



# Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

Sept. 22, 2005

## Briefs . . .

### Hispanic heritage celebration

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

### Gazebo concert

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

### Retirement ceremony

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

### USAMITC change of command

The U.S. Army Medical Information Technology Center will conduct a change of command ceremony Oct. 6 at 9 a.m. at the Evans Auditorium. Lt. Col. Denise A. Perry will relinquish command to Lt. Col. Joseph Bentley. Brig. Gen. Eric Schoemaker will officiate over the ceremony. For more information, call Cynthia Hernandez at 295-3428.

### Fort Sam Fall Fest

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

See BRIEFS on Page 3

### CFC kick off

The U.S. Army Garrison will sponsor its 2005 Combined Federal Campaign kick-off event Sept. 29 from 9 to 10:30 a.m. at the Roadrunner Community Center, Building 2797. Col. Wendy L. Martinson, U.S. Army Garrison commander, will host the event. The event will feature several guest speakers whose organizations directly support the post and local community, as well as volunteers who have seen the destruction caused by Hurricane Katrina first-hand. USAG personnel, contractors and retirees are invited to come show their support for the CFC. For more information, call Agnes Ortiz at 221-2560.



Photo by Andricka Hammonds

Master Sgt. Tom Carpenter, leg amputee at Brooke Army Medical Center, practices balance Friday during a hippotherapy session. Horse handlers from the 1st Cavalry Horse Detachment, Fort Hood, Texas, accompany him to ensure safety.

## Injured warriors 'saddle up' for balance, coordination

By Andricka Hammonds  
Brooke Army Medical Center Public Affairs

Surpassing perceived limitations, Brooke Army Medical Center amputee Soldiers once again pushed themselves to great physical accomplishment.

Amputee Soldiers rode a horse for the first time since their injuries, and some, for the first time in their lives during two sessions Sept. 9 and Friday.

Hippotherapy, a term meaning "treatment with the help of a horse," was sponsored by the 1st Cavalry Division Horse Detachment, from Fort Hood, Texas. The group brought horses to Fort Sam Houston

to facilitate a hippotherapy activity with amputees mounting horses and riding.

The Horse Detachment invited Ride on Center for Kids, or ROCK, to be experts on the scene. ROCK is a nationally accredited nonprofit organization created to provide clients with affordable hippotherapy, therapeutic riding, Special Olympics, educational programs and horse shows.

"If we can give them therapy on a horse and they have fun doing it, then why not do it?" said Frank Hanson, ROCK instructor. "We want to accomplish some of the same goals they have with hospital physical therapy."

The act of riding a horse and hippothera-

py are different. In hippotherapy, a patient is strategically positioned on a horse, and the patient then reacts to the horse's movements rather than the horse reacting to the patient's commands, according to the American Hippotherapy Association.

The patient's body reacts to the sensory information the horse's movements send, and the results are evaluated by the therapist. The pelvic movements of a horse while walking are very similar to that of a human, according to AHA. That similarity is what helps correct balance, coordination and mobility.

See SADDLE UP on Page 4

## Career fair benefits wounded warriors, spouses

By Elaine Wilson  
Fort Sam Houston Public Information Office

Severely wounded service members and military spouses attended the Hiring Heroes Career Fair Tuesday at Fort Sam Houston to network and explore job opportunities within the federal government and private sector.

The career fair was one of the many measures the Defense Department is taking to ensure wounded troops can find jobs and transition back to civilian life quickly and painlessly, DoD officials said.

The Roadrunner Community Center on post was packed with more than 30 federal and commercial employers, some seeking potential job candidates and others offering career information and advice. The fair also featured seminars on federal resume writing and job search techniques, and one-on-one assistance with online job searches and resume posting.

While the career fair was the second of its kind for the Defense Department, it was the first of its kind to include civilian employers.

"The first fair at Walter Reed Army Medical Center was very successful, so we figured this fair could only benefit with additional opportunities from the private sector," said Karen Hannah, human resources specialist from the Department of Defense Applicant Assistance Office.

The DoD gathered federal agencies to participate, and Monster.com, a career fair sponsor, recruited the private sector representation, Hannah said.

"We work with the DoD on several projects, such as the Military Spouse Resource Center Web site and USAJobs," said Shannon Kelly, from Monster Government Solutions based in Massachusetts. "When we were recruiting for private employers, we had no problem with participation. The companies were very excited to come. These Soldiers have the skill sets they need."

The fair's employment opportunities ran the gamut from banking and real estate to highly technical positions with defense contractors. The Federal Bureau of Investigation even set up shop to inform people that there is more to the FBI than a group of top secret agents.

"We have extensive professional opportunities for a variety of specialties," said Wendy Watson, from the FBI. "But for those that are set on becoming an agent, not every disability will rule you out."

Some employers took resumes and others even hired on the spot, but most federal employers focused on educating wounded Soldiers on the extensive variety of employment and training opportunities available to them.

See CAREER FAIR on Page 4

# Avoid citations, learn new Texas traffic laws

By Staff Sgt. Ronald D. Shaw  
 Directorate of Emergency Services, Traffic  
 Investigations Office

The state of Texas has made several changes to the state traffic laws. It is important for every motor vehicle operator to be aware of these changes to reduce their chances of receiving a citation. The following changes became effective Sept. 1:

- Transportation Code, Section 522.081, prohibits use of wireless communications

devices (including cell phones) for the first six months after teenagers get their driver's license. It also prohibits passenger bus drivers transporting minors from using wireless communication devices, except in emergencies or when the bus is stopped.

- Transportation Code, Section 472.022, makes it a Class B misdemeanor if a person drives around a barricade where a warning sign or barricade has been placed because water is over any portion of a road, street or highway. It also

specifically creates a traffic violation for driving around a barricade put in the roadway because of dangerous conditions.

- Transportation Code, Section 545.412.A, states that all children younger than 5 years of age (old law was younger than 4) and less than 36 inches tall are required to be in a child safety seat system. It also classifies safety seat infractions as moving violations for the first time.

- Criminal Code, Section 45.051, provides

that if a driver younger than 25 commits a traffic offense classified as a moving violation, the judge must require the driver to complete a driving safety course; and, if the driver holds a provisional driver's license (under 18 years of age), submit to a Department of Public Safety road test. Failure by the driver to meet this requirement will result in a final conviction for that traffic offense.

For more information, visit the Texas Statutes Penal Code Web page at <http://www.capitol.state.tx.us/statutes/pe.toc.htm>.

## Fort Sam Houston News Leader

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## Ethics training

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

## Briefs cont. . . .

### Sexual assault conference

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

### Defensive driving online

Starting Oct. 1, military defensive driving will no longer be offered in a classroom setting. Instead, Soldiers who require a military driver's license can meet the course requirement online at [www.transchool.eustis.army.mil/training/nonresident/driveweb.html](http://www.transchool.eustis.army.mil/training/nonresident/driveweb.html). The course takes about two hours to complete, and there is an end-of-course test. Soldiers can print a certificate of completion for the installation motor pool to satisfy the requirement for defensive military driver's training. For more information, call Mike Kelly, motor pool, at 221-9631, or Ralph Rodriguez Jr., Army Continuing Education, at 221-9884.

### Equine vaccination clinic

The Fort Sam Houston Veterinary Treatment Facility will host an equine vaccination clinic Oct. 11 at the riding stables. Horse owners need to call the VTF to have their names put on the vaccination list; horse owners not on the list will be seen on a walk-in basis. People should bring cash or check only for payment to the FSH vet clinic; credit cards will not be accepted. Legal owners must be present with a valid Defense Enrollment Eligibility Reporting System ID card to receive services, or an agent must present a power of attorney and a copy of the owner's ID card. For more information, call 295-4260 or 295-4193.

### Antiterrorism Awareness Training

The Fort Sam Houston Antiterrorism Office will conduct Antiterrorism Awareness Training (Level I) Tuesday from 8 to 10 a.m. at the Evans Auditorium, Building 1396, on Garden Avenue. Army Regulation 525-13 mandates completion of Antiterrorism Awareness Training annually by all military and Department of Defense civilians. DoD contractors are provided this training as specified in the contract. The training is open to all post personnel and seating is on a first-come, first-served basis. This training is also available online at <https://atlevell.dtic.mil/at>. For more information, call the antiterrorism office at 295-0509 or 295-0534.

### Hispanic heritage exhibit

The Fort Sam Houston Museum is celebrating Hispanic Heritage Month with an exhibit called "Tejanos: A Heritage of Honor." The exhibit highlights the contributions of Hispanic Texans to the defense of the nation. Images depict Tejanos serving in conflicts from the War of Texian Independence to the Global War on Terrorism. Some of the Tejanos depicted are still serving at Fort Sam Houston today. The exhibit is on display in the museum, Building 123, on Stanley Road throughout Hispanic Heritage Month. For more information, call 221-1886.

### Accident Avoidance Training

A privately owned vehicle Accident Avoidance Training class will be offered today from 8 a.m. to noon in Building 902. The course meets the requirement for military personnel under age 26 to take a minimum of four hours of classroom instruction in traffic safety. Commanders and supervisors are encouraged to send personnel who have been convicted of a serious moving traffic violation or have been determined to have been at fault in a traffic accident. The course is also open for civilian personnel. Future classes will be offered Oct. 6 and 20, Nov. 3 and 17, and Dec. 1 and 15. To register, call Mitch Geary at 221-3824 or e-mail [Mitchell.geary@samhouston.army.mil](mailto:Mitchell.geary@samhouston.army.mil).



Photos by Elaine Wilson

(Left) The Fort Sam Houston Police escort the first trucks from Fort Worth, Texas, which are arriving on Fort Sam Houston in preparation for Hurricane Rita, a Category 5 storm with 165 mph winds projected to make landfall on the Gulf Coast by Friday night. Another 200 trucks are expected to arrive on post today and Friday as the post serves as a staging area for the Federal Emergency Management Agency, which is providing hurricane support.

## Standing by

(Right) Trucks stand by at Fort Sam Houston in preparation for Hurricane Rita support. "These are pre-staged assets for Hurricane Rita and may be disbursed elsewhere," said Steve Dakota, Federal Emergency Management Agency public information officer. The trucks are carrying ice, water, meals ready to eat, generators and other supplies.



# Groundbreaking for \$30 million rehabilitation center set at BAMC

The Intrepid Fallen Heroes Fund and the Fisher House Foundation will break ground for a four-story rehabilitation center called the Center for the Intrepid and two 21-bedroom Fisher Houses Thursday at 11 a.m. at a Brooke Army Medical Center ceremony.

Wounded warriors recovering at BAMC along with trustees of the two organizations and military leaders will help break ground for the project.

The \$30 million Center for the Intrepid will help wounded troops and veterans who have sustained severe injuries requiring extensive medical care and therapy, including those injured in the Global War on Terrorism. Many of

these patients have suffered limb-loss. The new 60,000-square-foot center will provide those with severe extremity injuries and amputees the best opportunity to regain their ability to live and work productively. It will provide space for clinical research and improvement of prosthetic designs.

The Fisher Houses will house the families of the wounded warriors as they work their way through the recovery process and will be constructed adjacent to the rehabilitation center on the BAMC campus.

The planning and execution of the center is being managed in cooperation with the secretary of defense, the

secretary of Veterans Affairs, the secretary of the Army, and the surgeons general of the Army, Navy and Air Force, who are responsible for the medical care of all members of the military community.

The Intrepid Fallen Heroes Fund and Fisher Foundation are nonprofit organizations dedicated to supporting the men and women of the U.S. Armed Forces and their families. The public-private partnership to build the Center for the Intrepid was announced July 28 in Washington, D.C. The construction manager for the project is Skanska U.S.A. Building Inc.

(Source: BAMC news release)

# BAMC sponsors job fair for injured Soldiers

Story and photo by Michael Dulevitz  
Brooke Army Medical Center Public Affairs

Brooke Army Medical Center hosted a job fair Friday to benefit its injured Soldier population.

Called a "Pool of Diversity," the job fair brought together 25 civilian and government agencies in a unified effort to offer available jobs to interested Soldiers recuperating from injuries sustained in the Global War on Terrorism.

Opal Rieras, BAMC liaison for the Disabled Soldier Support System (known as DS3), sponsored the fair at BAMC so the injured Soldiers could participate without having to travel away from the hospital setting.

"Everyone we approached showed definite enthusiasm about the endeavor, and they all wanted to get on board when it came to helping our Soldier-heroes," Rieras said.

Each of the 25 agencies involved provided detailed information on available jobs and associated benefits.

