

FORT SAM HOUSTON

# News Leader

SEPT. 27, 2007 • VOL. 39, NO. 38

*"HOME OF ARMY MEDICINE"*

## Conference sets course for combat amputee advancements

By Jen Rodriguez  
Brooke Army Medical Center Public Affairs

A meeting of clinical, medical and research minds took place Sept. 17 to 19 at the Center for the Intrepid and Brooke Army Medical Center with four objectives in mind: sharing information, building a consensus, setting a roadmap for research and documenting the information into a book.

More than 100 multidisciplinary representatives, who work with amputees, attended the three-day conference called Rehabilitation of the Combat Amputee Consensus Conference and Creating a Roadmap for the Future.

The overall outcome for the conference is to rewrite the Textbook of Military Medicine dealing with the combat amputee.

Brig. Gen. James K. Gilman, commander, Great Plains Regional Medical Command and BAMC, charged the attendees to continue the progress.

"We're absolutely dependent upon moving down the road," Gilman said. "Our focus is clinical, research, training and education. This meeting signifies that we take care of our Soldiers when they're hurt."

Gilman introduced special guest Arnold Fisher, founder and honorary chairman of the Fallen Heroes Fund, during the conference kickoff Sept. 17.

Arnold is also the nephew of Zachary Fisher, founder of the Fisher Houses.

In his speech, Arnold mentioned the significance of having the conference at the Center for the Intrepid. "Your gathering here lends credence to the fact that this is the finest center for military physical rehabilitation in the world," he said. "The Intrepid Fallen Heroes Fund wishes to keep that distinction by continuing to upgrade the equipment and the research for prosthetics."

Although Arnold is not a doctor, technician or researcher, he said, "I am a builder and an American who cares very much about those who have and are serving our nation. We need to increase the research

See **CONFERENCE P7**



Photo by Sgt. Tim Luukkonen

### War games

Spc. Norman Lewis, Headquarters and Headquarters Company, 314th Military Intelligence Battalion, fires down on Soldiers from the top of a building adjacent to the city hall during a "Hunter's Revenge" exercise Sept. 14 and 15 at Camp Bullis. Paintball guns provided an extra level of realism that is difficult to attain in training environments.

See **TRAINING FOR WAR P16**

### Breast Cancer Awareness Luncheon



The Eighth Annual Tell-A-Friend Breast Cancer Awareness Luncheon will be held Oct. 5 at 11:30 a.m. at the St. Anthony Wyndham Grand Heritage Hotel, 300 E. Travis St. The guest speaker will be Lillian Shockney, a two-time survivor of breast cancer who serves as the administrative director of the Breast Cancer Center at Johns Hopkins Medical Center. Tickets are \$15. To purchase tickets, call Susie Ferrise at 916-2261, Sandy Terrazzino at 916-4457 or Donna Ward at 884-0561 by Friday.

## INSIDE

### MISSION SUPPORT



Exercise readies Soldiers for nationwide support

**PAGE 3**

### A CUT ABOVE



Wounded warrior's son donates hair to Locks of Love

**PAGE 5**

### BAMC FUN



BAMC enjoys Organization Day

**PAGE 8**

**"CFC . . . Changing Lives One Gift at a Time"** To donate, contact a unit representative.

# Network to reach out to geographically dispersed Families

By Bill Bradner

Family and Morale, Welfare and Recreation Command

**“We are transforming the way Families receive services and doing what is right in the process.”**

*Brig. Gen. Belinda Pinckney  
Commander, Family and Morale, Welfare and Recreation Command*

WASHINGTON — The Army Integrated Family Support Network, a new program to provide assistance to Soldiers and their Families in geographically dispersed areas, was announced Sept. 18 by Secretary of the Army Pete Geren and Army Chief of Staff Gen. George Casey.

“In this era of persistent conflict, we can expect continuing deployments and to sustain this effort, we have to eliminate the old way of supporting Families, and replace it with a system to support all Army Families

with means that respond to a globally networked society communicating in mobile ways,” Geren said.

When fully implemented sometime in fiscal year 2008, the global network will address Family issues head on by providing a single, holistic institutional network of standardized services. The network is being specifically designed with geographically dispersed Soldiers and their Families in mind, in both the

active and reserve component, from mobilized Soldiers to recruiters to Families located outside reasonable driving distances of military facilities.

Thus far, the Army has invested more than \$7 million on training and technology for AIFSN, which will link Soldiers and Families to the Family services and programs traditionally found on installations such as pre-deployment support, train-

ing for family readiness groups, TRICARE information and referral, child and youth resource referral, and help with obtaining I.D. cards. Soldiers and Families also will be linked to local community services and programs in their geographical areas.

“We are transforming the way Families receive services and doing what is right in the process,” said Brig. Gen. Belinda Pinckney, commander, Family and Morale, Welfare and Recreation Command. “It is a collective effort by the active, Guard and Reserve and a huge culture change that will yield great dividends for Army Soldiers and Families.”



## Editorial Staff

Army Medical Department Center and School and Fort Sam Houston  
Commander

**Maj. Gen. Russell Czerw**

Garrison Commander

**Col. Wendy Martinson**

Public Affairs Officer

**Phillip Reiding**

Editor/Writer

**Elaine Wilson**

Staff Writer

**Cheryl Harrison**

Layout Artist

**Lori Newman**

## News Leader office:

1212 Stanley Road  
Building 124, Suite 4  
Fort Sam Houston, Texas  
78234-5004, 210-221-0615,  
DSN 471-0615  
Fax: 210-221-1198

## News Leader Advertisements:

Prime Time Military Newspapers  
7137 Military Drive West  
San Antonio, Texas 78227  
Phone: 210-675-4500  
Fax: 210-675-4577

## News Leader e-mail:

news.leader@samhouston.army.mil

## News Leader online:

www.samhouston.army.mil/pao/default.html

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Building 124, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 7137 Military Drive West, San Antonio, Texas 78227; 210-675-4500, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army. Stories and photos for publication consideration may be e-mailed to news.leader@samhouston.army.mil by close of business Friday.

# Exercise readies Soldiers for nationwide support

By Elaine Wilson

Fort Sam Houston Public Information Office

Soldiers from the 418th Medical Logistics Company crowded the Enforcer Field across from the police station with tents, vehicles and equipment Sept. 10 to 14 as they practiced their response in support of a natural disaster or terrorist attack.

The exercise, which is conducted quarterly, prepares the Soldiers to join two types of teams: a Severe Weather Reaction Force and a Chemical, Biological, Radiological, Nuclear or High Yield Explosive Consequence Management Reaction Force.

In the event of a natural or man-made disaster, “Our primary purpose will be to provide Army medical supplies, such as bandages and crutches, anything a local hospital may need,” said Sgt. 1st Class Jose Raymundo, operations NCO. “We also provide medical maintenance support, have a pharmaceutical person to certify and control medications and an optometry specialist to make glasses.”

The exercise tested the Soldiers’ grasp of those skills, as well as their ability to set up and break down equipment quickly and safely.

