compare a UFE to another common treatment for fibroids, a hysterectomy, the



Lt. Col. (Dr.) David Condie, Angio-Interventional Element chief in the 759th Diagnostics and Therapeutics Squadron, performs a fistulagram on a patient's arm. Interventional radiologists at Wilford Hall complete approximately 120 non-invasive procedures each month, including this procedure and uterine fibroid embolizations.

advantages are considerable," said Leon. "There is a much shorter recovery period, reduced pain, no scar, and no significant blood loss."

In clinical studies conducted at 11 medical centers in the U.S., 132 women who had problems with uterine fibroids received UFE. After 12 months, the majority of them had significant reduction in menstrual bleeding, pelvic pain, and frequency of urination. After 12 months, 96 percent reported they were satisfied with the results of their UFE.

"This procedure is a safe and effective alternative to surgery we are eager to offer our patients," said Leon.

Individuals who are interested in more information about UFE should contact their gynecologist or can call Maj. (Dr.) George Leon or Lt. Col. (Dr.) David Condie at 292-7839 OR 292- 5265.

## Health Promotion Center September Class Schedule

Class	Date	Time
Active Duty Self Care	16	8 - 10 a.m.
Body Fat Testing	17	8 - 11 a.m.
Introduction to Weight Reduction	17	Noon-1:30 p.m.
Breastfeeding Support Group	17	1 - 2:30 p.m.
Diabetes Education	20	12:45 - 4:30 p.m.
Cholesterol and Lipids	21	1 - 3 p.m.
Breast Health	21	9 - 10 a.m.
Arthritis	21	9:30 - 11 a.m.
Office Yoga	21	Noon - 1 p.m.
Diabetes Education	21	12:45 - 4:30 p.m.
Fibromyalgia	22	1 - 3:30 p.m.
Breastfeeding Support Group	24	1 - 2:30 p.m.
Diabetes Education	27	12:45-4:30 p.m.
Cholesterol and Lipids	28	1 - 3 p.m.
Office Yoga	28	Noon - 1 p.m.
Diabetes Education	28	12:45 - 4:30 p.m.

For information, call Health Promotion Center at 916-3352. Health classes are offered for DoD civilians and military beneficiaries.

## WHMC seeks patients with uterine fibroids

Wilford Hall Medical Center seeks patients who require treatment for pain, discomfort or bleeding caused by uterine fibroids. Uterine fibroid embolization is a minimally invasive procedure that is available and requires no surgery, leaves virtually no scar and allows most patients to resume normal activities within days. For more information or to schedule an evaluation, call Maj. (Dr.) George Leon or Lt. Col. David Condie at 2-7839.

# BOSS 'Showtime at the Apollo' pays tribute to OEF and OIF troops

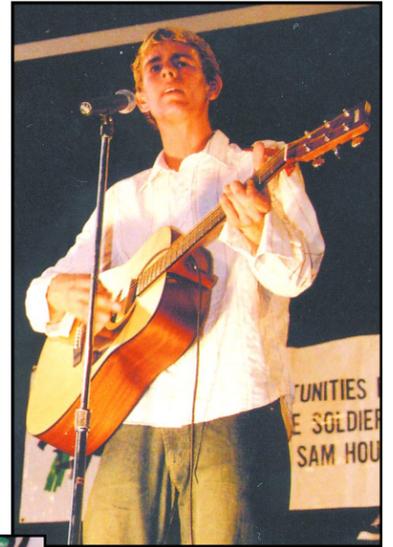
Story and photos by Alexandra Nordeck  
Special to the News Leader

A large crowd assembled at Blesse Auditorium Sept. 10 to enjoy the Better Opportunity for Single Soldiers "Showtime at the Apollo," which featured more than 25 acts. This high-energy, comic night included performances by kids, teens and adults from the Fort Sam Houston community. The show was a tribute to the Operation Enduring Freedom and

Operation Iraqi Freedom Soldiers, many of whom were in the audience.

Show highlights included Nathaniel Sherrod, winner in the kids' category, Joshua and Micah Jenkins, winners in the teen category and Senior Airman Tenisia L. Jones, winner in the adult category.

BOSS, Morale, Welfare and Recreation, United Services Organization, Images by Jay, Kim's Alterations and Cleaning and the Wellesley Inn Airport sponsored the "Showtime at the Apollo."



Micah and Joshua Jenkins, winners in the teen category, receive their trophy from Master of Ceremonies, Sgt. Walter Campbell.



(Above Left) Staff Sgt. Micaela Reyes, BOSS member and show organizer gives Donald Holden, Jr. a teddy bear. The USO donated the bears for children who attended the show.

(Above) Bryce Kinsey plays guitar and sings a song dedicated to his brother, who is currently serving in Iraq.

(Left) Liam Merkle sings "My Girl" to a member of the audience.

# 'Rainbow Kids' plan busy fall schedule

The Fort Sam Houston Rainbow Kids entertainment group is just a little more than six-months old. Yet in that short time they have left their mark on San Antonio, Fort Sam Houston and the surrounding communities with their lively and quality family entertainment. However, these young entertainers are not sitting around talking about their accomplishments. Instead, they have increased their output with more shows and even a new television video project.

Recently, six members of the group (Raven Harden, Emily Mazak, Katie McHargue, Liam Merkle, Natalie Palmer, and Luisa Rodriguez) appeared at Fort Sam Houston's Better Opportunities for Single Soldiers' "Showtime at the Apollo," held in Blesse Auditorium.

On Saturday, the full group was featured at the Village of Bulverde Freedom Festival in Bulverde, Texas. The "Kids" performed an hour-long show of musical performance that included swing, country, 50's and 60's, plus routines from as far back as the 1920s. The likes of Elvis Presley, Nancy Sinatra, the Andrew Sisters and the Purple People Eater were featured.

On Sept. 17, the entertainers will perform a special show for

the 187th Medical Battalion Leadership Dinner at the Stillwell House here.

On Oct. 7, the "Kids" will travel to the GVTC Auditorium for a very special performance for the Canyon Lake Women in Business Trade Show, which is a fundraiser to help girls in school.

On Oct. 16, the group will be part of the Fort Sam Houston Fall Festival at MacArthur Field here. The time remains to be determined for that performance.

The group will continue to perform up until and through the holiday season.

## **My Name is Moriah Video**

On top of all the stage performances, the group is in the middle of videotaping their 22nd video called, "My Name is Moriah." The new video is the story about four kids (two sets of sisters) who dislike each other very much but end up lost in the woods and, after some experiences, finally learn to trust each other. The movie is an adventure comedy. While in the woods, the kids run into snakes, fall into creeks, eat interesting creatures, learn survival techniques, and even meet kids from the 1800s and 1950s.

For the next month, the group will be on location shooting scenes in the woods of Breckenridge Park.

A public free showing of the latest video is planned for Oct. 29 at 7 p.m. at the Fort Sam Houston Youth Center, Bldg. 1930A.

"My Names is Moriah" cast includes: Katie McHargue as Moriah; Luisa Rodriguez as Kelsey; Dylan Cook as Tommy; Cara Luz Trevino Kiger as Amy; Liam Merkle as Shawn; Elizabeth LaFrance as Melody; Amy Mulkey as Angie; Cady Mulkey as Cady; Victoria Ziegler as Lexi; Natalie Palmer as Natalie; Nina Nicole Salinas as Meaghan; Gigi Arecchi as Alyssa; Amy Lillibridge as Kathrin; D'Andra Van Buren as Mary; and Emily LaFrance as Sasha. Extras in the video include: Deja Bluford, Brittanie A. Cruz, Jennifer Pederson, Sabrina Perez and Rebecca McHargue.