Agencies that participated were the San Antonio Independent School District, Primerica, HCA Patient Account Services, West Corporation, Time Warner Cable, Bexar County Civil Service Commission, Aerotek, Frost and Sullivan, Parent-Child Incorporated, the City of San Antonio, USAA, Department of Defense Human Resources, Chenega Security, MSN Medical Staffing, Alamo WorkSource Development, Terra Health Care, United Parcel Service,



Sgt. 1st Class Jeffrey Hubbard, 3rd Armored Cavalry Regiment, Fort Carson, Colo., talks with Diane Dominguez of the USAA Human Resources/Staffing office at the Brooke Army Medical Center job fair. Hubbard is recovering at BAMC from injuries received in the Global War on Terrorism.

McDonald's Inc., VIA Transportation, Life Masters, CareMark, Pacificare, Star Shuttle and Spectrum Healthcare Resources.

Though the job fair targeted recuperating Soldiers, others interested in the opportunities were also invited to participate.

# Saddle up

Continued from Page 1

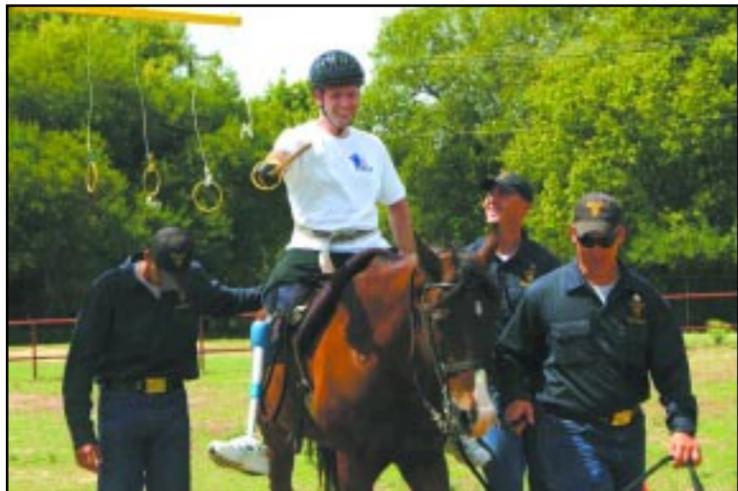
"It was a real good experience," said Spc. Andrew Soule, who is a bilateral lower-extremity amputee. "I hadn't been on a horse in a long time. You have to compensate for the horse's movements. It feels kind of similar to walking."

When done correctly, hippotherapy can improve posture, sitting and standing movements, walking and mobility.

"We're here to help them (Soldiers) get to the highest physical potential they can obtain," said 1st Sgt. Scott Sjule, 1st Cavalry Division Horse Detachment.

Staff Sgt. Dan Regan, who lost a leg, said this was his first time riding a horse. "It was awkward trying to keep your balance," said Regan.

He did a variety of exercises including trying to aim a toy sword between hung rings while the horse was galloping.



Staff Sgt. Dan Regan, leg amputee undergoing physical therapy at Brooke Army Medical Center, hits his target during an exercise to improve coordination and balance.

For amputee Soldiers, hippotherapy may aid in their learning to walk again with a prosthetic limb.

"Balance and coordination is something that leg amputees must learn again and the movements of the horse may facilitate that," said Nancy O'Meara, executive director for ROCK. "We would be more than happy to start a program here. Their balance has improved just since they started."

To record results, therapists measure balance before and after the patient rides.

"They made me close my eyes while riding. The session was really big on balance," said Sgt. Dustin Hill, bilateral upper-extremity amputee. "I'd love it if this were part of (physical training)."

The activity was closely monitored by the Soldiers' physical therapists from BAMC, as well as the hippotherapist on-site. In addition, there were horse han-



Master Sgt. Tom Carpenter, while riding backwards, tosses a football with 1st Sgt. Scott Sjule, from 1st Cavalry Division Horse Detachment, Fort Hood, Texas. This is one of many traditional Horse Detachment exercise drills for training riders.

dlers on both sides of the Soldier to maintain complete control of the horse.

The second session, Soldiers performed activities while on the horse to include traditional Horse Detachment Cavalry exercises. Soldiers did exercises like sitting on a horse backwards while playing catch with a football. This exercise focuses on balance and coordination.

"The exercises concentrate on teaching them where their body is in space; and the horse is the best way to teach that," said O'Meara.

Hill said once people are totally relaxed on the horse, they will naturally rock with the horse.

"This week, I had more trust in my balance and the horse. It



Spc. Andrew Soule mounts a horse Sept. 9 to begin his first hippotherapy session.

was a lot easier than last time," said Hill.

Adding activities to the riding lessons took the Soldiers' minds off the heat while riding.

"This week, the added activi-

ties made it a fun experience," said Master Sgt. Tom Carpenter, leg amputee at BAMC.

ROCK has plans to conduct two more hippotherapy sessions with BAMC amputee Soldiers.

# Career fair

Continued from Page 1

"We're gathering some resumes for current openings, but for most we're explaining the application process and encouraging them to look into our intern programs," said Carol White, representing the Air Force. "I've been impressed with several and encouraged others to look me up in a year."

The employers shared a common interest in ensuring the Soldiers who are not yet separated or retired have future options.

"We visit BAMC once every month or two to find wounded Soldiers to consider Army Materiel Command locations," said Roland Volk, representing AMC. "We urge them to post their resume, put their information online. When the Soldiers are medically retired, then we hope to have an offer waiting for them."

With an abundance of information on hand, the fair's attendees, both Soldiers and spouses, seemed eager to explore their options.

"This is very positive for the Soldiers who may be wondering, as wounded vets, where do I fit," said Maria Carpenter, wife of Master Sgt. Tom Carpenter, a BAMC outpatient living in San Antonio. "It's also good for spouses. I stopped working to take care of my husband, but he's getting closer to the time when I can start working again so I'm starting to look now."

For Sgt. Christopher Kind, he is unsure

whether or not he will be medically discharged, "but I can line up good opportunities today just in case," he said.

Retired Sgt. 1st Class Dana Bowman stopped by to encourage the Soldiers. Bowman is a double amputee who re-enlisted in the active duty Army.

"The fair is overwhelming," said Bowman, now a motivational speaker. "They didn't have this three years ago."

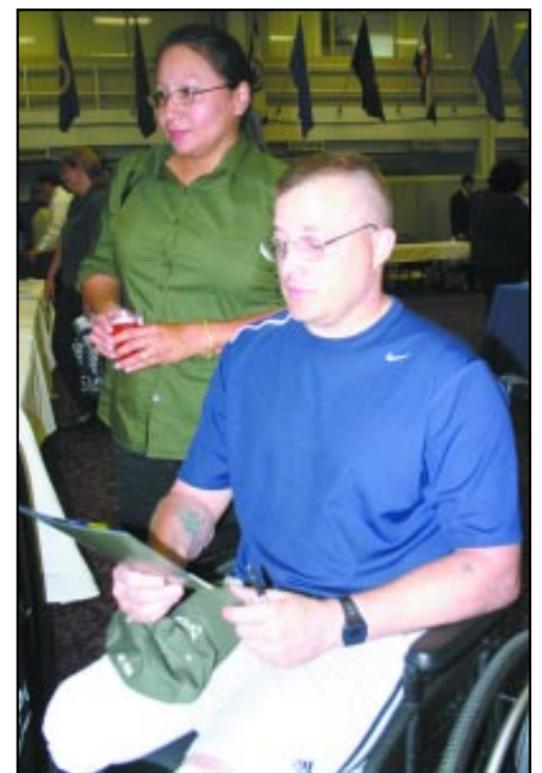
Overall, the fair was "extremely successful," Hannah said. "There are offers coming through for the Soldiers and spouses; one was even hired into a temporary position on the spot. I think all the attendees were able to benefit from the fair, whether with a future job connection or with knowledge on how to apply in the future."



The career fair was jointly sponsored by the Defense Applicant Assistance Office, BAMC, the Military Severely Injured Center and Monster.com.

The Defense Applicant Assistance Office plans to hold similar events at other military medical centers throughout the country, Hannah said.

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



Photos by Elaine Wilson

Master Sgt. Tom Carpenter, a Brooke Army Medical Center outpatient living in San Antonio, looks over a company's information while his wife, Maria, also checks out the prospects at the Hiring Heroes Career Fair Tuesday.

(Left) Penny Crocker, a military spouse, discusses job openings with Diane Dominguez and Ken Huxley, from USAA human resources. "I'm actively looking for a job," she said. "The right companies are here so I'll make sure to make the most of the opportunities."

# Motorcycle crashes claim more than 2,000 riders annually

Traffic accidents are a leading cause of death and disability in the United States and in the Army. Motorcycle crashes claim the lives of more than 2,000 riders each year.

Motorcyclists are 16 times more likely than passenger car occupants to die in a traffic accident and about four times as likely to be injured. Twenty percent of car crashes result in injury or death compared to an astounding 80 percent of motorcycle crashes, according to the National Highway Traffic Safety Administration.

Fifteen percent of privately owned vehicle accidents in the Army are motorcycle accidents. Despite the best prevention efforts, motorcycle crashes do occur. During an accident, the most important factor in reducing injury is personal protection for the operator. Education, reflective equipment, gloves, clothing, proper

footwear, eye protection and helmets provide this personal protection. Helmets are by far the motorcycle rider's most important safety equipment because they protect against injuries to the head and brain.

The Department of Defense Instruction 6055.4, Traffic Safety Program, requires use of helmet even in those states where helmets are not required by state traffic law. The helmet must be certified to meet Department of Transportation standards and must be properly fastened under the chin. Novelty helmets and other helmets may not meet DOT standards.

Rider education in accident prevention develops critical skills for safe operation of motorcycles. To operate a privately owned motorcycle on or off DoD installations, the driver must be appropriately licensed. DoD requires completion of a

Motorcycle Safety Foundation-approved course. Upon completion of the course, the driver is authorized to register the motorcycle on Fort Sam Houston.

It is mandatory for all people operating or riding as a passenger on a motorcycle to use the following appropriate personal protection equipment:

- A helmet certified to meet DOT standards. Helmet must be properly fastened under the chin. DoD requires use of a helmet even in those state where helmets are not required by state traffic law.
- Impact- or shatter-resistant goggles or full-face shield properly attached to the helmet. A windshield or eyeglasses alone are not proper eye protection.
- Sturdy footwear is mandatory. Leather boots or over-the-ankle shoes when operating a motorcycle or mo-ped.

- Long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle.
- Brightly colored outer upper garment during the day and a reflective upper garment or vest during the night is required. Outer upper garment shall be clearly visible and not covered.

When operating on any DoD installation, in both on- and off-road modes, all government or privately owned motorcycles, mo-peds, motor scooters, and ATV's must have headlights turned on at all times, except where prohibited by military mission, or local laws.

Motorcycles, except government owned off-road motorcycles on tactical missions or training shall be equipped with rear view mirrors mounted on the handlebar or fairing. (Source: Installation Safety Office)

## WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

### IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.



## Emergency numbers

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

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

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

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

# USARSO hosts Master Trainer Course for Latin American countries

By Kevin W. Sieling  
U.S. Army South Public Affairs

The U.S. Army South Well Being office hosted the first Latin American Army Family Team Building Master Trainer Course Aug. 15 to 19 in downtown San Antonio.

Foreign delegations from El Salvador, Honduras and Colombia joined AFTB representatives from Department of the Army and U.S. Army South to train Latin American army spouses and family members as AFTB master trainers.

As part of their agreement to attend the Master Trainer Course, Latin American military family members accepted a commitment to restructure and revise the Spanish AFTB training materials to meet the needs of their family members in their individual countries.

"Throughout this last year, the Well Being office has had the opportunity to work with the army section chiefs, commanders, spouses and volunteers from these countries to establish the AFTB program in their respective countries," said Sonia Caceres, USARSO Well Being

manager. "We familiarized each host nation with the AFTB concept and conducted a full week of familiarization seminars. During these seminars, we presented the team-building concept and modules selected by the host country.

"These instructors are committed to sharing the AFTB concept, recruiting and familiarizing other volunteers, developing work groups to revise the AFTB modules and training new instructors. The Master Trainer Course gives them the tools to meet these goals," said Caceres.

The AFTB program was developed in 1994 to strengthen the partnership between the Army and its families. The goal of the program is to enhance Army readiness by fostering personal and family preparedness and by helping family members to better manage their lives within the Army culture. This family member program uses the Army's proven "train-the-trainer" approach to deliver family member instruction.

Representatives from Department of the Army's Enrichment Division actively participated in the seminar and

provided valuable insight.

"We are honored and excited to provide the tools that will help each country implement the AFTB program," said Grace Smith, Department of the Army curriculum training specialist. "We are here to help you in any way possible to ensure the success of your programs when you return home. I challenge you to keep an open mind throughout this experience, enjoy yourselves and have fun."

The Master Trainer Course is a culmination of more than six years of work by USARSO's Well Being office. The initiative stemmed from a meeting with the spouse of a former Army chief of staff.