The exercise started with an alert, followed by a situational briefing. Then, “we sent an advanced party with a nuclear, biological and chemical team, along with security and communications,” Raymundo said. The NBC team checked for and cleared decontamination, the security team secured the area

and the communications team established communications and networks.

“When it was all clear, we set up our tents, parked vehicles and ensured there was a water supply,” Raymundo said. “Our focus was setting up quickly and safely, which enabled us to start responding to requests sooner.”

Real-world requests would come from local authorities who may need medicines, medical supplies or other types of logistical support.

The following two days were spent practicing NBC operations, and the last on procedures, from supply request to delivery. Mechanics assigned to the unit practiced recovering damaged vehicles, Raymundo said.

On the last day of the exercise, the Soldiers broke down the equipment and leaders conducted an after-action report.

“The exercise was particularly beneficial for our new Soldiers,” Raymundo said. “It familiarized them with our equipment and procedures.”

“Everyone did very well,” Raymundo added.

Raymundo stressed the importance of the exercises since the 418th Med. Log. Co. is one of a handful of Army units that would be tasked in the event of a disaster. “That’s why we practice this type of training at every opportunity we can,” he said. “We want to ensure all of our Soldiers are ready.”

The 418th Med. Log. Co., led by Company Commander Capt. Francis Sullivan, falls under the 36th Medical Evacuation Battalion, 1st Medical Brigade at Fort Hood, Texas.



Photos by Sgt. 1st Class Jose Raymundo

A Soldier in J-LIST checks the heat index using a web bulb to ensure the safety of exercise personnel.



A vehicle is recovered by mechanics from the 418th Medical Logistics Company during an exercise to sharpen the Soldiers’ skills.



Pfc. Brianna Hall inspects a lens that she just cut for a pair of glasses.

## News Briefs

### B5 signs autographs at PX

The rap group B5 will sign autographs Friday from 6 to 8 p.m. inside the Fort Sam Houston Post Exchange. The rap artists, who are also brothers, appeared in the Disney Channel movie High School Musical. CDs of their music will be available for sale and autographs.



### AECP commissioning ceremony

The Army Medical Department Center and School Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army Oct. 4 at 9 a.m. in the 32nd Medical Brigade conference room, Building 902. AECP provides eligible active duty Soldiers the opportunity to complete a bachelor's degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. For more information, call Sgt. 1st Class Pamela Frank at 221-3887.

### Hispanic Heritage Month events

#### Fort Sam Houston community

The Fort Sam Houston community will commemorate Hispanic Heritage Month with a luncheon Oct. 10 from 11 a.m. to 12:30 p.m. at the Sam Houston Club, Building 1395. The guest speaker will be Dr. Lorena Gonzalez, and Rumba Dreams will provide entertainment. Tickets are \$11, which includes a lunch buffet. For tickets, call Master Sgt. Ricky Evans at 295-0561 by Tuesday.

#### 32nd Medical Brigade

The 32nd Medical Brigade Hispanic Heritage Month observance will be held Oct. 4 from 6:30 to 7 p.m. at the Hacienda Recreation Center. The guest speaker for the event will be Sgt. Major Ricardo Nieves, who will discuss "Hispanic Americans: Making a Positive Impact on American Society." Ronnie and the Latin Explosion will provide the entertainment. The event is open to advanced individual training and initial entry training Soldiers. For more information, call Sgt. 1st Class Rosalba Chambers at 221-4240 or Staff Sgt. Janie Lindsey at 221-8566.

### 'Buddy Walk' at Fort Sam

To celebrate Down Syndrome Awareness Month, the National Down Syndrome Society will sponsor a "Buddy Walk" Oct. 6 at the BG Johnson track at Fort Sam Houston. Walk day registration starts at 7 a.m. with entertainment and exhibitors. Opening ceremonies start at 8:30 a.m. and the walk begins at 9 a.m. Participants can pick up T-shirts Saturday from 9 a.m. to 1 p.m. at the Concordia Lutheran Church, 16801 Huebner. To pre-register, visit [www.dsasa.org](http://www.dsasa.org).

### Combined Federal Campaign

The 2007 Combined Federal Campaign at Fort Sam Houston will run through Nov. 21. To make a difference in someone's life, give one gift at a time by contacting a unit CFC representative.

# Navy Recruiting District San Antonio welcomes new leadership

Cmdr. Warden Heft was relieved by Cmdr. Vince Quidachay during the U.S. Navy Recruiting District San Antonio change of command ceremony last month at the Sam Houston Club.

Heft also celebrated his retirement from the Navy after serving for more than 20 years.

Quidachay has served as the Recruiting District's executive officer for the past 18 months. He has served as chief engineer of the USS Callaghan and the USS Paul Hamilton out of Pearl Harbor. He served as executive officer aboard the USS Ford and as materiel and logistics officer for Carrier Strike Group Nine onboard the USS Abraham Lincoln.

He served on seven deployments, including his last in support of Operation Unified Assistance for Tsunami Relief in Indonesia.

The district's new executive officer is Cmdr. Mery-Angela Katson. Katson served onboard the USS Point Loma in San Diego. Upon graduation from the University of San Diego, she reported as the communications officer aboard the USS Acadia.

She was then selected to serve as a company officer at the U.S. Naval Academy, Annapolis, Md., in August 1994. She attended the Naval Postgraduate School in Monterey before serving two tours in Naples, Italy. In December 2004, she reported as the commander, San Antonio Military Entrance



Photo by Carol Moore

Navy Cmdr. Vince Quidachay, the new commanding officer for Navy Recruiting District San Antonio, salutes as he walks the red carpet following a change of command ceremony at the Sam Houston Club.

Processing Station in San Antonio. Katson now serves as executive officer with the Navy Recruiting District with a follow-on tour as commanding officer.

(Source: U.S. Navy Recruiting District San Antonio)

## Fort Sam NCOs join prestigious club

Story and photo by Olivia Mendoza  
Fort Sam Houston Public Information Office

Two Soldiers were inducted into the Sergeant Audie Murphy Club, SMA Leon L. Van Autreve Chapter Friday at the Blesse Auditorium.

The inductees were Sgt. 1st Class Gregorio Villanueva, Headquarters Company, 32nd Medical Brigade, and Staff Sgt. Russell Burnham, Training Support Company, 32nd Med. Bde.

Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School, and Command Sgt. Maj. Howard Riles, command sergeant major, Fort Sam Houston and AMEDDC&S, hosted the ceremony.

Guest speaker Command Sgt. Maj. Stephen Paskos, commandant, AMEDD Noncommissioned Officer Academy, pointed out the positive aspects of a SAMC membership. "The Fort Sam Houston Sergeant Audie Murphy Club is a

career enhancer, supports local communities, and members become involved with community activities and events."

Paskos added, "I encourage all NCOs who are thinking about becoming a member to take a leap into the arena and ask your superiors what is needed to be done to be considered for selection for this prestigious club."