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

The Rainbow Kids are sponsored by the Fort Sam Houston Youth Activities under the director of Ron Joy. For more information, call Joy at (830) 980-7786 or (210) 295-2093.

## Fort Sam Houston Independent School District Weekly Campus Activities September 20 – 25, 2004 *Hispanic Heritage Month*

### **Fort Sam Houston Elementary School**

G.A.T.E. Nominations All Week

#### **Friday, Sept. 24**

- Spirit Day

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

#### **Tuesday, Sept. 21**

- Grade 7: ITED/COGAT in Cafeteria, TBA

- JROTC Blood Drive at Pryor Hall, 2:30 – 7 p.m.

- Volleyball at Comfort, Freshmen – 5 p.m.; JV – 6 p.m.; V – 7 p.m.

#### **Wednesday, Sept. 22**

- Grade 7: ITED/COGAT in Cafeteria, TBA

#### **Thursday, Sept. 23**

- Grade 7: ITED/COGAT in Cafeteria, TBA

- Junior Varsity Football vs Center Point at Cole, 7:30 p.m.

#### **Friday, Sept. 24**

- Varsity Football at Center Point, 7:30 p.m.

#### **Saturday, Sept. 25**

- Cross Country at UTSA/Whataburger Invitational Meet - TBA

- Junior Varsity Volleyball Comfort Tourney, TBA

## **Cole JROTC to host Blood Drive**

The JROTC "Cougar" Battalion of Robert G. Cole High School will host the school year's first blood drive on Tuesday, Sept. 21 from 2:30 to 7 p.m. in the Cole JROTC Building (Pryor Hall). Donors must be 18 years of age and weigh at least 110 pounds. To donate, contact a Cole JROTC cadet or call 368-8730, ext 7018 or ext 7019 for a time slot.

# Army Community Service

## Family Advocacy Program Class September Schedule

Class Title	Dates	Class Time
Beyond Your First Baby	29	8 a.m. – Noon
Boys Only! Ages 9-10	22	3 – 4 p.m.
Building Effective Anger Management Skills (Series 3-6)	16, 23	11 a.m. – 12:30 p.m.
Evening class (Series 1-3)	21, 28	6 – 7:30 p.m.
Commanders Training	23	8 – 9:30 a.m.
Coping with Difficult People	22	1 – 2:30 p.m.
Discipline vs Punishment	18	9 – 11:30 a.m.
Getting Ready for Childbirth (Series 1 and 2)	16	6 – 9 p.m.
Girl Talk! Ages 6-8	29	3 – 4 p.m.
Healthy Pregnancy	27	1 – 4 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	21, 28	9 – 11 a.m.
S.T.E.P. Program for Parents of School Age Children	16	9 – 11:30 a.m.
The Middle Way (Parenting Class)	16, 23, 30	6 – 8 p.m.
Truth or Consequences? (Three-part series)	21, 28	4:30 – 5:30 p.m.
You and Your Baby	22	8 a.m. – Noon
Saturday Marathon	18	9 a.m. – 5 p.m.

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

## Observe Post regulation; register animals at VTF

The Army Medical Department Center and School and Fort Sam Houston Regulation 40-3 outlines the control of animals and pets located on Fort Sam Houston as follows:

- Provost Marshal personnel will capture stray animals and transport them to San Antonio Animal Control as set forth in the contract between San Antonio Metro Health Department and U.S. Army Garrison, Fort Sam Houston. Before transporting animals to the San Antonio Metro Health Department, PM personnel will scan for a microchip to identify those animals registered with the Fort Sam Houston Veterinary Treatment Facility.

- San Antonio Animal Control will impound stray animals for three days if the animal's owner cannot be identified, and 10 days if the animal is microchipped or has some other form of identification. This time period will allow the owner to claim the animal.

- Using microchip identification, Fort Sam Houston Veterinary Treatment Facility

will attempt to contact owners of positively identified animals residing on post prior to the animal being taken to San Antonio Animal Control.

- It is required that all animals are registered at the Fort Sam Houston Veterinary Treatment Facility if they reside on post.

The Veterinary Treatment Facility is available to answer all requirements of the regulation Monday through Friday from 8 a.m. to 4 p.m. at (210) 295-4019.

Ensure you and your pet are reunited in a timely manner comply with the AMEDD Center and School and FSH Regulation 40-3.

The Fort Sam Houston Veterinary Treatment Facility does not offer after-hour emergency services. If your pet should need attention after business hours, contact a civilian emergency veterinarian.

The entire regulation may be viewed at the following Web site:

[http://www.cs.amedd.army.mil/rmb/sn\\_regulations/AMEDDCS\\_FSH\\_Reg\\_40-3\\_Control\\_of\\_Animals\\_and\\_Pets.pdf](http://www.cs.amedd.army.mil/rmb/sn_regulations/AMEDDCS_FSH_Reg_40-3_Control_of_Animals_and_Pets.pdf)

## Vet Clinic to offer evening immunizations, Sept. 20

The Fort Sam Houston Veterinary Treatment Facility announces evening Vaccination Clinic for dogs and cats on Monday, Sept. 20 from 4 to 8 p.m. by appointment only.

In accordance with Army Regulation 40-905, legal owners must be present with a valid DEERS Identification Card to receive services for their pets, or agent must present power of attorney and copy of owner's ID Card.

For more information and to schedule an appointment, call 295-4260.

# Ethics Training 2004

The following schedule for the remaining ethics training for Army Medical Department Center and School and Fort Sam Houston military and civilian personnel:

## Ethics Training Schedule

Date	Time
Oct. 5	9:30 - 10:30 a.m.
Oct. 20	9:30 - 10:30 a.m.
Nov. 3	1:30 - 2:30 p.m.
Nov. 17	9:30 - 10:30 a.m.
Dec. 1	9:30 - 10:30 a.m.
Dec. 15	1:30 - 2:30 p.m.

This training is mandatory and attendance will be reported to the Acting Secretary of the Army.

All training will be held in Evans Theater, Bldg. 1396, on Garden Avenue. No reservations are required and seating is on a first come basis.

Commanders and supervisors may contact Mario Rendon by e-mail at the Administrative and Civil Law Division, Office of the Staff Judge Advocate, AMEDDC&S and Fort Sam Houston, for an electronic copy of the sign-in sheets to verify their employees' attendance.

Questions may be directed to the Ethics Counselor, AMEDDC&S and Fort Sam Houston, at 221-2373 or 221-0485.

# Test your knowledge of Fort Sam Houston and Army trivia

How much do you know about Fort Sam Houston and the Army? Test your knowledge with the following questions:

1. In 1910, Lt. Benjamin D. Foulois flew Army Aircraft Number 1 at Fort Sam Houston. Before he enlisted, what was Foulois' occupation?

- a. Balloonist
- b. Carpenter
- c. Plumber
- d. Electrician

2. When Foulois was serving in the Philippines, who was his doubles tennis partner?

- a. Arthur MacArthur
- b. Leonard Wood
- c. George C. Marshall
- d. John Clem

3. What household product was introduced into the Army ration in 1900?

- a. Soap
- b. Toilet tissue
- c. Candles
- d. Vinegar

4. Which of the following persons can be described as a Medal of Honor Recipient, Rough Rider, Cavalryman, Contract Surgeon and Army Chief of Staff?

- a. Teddy Roosevelt
- b. Gordon Johnston
- c. Samuel B. M. Young
- d. Leonard Wood

5. Which division conducted an airborne assault near Bracketteville, Texas in 1942?

- a. 82nd Airborne Division
- b. 101st Airborne Division

- c. 88th Infantry Division
  - d. 2nd Infantry Division
- Answers are on page 17.