During the Conference of American Armies in November 1999, Mrs. Eric Shinseki made a commitment to the leaders of the Latin American armies to intro-



Courtesy photo  
Latin American Army Family Team Building master trainers develop ideas for implementing AFTB in their respective countries.

duce and assist with implementing AFTB. This implementation plan began with Guatemala, Ecuador and Bolivia during 2001 and continued into Nicaragua, Trinidad and Tobago, and Dominican Republic during 2002. El Salvador, Colombia and Honduras later joined this initiative.

USARSO took careful consideration of cultural needs and tailored the training to the individual needs of Honduras, El Salvador and Colombia.

"The benefits are many; develop self-sufficient families that can help each other to deal with the different aspects of the military way of life," said Caceres. "At the same time, reinforce the Army values, contribute to Soldier readiness, mission, recruitment and retention. Soldiers who are confident that their family is prepared to deal with the challenges the military way of life brings can better concentrate on their mission."

# SMA Preston emphasizes Army transformation to BOSS group

Story and photo by Tim Higgs  
U.S. Army Community and Family Support  
Center Public Affairs

LANDSDOWNE, Va. – Sgt. Maj. of the Army Kenneth O. Preston stressed the importance of Soldiers' understanding of the transformation of today's Army during the Better Opportunities for Single Soldiers annual forum Sept. 13 at the National Conference Center.

"I want to talk about transformation and give you something that all of you can take back to your commands and talk about with your fellow Soldiers," Preston told about 200 BOSS representatives, Morale Welfare and Recreation advisers and senior military advisers attending the conference.

The forum trained Soldiers on the core components of the BOSS program – recreation and leisure, community service and well-being – through interaction and information sharing.

"I just want to say thank you to all of you for what you do each and every day as part of the BOSS program," Preston told the Soldiers. "It is one of those things that really help us maintain that high quality of life that we want for all of our Soldiers. That quality of life is the reason why Soldiers want to re-enlist and why they want to continue to serve."

Preston reiterated the need for Soldiers to know what to expect in the future.

"We're all volunteers," he said. "We're doing this because we want to do it. ... I think it's important right now for Soldiers and leaders to really understand Army transformation and really understand what transformation is going to do for Soldiers and their families."

Preston stressed three factors that help keep Soldiers in the Army: job satisfaction – being totally satisfied with doing what you do each and every day; command – the leadership that drives Soldiers; and quality of life.

"I just think it's important right now for Soldiers, particularly the ones who have been deployed and are now facing another deployment or have already gone on a second deployment, to know and understand that the senior leadership of the Army understands what it's like to be deployed for a year at a time and understands the impact of short dwell times before going back again for a back-to-back deployment," Preston said after making presentations to conference attendees and senior leaders. "It's important right now for them to understand that this transformation that we're doing right now is going to bring predictability and stability to Soldiers and their families."

Preston said the BOSS program helps. "It's really tied to (Soldiers') quality of life," he said of the program that is primarily for single Soldiers between 18 and 25, unaccompanied troops overseas and single



Spc. Trent Parker, the Better Opportunities for Single Soldiers president at Fort Leonard Wood, Mo., talks with Sgt. Major of the Army Kenneth O. Preston during the annual BOSS Forum Sept. 13 at the National Conference Center in Landsdowne, Va.

parents. "It really makes them feel as being part of the installation and not just their own individual unit."

In addition to guest speakers, the conference featured best event, best installation and best Web site competitions among local BOSS groups. Attendees visited military veterans at the Armed Forces retirement home in Washington, D.C. They also competed in Ultimate Frisbee, a 3-kilometer Poker Run and a dart tournament.

BOSS focuses on providing recreational and community service opportunities for single Soldiers who provide peers with a direct link to their chain of command while improving the quality of life on installations worldwide.

"All that is tied to getting single Soldiers out of the barracks," Preston said. "Being part of a larger family like that is one of the good incentives that keep Soldiers staying around to re-enlist."

# AMEDDC&S student officers learn 'history on the hoof'

By Wayne R. Austerman  
Army Medical Department Center  
and School

The horse cavalry returned to Fort Sam Houston this summer, but in a different form.

Maj. Howard Gobble, an instructor from the U.S. Army Medical Department Center and School's Leader Training Center, used donkeys for staff rides to impart leadership and decision-making skills to his captain's career course students.

Normally conducted on foot and from automobiles, the staff rides he directed this year also incorporated a trio of docile, if sometimes hesitant, donkeys to permit the students to get the feeling of what it must have been like to wage war from horseback along the Texas frontier.

A staff ride comprises classroom study of a designated battle followed by a visit to the actual site of the encounter. On site, student officers can walk the ground, analyze the terrain as the combatants may have seen it and derive lessons from the success or failure of the opposing com-

manders' decisions and actions. Also incorporated is an opportunity to fire live rounds from a selection of period weapons.

Gobble's choice for a staff ride site was the Battle of Walker Creek, an 1844 encounter between Capt. Jack Hays' 20-man company of Texas Rangers and a force of about 100 Comanche warriors led by Chief Yellow Wolf. The site is near Sisterdale, Texas.

The battle, which marked a severe defeat for the Comanches, also constituted a technological turning point in the history of warfare, for it was the first occasion on which an entire unit armed with Colt revolvers entered combat.

The trio of donkeys was supplied by Lt. Col. Kay Burkman, chief of food security and safety branch for the AMEDDC&S. Her enthusiasm for "history on the hoof" provided the student officers with the unique opportunity to experience the challenges involved in trying to control a moving mount while thinking and reacting to a tactical combat situation.

By exchanging riders throughout the course of the exercise most of the students had an opportunity to literally duplicate the Texans' movements across the battlefield from the saddle.

Gobble said the staff ride was a definite success, and good preparation for the students as many of them prepare to deploy for service in a part of the world where the donkey is still as common a sight on the road as a sport utility vehicle is in Texas.



(Above) Officer students from the Army Medical Department Center and School had an opportunity to experience what it was like to wage war from horseback when they visited the site where the Battle of Walker Creek took place in 1844.



(Left) In a unique opportunity, AMEDDC&S students experience the challenges involved in trying to control and react to a tactical combat situation while riding on the three donkeys supplied by Lt. Col. Kay Burkman, chief of food security and safety branch.

## Web site educates work force on Constitution, citizenship

WASHINGTON, D.C. — The Defense Department has developed a new way for its employees to learn more about the Constitution and citizenship as part of the national attention on both.

A new DoD Web site at <http://constitutionday.cpms.osd.mil> contains a 20-minute course on the Constitution that highlights the relationship between the Constitution and DoD employees. Also included is the complete text of the Constitution, an interactive timeline of events before and after the signing of the document, and a ques-

tion and answer section.

The new Web site was developed to support the efforts of the heads of DoD components responsible for providing educational materials on Constitution Day and Citizenship Day, officials said.

Constitution Day and Citizenship Day were established through Public Law 108-447, which also requires that training and educational materials on the Constitution are made available to all federal agency employees each year.

"I encourage federal, state and local officials, as well as leaders of civic,

social and educational organizations, to conduct ceremonies and programs that celebrate our Constitution and reaffirm our rights and obligations as citizens of our great nation," President Bush said in a proclamation designating Sept. 17 as Citizenship Day and the week beginning that day and ending Sept. 23 of each year as Constitution Week. Congress issued a joint resolution as well.

All DoD personnel are encouraged to join in appropriate tributes to the principles of liberty and democracy, which continue to guide the nation and inspire

countless others around the world, officials said.

"Constitution Day and Citizenship Day is an important occasion for all Americans, but it has special significance for members of the DoD family who work so hard and sacrifice so much to protect and defend the principles of liberty and democracy upon which this great nation was founded," said Marilee Fitzgerald, acting deputy undersecretary of defense for civilian personnel policy.

(Source: American Forces Press Service)

## Breast health luncheon focuses on awareness, early detection

By Susie Ferrise  
Brooke Army Medical Center

In honor of National Breast Cancer Awareness Month, Fort Sam Houston has partnered with the American Cancer Society to sponsor its sixth annual breast health awareness luncheon Oct. 14 at 12 p.m. at the Sam Houston Club. The guest speaker will be Dr. Marlana Vega, a speaker from New York City.

For more than 35 years, Vega has delivered her message of "survivorship through self-empowerment" to audiences around the world. She draws upon her own life history to connect with audiences and teach them how to reach their goals.

A pioneering psycho-oncologist, Vega is a third generation breast and skin cancer survivor and is one of the nation's foremost experts on survivorship. Her lessons of survivorship have been translated into several languages and have helped countless individuals throughout the years. She has appeared on news segments, talk shows, documentaries, and has lectured at academic institutions and organizations such as Harvard University and Columbia University's School of Public Health.

Breast cancer affects everyone, both male

and female; however, women are at greater risk due to gender and age. While the risk for breast cancer is rather minimal for a woman in her 20s, her risk significantly increases when she turns 50. As she continues to age, her risk continues to increase and by the time she is 85 her risk becomes one in eight. Seventy-five percent of women with newly diagnosed breast cancer have no known identifiable risks other than age and gender.

Men are also at risk for breast cancer. Approximately 1 percent of the newly diagnosed breast cancer will be male. Unfortunately, men do not usually associate a hardening, thickening or lump in the chest area as breast cancer. They have a tendency to ignore the symptoms and wait until it has had an opportunity to spread. When it is finally diagnosed, it has usually progressed to a later stage.

The luncheon will also stress the importance of mammograms.

Tickets for the event must be purchased prior to the luncheon. The cost is \$12, and door prizes will be offered.

For more information on breast cancer or luncheon tickets, call Susie Ferrise at 916-2261.

## Women fear heart disease, breast cancer most

WASHINGTON, D.C. — Women's fear of heart disease has almost doubled since 2002, but breast cancer remains the single most feared disease, according to a new survey commissioned by the Society for Women's Health Research release in July. Fear of HIV and AIDS has declined, although AIDS cases in U.S. women increased an estimated 15 percent between 1999 and 2003, compared to a 1 percent increase in men. The other notable change centers on Alzheimer's disease, where 4.6 percent of women fear it most, compared to 2.8 percent in 2002.

Of more than 1,000 adult U.S. women surveyed, 9.7 percent list heart disease, which includes heart attack, hypertension and other heart-related disease except stroke, as the disease they fear most. That is almost double the 5.3 percent noted in an identical 2002 survey. More than twice as many women, 22.1 percent, say they most fear breast cancer, which is virtually unchanged from the previous survey (22.4 percent). All cancer responses combined totaled 57.1 percent. Ovarian cancer (2.7 percent) was the second most feared cancer, followed by lung cancer (2.4 percent).

"Women increasingly recognize that heart disease is the biggest health threat they face over the course of their life," said Phyllis Greenberger, president and CEO of the Society for Women's Health Research. "Through improved research, increased advocacy and better news reporting, women and their health care providers are getting the message that heart disease is the No. 1 killer of women. Although heart disease strikes women later in life than men, there are steps we can take at all ages to reduce our risk, such as exercise and proper diet, as well as recognize and treat the condition when it develops."

Heart disease kills 500,000 American women each year, which is more than 50,000 more women than men. It strikes women on average 10 years later than men. Women are more likely than men to have a second heart attack within a year of the first one.

"While the risk of breast cancer should not be diminished," Greenberger said, "women need to know that lung cancer actually kills more, claiming the lives of almost 70,000 American women each year."

(Source: Society for Women's Health Research)

## Post Pulse: In light of the recent disasters, how would you prepare for a disaster?



*"I would make sure everything is in order such as having quick access to finances, putting important papers in a safe box and planning for a safe meeting point with family members in case we get separated."*  
**Steven Adams**



*"In Hawaii we have to be prepared for hurricanes since we cannot evacuate. We try to keep items stored such as candles, hygiene items, food and water."*  
**2nd Lt. Jadelyn Baniqued**



*"If one was to happen, I would take out money from an ATM and buy supplies for a couple of days. I would also contact family and head for Oklahoma."*  
**Spc. Michael Youngman**



*"I would make sure my mother, my daughter and family members were taken care of and then follow instructions. I would also pray a lot. My mother, daughter and family would be my main concern."*  
**Olivia Moreno**

## 'Gift of Groceries' can help military families displaced by Katrina

By **Bonnie Powell**  
 Defense Commissary Agency

Thousands of American troops are involved in relief efforts in the wake of Hurricane Katrina. Military families are also among those displaced by the disaster.

Now a special link at <http://www.commissaries.com> will connect those interested in helping military families with a "Gift of Groceries."

The donated gift certificates can be used to assist military families in purchasing groceries at the commissary while they are temporarily housed at other installations. Commissaries are a military benefit, providing groceries at cost to active duty,

retired and Guard and Reserve families.

"Several organizations, including Air Force Aid Society, the (United Services Organization) and Fisher House Foundation already receive thousands of dollars in commissary gift certificates every year to help military families in need," said Patrick B. Nixon, chief executive officer and acting director of the Defense Commissary Agency. "In this case, Fisher House Foundation and Air Force Aid Society are in a position to distribute gift certificates to military families from the affected area."