The Sergeant Audie Murphy Club started at Fort Hood, Texas, in 1986. In 1994, at a Sergeant Major of the Army conference, the club spread Army-wide, with installations retaining the selection process for their own NCOs. By 1998, it was estimated that the club membership was more than 3,000 Soldiers and is



steadily increasing today, according to the Sergeant Audie Murphy Club Web site. For more information about the Sergeant Audie Murphy Club, call Master Sgt. Clay Istre at 332-0722.

## A cut above

# Son of wounded warrior donates hair to Locks of Love

By Elaine Wilson  
Fort Sam Houston Public Information Office

The 10-year-old son of a wounded warrior lost almost a foot of hair Sept. 11, while those around him gained a deeper appreciation for the spirit of giving.

Gabriel Macias donated 10 inches of his hair to Locks of Love, a nonprofit organization that provides hairpieces to children suffering from long-term medical hair loss.

The haircut, which took place at the Warrior and Family Support Center, followed more than three barber-free years, which he dedicated to his great-grandmother, Rose, and his father, Staff Sgt. Juan Macias.

"When Gabriel was 7, his great-grandmother was diagnosed with inoperable brain cancer," said Macias, who is recovering from a shoulder wound received in Iraq at Brooke Army Medical Center. "During her treatment, she lost her hair. Around the same time, the sister of a friend of his from school got cancer and lost her hair too."

Through his friends at school, Gabriel learned about Locks of Love.

At just 7 years old, "I decided to grow my hair in honor of my great-grandmother," said Gabriel, who lives in Ontario, Calif., with his mother, Rachel, and two siblings.

"I was so touched that my grandmother impacted him to the point that he would do this," Rachel said.

Rose passed away a few months after her diagnosis, but Gabriel never wavered in his decision. His resolve grew even stronger when his father deployed to Iraq in December 2005.

"He was determined not to cut his hair until I got back," said Macias.

"My dad was supposed to get home sooner; I never expected to grow it as long as I did," said Gabriel, referring to his father's more than two-year absence.

Throughout the experience, his friends and family gave him unwavering support, Gabriel said, but there were a few drawbacks to his long locks.

"People who didn't know him sometimes mistook him for a girl," said Rachel. "But that didn't stop him. He just didn't let it get to him because he knew he was doing it for a reason."

Gabriel held off on the cut until Sept. 11. He chose the day both to honor the victims of 9/11 and his great-grandmother and father, who share a Sept. 11 birthday.

Gabriel and his mother flew to Fort Sam Houston to visit Macias and to have his first date with the scissors in more than three years.

Vera Canedy, a barber with more than 20 years of experience at the now-closed Officers' Club Barber Shop, was asked to wield the scissors for the occasion. The moment was poignant; her husband, retired Brig. Gen. Charlie Canedy, had recently passed away after a battle with cancer.

One snip of his ponytail, and a more than three-year journey was over for Gabriel.

"It feels good," said Gabriel. "I'm glad I was able to help others."

His parents are understandably proud.

"Not a lot of young kids would do what Gabriel did," Macias said. "I'm very proud that a piece of his great-grandmother's kind heart has rubbed off on him."

For more information about Locks of Love, visit <http://www.locksoflove.org>.



Photo by Phil Reidinger

Vera Canedy cuts off 10 inches of Gabriel Macias' hair Sept. 11 at the Warrior and Family Support Center with an audience of local TV reporters. Macias donated his hair to Locks of Love, a nonprofit organization that provides hairpieces to children suffering from long-term medical hair loss.

## Soldiers impact history

# Operation Arkansas: A different kind of deployment

By Elizabeth Lorge  
Army News Service

WASHINGTON — Paratroopers from the 101st Airborne Division landed in Little Rock, Ark., Sept. 24, 1957, to help end America's racial divide.

Sent by Dwight D. Eisenhower to enforce the 1954 Supreme Court ruling ending school segregation in Brown vs. Board of Education, the Soldiers arrived to end a three-week standoff and ensure nine black students were able to attend the all-white Central High School.

The Fort Campbell, Ky.-based 101st Abn. Div. was chosen for Operation Arkansas because of its ability to deploy quickly and on short notice, according to Capt. James Page, unit historian.

Arkansas Governor Orval Faubus activated the state's National Guard in early September to keep the black students, who became known as the "Little Rock Nine," from entering the school as mobs of angry whites shouted racial slurs and threats.

The nine students had volunteered to attend Central to improve their education and were not

expecting the anger and hate that confronted them, especially since other Little Rock institutions had already desegregated, according to Ernest Green, one of the students.

"I was shocked," recalled Elizabeth Eckford of the day school opened. "I had thought the National Guard would protect all students, but when I approached the corner, they either closed ranks or crossed rifles to bar me. They turned me away, into the path of those angry people. I headed toward the bus stop and the people followed me. It was very, very frightening because of the things that they were saying."

When they tried attending the school again two weeks later, police officers in plain clothes had to whisk them out to save their lives. Riots broke out and three black journalists were attacked in front of the school.

The next day Eisenhower sent in the 101st Abn. Div. to end mob rule and enforce federal laws, a decision the nine students greeted with relief.

"I felt safe with the paratroopers," said Green. "This was, in my memory,



Photo courtesy of the National Archives

Soldiers from the 101st Airborne Division escort the Little Rock Nine students into the all-white Central High School in Little Rock, Ark.

the first time I'd seen the United States federal government supporting the rights of minorities. If the president of the United States thought what we were doing was worth supporting, I felt like I had clearly made the right decision."

On Sept. 25, the students were escorted to the school in a military van flanked by gun-mounted jeeps. Not allowed to protect the students during class or at their lockers, the Soldiers set up perimeter around the school. Inside, the students faced constant insults and threats; their lockers

See OPERATION ARKANSAS P7

## CONFERENCE from P1

required to adequately and correctly screen those who return from the combat zones."

Sponsored by the University of Pittsburgh School of Medicine; Department of Physical Medicine and Rehabilitation; Center for Continuing Education in the Health Sciences; Physical Medicine and Rehabilitation at Walter Reed Army Medical Center; Human Engineering Research Laboratories and the University of Pittsburgh School of Health and Rehab Sciences; and Department of Rehabilitation Science and Technology, the conference draws experts within Department of Defense, Veterans Administration and civilians.

Conference speakers covered such topics as blast injuries, long-term complications associated with limb loss, revolutionary prosthetics program update and hearing impairment and treatment, to name a few. During breakout sessions, small teams discussed systems of care and support programs, surgical management and planning, special medical considerations, therapeutic interventions and prosthetic devices and assistive technologies.

Arnold summed up the importance of the conference, "Let us consider that it would be much easier for a parent or parents to consider signing an enlistment paper for their son or daughter if they knew that their service is appreciated and that, God forbid, they were injured in anyway, their country is ready and willing to care for them."

Special guest speaker Arnold Fisher, founder and honorary chairman of the Fallen Heroes Fund, gives opening remarks Sept. 17 at the Rehabilitation of the Combat Amputee Consensus Conference and Creating a Roadmap for the Future held at the Center for the Intrepid and Brooke Army Medical Center.