Lt. Benjamin D. Foulois

# Post Worship Schedule

**Main Post Chapel**, Bldg. 2200, phone number: (210) 221-2754.

**Catholic Services:**

4:45-5:15 p.m. - Confessions - Saturdays  
 5:30 p.m. - Mass - Saturdays  
 9:30 a.m. - Mass - Sundays  
 11:30 a.m. - Mass - Weekdays

**Protestant Services - Sundays:**

8 a.m. - Traditional Protestant  
 11 a.m. - Traditional Protestant

**Jewish Services:** phone numbers: (210) 379-8666 or 493-6660.

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



**Dodd Field Chapel**, Bldg. 1721, phone numbers: (210) 221-5010 or 221-5432.

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

**Protestant Services:**

5:30 p.m. - Contemporary Protestant - Sundays  
 10:30 a.m. - Collective Gospel Protestant - Sundays

9:30-11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, childcare is provided

**AMEDD Regimental Chapel**, Bldg. 1398, phone number: (210) 221-4362.

**Troop Catholic Mass:** Sundays:

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

**Troop Protestant Gospel Services:**

Sundays: 11:30 a.m. - 32nd Med. Bde. Soldiers

**Troop Protestant Service:**

9 a.m. - 32nd Medical Bde. Soldiers



**FSH Mosque**, Bldg. 607A, phone numbers: (210) 221-5005 or 221-5007.

1:30 p.m. - Jumma - Fridays

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

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

**Brooke Army Medical Center Chapel**, Bldg. 3600, phone number: (210) 916-1105.

**Catholic Services:**

8:30 a.m. - Mass - Sundays  
 11:15 a.m. - Mass - Sundays  
 11 a.m. - Mass - Weekdays

**Protestant Services:**

10 a.m. - Worship Service - Sundays  
 Noon - Worship - Wednesdays



**232nd Medical Battalion Classroom**, Bldg. 1380, phone numbers: (210) 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

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

## September Interfaith Calendar

- 16-17 Rosh Hashanah \* - Jewish (Jewish New Year, a time of introspection, abstinence, prayer and penitence. The story of Abraham is read, the ram's horn is sounded, and special foods are prepared and shared.)
- 18 Ganesh Chaturthi \*\* - Hindu (A Hindu festival honoring the god of prosperity, prudence and success. Images of Ganesa are worshipped.)
- 21 Fall Equinox - Wicca (Wicca observance of the change of seasons.)
- 25 Yom Kippur \* - Jewish (Jewish Day of Atonement. This holiest day of the Jewish year is observed with strict fasting and ceremonial repentance.)
- 30 Lailat al Bara'ah - Islam (Islamic Night of Forgiveness. (A night of prayer to Allah for forgiveness of the dead. Preparation for Ramadan through intense prayer.)
- 30 Sukkot begins \* - Jewish (Jewish Feast of Tabernacles which celebrates the harvest and the protection of the people of Israel as they wandered in the wilderness dwelling in tents.)

## Officers' Christian Fellowship Bible study

Join fellow officers for Bible study at 1008 Gorgas Circle, Fort Sam Houston on the following in the fall:

**Sept. 17, 24; Oct. 8, 15, 29; Nov. 12, 19; Dec. 3, 10, 17**  
**Supper begins at 6 p.m. and study at 7 p.m.**

For information, contact Lt. Col. Griffith at 226-1295 or [rgriffith3@satx.rr.com](mailto:rgriffith3@satx.rr.com) or Chaplain Schlichter at 221-1698 or [david.schlichter@cen.amedd.army.mil](mailto:david.schlichter@cen.amedd.army.mil)



# Crime Prevention Month Poster Contest

Hey Kids! McGruff is looking for the best poster for October's Crime Prevention Month!

- The contest is open to all children attending the Fort Sam Houston Elementary School.
- Three age groups: K-1st grade, 2nd-3rd grade; and 4th-6th grade
- Poster should be no larger than standard poster-board size.
- Print your full name, age, home phone, grade, and parent's name and rank on back of poster.
- Turn in your poster by 4 p.m., Friday, Oct. 8 at Bldg. 2250, (between the MP Station and the Education Center) to the Crime Prevention Section.
- Judging will be on conducted on Oct. 12 and winners will be contacted by Oct. 15.

## EFMP Committee Meeting, Sept. 21

Exceptional Family Member Program Committee will meet at the Roadrunner Community Center on Tuesday, Sept. 21, 9 to 10 a.m. For information, contact Kerry Dauphinee at 221-2705 or e-mail [kerry.dauphinee@samhouston.army.mil](mailto:kerry.dauphinee@samhouston.army.mil)

## FSH ISD Board of Trustees Meeting, Sept. 28

The Fort Sam Houston Independent School District Board of Trustees will meet Sept. 28, 11 a.m. at the FSH ISD Professional Development Center, 1908 Winans Road.



# FSH 2004



## HISPANIC HERITAGE MONTH

### OPENING CEREMONY

*Monday 20 Sept 2004, 1130 - 1230 hours*  
*Fort Sam Houston Roadrunner Bldg 2797*

*Special Guest Speaker: SGM Jose Lopez, USARSC*  
*There will be FREE food Samples, Displays, and Dancers*

*The Recce Dining Facility will be offering Hispanic Cultural food for those who would like a full menu.*  
*Mission permitting, commanders and directors should allow Soldiers / employees the opportunity to attend this free event*

*POC for this activity is SFC Beehringer @ 221-9276*





## FSH Jewish Congregation High Holy Day Services

September Service	Day/Date	Time
Rosh Hashanah	Thurs., 16	9 a.m.
Rosh Hashanah	Thurs., 16	8 p.m.
Rosh Hashanah	Fri., 17	9 a.m.
Rosh Hashanah	Fri., 17	8 p.m.
Kol Nidre	Fri., 24	7:30 p.m.
Yom Kippur	Sat., 25	9 a.m.
Break-the-fast	Sat., 25	8:30 p.m.

Rosh Hashanah service will be held at the Main Post Chapel, Bldg. 2200 on Wilson Ave.  
 Kol Nidre and Yom Kippur Services will be held at Dodd Field Chapel, Bldg. 1721, off Winans Road, near Cole High School. For more information, call 493-6660, 379-8666 or 385-8666.

## Antiterrorism Awareness Training (Level I) is mandatory

Army Regulation 525-13 mandates annual Antiterrorism Awareness Training (Level I) for all military and DoD civilians. DoD contractors are provided this training as specified in the contract. This annual training requirement may be fulfilled one of two ways, online or face-to-face from a certified instructor.

Online training is encouraged as it's convenient and saves time. The Web site is [www.at-awareness.org](http://www.at-awareness.org) (access code: aware).

The Fort Sam Houston Antiterrorism Office will conduct classroom style training at Evans Theater, Bldg. 1396, on Garden Avenue, Oct. 15, 9 to 11 a.m. and Oct. 26, 1 to 3 p.m. Training is open to all FSH personnel and seating is on a first-come basis.

If you have questions, contact Terri Stover, FSH Antiterrorism Office, 295-0535 or e-mail [theresa.stover@samhouston.army.mil](mailto:theresa.stover@samhouston.army.mil).

## Cub Scout Pack 23 has long standing 60-year history at Fort Sam Houston

By Sgt. 1st Class Barry Enland  
Special to the News Leader

Cub Scout Pack 23 has been around for more than 60 years at Fort Sam Houston.