"We are making it possible for people to earmark their donations for Katrina relief," said Mike Baskerville, vice presi-

dent of Certifichcks Inc. "The link will stay up until the need has been met."

The Gift of Groceries program is made possible through a business agreement with CertifiChecks Inc. at no cost to DeCA or the federal government. The program allows anyone to purchase commissary gift certificates to donate or give as gifts, but only authorized commissary shoppers can spend them.

Air Force Aid Society is assisting with displaced families in the southern United States. About 1,000 evacuees are at Maxwell Air Force Base, Ala., and help is also needed at more than 10 other installations where evacuees are temporarily housed. Families at Tinker Air Force Base,

Okla., are already getting commissary gift certificates as they settle in, according to family support center officials.

"Thirty patients in their last trimester of pregnancy were relocated to Lackland Air Force Base (Texas) from Keesler (Air Force Base, Miss.)," said David Coker, executive director of Fisher House Foundation. The Fisher House Foundation has constructed 33 comfort homes for military families who have loved ones being treated at military medical centers. "We are also helping at other installations and in other situations. For instance, residents at the Navy Armed Forces Retirement Home in Gulfport (Miss.) are now living at the AFRH home in Washington, D.C."

# OPSEC ensures no-win scenario for adversaries

Operations Security is a countermeasures program designed to stop foreign intelligence agents, criminals, terrorists or other adversaries from obtaining classified, critical or sensitive information about military programs and activities.

To offer an easy-to-understand explanation of the OPSEC process, the U.S. Department of Energy, National Nuclear Security Administration Nevada Site Office developed the Laws of OPSEC to reduce the process to the basic fundamentals.

## The First Law of OPSEC

If you don't know the threat, how do you know what to protect? If there were no threats to U.S. programs, activities, facilities, personnel or information, there would be no need for gates, access control procedures, access clearances and classification. Threats do exist, although specific threats may vary from site to site or pro-

gram to program. Employees must be aware of the actual and possible threats to U.S. activities. In any given situation, there is likely to be more than one adversary, although each may be interested in different information.

## The Second Law of OPSEC

If you don't know what to protect, how do you know you are protecting it? The "what" is the critical and sensitive, or target, information that adversaries require to meet their objectives.

## The Third Law of OPSEC

If you are not protecting it (the critical and sensitive information), the adversary wins. OPSEC vulnerability assessments are conducted to determine whether or not critical information is vulnerable to exploitation. An OPSEC assessment is a critical analysis of "what we do" and "how we do it" from the perspective of an

adversary. Internal procedures and information sources are also reviewed to determine whether there is an inadvertent release of sensitive information.

If an OPSEC assessment determines that one or more "elements of critical information and indicators" or "essential elements of friendly information" are exploitable by an adversary, the assessment has identified an OPSEC "concern" or "vulnerability." Once an OPSEC concern or vulnerability is identified, countermeasures must be developed and implemented to protect the information from exploitation, or at least to make the collection capability more difficult for the adversary.

Some basic OPSEC countermeasures to remember:

- Properly destroy sensitive information.
- Guard against calls to obtain sensitive information. Know who you are talking to.
- Do not transmit sensitive information via

telephone, fax or radio.

- Do not discuss sensitive information in public.
- Limit distribution of sensitive information.
- Avoid posting or displaying sensitive information.
- Do not leave laptop computers unattended in public places.
- Be aware of the threats.
- Know how information is gathered.
- Know what information requires protection.
- Know what you can do to protect the information.

For more information, call Frankie J. Hail, chief, Command Security, at 221-1906; or the Command Security office at 221-1859, 221-9500 or 221-9611.

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

# Army continues new Humvee safety upgrades

By Chuck Sprague  
Air Mobility Command

**CAMPARIFJAN, Kuwait** — The Army is responding to the warfighter's request for new equipment to enhance combat operations and increase safety by installing five upgrades to Humvees at forward repair sites in Southwest Asia.

Pentagon officials quickly approved adding a fire suppression system, improved seat restraints, an intercom system, a gunner's restraint and single movement door locks for all Humvees in Iraq.

Initially, the upgrades will be installed in Humvees, but the Army is adapting some of the new equipment to other medium and heavy tactical vehicles.

Adding intercom systems to tactical vehicles with turret gun mounts will improve Soldiers' ability to communicate when under fire, officials said.

The entire tactical fleet will receive the fire suppression system. New gunner restraints will be installed on all vehicles with gun-mounted turrets, and most tactical vehicles will receive the new seat restraints.

"These safety initiatives are being implemented to enhance protection and increase survivability for our soldiers," said Chuck Wentworth, the program manager for tactical wheeled vehicle's liaison office for Southwest Asia.

As more sets of the safety upgrades are received in theater, technical teams from the U.S. Army's Tank-automotive and Armaments Command will travel to installa-

tion sites throughout the theater to train installers and provide technical expertise on these much needed safety improvements for Soldiers in the field.

Vehicles undergoing repairs or receiving up-armor will automatically receive the new safety upgrades, said Col. Charles Wilson, commander of the Army Materiel Command's Field Support Brigade, Southwest Asia. Wilson oversees all vehicle repair and upgrades in Qatar, Afghanistan and Kuwait.

These rapid response initiatives are new with Operation Iraqi Freedom, and reflect DoD mandates to immediately respond to battlefield conditions, officials said. More than 23,000 tactical vehicles have received add-on armor in Southwest Asia through this program.

# 32nd Med. Bde. officers learn post's history, prepare for future

By Capt. Matt Konopa  
32nd Medical Brigade

Officer Professional Development took on a new meaning for about 40 junior officers, instructors and staff of the 32nd Medical Brigade Sept. 8 as Col. Bradley D. Freeman, commander, led the group on a morning full of history, nostalgia and military heritage through some of the most historic sites on post.

OPD began before daybreak with a 40-minute rigorous physical fitness circuit drill session designed for strength conditioning and cardiopulmonary development. The officers then boarded a bus for a breakfast at the historic Bullis House Inn, an off-post bed and breakfast named after Brig. Gen. John L. Bullis and owned by Steve and Alma Cross. The group learned about Bullis' impressive history that

included the capture of Geronimo, service during the Spanish-American War in Cuba and command of the Seminole Negro Scouts. Additionally, while touring the building, the officers learned of other past occupants including World War II Medal of Honor recipient and Japanese prisoner of war, Gen. Jonathan Wainwright.

At the Fort Sam Houston National Cemetery, a place rich in military heritage, the officers were met by retired Col. Paul B. Monroe, who volunteers every Wednesday assisting visitors with general knowledge and the location of particular grave sites. Monroe pointed out "Heroes Row," a special place in the cemetery where 12 Medal of Honor recipients rest including Master Sgt. Ray Benavidez, Chief Warrant Officer 2 Louis Rocco and Sergeant Major of the Army Leon L. Van Autreve, the fourth sergeant major of the

Army. Monroe also noted that the cemetery is the resting place of 370 flag and general officers and 27 Buffalo Soldiers. In another section of the cemetery, the group remembered Lt. Col. Karen J. Wagner, a Medical Service Corps officer, who was killed Sept. 11, 2001, during the attack on the Pentagon.

As the tour ended, Monroe pointed to a memorial service being conducted in the distance for a Soldier recently killed in action while serving in Iraq. With sadness and pride, each officer silently honored the Soldier in their own way.

The final portion of the OPD program was a tour of the post historic sites and the Fort Sam Houston Museum located on Stanley Road near the U.S. Army Garrison headquarters. Tour director and museum specialist, Jacqueline B. Davis, shared many historical facts that included the location of

the first military hospital, the courtship and quarters of then 1st Lt. Dwight D. Eisenhower and Mamie Dodd, located in the Infantry Post area near the historic Stillwell House, and the configuration of historic Fort Sam Houston during the early 1900s. While at the museum, Davis discussed the graphic display of Soldiers, equipment and historical facts specific to military eras and engagements. While reviewing such displays, the majority of the officers were drawn to the rear of the museum, where a small section dedicated to 9/11 shows actual video footage and the events that followed the terrorist attacks.

As the morning ended, the officers returned to their duty assignments with renewed esprit de corps, brigade unity and a deeper appreciation for the history that surrounds Fort Sam Houston and events of the past.

## Post sponsors hurricane relief benefit

Fort Sam Houston will sponsor a Chaplain's Fund for Katrina Relief benefit Oct. 1 from 10 a.m. to 4 p.m. at the Post Exchange parking lot. People are welcome to give cash donations at the event. Additionally, the offering for all Oct. 2 chapel services will be designated for relief efforts. Staff Sgt. Robin Farland, who placed second in the post Military Idol competition, will perform.

The musical entertainment includes:

10 to 11 a.m. - Army Medical Command Rock Band

11 to 11:30 a.m. - Army Medical Command Dixieland Band

11:30 a.m. to 1 p.m. - The Tailpipes (50s and 60s era music)

1 to 2 p.m. - The Almost Patsy Cline Band

2 to 3 p.m. - The "Pope" Sings The Universal Language

3 to 4 p.m. - 1101 Band, Fort Sam Houston's contemporary Christian band

## Camp Bullis User's Conference

Camp Bullis will host its fifth User's Conference Nov. 16; registration will be from 7:30 to 8 a.m. at the Camp Bullis theater, Building 5900. The conference will be from 8 a.m. to 5 p.m., ending with a bus tour of Camp Bullis, ranges and training areas. Outdoor Recreation will provide snacks in the morning and a barbecue lunch at the hunting headquarters for \$3.50. Classes include wetbulb, risk assessment, scheduling, range control briefing and a range certification class. For more information, call Ron Lane, Camp Bullis operations, at 295-7592 or 295-7633 or e-mail [ronald.lane@samhouston.army.mil](mailto:ronald.lane@samhouston.army.mil).

## Ammunition supply closures

The Fort Sam Houston Ammunition Supply Point will be closed on the following dates for inventory in 2006: Jan. 9 to 13, March 27 to 31, June 26 to 30 and Sept. 11 to 15. For emergency requests, call Vanessa C. Alford at 221-1065 or 669-5173.

## SPORTS

## Army kicks off All-American Bowl selection tour

By Beth E. Musselman  
Army News Service

WASHINGTON, D.C. — The U.S. Army kicked off the All-American Bowl selection tour Sept. 14 by announcing the first participant, A.J. Wallace, a student-athlete at Maurice J. McDonough High School near LaPlata, Md.

At a Pentagon ceremony, Gen. Richard A. Cody, Army vice chief of staff, presented the high school football player with the game jersey and his official invitation to play in the sixth annual U.S. Army All-American Bowl, which will be played Jan. 7 at the Alamodome in San Antonio.

"The Army is about investing in people; one of our core competencies is developing young men and women and investing in America's youth. That is really what this All-American Bowl is about," said Cody.

Wallace was joined at the ceremony by his parents, high school coach Dave Bradshaw and legendary football coaches Herman Boone and Bill Yoast, who were depicted in the movie "Remember the Titans."

"Coach Bradshaw, I salute you on what you have done for this team and with your

players, such as A.J. Wallace," said Boone.

As a corner back and running back, Wallace scored 26 touchdowns, rushed for nearly 1,400 yards, caught 12 passes for another 200 yards, made 65 tackles, intercepted three passes and returned three punts for touchdowns.

"I would just like to thank everybody involved. I am honored to be a part of this (team). I want to thank all of the Soldiers for everything they're doing and I will play my hardest and hope to make them proud," said Wallace.

Four hundred football players from across the country were nominated to participate in the all-star game. Selection officials SportsLink, Scout.com and USA Today narrowed the nominations down to the top 78 high school athletes.

The tour will travel to each of the selected participants' hometowns and present them with the official game jersey.

"The connection between the athletes playing in this game and Soldiers that fill our ranks is both obvious and subtle," Cody said. "Both must be disciplined, physically and mentally tough, trained for excellence and a willing member of the team that will never quit and will

never accept defeat."

"A.J. understands what it means to be an outstanding member of a successful team," said Col. Thomas Nickerson, director of strategic outreach for the U.S. Army Accessions Command. "His performance on the field proves he places the mission first. Like our Soldiers, he takes pride in making a difference."

Before the Bowl, the PARADE All-America High School Player of the Year, Ken Hall Trophy and the Walter Payton Trophy will be presented to two of the most outstanding players at the 2006 U.S. Army All-American Awards Dinner.

The winning team will receive the Herman Boone Trophy and the game's most valuable player will be awarded the Pete Dawkins MVP Trophy.

The East vs. West match-up will be broadcast live on NBC Jan. 7 at 1 p.m. EST.

For more information on the U.S. Army All-American Bowl and to obtain tickets, visit [www.goarmy.com](http://www.goarmy.com) or [www.allamericangames.com](http://www.allamericangames.com).