Photo by Jen Rodriguez

## OPERATION ARKANSAS from P6

were vandalized; their homework destroyed.

When the then-federalized Arkansas National Guard replaced the 101st Abn. Div. in late October, the attacks escalated. Both Soldiers and students seemed at war, said Eckford and Green.

Eckford recalled the moment a Soldier saved one girl from an acid attack by pushing her face into a water fountain. "The 101st made it possible for us to go to school," she said.

The citizens of Little Rock deeply resented the Soldiers' presence, said retired Command Sgt. Maj. Sidney Brown, who was then part of the 101st Abn. Div. African-American himself, he had joined the Army in 1948 because he didn't want to shine shoes in Birmingham, Ala., for the rest of his life. Instead, his high-school diploma helped him reach the rank of sergeant in only six months in the Army.

With the city's mood so violent, leaders decided to keep the unit's black Soldiers – and many whites – on reserve at a nearby National Guard airfield.

"I was proud of the fact that I was part of Little Rock, even though I didn't get a chance to go into the school. I understood the reasons why we were in the rear," he said. "That doesn't mean we wouldn't have gone in if they had needed us, because we would have. It was to keep things from getting more enflamed and that was probably the right decision at the time."

The Army had already achieved integration by 1952. In fact, according to Brown, the Army's first unit to integrate in 1947 was also an airborne unit: the 555th Parachute Infantry Battalion.

World War II and the Korean War, he said, were major factors in the Army's integration.

"If you'd been shot at, and the guy to the left or right was a black guy and he saved your life, if he pulled you back out of harm's way, your whole attitude changed. I'm talking about mind changes: 'This guy's not so bad after all. He's got two legs and arms, he can fight, too. He can jump out of an airplane, too,'" he said.

Although the Little Rock School Board and Farbus closed all three of the city's high schools the following year to avoid further integration, Eckford and Green both credit the 101st Abn. Div. with moving the desegregation of the South forward.

"There are debts that can never, never be repaid, but they must be acknowledged. Desegregation could have been delayed for many years as it had been in other places where attempts were turned around," said Eckford, who was forced to finish her final year of high school via correspondence courses. She joined the Army a decade later.

On Sept. 25, nine 101st Abn. Div. Soldiers once again escorted the Little Rock Nine into Central High School as part of the 50th anniversary commemoration. For more information on Operation Arkansas, visit [www.army.mil/Arkansas](http://www.army.mil/Arkansas).

## Fun day at BAMC

Joe Villarreal, a Fisher House volunteer and Brooke Army Medical Center employee, and Herb Jackson, father of wounded warrior Pfc. Herbert Jackson III, fight the flames on the grill behind the Fisher House as they barbecue link sausages for the crowds.



Photos by Jen Rodriguez

Twins Joseph and John Munitz, age 2, fish for plastic ducks and fish in the children's area Friday during the Brooke Army Medical Center Organization Day.

With cheers of encouragement from fellow Soldiers and Brooke Army Medical Center staff, Spc. William Tuttle has a record-breaking ride on the mechanical bull.

# 'Bling' sales aid with scholarships

Story and photo by Cheryl Harrison  
Fort Sam Houston Public Information Office

The Fort Sam Houston Spouses' Club held a fundraising event for the scholarship and welfare fund during a monthly luncheon Sept. 19 at the Sam Houston Club.

James Quality Jewelers from Bangkok, Thailand, brought a special presentation of jewelry for the luncheon attendees to try on, ooh and ah over and do some early Christmas shopping. The annual event is not only is "bling" for the eyes, but a percentage of the proceeds goes back to the club for scholarships and the welfare fund.

"Last year we gave \$6,000 in scholarships to dependent children who were graduating from high school and going on to college," said Teresa Parker, first vice president of the Fort

Sam Houston Spouses' Club. "We receive 10 percent of the jewelry sales which goes into our scholarship and welfare fund."

The luncheon was attended by about 45 members and guests, who had the opportunity to shop and enjoy a delicious meal prepared by the Sam Houston Club caterers. The next event will be held Oct. 16, with guest speaker Joan Gaither telling stories about ghosts on Fort Sam Houston.

The Fort Sam Houston Spouses' Club recently opened its membership to spouses of all personnel on post, whether active duty, retiree, civilian or contractor. The club offers its members an outlet to meet new friends, as well as an opportunity to help with scholarship and welfare fundraisers. For more information about the club, call Rhonda Lem, membership chairman, at 830-767-4477.



Jan Cardea tries on a bracelet with the help of Pichai Nariphaphan, managing director for James Quality Jewelers, during the annual Fort Sam Houston Spouses' Club jewelry fundraising event Sept. 19 at the Sam Houston Club.

## 'Still Serving' PX honors retirees with special deals this weekend

Retirement has its benefits for former Soldiers and Airmen who shop the Fort Sam Houston Post Exchange during the Army and Air Force Exchange Service's annual "Still Serving" weekend Friday to Sunday.

This year, AAFES is inviting more than 1.5 million Army and Air Force retirees to visit for special savings, prizes and events.

Invitations, in the form of a 24-page mailer, are already hitting military retirees' mailboxes. Overflowing with select offers and coupons, as well as an opportunity to win one of more than a dozen prizes, the 2007 "Still Serving" mailer is twice the size of last year's. Inside, military retirees will find exclusive savings on gas, coffee, jewelry, electronics, footwear, eyewear, flowers, hardware, clothing and even a new set of tires.

While AAFES offers year-round savings for retirees, the Fort Sam PX will host a special celebration this weekend. The event will include free cake and coffee at the opening, free medical tests and reference material in the PX Mall courtesy of Brooke Army Medical Center, and drawings and giveaways throughout the weekend.

At 36 percent, retirees represent the largest portion of the exchanges' authorized households. "Still Serving" is an annual effort to attract and retain loyal shoppers who continue to directly impact active-duty Families' day-to-day lives.

"Retiree patronage directly affects AAFES' ability to fulfill its dual mission to provide quality goods and services at competitively low prices and generate earnings to support Morale, Welfare and Recreation programs,"

said the PX's Main Store Manager Cheryl DeRosier. "Whether or not authorized patrons choose to shop the exchange goes beyond dollars and cents; it is a quality-of-life issue for the entire military community. Without retiree support, AAFES wouldn't have been able to return an average FY '06 per capita dividend of \$229 for every Soldier and Airman, in addition to the shared earnings paid to the Navy, Coast Guard and Marine Corps."

For more information about "Still Serving" activities this weekend, call 225-5566.

(Source: AAFES)



Courtesy photos

(From left) Air Force Capt. Chris Easter, from Lackland Judo; Air Force Senior Airman Jonathan Cross, Sgt. 1st Class Jon Thibodeau, Sgt. 1st Class DagoBerto Chapa and Hiroko Matsuno, from the Fort Sam Houston Judo Club, successfully competed in the Fifth Annual Alamo Classic Sept. 15 at Palo Alto College with two team members earning medals. The club welcomes new members, and is free to active duty, Reserve and National Guard service members. The team practices Wednesdays at 6:30 p.m. and Saturdays at 12 p.m. in the Jimmy Brought Fitness Center. For more information, call 279-1742, e-mail instructor Karl Johansen or visit [www.sajudo.org](http://www.sajudo.org).