The Lamar School Parent Teacher Association and Fort Sam Houston sponsored the original charter on June 3, 1943. It had four dens with a total of 15 boys registered. Its leadership consisted of four adults, a cub master, committee chairman and two committee members. Fort Sam Houston officially became the chartered organization in June of 1948. By that time the number of boys had increased to 36. There has never been a lapse of charter. The current chartered organization is Dental Activity with current enrollment of more than 60 boys.

The Cub Scout Program consists of the following:

**Tiger Cub** - The Tiger Cub program is for first-grade or age 7 boys and their adult partners. There are five Tiger Cub achievement areas. The Tiger Cub, working with his adult partner, completes 15 requirements within these areas to earn the Tiger Cub badge. These requirements consist



**Courtesy photo**  
From left Matteo Perez and Tyler Hogan work on a rope project during an Cub Scout outing to McGimsey Scout Park.



**Courtesy photo**  
From left William Majors, Timothy Hogan, Gabriel Perez, and Antonio Gonzalez complete an obstacle challenge course during the January 2004 "Freeze-O-ree" at Nolte Island in Sequin, Texas.

of an exciting series of indoor and outdoor activities just right for a boy in the first grade.

**Bobcat** - The Bobcat rank is for all boys who join Cub Scouting.

**Wolf** - The Wolf program is for boys who have completed first grade or are age 8. To earn the Wolf badge, a boy must pass 12 achievements involving simple physical and mental skills.

**Bear** - The Bear rank is for boys who have completed second grade or are age 9. There are 24 Bear achievements in four categories. The Cub Scout must complete 12 of these to earn the Bear badge. These requirements are somewhat more difficult and challenging than those for Wolf rank.

**Webelos** - This program is for boys who have completed third grade or are age 10. A boy may begin working on the Webelos badge as soon as he joins a Webelos den. This is the first step in his transition from the Webelos den to the Boy Scout troop. As he completes the requirements found in the Webelos Handbook, he will work on activity badges, attend meetings led by adults, and become familiar with the Boy Scout requirements, all leading to the Arrow of Light Award.

Den meetings are scheduled throughout the week, most meetings are at night, Pack 23 meetings are normally the last Wednesday of the month at the Cole Jr./Sr. High School cafeteria.

If interested in joining boys between the Grades of 1-5, call Cindy Mathis at 826-3210.

## Pediatric Clinic announces immunizations

Effective Oct. 1, the Pediatric Immunization Clinic will administer immunization by appointment only. No walk in service will be available. This change is an effort to better serve the community by decreasing the waiting time. To schedule an appointment, call 916-5791.



Nearly **75%** of all cycling deaths are due to head injuries.



## FSH and Army Trivia answers

The following answers correspond to the Fort Sam Houston and Army trivia question on page 13:

1. The answer is **c.** - Aviation pioneer Foulois, later the Chief of the Air Service, was a plumber before he enlisted.

2. The answer is **b.** - Though MacArthur, Marshall and Clem were all contemporaries of Foulois, it was Maj. Gen. Leonard Wood, whose ideas on Soldiers' physical fitness would have a lasting impact on the Army, who was Foulois' doubles partner.

3. The answer is **b.** - Soap, candles and vinegar were part of the Army ration during the American Revolution. Toilet paper was issued in 1900 on the basis of one roll of 1,000 sheets per two Soldiers per month.

4. The answer is **d.** - Roosevelt, Johnston and Wood were Rough Riders. All four were cavalrymen. Roosevelt, Johnston and Wood all received the Medal of Honor. Young and Wood were Army Chief of Staff (Johnston was Chief of Staff of the 2nd Division). Only Wood was a Contract Surgeon. That means only Leonard Wood meets all five requirements.

5. The answer is **d.** - The 82nd, 88th and 101st were activated in 1942. The 2nd Infantry Division, which had been at Fort Sam Houston since 1919, was the Indianhead Division, which made the airborne assault. (This was a trick question! "Airborne assault" indicates the troops arrived at the battlefield by air. Arrival by parachute, glider or air-landing transports are included. The 2nd Infantry Division arrived by transport and glider.)



Maj. Gen.  
Leonard Wood

# Post welcomes new installation commander



Photo by Ed Dixon

Maj. Gen. George W. Weightman proudly receives his two stars from his daughter Rachel and wife Joan, at his promotion ceremony held Sept. 8 at Wood Auditorum.



Photo by Esther Garcia

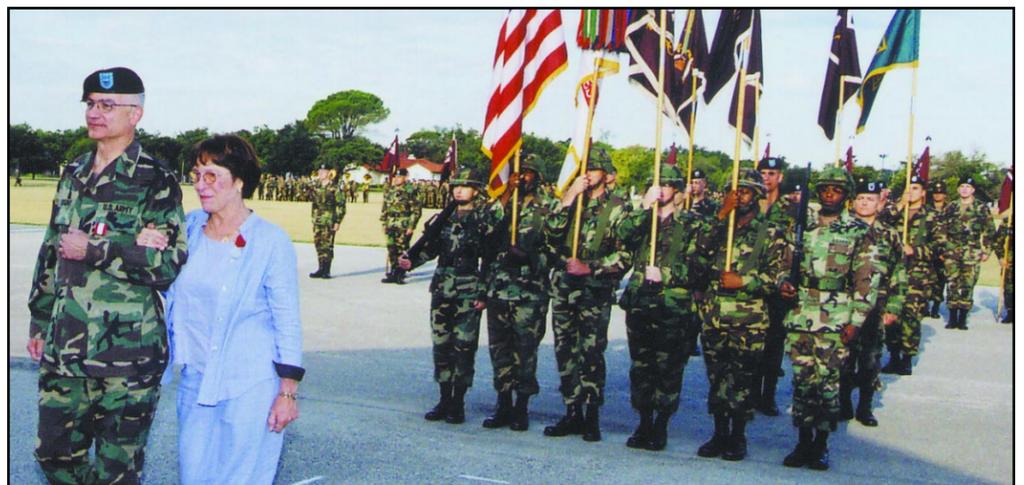
Maj. Gen. Kevin C. Kiley, acting commander, U.S. Army Medical Command, presents the two-star flag to Maj. Gen. George W. Weightman following his promotion to major general.



Col. Bradley Freeman, commander, 32nd Medical Brigade, and commander of troops, leads the color guard to the reviewing stand for presentation of the colors during the change of command ceremony for Maj. Gen. George Weightman and retirement ceremony in honor of Brig. Gen. Daniel Perugini held Sept. 9 at MacArthur Parade Field.



(Left) Drill Sgt. Shawn Rodgers, Fort Sam Houston Drill Sgt. of the Year, presents roses to Coleta Perugini on behalf of the post community for her many contributions as a volunteer with post organizations supporting quality of life for Soldiers and their family members.



(Above) Brig. Gen. Daniel Perugini escorts his wife back to the reviewing stand. Perugini was presented the Distinguished Service Medal and his wife, Coleta, was recognized with the Secretary of the Army Public Service Award.