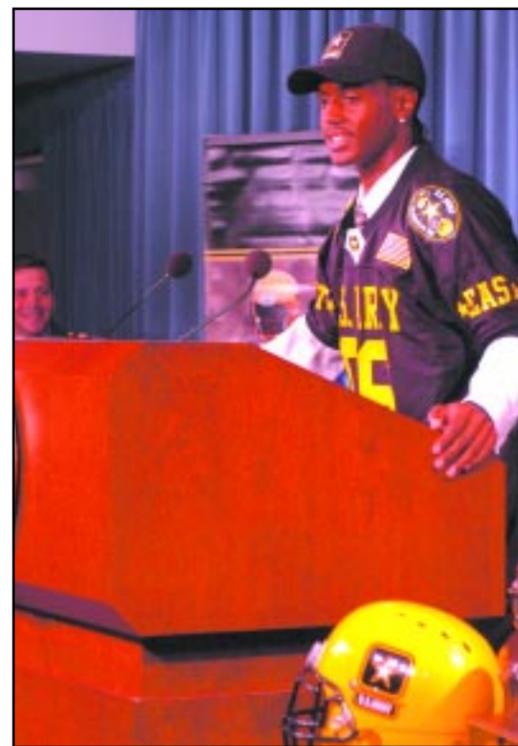


Photo by Staff Sgt. Carmen L. Burgess  
A.J. Wallace, the first student-athlete chosen to play in January's U.S. Army All-American Bowl, addresses reporters at a kick-off press conference in the Pentagon Sept. 14.

## SPORTS BRIEFS . . .

**Fort Sam Houston Golf Club Championship**

The Fort Sam Houston Golf Club will sponsor its annual Club Championship Oct. 22 and 23. This 36-hole stroke play event is open to all golf club members, active duty military, their families and Department of Defense employees and contractors assigned to Fort Sam Houston. The event will be played on La Loma and the Salado Del Rio golf courses, with the starting time scheduled for 8

a.m. and shot-gun start on both days. Interested golfers can register in the Pro Shop from 7 a.m. to 7 p.m. daily. The registration fee is \$60 for members and \$80 for non-members. This fee includes golf carts, green fees (if applicable), prizes and an awards banquet following the tournament.

**NCAA football teams invite military to games**

The Trinity University Tigers invite service members to attend games this season. The games and parking are free, but parking is limited. See the schedule by visiting the Trinity

University football Web site at [www.trinity.edu/departments/athletics/Football](http://www.trinity.edu/departments/athletics/Football). If an organization would like to present the colors or perform another service during a Trinity home game, call Navy Lt. Brian Haack at 221-0434 or e-mail [brian.haack@samhouston.army.mil](mailto:brian.haack@samhouston.army.mil).

**Football officials needed**

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

# Exchange honors retirees



(Above) Army and Air Force Exchange Service sales associate Maribel Cano offers assistance with a snow globe to Greta Smith Friday at the Fort Sam Houston Main Exchange. The Fort Sam Houston Main Exchange offered a variety of sales during the "Still Serving" weekend, an annual event to honor military retirees.



Photos by Olivia Mendoza  
Retiree, Adolfo Perez, and his wife, Theresa, shop for a Halloween costume for their son during the Main Exchange's "Still Serving" weekend.

(Right) Sisters Joyce Rivera and Ofilia Wood shop for bargains Friday during the "Still Serving" weekend at the Fort Sam Houston Main Exchange. They each agree they have to save money somewhere with gas prices soaring, so why not take advantage of the sales. The "Still Serving" weekend featured drawings, product samples, vendor demonstrations and door prizes.



get the keys  
friends don't let friends drive drunk  
U.S. Department of Transportation  
Ad Council

# Commissary shoppers play key role in food safety

By Rick Brink  
Defense Commissary Agency

**FORT LEE, Va.** — September is National Food Safety Education Month, and the Defense Commissary Agency Public Health Office reminds customers about easy steps to take to prevent food-borne illnesses.

“DeCA Public Health is committed to keeping our food supply safe,” said Lt. Col. Perry Chumley, the agency’s director of Public Health, Safety and Security. “Our patrons, as the final link in the food safety chain, can prevent food-borne illnesses by making safe food-handling practices routine.”

Bacteria and other microorganisms are the unseen enemies of food safety.

“We always welcome your questions on industry food recalls,” said Fort Sam Houston Store Director Martin J. Jackson. “Rest assured, we pull recalled products from the shelves immediately for your safety, and we post notices regarding recalled products you may still have at home. Any recalled products should be returned to us for no-fuss refund or exchange.”

DeCA provides access to public food safety education resources at <http://www.commissaries.com>.

Here are some ways customers can help minimize their exposure to harmful bacteria and prevent food-borne illnesses:

• **Develop an efficient shopping pattern.**

Shop for shelf-stable items like canned and dry goods first and pick up temperature-sensitive refrigerated items, frozen foods and deli items last. Keep fresh meat, poultry and seafood separate from other foods in your shopping cart, and use plastic bags for packages that might leak.



• **Keep your food preparation area clean.**

Wash hands thoroughly with warm water for at least 20 seconds before preparing food. Use warm water and soap or a household cleaner to clean all the countertop surfaces that come into contact with food, and use paper towels to wipe them down. If you use cloth towels, wash them afterward. Never place cooked food on an unwashed plate that previously held raw food, especially meat. Use two cutting boards, one for fresh produce and the other for fresh meat.

• **Use a food thermometer.** A food thermometer measures the internal temperature of food products so it is a good tool to ensure thorough cooking. Here are some minimal temperature guidelines in Fahrenheit: ground beef - 160 degrees; chicken breasts - 170 degrees; whole poultry - 180 degrees; steaks to 145 degrees for medium rare and 160 degrees for medium; and pork roasts, chops and ground pork to 160 degrees for medium and 170 degrees for well done. Cook fish until it is opaque and flakes easily with a fork. Heat leftovers thoroughly to at least 165 degrees. Fruits and vegetables that are cooked during preparation should be cooked to at least 140 degrees.

• **Monitor refrigerator temperature.** Use a refrigerator thermometer to ensure the temperature never exceeds 40 degrees Fahrenheit. Do not pack the refrigerator because cool air must circulate to keep food safe. Refrigerate prepared foods and leftovers within two hours of use.



• **Thaw food in the refrigerator, not at room temperature.** For quick thaw, submerge food in cold water in an airtight package or thaw in the microwave if the food will be cooked immediately after.

(DeCA news release)

## Calling all unit commanders

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

# Some National Guard members eligible for TRICARE benefits

Members of the National Guard federally activated for more than 30 consecutive days in support of Hurricane Katrina relief efforts can receive military health care benefits to include their TRICARE-eligible family members.

The deputy secretary of defense approved funding for use of the National Guard under Title 32 U.S. Code to support relief efforts effective Aug. 29. However, it is possible that some National Guard members may remain on state active duty.

National Guard members' personnel offices should update the Defense Enrollment Eligibility Reporting System to reflect eligibility for TRICARE benefits if their personnel are activated under or converted to Title 32 orders. In cases of conversion from state active duty to federal, the DEERS update could occur before orders are received.

National Guard members who are not sure if they are activated under Title 32 orders should contact their unit's personnel office to clarify their status.

After DEERS has been updated, family members will automatically be covered under TRICARE Standard and may enroll in TRICARE Prime or Prime Remote, if available in their area.

Guard members serving on state orders are not eligible for TRICARE health benefits, although they may be eligible for certain health care benefits through their state.

For more information about DEERS enrollment, beneficiaries may visit the TRICARE Web site at [www.tricare.osd.mil/deers](http://www.tricare.osd.mil/deers) or call the DEERS Support Office at (800) 538-9552. Beneficiaries can also find the nearest ID card-issuing facility at [www.dmdc.osd.mil/rsl/owa/home](http://www.dmdc.osd.mil/rsl/owa/home).

Beneficiaries can also contact the regional contractors: Humana Military Healthcare Services (South region), (800) 444-5445; HealthNet (North region), (877) 874-2273; or TriWest (West region), (888) 874-9378. For more information about TRICARE benefits, visit TRICARE's Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil).

(Source: TRICARE news release)

## DoD extends pharmacy co-pay waiver for hurricane victims

**FALLS CHURCH, Va.** — The Department of Defense has extended the waiver of pharmacy co-pays through Sept. 30 for beneficiaries affected by Hurricane Katrina who are unable to pay them.

In addition, TRICARE, the DoD agency that administers the military's health plan, has been working closely with retail pharmacies and its pharmacy contractor to ensure military evacuees maintain access to their prescription benefits.

For example, beneficiaries displaced by Hurricane Katrina may request that their prescription records at military treatment facilities in the Gulf Region be transferred to other military or retail pharmacies nationwide.

Affected beneficiaries who participate in the TRICARE mail order pharmacy program may get their prescriptions from retail pharmacies if they are unable to receive them by mail. Express Scripts Inc., TRICARE's pharmacy contractor, is updating patient information to include temporary mailing addresses so prescriptions will reach the beneficiaries at their new locations.

For assistance, hurricane victims may call the DoD Pharmacy Operations Center at (866) 275-4732. They may also contact ESI at the following phone numbers for questions about the TRI-

CARE mail order and retail pharmacy programs:

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

Beneficiaries should call the Defense Enrollment Eligibility Reporting System Support Office at (800) 538-9552 to update their family members' information, including address changes, to maintain access to pharmacy benefits.

In addition, beneficiaries seeking information about their TRICARE benefits may call the regional contractors: Humana Military Healthcare Services (South region), (800) 444-5445; HealthNet (North region), (877) 874-2273; or TriWest (West region), (888) 874-9378, or visit the TRICARE Web site at [www.tricare.osd.mil/katrina](http://www.tricare.osd.mil/katrina).

Beneficiary counseling and assistance coordinators, debt collection assistance officers, TRICARE service centers and family support representatives at local military installations are also available to help active duty military personnel and their families. Beneficiaries can also go to Military OneSource at (800) 342-9647 or [www.militaryonesource.com](http://www.militaryonesource.com).

(Source: TRICARE news release)

### Smoke-free and courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your "wings." Visit the Health Promotion Center, Room L31-9v, Brooke Army Medical Center, or call 916-3352 or 916-5538



# Hurricane-affected military families asked to contact TRICARE

Military family members ordered to evacuate military installations damaged by Hurricane Katrina need to make decisions about their medical care. More than 44,000 active duty military family members living in Louisiana, Mississippi and Alabama are moving to other TRICARE regions as directed by installation commanders.

These military family members are authorized to select an alternate safe haven anywhere within the continental United States. The location they select may impact their health care benefits under the TRICARE health plan.

“Family members who move from their current TRICARE region of care should contact their existing and new regional health plan contractor — Humana Military Healthcare Services, HealthNet or TriWest — for important information and guidance about the continuation of their health care benefits,” said Dr. William J. Winkenwerder Jr., assistant secretary of defense for health affairs. “They need to make a decision based on their individual situation. We will provide the best information possible for them to make that choice.”

There will be no change in coverage for family members who use TRICARE Standard. They may seek care from any TRICARE-authorized provider, wherever they are temporarily living, even if residing in another TRICARE region.

TRICARE Prime or Prime Remote family members do not have to change their primary care manager while living in their safe haven location within another TRICARE region. Additionally, no referrals are required for health care services through Sept. 30.

If beneficiaries are living in an area where Prime or Prime Remote benefits are not available, they may disenroll and will be covered by TRICARE Standard.

For more information about accessing TRICARE benefits, beneficiaries may visit the TRICARE Web site at <http://www.tricare.osd.mil/Katrina>, or call their regional contractor: HMHS, South Region, (800) 444-5445; HealthNet, North Region, (877) 874-2273; or TriWest, West Region, (888) 874-9378. (Source: TRICARE news release)

## Blood is the fluid of life

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

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life. Contact the donor center to lend a helping hand.

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



# Crisis hotline for counseling services is available for victims of Hurricane Katrina

The Department of Health and Human Services has created a toll-free hotline for people in crisis in the aftermath of Hurricane Katrina.

By dialing (800) 273-TALK (273-8255), callers will be connected to a network of local crisis centers across the country that offer crisis counseling. Callers to the hotline will receive counseling from trained staff at the closest certified crisis center in the network.

“We have all been touched by this tragedy, and profound sadness, grief and anger are normal reactions that many people may experience,” HHS Secretary Mike Leavitt said. “We want people to know that we have a nationwide team of crisis counseling experts available to help people through their grief and loss.”

The network is run by HHS’ Substance Abuse and Mental Health Services Administration and involves more than

110 certified crisis centers. People who are in emotional distress or suicidal can call at any time from anywhere in the nation to talk to a trained worker who will listen to and assist callers in getting the mental health help they need. People will be provided with immediate access to local resources, referrals and expertise.