## Soldiers rock judo contest

Sgt. 1st Class Jon Thibodeau (right), from the Fort Sam Houston Judo Club, took second place in the men's 30-39 lightweight competition at the judo tournament.



Sgt. 1st Class DagoBerto Chapa (left), from the Fort Sam Houston Judo Club, took third place in the men's 30-39 heavyweight competition at the Sept. 15 judo tournament.

## Blood is fluid of life

The Brooke Army Medical Center, Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

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



## Sports Briefs

### Soccer tryouts

Tryouts for the garrison post soccer team will be held Oct. 9 to 12 at 6 p.m. at the Leadership Field. For more information or to register for a team, call 221-3185 or e-mail [earl.t.young@us.army.mil](mailto:earl.t.young@us.army.mil).

### Combat Medic Run

The 27th Annual Combat Medic Run will be held Oct. 20. The annual event comprises four different categories: 10K Individual and 5-Person Guidon Team, 5K Individual Run, 5K 28-Soldier Formation Run and 2-mile Fitness Walk. To register, stop by the Jimmy Brought Fitness Center; mail in a registration form to Morale, Welfare and Recreation, 1212 Stanley Road, Building 124, San Antonio, TX 78234; or visit the Combat Medic Run Web page at [www.fortsamhoustmwr.com](http://www.fortsamhoustmwr.com). Packet pick-up is Oct. 19 from 10 a.m. to 7 p.m. at the Jimmy Brought Fitness Center. Participants are invited to a pasta dinner Oct. 19 from 5 to 7 p.m. at the Jimmy Brought Fitness Center. For more information, call 221-3185.

### Intramural basketball league

The Fort Sam Houston Garrison intramural basketball league begins Nov. 26. A coaches' meeting will be held Nov. 9 at 1 p.m. at the Brigade Gym. Letters of intent are due by Nov. 5 to Earl Young at 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX 78234. For more information or to register for a team, call 221-3185 or e-mail [earl.t.young@us.army.mil](mailto:earl.t.young@us.army.mil).

### Lock up valuables at gym

Several wallets have been stolen at the Jimmy Brought Fitness Center. Gym visitors are advised to lock up their valuables. The Jimmy Brought offers free lock boxes in the gym entrance and also rents out lockers on an annual basis. For more information, call 221-2020.

### Fitness classes

A muscle conditioning class, which includes total body strength training, is offered Fridays from 5 to 6 p.m. at the Jimmy Brought Fitness Center.

A total body conditioning class, comprising 50 minutes of cycling and 30 minutes of core conditioning, is held Saturdays from 9 to 10:20 a.m. at the Jimmy Brought Fitness Center. For more information, call the fitness center at 221-2020.

## Brooke Army Medical Center Wellness Class Schedule

### Asthma Management

Tuesday, Oct. 9, 16, 23 and 30 from 2 to 3:30 p.m. at BAMC, Health Promotion Center, lower level, Room L31-9V. To schedule classes, call 916-9900 and choose option No. 4.

### Blood Pressure Management

Oct. 17 from 9 a.m. to 12 p.m. at BAMC, Health Promotion Center, lower level, Room L31-9V. To schedule classes, call 916-9900 and choose option No. 4.

### Body Fat Testing

Oct. 19 from 8 to 10 a.m. For class information, call Nutrition Care at 916-7261.

### Breast and GYN Cancer Support Group

Oct. 10 at 9:30 a.m. For more information and location, call 916-3352.

### Diabetes Management

Monday and Tuesday; Oct. 15 and 16; 22 and 23; and 29 and 30. For more information or to participate, call Lila Kinser at 916-0794.

### Diabetes Management - Pre-Diabetes

Wednesday for more information or to participate, call Lila Kinser at 916-0794.

### Diabetic Foot Care

Oct. 15 at 1 p.m. To schedule, call Family Medicine Service at 916-7932.

### Weigh for Health - Weight Management

Oct. 4 and 18 from 1 to 2 p.m. For more information, call Nutrition Care at 916-7261.

### Weigh for Health - Weigh to Stay - Active Duty Military

Wednesday and Oct. 10 from 2 to 3:30 p.m. For more information, call Nutrition Care at 916-7261.

### Yoga

Wednesdays in October from 12 to 1 p.m. at BAMC, fifth floor, Room 531-14.

### Tobacco Cessation Orientation

Wednesday and Oct. 17 from 3:30 to 4:30 p.m. at BAMC, fourth floor, Conference Room 413-11. To schedule classes, call 916-9900 and choose option No. 4.

## Dental tip

### Flossing reduces risk of tooth decay, gum disease

The American Dental Association recommends flossing once a day to help reduce the risk of tooth decay and gum disease.

Flossing is most effective when done properly. To achieve the greatest benefit out of flossing, the ADA offers these reminders:

Guide the floss between your teeth using a gentle rubbing motion. Never snap the floss into the gums.

When the floss reaches the gum line, curve it into a C shape against one tooth.

Gently slide it into the space between the gum and the tooth.

Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss from the gum with up and down "scrubbing" motions and don't forget the back side of the last tooth.

Remember, flossing helps remove that sticky film that is formed by the growth of bacteria called plaque.

(Source: Budge Dental Clinic)

## 8th Annual Tell-A-Friend Breast Cancer Awareness Luncheon



Oct. 5 at 11:30 a.m.

Lillie Shockney will share her personal experience with breast cancer.

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

Tickets: \$15

Checks should be made payable to Henry M. Jackson Foundation

Special Guest: Lillie Shockney, RN

Lillie Shockney is a two time survivor of breast cancer and currently serves as the administrative director of the Breast Cancer Center at Johns Hopkins Medical Center. She is a published author and nationally recognized speaker on the subject of breast cancer. Additionally, Shockney is the recipient of multiple awards and distinguished honors.

To purchase tickets, call Susie Ferrise at 916-2261, Sandy Tenazzino at 916-4457 or the American Cancer Society at 884-0661.

The ticket deadline is Friday.



Please join us for this event.  
You can help to...  
Tell-A-Friend!!!



## Religion

### **Islamic observance of Ramadan, Eid-UI-Fitr**

Muslim military personnel will observe Ramadan, the Holy Month of Fasting, and Eid-UI-Fitr, the Festival of Fast Breaking, for 29 or 30 days. Religious practices for Muslims during the month of Ramadan include daily fasting from about 90 minutes before sunrise until after sunset. Eid-UI-Fitr is a three-day festival of thanksgiving and rejoicing, and is celebrated at the end of Ramadan. The Festival of Eid-UI-Fitr begins Oct. 11, depending on the lunar calendar. A liberal leave policy is recommended to allow service members and Department of Defense civilians to observe the celebrations. For more information, call 221-2755 or e-mail james.benson@us.army.mil.