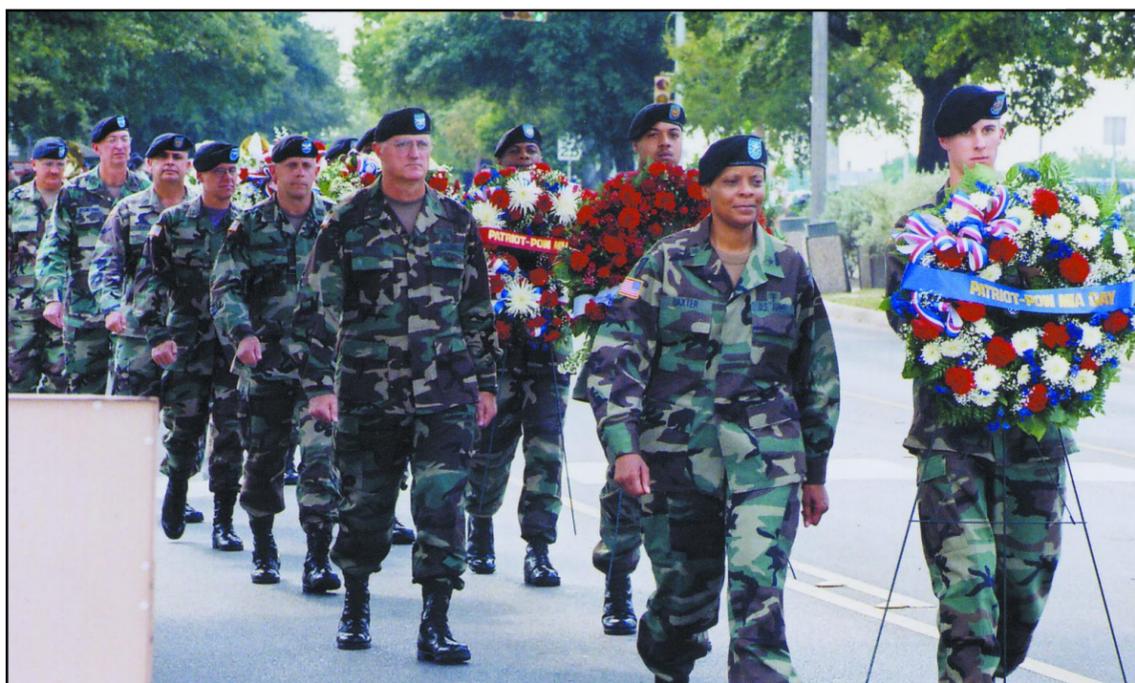
(Right) Staff Sgt. Alan Kitchen, the NCO of the Year, presents roses to Joan Weightman welcoming her to the Fort Sam Houston community.



(Left) Lt. Col. John Collins and his battalion staff salute as they march in review during the change of command ceremony held at MacArthur Parade Field.

Photos by Ray Turner

# Community remembers courage and valor during Patriot Day and POW/ MIA Day services



(Above) Command representatives from Fort Sam Houston march to the flagpole for the wreath presentation and retreat ceremony in observance of Patriot Day and POW/MIA Day held Sept. 10.



(Above) Soldiers assigned to the Army Medical Center and School lower the flag during the retreat ceremony.



(Above) Rob Warfield, a member of the San Antonio Bagpipers, pipes "Amazing Grace" prior to the wreath presentation and retreat ceremony.

(Above) The Fort Sam Houston and San Antonio community join in the solemn procession to the flagpole, which began at the main post chapel following the memorial service.



(Above) The Army Medical Command Band, led by Chief Warrant Officer John Fraser, accompanies wreath bearers providing military processional music.



(Above) Howard T. Ray, president of the POW/MIA Association, reads a scripture Psalm during the memorial service held at the Gift Chapel in honor of POW/MIA Day.



(Above) Pfc. Steven Chambers prepares to lead the caparisoned horse, Van Autreve, in the procession from the chapel to the post flagpole in observance of Patriot Day and POW/MIA Day.

Photos by Esther Garcia



(Right) Soldiers assigned to post commands assisted command representatives with one of seven wreaths that were presented at the flagpole as Lt. Col. Steven Bolint, commander, Special Troops Battalion, on horseback, salutes host commander, Maj. Gen. George W. Weightman, initiating the ceremony.



During his remarks following the wreath presentation, Weightman noted, "We must be perceived around the world as committed to success. We cannot allow the attacks on our nation to embolden our enemies. Today we fight as Americans have always fought, not just for ourselves, but also for the security of our friends and for peace in the world."

# MWR Recreation and Fitness

**Sept. 18 - Aerobathon** - Get moving for three hours of non-stop fun including step moves, abs and low impact aerobics at the next Aerobathon, Sept. 18, 9 a.m. to noon at the Jimmy Brought Fitness Center. Cost is \$10 and participants receive a T-shirt. For information, call 221-2020.

**Sept. 21 - 24 - Hunter Education Class** - The next class will be conducted Sept. 21-24 from 6 to 10 p.m. at Bldg. 2618, new Veterinary building on Schofield Road, next to gas station and across from the Auto Craft Shop. For information or to register, call Staff Sgt. William Hickman at 221-7640 or 641-7878.

In accordance with new Army regulations, every person hunting on Army land is required to successfully complete a hunter education course. This requirement will

become mandatory at Camp Bullis for the 2005 Hunting Season. Additional class dates in 2005 will be posted early next year at: [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).

**Sept. 25 - Keep Your Heart Healthy** - A free 5K fun run/walk will be held Saturday, Sept. 25 beginning at 10 a.m. outside the Jimmy Brought Fitness Center. Participants will receive a free T-shirt. For information, call 221-2020.

**Sept. 26 - Army Dillo Half Marathon** - Sign-up now for the Army Dillo Half Marathon, which will take place Sunday, Sept. 26, 7 a.m. from the Brigade Gym. Registration fee for teams is \$30, individual is \$25 now through Sept. 22; after Sept. 22, fee for teams is \$40, and individual is \$35. Race day registration starts at 6 a.m. To register, download a reg-

istration form at [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or pick one up at the Jimmy Brought Fitness Center.

**Equipment Rentals** - The Outdoor Equipment Center now has softball and flag football kits available for rent. Attention hunters, in anticipation of hunting season, the center now has targets for sale. Visit the center at Bldg. 1111, Forage Ave. on Monday-Friday, 8 a.m.-5 p.m. or call 221-5224. A full list of available equipment is on line at [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).

**Archery Range New Hours** - The Archery Shop, located in the Outdoor Equipment Center is now open Tuesday and Thursday from 1-6 p.m., on Wednesday and Friday from 1-5 p.m. and on Saturday by appointment. The archery shop sells tuning equipment and now offers archery targets. An indoor archery range, located in the Outdoor

Equipment Center for practice, is open Tuesday and Thursday from 8 a.m. to 6 p.m., Wednesday and Friday from 8 a.m. to 5 p.m. and on Saturday by appointment. For information, call 221-5224.

**60 Days of Fitness** - A motivating fitness and weight loss program designed to help lose 15 pounds in 60 days safely, using a point system. This self-paced program requires a workout 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. Participants will attend two 30-minute weight loss classes. Cost is \$40 and includes a T-shirt. For information call Lucian Kimble at 221-2020.

Intramurals-flag Football Standings		
Team	Wins	Losses
Co B Acad Bn	1	0
Co A STB	1	0
G 232nd Med	1	0
BAMC	1	0
D BAMC	1	0
DFAS	0	1
135th FA	0	1
591st Med Log	0	1
The Red Legs	0	1
Rough Riders	0	1

Intramurals-Soccer Standings		
Team	Wins	Losses
Fire Department	2	0
Co C Acad Bn	2	0
418th Med Log	1	0
USARSO Sharks	1	1
NMCRC	0	1
D BAMC	0	1
5th Army	0	1
470th MI	0	2

**X-ramural Basketball** - CKTH won the Post Season Championship tournament held Aug. 21 through Sept. 11.

# MWR to hold Fort Sam Fall Fest Oct. 16

The Fort Sam Houston community is invited to the Morale, Welfare and Recreation Fort Sam Fall Fest, Oct. 16 from 8 a.m. to 8 p.m. at MacArthur Field. This annual family event will feature fun-filled activities like children's games, a 5K Fun Run, food and beverage booths and live entertainment. Make your plans now to participate in one or all of the following events:

**Chili Cook-Off, 8 a.m. - 3 p.m.** - Calling all Chili cooks...enter your prize-winning chili. Prizes will be awarded for the best chili as judged by a panel of Army leaders. Military units can win \$200 for their unit fund. To register, call (210) 221-5224.