(Source: HHS news release)

### BAMC Health Promotions September Class Schedule

<u>Class</u>	<u>Date</u>	<u>Time</u>	<u>Place</u>
Diabetes Management	Monday Tuesday	12:45 to 4:30 p.m.	BAMC, nursing administration conference room (third floor)
Foot Care for Diabetics	Monday	1 to 2:30 p.m.	BAMC, Health Promotions (L31-9V)
Yoga	Wednesday	12 to 1 p.m.	BAMC, Occupational Therapy Clinic
Learn to Manage Your Child’s Asthma-Pediatric	30	2 to 3:30 p.m.	BAMC, Health Promotions
Weight Management Winning Combinations	today and 29	8 to 9:30 a.m.	BAMC, Health Promotions
Breast-feeding Support Group	Friday and 30	1 to 2:30 p.m.	BAMC, OB/GYN fifth floor conference room

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



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

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

# TROOP SALUTE



## 187th Medical Battalion



### Officer of the Week

**Name:** Capt. Parichart Vaikayee

**MOS:** 67G, podiatrist

**Hometown:** Coconut Creek, Fla.

**Time in service:** Six months

**Future goals:** To be an outstanding leader and podiatrist

**Reason for joining:** To help Soldiers who are protecting America

**Latest accomplishment:** Assisted a new Soldier with English skills since the Soldier spoke Thai as a first language



### Soldier of the Week

**Name:** Sgt. Morriz Velazquez

**Unit:** A Company

**MOS:** 91K M2, cytology specialist

**Hometown:** Orlando, Fla.

**Years of service:** Five years

**Future goals:** To be an outstanding physician assistant

**Reason for joining:** To serve my country and be a part of an organization that upholds our liberties

**Latest accomplishment:** Graduated from the 91K M2 course - cytotechnology

## 232nd Medical Battalion



### Soldier of the Week

**Name:** Pfc. Lyndsey McConnell

**Unit:** F Company

**Hometown:** Seminole, Fla.

**Reason for joining:** To fight for and defend my country that stands for freedom and treats its people the best

**Future plans:** To continue my career in the Army, become a registered nurse and obtain a master's degree in nursing



### Junior Leader of the Week

**Name:** Spc. Taccarra Davenport

**Unit:** F Company

**Hometown:** Detroit, Mich.

**Reason for joining:** Joining the Army was an excellent reason to improve myself and serve my country at the same time

**Future plans:** My plan for the future is to become a medical doctor specialized in anesthesiology



## Spotlight your unit

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

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

## Need an ID Card?

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



# ICE

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

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



Photo by Sgt. 1st Class Johan Charles Van Boers

# Desert

## *Fort Sam program provides bridge for*

**By Elaine Wilson**  
**Fort Sam Houston Public Information Office**

A unique program at Fort Sam Houston, created by the 187th Medical Battalion, is helping recently deployed Soldiers transition successfully from the intensity of combat to the intensity of the classroom.

The weeklong course, called Desert to Desk, couples post-deployment coping skills with classroom-relevant knowledge for D Company Soldiers attending challenging courses at the Army Medical Department Center and School.

"This course provides a bridge to healing," said Chaplain Dwight Broedel, 187th Medical Battalion chaplain and Desert to Desk instructor. "It's a much-needed emotional and spiritual transition from the stress of battle to a different kind of stress in the classroom."

In each early morning session, taught before the school day begins, speakers from family advocacy, the chaplain's office and mental health touch on a variety of topics, such as anger and stress management, effective communication, spirituality and even test taking. All offer practical tips to help Soldiers succeed in school, and in their personal lives.

"We offer up a lot of information, and Soldiers can take away the parts they need to deal with post-deployment life in a healthier way," Broedel said. "The end of the week isn't the end of the learning; it's just the beginning of a healing process."

Desert to Desk started a year ago, after Broedel's predecessor, Chaplain David Schlichter, noted a pattern of classroom failure in D Company students.

"He did some research and found out the Soldiers had all

arrived from Iraq and Afghanistan, some less than a week earlier," Broedel said. "They couldn't concentrate. They went from having a buddy dying in their arms to becoming a trainee in a classroom. Not an easy transition."

While professional in uniform, the post-deployment Soldiers had a pattern of angry behavior off duty as they struggled to deal with the pressure of school and post-combat stress. The company saw a rise in incidents of road rage, impulsive spending, domestic violence and drunk driving.

"The Soldiers basically had a bad attitude," Broedel said. "They played 'the game' but were seething – and dying – inside."

Experts from mental health, family advocacy and the chaplain's office met with the D Company commander and first sergeant to stop the rising attrition rate. The goal was to help Soldiers deal with combat stress at home and on duty, while also preparing the prior-service Soldiers, some former cooks and mechanics, for the rigors of advanced medical training at school.

With symptoms ranging from anger and stress to insomnia and difficulty concentrating, combat stress can trip up even the most diligent student.

"We needed to get a handle on the combat stress first," said Marjorie Loya, family advocacy program manager and one of the course originators. "Many came straight to class without even seeing their families. We first arranged for that. If they are worried and upset, how can they concentrate in class or deal with life effectively?"

"It's not just a PowerPoint presentation; it's useful information that can set the path to

Chaplain  
 187th Medical E  
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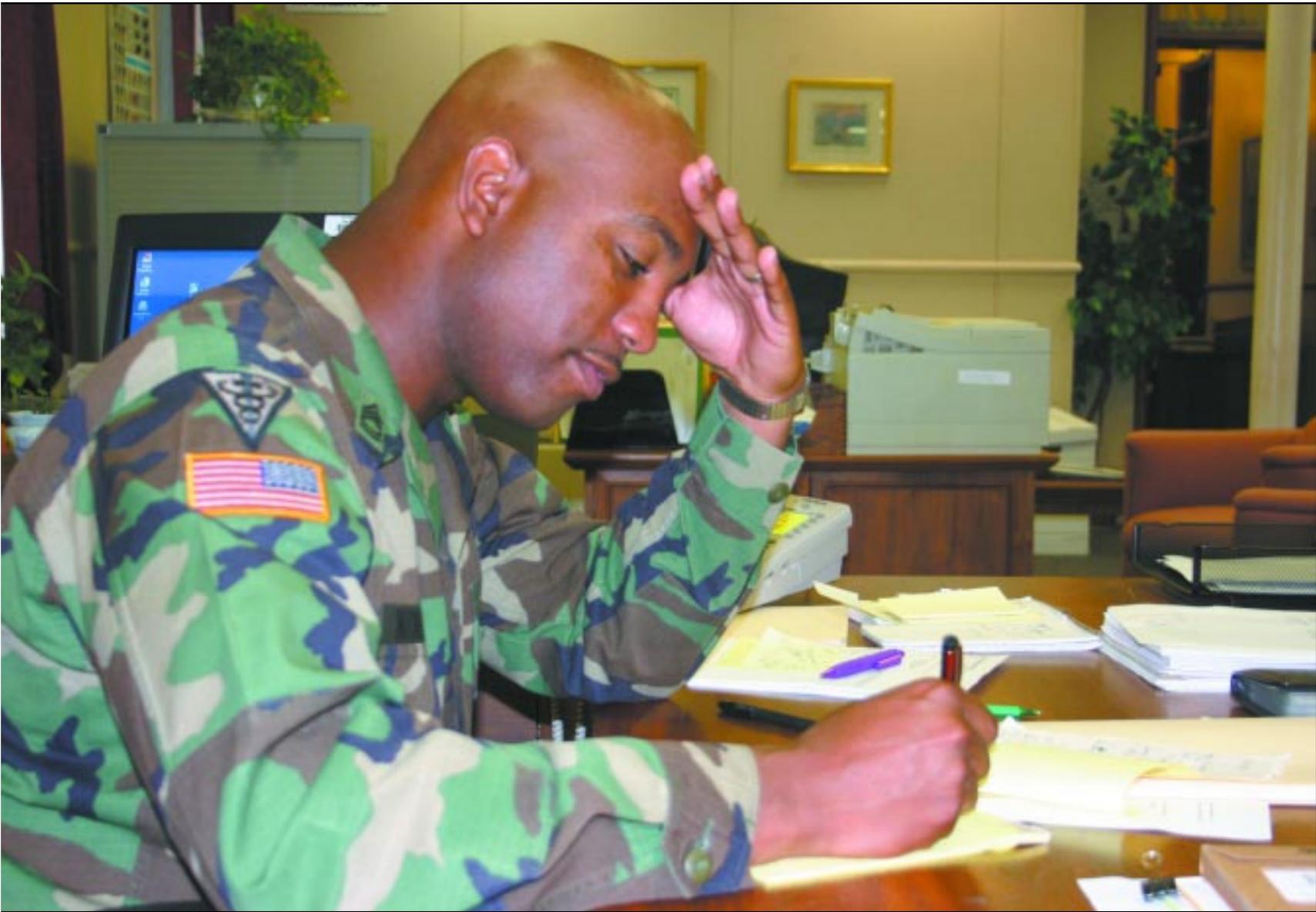


Photo by Elaine Wilson

# to Desk

## *From combat to classroom for Soldiers*

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lain Dwight Broedel  
talion chaplain and  
t to Desk instructor

The originators envisioned a course that would give Soldiers the tools they needed for success, in their personal lives and in school. More than 40 Soldiers attended the first Desert to Desk class, and, one year later, over 300 Soldiers have benefited from the course.

Spc. Shari Wright, who returned from a yearlong deployment to Iraq in April, said the knowledge she gained is invaluable.

“When I was gone, my husband had four children to take care of, including a 4-month-old,” she said. “When I got back, I wanted to step in and help but he had dealt with it on his own for a year. That caused some friction.

“Thanks to this course, I’ve learned to communicate with my spouse a lot better,” she said. “I thought I had it tough, but he had it tough too.”

Guilt, anger and frustration are common symptoms for returning Soldiers, Broedel said.

“They come to me tormented and hurting, plagued by nightmares and guilt from having survived or guilt over killing someone.

“Desert to Desk offers Soldiers the opportunity to gain awareness of their feelings and relate to others who went through the same thing,” he said. “Just knowing they aren’t alone in their pain is very healing.”

The course, which has garnered praise from both students and school leadership, is a resounding success with improved student pass rates and positive feedback, Broedel said.

Encouraged by the success stories, Broedel proposed the program to Soldiers from the 187th Med. Bn.’s F Company, based at Sheppard Air Force Base, Texas, to an eager reception. The Soldiers are at Sheppard to attend an intense 10-month medical equipment repair course.

“We’ve been tracking a definite pattern with Soldiers coming from Iraq and Afghanistan,” said Jeff Pixler, Air Force family advocacy outreach manager at Sheppard AFB. “A company of 275 Soldiers were sending more referrals than squadrons with well over 2,000 folks.

“It makes sense,” he said. “They are dealing with what they saw down range, the loss of their buddies, and then are back in a class, being treated as a trainee and learning highly technical electronics and math. I’ve got to wonder, mentally, how prepared would I be?”

The Air Force saw the Desert to Desk program as an opportunity to reach the Soldiers at Sheppard, and 13 Soldiers will attend Sheppard’s first Desert to Desk class, which starts Sept. 26.

“We are going to stress the importance of awareness and knowledge of the available resources, as well as the dangers of minimizing their experiences,” Pixler said. “Anxiety disorders are a treatable medical condition. With help, they can go on to lead an enriching life.”

The outside interest in the class is a clear demonstration that the “fall out” from battle is not specific to one post or service, Broedel said.

“Any service member who has deployed can benefit from this knowledge,” he said. “It’s not just another PowerPoint presentation; it’s useful life information that can set Soldiers on the path to healing.”



## ELEMENTARY SCHOOL NEWS



Courtesy photos

Students in Nora Gonzalez' fifth grade social studies class read the book "Shh! We're Writing the Constitution" together to present a report for Constitution Day.

# Fort Sam Houston ISD celebrates Constitution Day

By Dr. Kathy Maxwell and retired Lt. Col. Robert Hoffmann  
Fort Sam Houston Independent School District

Sept. 17, 1787, the 55 delegates to the Constitutional Convention signed the Constitution of the United States of America, representing the greatest expression of statesmanship and compromise ever written.

According to about.com, "In just four hand-written pages, the Constitution gives us no less than the owners' manual to the greatest form of government the world has ever known."

Dec. 8, 2004, Public Law 108-447 was signed into law designating every Sept. 17 as Constitution Day. An amendment was inserted in a spending bill sponsored by Senator Robert C. Byrd from West Virginia requiring every U.S. school receiving federal funds to teach about the Constitution.

Fort Sam Houston Elementary celebrated Constitution Day this week. Students and parents showed their patriotic pride by wearing red, white and blue. Each day the message for the morning announcement program contained historical information about the Constitution.

Many classrooms participated in special ceremonies and learning activities highlighting the Preamble of the Constitution, the signing and ratification process, the individual signers of the Constitution, the full document and the amendments with the Bill of Rights.