### **PWOC Bible study**

The Protestant Women of the Chapel invite all women to participate in the fall Bible study classes. Classes are held Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 8 p.m. at Dodd Field Chapel. Childcare is available up to age 5. For more information or a list of classes, call Paulette Jordan at 462-7676.

### **Bible club for children**

The Installation Chaplain's Office sponsors a mid-week Bible club Wednesdays from 4 to 5:30 p.m. at Dodd Field Chapel for children in kindergarten through fifth grade. Register students at Dodd Field Chapel, 1721

Dodd Blvd., between Cole High School and School Age Services. For more information, call Robb Wood at 221-3749 or e-mail robb.wood@us.army.mil.

### **Community Extravaganza**

The Collective Protestant Gospel Service will host a "Reaching out to the Community," Extravaganza Oct. 6 from 10 a.m. to 3 p.m. at the Dodd Field Chapel, 1721 Dodd Blvd. The event will feature family fun, food, games, music and guest speakers. For more information, call 221-5010.

### **Women's retreat**

The Gift of Grace women's retreat will be held Nov. 2 and 3 at the Hyatt Resort in Lost Pines, Texas. The retreat will start Nov. 2 at 6:30 p.m. with a gathering social and prayer and end Nov. 3 at 3:30 p.m. with a service. The suggested donation is \$40 per person. Spouses of deployed and wounded warriors are invited at no charge. For more information or to make a reservation, call Brian Merry at 221-5006 or e-mail brian.r.merry@us.army.mil.

### **Chapel service contracts**

The Installation Chaplain's Office is offering the following non-appropriated fund contracts: Protestant bass guitarist, nursery attendants, gospel choir director, gospel percussionist, nursery coordinator, gospel bass guitarist, choir director and parish coordinator. For more information, call Chaplain (Maj.) Steven Turner at 221-5535.

For the chapel services schedule, visit [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain).

### **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.



# Training for war

## Soldiers gain confidence, lifesaving skills in 'Hunter's Revenge'

Story and photos by Sgt. Tim Luukkonen  
Special to the News Leader

Following four months of tactical training, the Soldiers of Headquarters and Headquarters Company, 314th Military Intelligence Battalion conducted their culmination training exercise known as "Hunter's Revenge."

The Soldiers traveled to Camp Bullis Sept. 14 and 15 to focus on convoy-operations training in a simulated combat environment.

During the Hunter's Revenge training, Soldiers stepped outside the realm of HHC and their comfort zone. To prepare for that, the Soldiers spent months going over warrior tasks and battle drills during Sergeants Time Training.

"I think that the Sergeants Time Training ran very well and did a good job preparing us for Hunter's Revenge. I got to be a gunner and use the M-249, which I had never fired before. I also learned what to

look out for in a convoy," said Spc. Nataliya Gray.

Sept. 14 started early for most of the Soldiers with a 4 a.m. weapons draw followed by a mission and safety brief. The first assigned task was to complete a 3.5 mile road march while carrying all the gear they would need over the next two days.

Confidence ran high among the Soldiers as they marched into uncertainty. "We did the usual STT stuff to prepare and all in all I feel pretty sure it will come in good use regardless of what they throw at us," said Sgt. William Spruill.

The destination at the end of the road march was the leadership reaction course. There, the Soldiers were separated into seven, five-man teams and then used teamwork to navigate each obstacle. Adding to the intensity of each obstacle, cadre yelled and shouted to distract the Soldiers. However, as incentive, Capt. Christopher Welch offered a four-day pass to the team with the best time throughout the course.

"Everyone was motivated and everyone put forth 100 percent effort. That is what made it a good learning environment as well as fun. If you can have fun at work what more is there?" said Master Sgt. Mark Conder, who was in charge of the course.

After the leadership reaction course, Soldiers went to their first tactical area of operation. HHC was split into two platoons, each with a platoon leader and platoon sergeant. The leadership roles were given to junior NCOs to test their abilities. After a mission brief from Welch, the platoon leaders and platoon sergeants went back to prepare their platoon for the long night ahead and for their mission the next day. First on the list of things to do was to set up a



Soldiers of the 314th Military Intelligence Battalion ruck-march cautiously down the road on the first morning of Hunter's Revenge, making their way to the Leadership Reaction Course.

defensive perimeter around their sleeping area.

"Some of us come from places where we do tactical training all the time. It was great to see all of the military intelligence and low-density (Military Occupational Specialty) Soldiers outside of their comfort zone and to see them actually conduct real life combat tasks," said 1st Sgt. Eduardo Torres.

"Hunter's revenge was a successful field training exercise because it put everyone in situations and environments that are outside their day-to-day norm and it reminded them that there are Soldiers who do this stuff every-day and the Army isn't always a garrison environment," said Sgt. Larry Radler.

"The Soldiers did a great job and got a lot of insight into the leadership process," said Sgt. 1st Class David Jordan, one of the assigned observers.

The next phase was to conduct mounted reconnaissance with the squads to make sure each Soldier knew their role and what to do

when paintballs started flying. When darkness descended, the Soldiers settled into their defenses and awaited enemy attacks.

On Sept. 15 at 5 a.m., the Soldiers drove out to the combined arms training facility where the two platoons were separated. Each platoon had a convoy mission to conduct and then alternate missions.

First platoon was tasked with going on a route-clearing mission and to sweep the area for insurgents and improvised explosive devices. During the recon, opposing forces simulated destroying Humvees. This allowed Soldiers to react accordingly and practice recovery missions.

Second platoon had to engage in a rescue mission. In a simulated small town, the mayor was held captive in a hotel. The Soldiers had to enter the city,

rescue the mayor, not shoot non-combatants and escape with a limited amount of casualties. This training solidified the importance of teamwork and also gave Soldiers an insight into how confusing and dangerous real combat was in an urban environment.

At the end of each run, Soldiers conducted reviews of what was done well and areas that needed improvement. They were then sent back out into the lanes and allowed to run the mission again.

At the end of the two days, the Soldiers packed up their gear and left with a greater appreciation of tactical challenges as well as a better understanding of military warrior tasks.

"As an insurgent and as a planner I realized it was a big responsibility getting the supplies and setting up the training areas. If I am ever tasked to coordinate something like this later on in my career I now have something to work with," said Spc. Ronald Acquisto.

Not only did the junior enlisted and NCOs learn from this exercise, but the leadership learned something as well.

"I learned more about the capabilities and limitations of the unit. This training event was predominantly put on by junior enlisted Soldiers. This

showed me that Soldiers in our company, no matter what their rank, can accomplish any task given to them," said Torres.

"I think HHC set the new standard for training. We were out there for 48 hours in a late San Antonio summer. We had no heat casualties or other injuries requiring immediate medical attention. That is a testament to the cadre and motivated HHC Soldiers," said Welch.