**Arts and Crafts Fair, 9:30 a.m. - 7:30 p.m.** - Vendors and crafters are needed. Items include jewelry, paintings and woodcarving. Reserve your spot for just \$30 a space. No commercial vendors. To register, call (210) 221-5224.

**Open Car Show, 7 a.m.** - Trophies will be awarded to 1st, 2nd and 3rd place entries in each category. Entry fee is \$20. To register, call the Auto Craft Shop at (210) 221-3962 or 221-4883.

**5K Fun Run, 9:30 a.m.** - Sign up now for a fun run. Trophies will be awarded to 1st, 2nd and 3rd place winners. To pre-register, call 221-3185. Same day registration will be available.

**Children's Games and Race 10:30 a.m.** - Register your children now for the annual Mini Marathon. Medals will be awarded in each age category and each participant will receive a T-shirt and a medal. Fun games and activities scheduled throughout the day at the Youth Services tent include: face painting, pony rides, carnival games and the Moon Bounce. To register, call (210) 221-4882.

## FSH Golf Club fees will increase Oct. 1

### Fort Sam Houston Golf Club

Effective October 1, 2004

<i>Annual Fees</i>	<i>Single</i>	<i>Family</i>
<i>Per Month</i>	<i>Per Month</i>	<i>Per Month</i>
E-1 thru E-6	\$35.00	\$50.00
E-7 thru E-9	\$49.00	\$69.00
Officers	\$60.00	\$80.00
DoD Civilians	\$60.00	\$80.00
Civilians	\$38.00	\$40.00
<i>Daily Green Fees</i>	<i>Weekdays</i>	<i>Weekends &amp; Holidays</i>
E-1 thru E-6	\$10.00	\$12.00
E-7 thru E-9	\$15.00	\$16.00
Officers	\$16.00	\$17.00
DoD Civilians	\$21.00	\$23.00
Civilians	\$23.00	\$25.00
<i>Twilight Green Fees</i>	<i>Weekdays</i>	<i>Weekends &amp; Holidays</i>
E-1 thru E-6	\$6.50	\$7.50
E-7 thru E-9	\$9.50	\$10.00
Officers	\$10.00	\$10.50
DoD Civilians	\$13.00	\$14.50
Civilians	\$15.00	\$16.50

<i>Daily Cart Rentals</i>		<i>Driving Range Bucket</i>	
9 holes (2 people)	\$12.00	50 Bucket Chip	\$75.00
18 holes (2 people)	\$24.00	30 Bucket Chip	\$50.00
9 holes (1 person)	\$8.00	20 Bucket Chip	\$35.00
18 holes (1 person)	\$12.00		
Trail Fees (18 holes)	\$5.00	<i>Rental Clubs</i>	
Trail Fees (9 holes)	\$2.50	\$8.00	

\*Twilight begins at 1:30 everyday

For more information, call 222-9386.

In order to continue to operate at the highest standards possible along with providing customers the best possible course while meeting or exceeding the Best Business Practices for Golf Clubs established by Department of the Army, it is necessary to slightly increase our fee structure beginning Oct. 1.

You are our valued guest and we look forward to continue to improve our services to you. Left is the new fee schedule which will begin Oct. 1.

# MWR Youth Happenings

## Free After School Program for Middle School Students -

Youth Services offers an After School program for Middle School youth grades 6-9 on Monday through Friday after school until 6 p.m. YS will pick up your child from the Elementary or the Jr./Sr. High School and take your child to the Youth Center. After a snack the student will work on homework, participate in clubs and other fun innovative projects. Students can join the 4-H Club, Photography Club, Computer Tech Club and a variety of other clubs. The best feature of this program is that this is a free program. However, students must register with Child and Youth Services for an annual fee of \$18. For information, call 221-3502.



## Football and Cheerleading

**Registration** - Football and cheerleading registration is ongoing at the Youth Center Monday through Friday from 10 a.m. to 7 p.m. The cost for football is \$55 for the 1st child, \$50 for the 2nd and \$45 for the 3rd child. Cheerleading is \$50 for the 1st child, \$45 for the 2nd and \$40 for the 3rd. A birth certificate, current physical, shot records and current CYSD registration are required.

## Youth Service Volunteers -

YS is looking for volunteers to assist with youth programs. We need coaches, computer skilled people, crafty people and those who care about kids. If you have a special interest or hobby that you would like to share with kids, you can share it at the Youth Center. For information, call the Youth Center at 221-3502.

## Saturday Open Recreation

- Open recreation for youth in grades 1-12 is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, ping-pong, movies, and more. Youth must be registered with Child and Youth Services to be eligible. For information, call 221-3502. Open recreation hours for youths in grades 1-5, 3-8 p.m.; youths in grades 6-8, 3-10 p.m.; and youths in grades 9-12, 3-11 p.m.

**Parents Wanted** - Parents are needed at the Youth Center every third Saturday of the month from 6-9 p.m. to join the Youth Center Staff team and play basketball against the teens and middle school students. Parents and staff try to out maneuver the teens and score a few baskets. Come join us in a game or to cheer and enjoy refreshments.

**Tae-Bo** - Join the youth services staff as they conduct Tae-Bo Classes every Wednesday from 4:30-5 p.m.



## Saturday Shuttle - YS

offers a Saturday shuttle to and from the Youth Center. There is no cost for this service but parents of children 9 and under must wait for the van and sign them in and out of the van with the YS staff member. The Shuttle schedule is as follows:

3 p.m. - Leave the Youth Center  
 3:07 p.m. - Gorgas Circle (picnic tables)  
 3:10 p.m. - Schofield/Dickman on Schofield  
 3:15 p.m. - Reynolds and Dickman on Reynolds  
 3:20 p.m. - Officer's Club tennis Courts  
 3:25 p.m. - Artillery Post Road at Bus Stop  
 3:30 p.m. - Easley/Infantry Post Bus Stop 660  
 3:42 p.m. - Patch Road (playground)  
 3:46 p.m. - Patch Road Shoppette Parking lot  
 3:50 p.m. - Foulois/Scott Road Harris Heights  
 3:54 p.m. - Forage/Foulois  
 4 p.m. - Powless Guest House

The return Shuttle will leave the Youth Center at 7:30 p.m. for those in 5th grade and below; at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in 9th grade and up. The shuttle service is only for youth who live on Fort Sam Houston.

## 32nd Medical Brigade newcomer briefing

All 32nd Med. Bde. Newcomer briefings will be conducted at 32nd Medical Brigade Classroom. Ensure all new personnel scheduled to attend the upcoming briefing on Sept. 29 are aware of the location change. Briefings are held the last Wednesday of every month from 1 to 3 p.m. All personnel must sign in by 12:45 p.m.

## Attention

### personnel assigned to AMEDDC&S

All personnel with orders assigning them to Army Medical Department Center and School will now report to 32nd Medical Brigade, Bldg. 902 for in-processing. The Officer and Enlisted Strength Managers have moved from Bldg. 2263 to Bldg. 902, Wagner Hall. The new phone numbers are: 221-3369, Officer Strength Manager and 221-4542 or 221-3177, Enlisted Strength Manager.

# Child and Youth Services news



## 3-Day Part Day Preschool

**Program** CYS is surveying interest for a 2-day Part Day Preschool Program. Contact Central Registration to put your child's name on the list. Fees will be assessed by calculating Total Family Income.