Students in Nora Gonzalez' fifth grade class



Terry Bills' fourth grade students watch intently for the next set of instructions to a game designated for learning about Constitution Day, which is celebrated each year on Sept. 17.

wrote reports based on books about the Constitution. Students in Kathy Maxwell's fourth grade language arts read about current events in newspapers, then discussed the content and completed assignments. Terri Bills, fourth grade social studies teacher, created games with questions and statements about the Constitution for students in her class.

At Cole Jr./Sr. High School, students took part in programs reflecting the language, meaning and historical significance of the Constitution.

At the beginning of every class period, different facts about the Constitution were read by senior students. Students participating in this exercise were Aurora Page, Robert Hewitt, Shauteia Johnson and Ann Guymon.

At every advisory period, similar to homeroom, Josh Heaney read the Preamble to the Constitution followed by students' description of the meaning of each section. These students were Beatrice Langford, Amy Rarig, Owen Black, Hailey Simmons, Christina Gonzales and Sabrina Franklin.

During lunch periods, videos depicting the writing of the Constitution were played for all students to view.

"The exercise was well received by the entire student body, and gave each student an appreciation of what it means to be an American," said Dr.

Roland Rios, principal of Cole Jr./Sr. High School. "We emphasize and celebrate Constitution Day, and make it a part of what our students learn about our American government and history during the entire school year."

# HIGH SCHOOL NEWS

## Class of 2006 enjoys delicious tradition

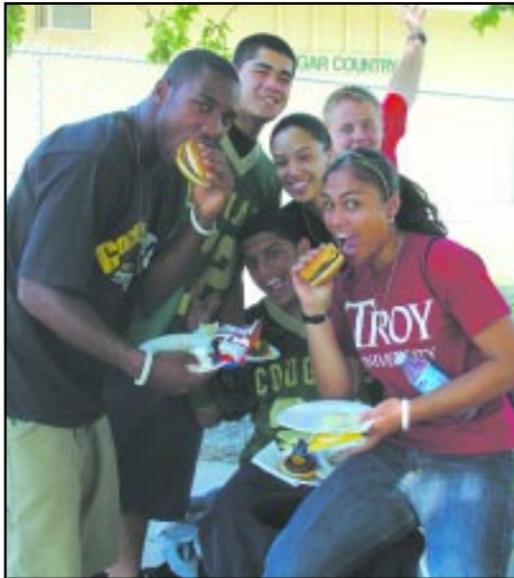
By retired Lt. Col. Robert Hoffman  
Cole Jr./Sr. High School

With rock-and-roll music reverberating off the walls of the Cole Stadium concession stand, members of the Cole Jr./Sr. High School graduating class of 2006 flocked to the "Sizzling Senior Celebration" during their lunch period Friday.

For the fifth consecutive year, school administrators and senior class sponsors treated the seniors to a picnic lunch that included barbecue hamburgers with all the trimmings. Retired Lt. Col. Robert Hoffmann, Junior ROTC instructor; Elizardo Hernandez, assistant principal; and Dr. Roland Rios, principal, were the "chefs" of the day.

The celebration is just one of the many events held for graduating seniors during the year to facilitate a long year of completing academic and personal goals and meeting graduation requirements.

"We had so much fun," said senior Meghan Rinehart. "The leadership here at Cole really goes out of its way to make senior year a time to remember and cherish. I am so looking forward to the rest of the year."



Courtesy photo

Seniors (clockwise from left) Anson Brantley, Tim Pedro, Constance Davis, Robert Hewitt, Bea Davis and Robert Davis (center) enjoy the "Sizzling Senior Celebration" Friday.

## Cole Sports Update

### Cole varsity football team

Led by a stifling defense that held the opponent to under 100 yards total offense, the Cole varsity football team improved its season record to 3-1 with a convincing 23-0 shutout of the Natalia Mustangs Friday at Cougar Stadium. Junior Erin Simmons once again was the player of the game, rushing for 137 yards and two touchdowns. Cole place kicker/wide receiver Lukas Sheridan also had an outstanding game, scoring 11 points that included a touchdown, two extra points and a field goal. Larry Ransom is the district's athletic direc-

tor and head coach, with Darrell Kurek and Howard Baer as assistant coaches.

The Cole junior varsity football team defeated Natalia Sept. 15 with a score of 30-0. Steven Sult threw a touchdown pass to Will Vega. Emerson Weber, Reggie Garnett and Chauncey Holmes each scored a rushing touchdown. The defense also played an outstanding game, recording their second shutout of the year. The Cougar's record now stands at 4-0. The junior varsity football team coaches are Eric Boehme and Brian Sotak.

### Fort Sam Houston Independent School District

#### Weekly Campus Activities

Monday to Oct. 1

#### Fort Sam Houston Elementary School

##### Wednesday

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

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

##### Sept. 29

Texas Primary Reading Inventory reports sent home to parents

##### Sept. 30

Individual school pictures, all day

Spirit Day

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

##### Monday

Student of the Month photos/breakfast in mall area, 9:50 a.m.

##### Tuesday

Volleyball vs. Randolph at Cole - junior varsity, 5:30 p.m.; varsity, 6:30 p.m.

##### Wednesday

Art history field trip to Wimberly Glassworks, all day

Progress reports mailed home to parents

##### Sept. 29

Poetry Read Aloud in mall area or outside, 7 p.m.

##### Sept. 30

Varsity volleyball vs. Blanco at Cole (side courts) - freshmen, 4 p.m.; junior varsity, 4 p.m.; varsity, 5 p.m.

##### Oct. 1

Fall play weekend rehearsal in Room 500, 1 to 3 p.m.

TMI Cross Country Invitational at TMI High School

### Cole book fair

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

### School board meeting

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



Courtesy photo

## Keeping cool

Children cool off with free ice cream during an ice cream social Friday sponsored by Fort Sam Houston Family Housing, which is managed by Lincoln Military Housing. For photos of the last ice cream social, residents can log onto LMH's interactive Web site at [www.samhoustonlpc.com](http://www.samhoustonlpc.com).

# Housing offers residents community events, fun

Fort Sam Houston Family Housing sponsors monthly activities and community events for families, to include:

- A mayoral program that residents can join and provide input for their neighborhoods
- Quarterly resident newsletters
- Monthly activities for children living in Fort Sam Houston housing such as ice cream socials
- Care packages for Soldiers in Iraq
- Yard of the Month - the winner gets a \$25 Home Depot gift certificate
- Survey of the Month - the winner gets a \$30 dinner gift certificate

- Halloween activities
- Holiday Helping Hands

Residents can visit the FSHFH Web site at [www.samhoustonlpc.com](http://www.samhoustonlpc.com) to view activities, wait lists, information about upcoming events, submit service requests or provide comments about the services they have received. For more information, call the housing office at 270-7638. To submit a service request, call "Lincoln at Your Service" at (888) 578-4141.

(Source: Residential Communities Initiative)

## Fort Sam Houston Family Housing

### August Survey of the Month winner

Col. and Mrs. Adams

August Yard of the Month winner  
401 Dickman



## Jewish Congregation High Holy Day Services

- Oct. 3 - Rosh Hashanah at 8 p.m.
- Oct. 4 - Rosh Hashanah at 9 a.m.
- Oct. 5 - Rosh Hashanah at 9 a.m.
- Oct. 7 - Shabbat Shuvah at 8 p.m.
- Oct. 12 - Kol Nidre at 7 p.m.
- Oct. 13 - Yom Kippur at 9 a.m.



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

# Contemporary Protestant service begins Oct. 2

The search is over for an exciting worship opportunity on Fort Sam Houston contemporary Protestant service begins Oct. 2 with Sunday School for all ages at 9:30 a.m. and worship service at 11:01 a.m. followed by a meal at noon.

The service will feature a praise band, message and family-friendly atmosphere.

“One evident difference of a contemporary service versus a traditional service is the upbeat and expressive music,” said Chaplain (Maj.) Yvonne Hudson, chaplain of the 11:01 contemporary Protestant service. “We can use technology to enhance and adapt

to the needs of people while still providing an atmosphere to glorify God, and lead participants into greater faith and service.

“We have found military faith communities embrace this type of service with a focus on general Christian ideals and belief rather than traditional denominations,” Hudson said.

A nursery will be provided and dress is casual. All programs will be held at the Installation Chaplain’s Office, Building 2530, on Funston Road next to Burger King.

For more information, call Hudson at 295-2096.

(Source: Installation Chaplain’s Office)



Courtesy photo

The Praise Band rehearses for its debut at the new 11:01 contemporary Protestant chapel service, which starts Oct. 2. The band includes (from left) Robert Bourquin, guitar; Chris Lively, singer; Michelle Taylor, guitar; Frank Berlingis, drums; Robbin Mitchell, singer; and Chaplain Darin Olson, acoustic guitar.

## POST WORSHIP SCHEDULE

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

**Catholic Services:**

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

**Protestant Services - Sundays:**

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

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

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

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

**Catholic Services - Sundays:**

12:30 p.m. - Mass

**Protestant Services:**

10:30 a.m. - Collective Gospel

Protestant - Sundays

9:30 to 11:30 a.m. - Women’s Bible

Study (PWOC) - Wednesdays, child care is provided.

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

**Catholic Services:**

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

**Protestant Services:**

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays

**AMEDD Regimental Chapel,**

Building 1398, 221-4362

**Troop Catholic Mass:** Sundays:

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

**Troop Protestant Gospel Services:**

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

**Troop Protestant Service:**

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

**Samoan Protestant Service:**

Sundays: 12:30 p.m.

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

10:30 a.m. - Children’s Religious

Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious

Education - Thursdays

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

**Mormon Services:** 9:30 to 11:30

a.m. - Sundays

**Web site:**

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

## RELIGIOUS HAPPENINGS . . .

**Retirement dinner**

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

**PWOC daytime Bible study**

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

**OCF Bible study**

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

## INTERFAITH CALENDAR . . .

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

## eCYBERMISSION program seeks ambassadors, CyberGuides

**ABERDEEN PROVING GROUND, Md.** — Recognizing the importance of science, math and technology for America's youth, the Army launched the eCYBERMISSION competition in 2002. eCYBERMISSION is a free Web-based competition for students in sixth through ninth grade that provides opportunities for students to be creative and get involved in their community.

In its first year, 903 teams with more than 3,200 students registered to participate in the national competition. Participation numbers almost doubled in the 2003-2004 competition year; 1,624 teams registered representing 5,854 students. Last year, the competition again surpassed expectations registering 1,901 complete teams and more than 7,900 students.

The Army is committed to raising interest in science, math and technology among students in communities across the nation and in Department of Defense Education activity schools worldwide. With the fourth year of competition underway, eCYBERMISSION is looking for volunteers to help spread the word and encourage students of diverse backgrounds and proficiency levels to get

involved in the competition.

Over the past three years, eCYBERMISSION volunteers have included hundreds of active duty and reserve military personnel and Department of Defense civilians with an active security clearance serving as ambassadors or CyberGuides. Ambassadors promote the competition to their local schools and community groups and must be willing to contribute 15 to 20 hours a month between now and November. CyberGuides serve as online mentors and should have a science, math, or technology background with the ability to spend about four hours per week interacting with students online to provide guidance and support.

As a volunteer, you will represent the "Face of the Army" to the local educational community. Many volunteers have expressed how much they enjoy serving as an eCYBERMISSION volunteer because it allows them to give back to America's communities and the nation. To register and become a volunteer, visit [www.ecybermission.com](http://www.ecybermission.com).

(Source: U.S. Army Research, Development and Engineering Command news release)

## National competition embraces students' science, math, technology talents

**WASHINGTON, D.C.** — The U.S. Army's eCYBERMISSION, a Web-based science, math and technology competition, allows students to compete for regional and national awards, while working to solve problems in their community. The competition is open to students in sixth through ninth grades.

Teams of three or four students conduct research and experiments to test their hypotheses, reach out to community leaders and communicate with online CyberGuides (virtual mentors) and Army personnel who are experts in science, math and technology. Teams must identify how their solution affects the community and what their plans are for implementation and next steps.

Sixteen teams will be chosen as regional winners and will win \$3,000 for each student as well as an all-expense paid trip to Washington, D.C. for the national judging and educational event. Four national first-place winners will be chosen

from these 16 teams, and will win an additional \$5,000 each.

Registration for eCYBERMISSION's competition began Sept. 1 and runs through Dec. 12. The eCYBERMISSION competition is open to all students in grades sixth through ninth across the United States and to students enrolled in Department of Defense Education activity schools throughout the world.

For more information, visit [www.ecybermission.com](http://www.ecybermission.com).

(Source: American Forces Press Service)

## Use your head . . .

Children on post are required to wear safety helmets when riding a bike, skateboard or scooter.