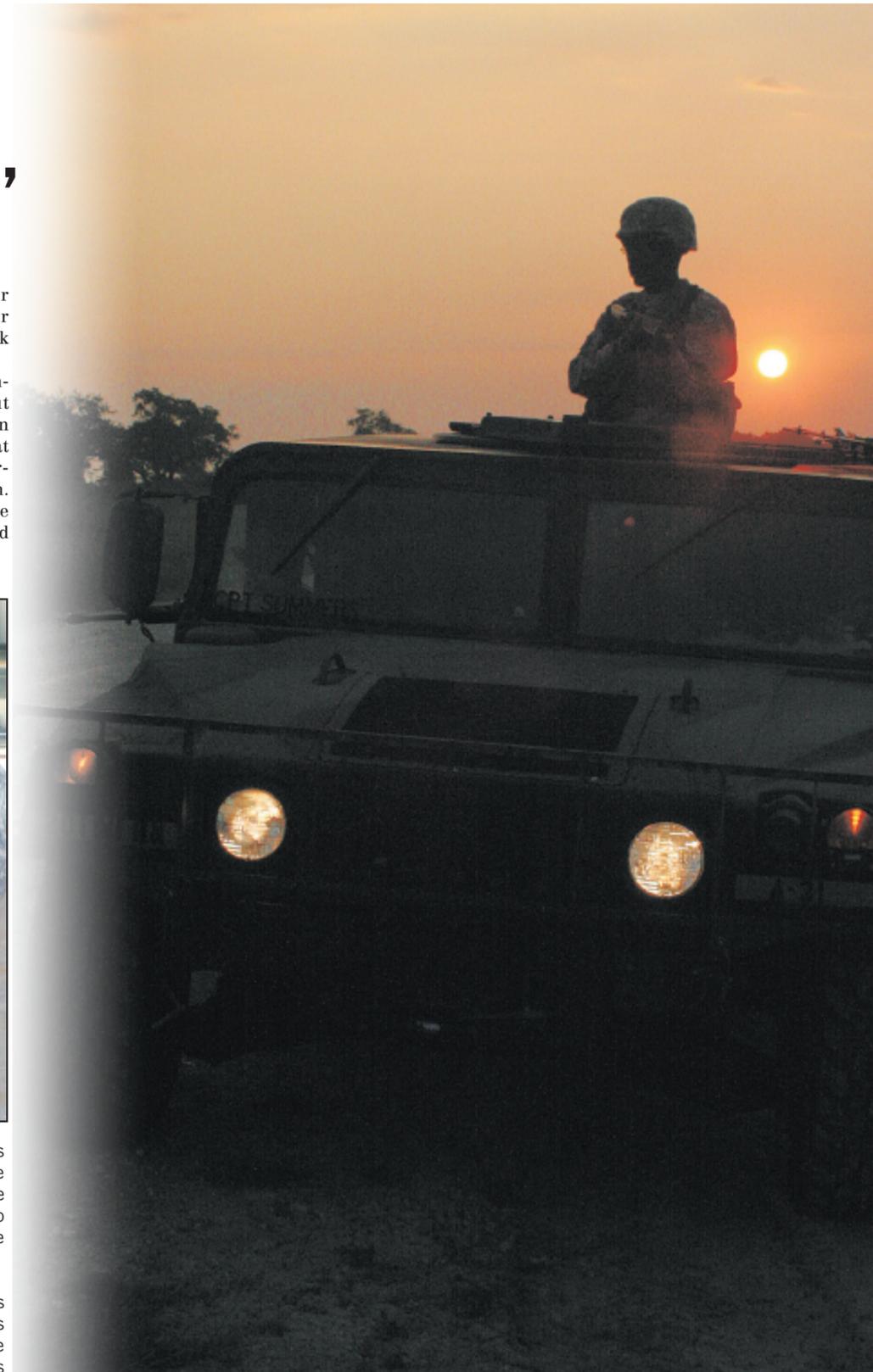


(Above) Spc. Casey Stewart works quickly to gather his team's rope and get over the edge of the obstacle. His team waits for him to finish at the other end of the makeshift bridge below.

(Left) Pfc. Peter Lenart takes cover from incoming fire while his team provides security for the breach team. The breach team's objective was to infiltrate the mock city hall and extract the mayor.



Spc. Justin Robles secures his rucksack to the side of a Humvee in preparation for an urban assault. The rucksacks assisted in shielding passengers from small arms fire.



Sgt. Dameian Clarke is silhouetted as he stands guard in the gunner's turret of a Humvee, patiently waiting for orders to embark on the next mission.



## Free Valero Texas Open tickets available

Fort Sam Houston Morale, Welfare and Recreation, Golf San Antonio and the Valero Corporation are providing a limited number of tickets for military personnel and their Families to the PGA Valero Texas Open Oct. 4 to 7 at the La Cantera Resort Course in San Antonio. The tickets are valid for any one day of the tournament. Professional golfers will be competing for a \$4 million dollar purse.

Military personnel can volunteer to work at the Texas Open and receive special PARTner perks. Valero Texas Open PARTners are volunteers who assist the Golf San Antonio staff in the operation of this PGA Tour event. To sign up for the PARTners program online, visit [www.golf-sanantonio.org](http://www.golf-sanantonio.org) and click the link "2007 PARTner application." There is also a link on the Fort Sam Houston MWR Web site; visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) and click on the Valero Texas Open logo.

La Cantera is located just northwest of the intersection of Interstate 10 West and Loop 1604.

Stop by the Fort Sam Houston Golf Club, Bowling Center, Ticket Office, Army Community Service, Library or other MWR locations beginning today to pick up tickets. There is a limit of two tickets per person. For more information, call 221-9904.

(Source: MWR)

## MWR Community Recreation

### Fall Fest

The Fort Sam Houston Fall Fest will be held Oct. 13 from 8 a.m. to 6 p.m. The event provides a variety of games, food booths, activities and entertainment. The festival's parade begins at noon in front of the old officer's club on Dickman Road. Sprint will be on hand with NASCAR race simulators. Experience driving one of six NASCAR NEXTEL Cup Series Tracks in either the Dale Earnhardt Jr. #8 or Tony Stewart #20 cars. Sprint will give away prizes for the top three racers in the simulators. For more information, call 221-3185.

### Boxing at the Brought

Boxing at the Brought V will be held Oct. 20 at the Jimmy Brought Fitness Center. The doors open at 5 p.m. and the event begins at 6 p.m. The \$5 pre-sale admission tickets include admission, the official event T-shirt and entry into the VIP grand prize drawing. For more information or to compete in the event, call 221-2020 or 221-1180.

### Cottages at Canyon Lake

The cottages at Canyon Lake are avail-

able for public use. Reservations are being accepted for the new 1,200-square-foot facilities. The new three-bedroom cottages are fully furnished and equipped with central heating and air conditioning, a barbecue pit and kitchen with appliances. Each cottage has a parking space, front porch and picnic table. For more information or to make a reservation, call 830-226-5357 or 888-882-9878.

### Golf Course, 222-9386

#### Junior golf clinic

A final junior golf clinic will be held Sunday from 9 to 10 a.m. for ages 10 to 17. The fee for each session is \$7 per student which includes golf balls. For more information, call James Benites at 355-5429 or 222-9386.