## Family Child Care (FCC)

offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. Types of care are full day, part day, before and after school care, hourly care, extended hour care and long term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723. FCC is looking for family members interested in becoming certified FCC providers to offer home based child care. There is a no-cost start up plan. For more information, call 221-3820 or 221-3828.

## CYS Parent Advisory

**Council (PAC)** meeting will be held Sept. 21, 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funston. Lunch will be provided. This is the CYS parents' opportunity to learn of upcoming events, meet the staff and address any concerns.

## Parent Child

**Incorporated (PCI)** Headstart program is currently taking applications. PCI/Headstart is a federally funded program that provides free childcare for parents who meet the federal poverty guidelines. For information and eligibility, call 221-3788 or 221-3835.

## CDC Categories Effective

Oct.1, fee structure at the CDC will be as follows: Category I- \$196 from \$181; Category II- \$295 from \$290; Category III- \$349 from \$346; Category IV- \$404 from \$393; Category V- \$462 from \$454 and Category VI- \$522 (no change). Hourly care will be \$2.50 an hour for patrons in Category I and \$3.50 an hour for Category II through VI. CDC's fee structure is based on Department of Defense policy and must be implemented consistently within and across Installation Management Agency Regions. This ensures consistency and predictability of CYS fee structure and procedures for Army patrons as they move from installation to installation and Region to Region.

## The Child Development

**Center** has full day immediate openings for ages 3 to 5 years. To register call Central Registration at 221-4871 or 221-1723.

## Child Development Center

**Waiting List** - If your child's name is on the Wait List for full day care at the Child Development Center, check your status on the wait list from the day you complete the form; otherwise your child's name will be purged from the list. To check your status, call Central Registration at 221-4871 or 221-1723.

## Instructional Classes

- If you are interested in instructional classes such as Tae Kwon Do, piano, quarterly babysitter training or gymnastics, call 221-4882 or 221-4871/1723. For babysitter training or information, call 221-4871 or 221-1723.

## School Age Services

(Kindergarten - 5th grade) offers After School and Weekend Open Recreation (Open recreation available to children in 1st - 5th grade) opportunities and After School Hourly Care options. Hourly and Open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to utilizing the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

## Youth in 6th - 12th grade

seeking after school and weekend opportunities can contact Youth Services at 221-4882 or CYS Central Registration at 221-4871.

# Que Pasa?



toll free number is 1-800-223-3735, ext. 6 and the last four of the phone number.

call Sue York or Jai Bell at 221-2705, before Oct. 1.

## **SHARE seeks host families for international students**

SHARE is looking for host families for international exchange students for the upcoming school year. The students speak English; are covered by medical insurance and have spending money for their personal expenses. Host families provide a bed, meals, as well as friendship, understanding, and a genuine desire to share the American way of life.

Traditional two-parent families (with or without children), single parents or adults, and retired couples have enjoyed hosting one of our bright students. For information, call Yvette Coffman at 1-800-941-ERDT (3738) or visit [www.sharesouthwest.org](http://www.sharesouthwest.org).

## **Tuition assistance available for active duty Soldiers**

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. For information, call 221-1738.

## **Community events**

### **Canyon Lake Walk, Sept. 18**

The U.S. Air Force is hosting its annual Global Volksmarch 10-kilometer walks and 25-kilometer bike events at the Canyon Lake Recreation Area on Sept. 18. One walk will follow a trail over the Canyon Lake dam while the other will follow a trail along the shoreline. The bike event will cover a route near the shore line, dam and other scenic areas. For more information on the walk and bike events call Sharon Rector at (210) 652-6508.

### **Maize Opens in Hondo, Texas, Sept. 18**

The South Texas Maize opens in Hondo with a special offer for all Active Duty military personnel and their families on Sept. 18 from 10 a.m. to 9 p.m. Military ID Card required. From Loop 410 and Highway 90, travel west 26 miles. The maze is located on the south side of Highway 90 on the outskirts of Hondo. Look for the South Texas Maize signs. "Get lost" at the maze craze, a 7-acre labyrinth of twists, turns and dead ends, carved into stalks over your head. This event offers an experience that is perfect for those hungry for fun! Most participants spend an average of one hour trying to maneuver their way out of the maze in search of the one and only exit. For information visit [www.cornfieldmaze.com](http://www.cornfieldmaze.com) or call (830) 741-3968.

### **Officer and Civilian Spouses' Club Luncheon, Sept. 21**

The Officer and Civilian Spouses' Club September Luncheon will feature San Antonio Express-News columnist Susan Yerkes. Plan to attend the OCSC luncheon on Sept. 21, 11 a.m. at the Fort Sam Houston Officers' Club where you will hear award-winning columnist Susan Yerkes speak on "San Antonio Salsa: Putting the Spice in Life." As an added attraction and a fundraising project, the OCSC will also sponsor the yearly jewelry sale in the Wainwright Room from 10 a.m. - 1:30 p.m. with jewelry from James' Jewelers of Bangkok, Thailand. For reservations, call Sigrid Reitstetter at 226-8806 by noon Sept. 17 and specify your menu choice of either a hot chicken entrée for \$12 or a cold assorted salad plate for \$11.

### **MOAA Picnic, Sept. 24**

The San Antonio Chapter of the Military Officers Association of America (MOAA) will host a picnic on Sept. 24 starting at 5 p.m. at Eberle Park, Randolph Air Force Base. The cost is \$12 per person. The menu will feature fried Catfish with all the fixins. "Mule Train" Tim

Perry will provide music. For information and reservations, call 228-9955.

### **Lackland AFB Walk, Sept. 25**

The U.S. Air Force will host an annual Global Volksmarch 10-kilometer walk (6.2 mile) at Lackland Air Force Base on Sept. 25. For information, call Kristin Mayer at (210) 671-3106.

### **Kelly Creek Ranch Walk Sept. 25-26**

The Kerrville Trailblazers Volksmarch club will host a 10-kilometer (6.2 mile) and 11-kilometer walk at the Kelly Creek Ranch in Ingram, Texas. Kelly Creek Ranch is a 1,200-acre working ranch that has been in the family for more than 100 years. A shorter walk will also be available for those unable to complete the full route. For information, call Robert Theis at (830) 896-3550.

### **Flamenco Dancing class at NE Community Center**

Adults and teens are welcomed to a six-week introductory class in flamenco dancing with Image Dance Company in Windsor Park Mall. Students will learn arm work, foot work and castanet playing as they learn the basics of this fiery Spanish dance. The class begins Sept. 25 at 3 p.m. For more information or to register, call North East Community Education at 657-8866 or visit the web page at [www.neisd.net](http://www.neisd.net). Contact: Mary Fisher, 657-8866 ext. 235.

## **Volunteer**

### **BAMC seeks volunteers for 'Partners in Healing'**

Brooke Army Medical Center is looking for active and upbeat volunteers to be "Partners in Healing." BAMC wants volunteers who understand the hardships of coping with illness or injury and who empathize with the special needs of patients. BAMC offers 130 positions to match each volunteer's skills and interests. To volunteer, call the Office of Volunteer Services at 916-5083.

### **U.S. Army seeks Warrant Officer candidates**

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors, and Airman to fill its Warrant Officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms/documents required to apply, visit the Web site: [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant) or call DSN 536-0484/0458/0488/0478/0271/1860. The

### **Cultural Homestay International seeks host families**

Cultural Homestay International, a non-profit educational exchange program, has many exchange students waiting to be placed with host families for the upcoming school year. Ideal families should be willing to open their home to the world and accept a new culture into their life. To volunteer, contact Ruth Chislett, CHI Academic Coordinator, at (210) 862-2711 or (800) 777-5724. To learn more about CHI, visit [www.chinet.org](http://www.chinet.org).