# MWR

## Recreation and Fitness

### Fort Sam Fall Fest

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

### Latino comedy show tickets

Free tickets are now available for individuals 21 years and older for the Latino Comedy Show featuring Cleto Rodriguez, Victor "Speedy" Gonzalez and Richard Trevino. The comedy show is Sept. 30 at Sunset Station; doors open at 8 p.m. and show starts at 9 p.m. Tickets are available at various MWR facilities such as the Bowling Center, Sam Houston Club and Army Community Services. For more information, call 221-2307 or 221-9904.

### Natural body building show

A natural body building show will be Oct. 19 at the Jimmy Brought Fitness Center. Weigh-in is from 4:30 to 5 p.m.; start time is 6 p.m. The cost is \$25. For more information, call 221-2020.

### Free fun run

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

### 3-D archery at Camp Bullis

The next archery shoot is Saturday and Sunday. Check-in is from 8 to 10 a.m. This competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards are given to the top three in each class. Saturday's shoot is \$15, all competitive, and Sunday's shoot is competitive for \$15 or noncompetitive for \$10. Minis and cubs shoot free with a paid adult, and a play-

ground is available. It is open to the public. For more information, call 295-7577.

### Archery lessons

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

### Swimming lessons, indoor pool

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

### Water aerobics

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

### Free morning aerobics

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

### Aerobathon

Get ready to move for three hours of nonstop fun including step moves, abs and low-impact aerobics. The aerobathon is Oct. 22 from 9 a.m. to noon at the Jimmy Brought Fitness Center. Cost is \$10. To register, call 221-2020.

### Senior fitness

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

### Salsa and merengue classes

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

### New cycling class

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

### Yoga, pilates teacher needed

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

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Bingo

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

#### Lunch buffet

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

### Bowling Center, 221-3683

#### Join fall bowling leagues

New leagues are forming now at the Fort Sam Houston Bowling Center. Leagues include men's, mixed, senior ladies' majors,

youth and officers' wives. For more information, call the Bowling Center at 221-4740.

#### Unlimited bowling

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

#### Family bowling day

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

#### Cyber bowl

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

### Golf Club, 221-4388

#### Pro Shop sale

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

#### Golf lessons

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

### Around the Corner Frame Shop

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

### Harlequin Dinner Theatre

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

### MWR Ticket Office

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

## MWR CHILD AND YOUTH SERVICES

### Youth Happenings

#### Youth Center closure

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

#### Junior teen dance

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

#### Youth bowling

The Youth Center will take youth bowling Sept. 30 from 7 to 9 p.m. at the Bowling Center. There will no charge for this activity but sign up in advance is required.

#### Teen movie night

Teens will go to the Rialto movie theater Saturday from 8 to 10:30 p.m. Sign up now for this trip.

#### Cyber night in computer lab

The Youth Center will host cyber night in the computer lab Friday from 6 to 8 p.m. Strobes, black lights and music are all the rage so join the cyber fun.

### Arts and crafts classes

The Youth Center will offer crafts classes Monday from 4 to 5 p.m. Class will include making seasonal items like fall accessory necklaces.

### Youth Services volunteers

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

### Free after-school program

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

### Cheer registration

Cheer registration for the football season is

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

### Cooking classes

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

### Saturday open recreation

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

## Parent News

### PAC meeting

The next Child and Youth Services Parent Advisory Council meeting will be Oct. 18 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston.

Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

### PCI enrollment opportunity

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

### Part-day preschool program

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

### Home-based child care

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

### Check wait list

Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.



# COMMUNITY LINK



## Happenings

### Audie Murphy induction ceremony

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

### NDTA annual golf tournament

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

### Prostate Cancer Awareness Day

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

### Rainbow Kids latest video

The Fort Sam Houston Rainbow Kids have wrapped up production on their 23rd video called, "Dream." A free public showing of the latest video is planned for Friday at 7 p.m. at the Fort Sam Houston Youth Center, Building 1930A. The Rainbow Kids are sponsored by the Fort Sam Houston Youth Activities under the direction of Ron Joy. For more information, call Joy at 348-8014 or 295-2093.

### Essay contest deadline draws near

Students in grades six through 12th have two weeks left to enter the San Antonio Founders Day essay contest for a chance to win a \$1,000 college scholarship. "How my cultural heritage has contributed to San Antonio," is this year's essay topic. Alamo Community College District Foundation will present seven \$1,000 scholarships for the winning essays at the second annual San Antonio Founders Day celebration Oct. 22 at San Pedro Springs Park. The deadline to submit essays is Sept. 30. The event is free and open to the public. For entry forms and more information about the Founders Day essay contest, call 493-0446 or visit [www.SanAntonioFoundersDay.org](http://www.SanAntonioFoundersDay.org).

### Benefit concert

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

### Big Band Hangar dance, silent auction

The Vintage Flying Museum, located at 505 N.W. 38th St., Hangar 33 South, Fort Worth, Texas, will hold its 15th annual Big Band Hangar dance and silent auction Oct. 15. Dinner will be from 6:30 to 8:30 p.m., dance from 8 p.m. to midnight. Enjoy a nostalgic evening of Big Band music by the Alan Glasscock Orchestra. Reserve a table with purchase of 10 tickets. Tickets are sold at the Vintage Flying Museum, 505 N.W. 38th Street, Hangar 33 South, Fort Worth, TX 76106. For more information, call (817) 624-1935 or visit [www.vintageflyingmuseum.org](http://www.vintageflyingmuseum.org).

### MAiZE in Hondo welcomes military

To show appreciation and support for military personnel, the South Texas MAiZE will offer complimentary admission to all active duty and retired military personnel and their families Saturday from 10 a.m. to 9 p.m. and Sunday from noon to 6 p.m. A military ID card is required. The maize is located on the

southside of Highway 90 on the outskirts of Hondo. Look for the South Texas MAiZE signs. For information, call (830) 741-3968 or visit [www.cornfieldmaze.com](http://www.cornfieldmaze.com).

### Texas Air Museum tour

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

### Lackland Air Force Base walk

The U.S. Air Force will sponsor a 10-kilometer (6.2 miles) and 5-kilometer volk-march walk Saturday, beginning at the Outdoor Recreation, Building 871, at 309 Westover Street on Lackland Air Force Base. For more information, call 925-5532 or Helgard Suhr-Hollis at (830) 625-6330 or e-mail [helgard@texas.net](mailto:helgard@texas.net).

### Dripping Springs walk, Fall Festival

The Colorado River Walkers Volksmarch Club will sponsor a 5 and 10-kilometer walk Saturday and Sunday starting at Dripping Springs Founder's Memorial Park. A Fall Festival with food, games, music, and demonstrations is on Saturday only. For more information, call Jo Ann Fries at (512) 480-0291, e-mail [Joannwoolf@aol.com](mailto:Joannwoolf@aol.com) or visit the club's Web site at: [www.io.com/~zenteer/crw/](http://www.io.com/~zenteer/crw/).

## Volunteer

### Annual Te@ch Program

Best Buy is accepting applications for its third annual Te@ch ("teach") program, which awards more than \$3.5 million to schools where teachers make learning fun by using interactive technology in their classrooms. The program is open to all accredited public and private nonprofit K-12 schools located within 50 miles of the Best Buy store in San Antonio. Te@ch applications can be found at [www.BestBuy.com/teach](http://www.BestBuy.com/teach). Applications must be submitted online by Sept. 30. Winners will be notified and awards will be posted mid-January at <http://www.bestbuy.com/teach>.

### Periodontics seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks additional patients with specific needs for treatment in the periodontics residency program. Applicants must be a military retiree, family member of a retiree or family member of active duty and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must obtain a written consult from their referring dentist. This consult may be faxed to "Attention, Periodontics" at 292-5193, or brought to the MacKown Dental Clinic during normal business hours to be scheduled for a periodontal evaluation appointment. Patients will be selected for treatment based on the needs of the periodontal training program. The Department of Periodontics provides treatment of the gums and bone support of teeth. They are unable to schedule appointments for fillings, braces, crowns or bridgework. For more information, call 292-7273 after 12 p.m.

### Golf association seeks new members

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

second group, call Nita Whiting at 653-0418.

## Professional Development

### Army Reserve opportunities

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

### St. Philip's College auditions

The St. Philip's College Academy of Fine Arts will accept applications and hold auditions for its fall 2005 semester Saturday from 10 a.m. to 12 p.m. in the Watson Fine Arts Center on the main campus, 1801 Martin Luther King Drive. The academy is open to area high school and middle school students interested in pursuing an education in the arts, including art, music and theatre. For an application and more information, call Vincent Hardy at 531-4838.

### Master of arts program

St. Mary's University would like to offer the master of arts program in international relations for personnel at Fort Sam Houston. This 36-hour program could be offered on post and if a temporary duty interrupts your studies the program may be completed online. Concentrations available include: inter-American studies, international conflict resolution, international criminal justice and crime control, international development studies, and security policy. A tuition grant is offered to active duty military, retired military, Department of Defense employees and the spouses of these groups. For more information, call Judy Olivier at 226-3360, visit the off-campus office in Building 2248, Room 206, or e-mail [stmufsh@earthlink.net](mailto:stmufsh@earthlink.net).

### Continuing education programs

A representative from Our Lady of the Lake University will be at the Education Center Monday from 11 a.m. to 11 p.m. in Building 2248, Room 200. Students interested in learning more about their programs are invited. For more information, call Olga Barton at 431-4131 or e-mail [barto@lake.ollusa.edu](mailto:barto@lake.ollusa.edu).

### National Job Fair

A National Job Fair sponsored by the Non Commissioned Officers Association and United Associations Group, Inc. will be Oct. 4 from 9 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road. Job seekers should bring resumes, dress in business attire and be prepared to meet with national and local company recruiters. For more information, visit [www.militaryjobworld.com](http://www.militaryjobworld.com).

### AFTB marathon week

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

### Financial workshops

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

### GPS class

Outdoorsman Phil Starr will teach a

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

### St. Phillip's lecture series

Award-winning journalist and author Richard Rodriguez, will start the 2005-2006 St. Philip's College President's Lecture Series Oct. 11, with a guest lecture on the college's main campus, 1801 Martin Luther King Drive. In observance of Hispanic Heritage Month, Rodriguez will address the topic, "On Being Brown: Mixture in America," beginning at 11 a.m. in Watson Fine Arts Center theater. A book signing will immediately follow. For more information, call 531-3260. Admission is free and open to the public.

### Free workshops

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

### ESL classes

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

### Job search assistance

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

## Meetings

### Retired Officers' Wives, Widows Club

Members of the Retired Officers' Wives and Widows Club will meet Oct. 24 at 11 a.m. at the Sam Houston Club. Program will feature violin music by Paul Huffington. For reservations, call Arline Braswell at 822-6559.

### Caribbean American Association

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

### BOSS seeks single Soldiers

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

# FORT FREEBIES



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

**For Sale:** 1999 silver Toyota Camry, 70,000 miles, leather interior, sun roof, CD player, new tires, platinum spark plugs, \$5,600. Call 916-1095, 822-6587 or 289-6780.

**For Sale:** 2001 Audi TT Roadster convertible, leather interior, power everything, 54K miles, \$20,000 negotiable. Call (443) 306-9446.

**For Sale:** Evenflo Exersaucer, \$10; Playskool pull-to-stand toy, \$5; Evenflo three-in-one infant carrier, infant car seat and stroller, \$20. Call 413-9537.

**For Sale:** Murray riding lawnmower, 13.5hp, 40-inch cut, like new, \$600; Huffy adjustable basketball hoop, \$120; Ping-Pong table, \$100. Call 455-5849 after 6 p.m.

**For Sale:** Video storage furniture/cabinet, \$99; impact resistant large car top carrier, \$99; impact resistant medium car top carrier by Sears, \$49. Call 659-6741.

**For Sale:** Tool box, black diamond plate for full size pickup truck, \$92. Call Dennis at 860-9217.

**For Sale:** Two Gortex jackets, desert

camouflage, size medium-long; green camouflage, size extra large, both in mint condition. Call 657-6264.

**For Sale:** Twin-size bunk beds, frame and mattress, excellent condition, \$160; white cotton sofa, \$150 obo; girls pink bike with training wheels, \$10. Call Tracey at 832-8482 or 862-3071.

**For Sale:** AKC male golden retriever, 3 years old, obedient, \$225; twin double-wide stroller, \$45; computer desk, \$65; storm screen door with frame, white, \$50; baby cradle, solid wood, \$225; 1994 red Volvo,

low miles, \$7,900 obo. Call 633-3859.

**For Sale:** Microwave with portable stand, \$35; china cabinet and hutch, base unit has drawers, top has shelves and glass doors, \$375; rocking chair, cane seat and back, \$15; coffee table, dark wood, \$10. Call 495-2296 or 286-2349.

**For Sale:** 11-week-old Dachshund, male, \$125. Call 661-4884.

**Lost:** Black/grey tabby named Sherdna was lost at 2801 Marvin R. Wood Sept. 16. A reward is offered. If found, call Will at 224-0739 or 325-3106.