## **Education**

### **MOPS (Mothers of Preschoolers)**

Your local MOPS group community is where moms come together to learn, share, and experience this important season of mothering in a caring and accepting atmosphere. Meetings are the 2nd Wednesday of every month at NE Baptist Church.

For more information call MOPS Coordinator Tammy Duhaime at 481-6304.

### **San Antonio Area Council of HEP to host training seminar, Oct. 7**

San Antonio Area Council of Hispanic Employment Program Managers will host a Training Seminar "Future Changes Impacting the Hispanic Workforce" on Oct. 7, 8:30 a.m. to 4:30 p.m. in the Radisson Hotel, 502 W. Durango. Keynote Speaker will be Paige Hinkle, National Security Personnel Systems (NSPS). Seminar topics will include: Changing Government: NSPS; EEOC: MD 715; Library of Congress: Diversity in its workforce, Defense Intelligence Agency: Our changing government; and AFPOA: Re-engineering the Personnel System. To register, call Tina Gomez at 384-7372 or Martha Medina at 977-2897.

### **Facilitation Team Training, Oct. 8**

The Army Family Action Plan program is sponsoring a "Facilitation Team Skills Workshop" on Oct. 8, 8:30 to noon at the Roadrunner Community Center. The workshop will cover group dynamics, general facilitation skills, and the roles of the "Facilitator" and the "Recorder." A certificate will be provided at the completion of the workshop.

The training session will benefit private organization board members, volunteers, and paid staff working with groups, or persons wanting to enhance their facilitation proficiency, and will cover the skills necessary for AFAP conference facilitation teams. For information and to register,

## **Meetings**

### **SACAA seeks new members**

The San Antonio Caribbean American Association was formed in April, and the goal is to promote a working knowledge of the diverse and common elements of culture, the fostering of cultural awareness, the understanding, and appreciation of cultural heritage and the provision of a social atmosphere of togetherness. For information call Master Sgt. Perry at 310-0123, Cassandra Reefer at 659-9150 or Pauline Coleman 659-7258.

### **USAWOA - Lone Star Chapter**

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets on the third Monday of each month at 7 p.m. at VFW Post #8541, 2222 Austin Highway (between Eisenhower and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For information, contact CW2 Matthew Watterson at 295-8773 or at [matthew.watterson@us.army.mil](mailto:matthew.watterson@us.army.mil)

### **Purple Heart veterans sought**

Purple Heart Veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month, 9 a.m. at the Roadrunner Community Center to learn more about combat related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD For 214 and a short biography.

### **FSH Sergeants Major Association seeks new members**

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month, 6 p.m. in the FSH NCO Club. Army retired Sgt. Maj. Hector Viczaino, president of the association, extends a cordial invitation to all Active Duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Sgt. Maj. Tracey James at 221-7495 or Sgt. Maj. Jeff Lavender at 221-7674.

### **BOSS seeks single Soldiers**

The Better Opportunities for Single Soldiers meetings are held on the first and third Wednesday of every month, 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldier input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For information, call Staff Sgt. Edward Castro at 221-8760.

## Fort Freebies

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

**For Sale:** 2000 Mitsubishi Eclipse GS, silver, 38K miles, original owner, rear spoiler, still under (extended) warranty, new tires, \$9,900 obo; full-size bed, mattress, box spring, frame, sheet and comforter set, \$100 obo. Call 724-7807.

**For Sale:** Double bed with bookcase headboard and mattress, white 4-drawer dresser with mirror; electric hospital bed with trapeze; walnut antique dining table with 6 chairs, server and buffet. Free old refrigerator works good. Call 653-6279 or 656-6772.

**For Sale:** Baby crib in excellent condition with mattress, \$65. Call 662-8901 or 325-7538.

**For Sale:** Zenith 27" TV, \$20; Sharp carousel microwave, \$25; sunflower-themed kitchen decor, \$3-\$20; newborn clothing (boy) size 0-3 mos. \$3 and under; stylish maternity tops, \$3-\$5. Call 490-7584.

**For Sale:** Oak finish china cabinet, \$125. Call 590-2126.

**For Sale:** 1994 23 ft. Bayliner deckboat seats 9, new MP3 player/speakers, 3.0 Mercruiser 4 cylinder motor, Tandem trailer rebuilt in 2003 with new axle, many extras, \$10,000 obo. Call Darryl at 445-3805 for more information.

**For Sale:** Whirlpool washer, \$95 desk, \$35. Call Sandy at (210) 241-1291 or 637-7322.

**For Sale:** Home, 3-2-2, 1 story, less than 4 years old, formal dining, security system, open floor plan, ceiling fans, all Maytag appliances, located near school, between Fort Sam Houston and Randolph, off O'Connor Road. Call (210) 646-7371.

**For Rent:** Home in Northeast school district, 3 or 4 bedrooms, 2 full baths, available now. Call (210) 241-1291 or 637-7322.

**For Rent:** Duplex apartment, 2 bedrooms, with washer and dryer, half a mile from Fort Sam Houston, 304 Benton, \$625 per month. Call 271-9250.

**Free:** Cat (Ragdoll siamese) call 658-8589.



## Career Clips



The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Bldg. 2264 or call 221-1213.

**Rehab Coordinator - San Antonio.** Ensures timely evaluation and treatment of residents. Hires, evaluates, and disciplines employees. Provides training, direction and guidance for the Rehab staff. Conducts in-service programs.

**Contract and Pricing Administrator - San Antonio.** Provides contract guidance to program management. Negotiates collateral agreements. Support new business initiatives and proposal activity.

**Assembly Supervisor - San Antonio.** Supervises assembly of medical devices to meet production and delivery requirements. Monitors department efficiency, productivity, delivery performance, work order variance performance, budget performance, and inspection and audit findings.

## Semi-Annual Military Job Fair Sept. 22

The next San Antonio Military Community Job Fair will be held on Sept. 22 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road at I35 North. Local military base transition offices, the Webster University Alumni Association, the Texas Workforce Commission and the Department of Labor/VETS sponsor the fair.

More than 100 employers, recruiting for many types of positions, are expected. Employers will be seeking potential employees for local, national and international needs.

Join Phil Dyer, CFP - Benefits Expert from the Military Officers Association of America for a fast-paced 1-hour presentation on "Evaluating Employer Benefits Packages." Presentations will be conducted from 10:30-11:30 a.m. and 1-2 p.m. in the Rough Rider Room.

Call the Army Career and Alumni Program Center at 221-1213, for more information.

### Auditions for 'Harvey' at the Harlequin, Sept. 27 and 28

The Harlequin Dinner Theatre will hold open auditions on Sept. 27 and 28 from 7 to 8:30 p.m. both nights for the Mary Chase comedy "Harvey" with Art Peden directing. There are roles for six women and six men. Other volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew. Performances will be held Wednesday through Saturday evenings from Nov. 17 through Dec. 18. For information, call the Harlequin Dinner Theatre at (210) 222-9694. Those who come to auditions should enter Fort Sam Houston through the Walters Street gate.

### 'Grace and Glorie' begins at the Harlequin Dinner Theatre Oct. 13

The Harlequin Dinner Theatre will feature "Grace and Glorie," a play by Tom Ziegler, Wednesday through Saturday evenings from Oct. 13 through Nov. 6. Prices are \$25.95 on Fridays and Saturdays and \$22.95 on Wednesdays and Thursdays. There are discounts for military and students. 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 curtain time is at 8 p.m. For reservations, call the Harlequin Dinner Theatre at (210) 222-9694 or at the box office open from noon to 5 on weekdays and 1 to 5 p.m. on Saturdays. Theatre is handicapped accessible.