### Bowling Center, 221-3683

#### Strike Zone coming soon

Strike Zone, Fort Sam Houston's hot new location for lunch, dinner and snacks, will open Oct. 11 in the bowling center, located on Schofield Road. Strike Zone will offer casual quick-service hot and cold sandwiches, salads, snacks, pizza and premium hot and cold beverages. For more information, call the bowling center at 221-4740 or visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).

#### Bowlers wanted

The bowling center is taking registrations for fall and winter adult bowling leagues. For more information on individ-

ual leagues and start dates, call the bowling center at 221-4740.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### MWR & BOSS present: Texas Hold 'Em

Sign up now for a new round of Texas Hold 'Em Oct. 12 starting at 6 p.m. at the Sam Houston Club. Registration is \$20, and includes a special meal and unlimited soft drinks. The one-day event will continue until a winner is declared. For a complete list of prizes and official rules, visit the Sam Houston Club. Players must be at least 21 years old to participate. For more information or to reserve a seat, call the Sam Houston Club at 224-2721 or 226-1663.

### Harlequin Dinner Theatre, 222-9694

The Harlequin Dinner Theatre will present "Last of the Red Hot Lovers," a comedy by Neil Simon, through Oct. 6. Tickets are \$28 Wednesdays and Thursdays and \$31 Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. For more information or to make reservations, call 222-9694.

See MWR P19

### MWR from P18

#### MWR Ticket Office, 226-1663

The MWR Ticket Office has discounted tickets for SeaWorld, as well as many other attractions. The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or call 221-1663 or 224-2721.

## Child and Youth Services

### 'Camp Operation Render Comfort'

"Camp Operation Render Comfort" is a one-day event to be held Oct. 6 from 9 a.m. to 6 p.m. at the Southwest Mental Health Center. The event is for children who have lost a loved one while in service. The camp offers children activities and games to help share experiences, explore feelings and find a path to comfort and healing. Parents also participate in workshops to learn supportive ways to help children through the healing process. There is no charge for children or families to attend the camp. Registration is ongoing through Wednesday. Space is limited. For more information, visit [www.swmhc.org](http://www.swmhc.org), call 295-4806 or e-mail [keith.a.toney@us.army.mil](mailto:keith.a.toney@us.army.mil).

### Parent Advisory Council

The Child and Youth Services Parent Advisory Council will meet Oct. 16 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. The Family Advocacy Program will give a workshop on Internet safety for children and parents. For more information, call 221-4871.

### Youth basketball, baseball

Patrons interested in playing basketball or baseball should get their sport physicals now. Contact Brooke Army Medical Center Pediatrics to schedule an appointment for a sport physical.

### Central Registration

Child and Youth Services registration is Monday through Friday from 8 a.m. to 5 p.m. for kindergarten through fifth grade. Walk-ins and appointments are welcome; however, patrons will be seen by appointment only after 4 p.m. Central Registration is located inside Army Community Service, Building 2797. To register a child, parents must bring current shot records, two local emergency contact names, health assessment within the last 12 months, sport physical (must be valid through the entire selected sport season), child's Social Security number, sponsor's leave and earnings

statement and spouse's W2 form. Registration fee and activity fee is \$18. For more information, call 221-4871 or 221-1723.

### FCC providers

Family Child Care is seeking Family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

### Off-post childcare options

The Army Child Care in Your Neighborhood program offers military Families more childcare options in the local community. There are two childcare centers and 25 civilian providers in surrounding areas of Fort Sam Houston available for use by local Army Families. The centers and providers are monitored to ensure they meet Army standards. For more information, call the Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

### Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider's philosophy of care, hours of operation and background. This online tool can be accessed weekdays from 8 a.m. to 4:30 p.m. at Child and Youth Services Central

Registration, Building 2797.

### CYS needs instructors

Child and Youth Services is recruiting instructors for driver's education, cooking, leadership skills, mentoring, tutoring, voice, guitar and Spanish. For more information, call 295-4806 or 221-1103.

### Sport physicals

Patrons interested in winter sports should make appointments for sport physicals now. Patrons will need a sport physical to register. Sport physicals must be valid for the entire sport season. Patrons must be registered with Child and Youth Services to participate in sports. For more information or registration requirements, call Central Registration at 221-4871 or 221-1723.

### SKIES Unlimited classes

The Child and Youth Services Schools of Knowledge, Inspiration, Exploration and Skills Unlimited program offers language, music and sports classes for children ages 6 to 18 who are registered with CYS. The first month's fee is due at time of registration at Building 2797. For more information, visit the Child Development Center, Building 2530; School Age Services, Building 1705; or Middle School and Teens, Building 1630; or call 221-1723 or 221-4871.

## Elementary students celebrate Constitution Week

Elementary students gathered for a flag raising ceremony, concluding a weeklong celebration of the Constitution of the United States.

On Friday, 785 elementary students watched as flag bearers of Cub Scout Pack 23 raised the United States and Texas flags under the leadership of Kevin Muravez.

Nora Gonzalez, fifth grade social studies teacher and coordinator for the event, said, "This ceremony was a very successful student-led project. The children of this community understand

the importance of a democracy and are always respectful of the flag."

Girl Scout Troop 690, under the direction of third grade teacher Sandra Juni, led the students and staff in reciting the pledge to the American flag and the Texas flag. Students also provided historical facts and school announcements. Exemplary music students, led by music teacher Sandra Fergins, sang "The Star Spangled Banner." The ceremony concluded with closing remarks by Gonzalez.

Fifth grade student Alanna Anderson said, "Reciting the pledge, reading the Preamble and learning facts about the Constitution makes me feel happy. Many people around the world are not allowed to get an education or express their opinions. We have that freedom."



Courtesy photos

Cub Scout Pack 23 celebrates Constitution Week, raising flags at the elementary school.



Exemplary music students lead elementary students, staff, and parents in singing "The Star Spangled Banner" in celebration of Constitution Week.

### Fort Sam Houston Independent School District Weekly Campus Activities Monday through Oct. 5

**Fort Sam Houston Elementary School**  
Oct. 5  
Spirit day

**Robert G. Cole Middle and High School**  
Tuesday  
Volleyball at Natalia, freshman and junior varsity, 5 p.m.; varsity, 6 p.m.  
Oct. 5  
Varsity volleyball at Canyon Lake, junior varsity, 6 p.m.; varsity, 7 p.m.  
Hispanic Heritage Celebration, TBA

## School briefs

### Meeting to discuss financial accountability rating

A public meeting of the Fort Sam Houston Independent School District Board of Trustees will be held today at 11 a.m. in the Professional Development Center, 1908 Winans Road, San Antonio. The purpose of the meeting is to inform the district's community of its superior achievement rating based on School Financial Integrity Rating System of Texas. School FIRST is the Texas Education Agency's system developed to monitor and improve the management of the district's financial resources.

### Board meeting

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

### Senior parent meeting

A Project Graduation meeting will be held Monday at 6:30 p.m. in the Robert G. Cole High School library. All parents of Cole High School seniors are invited to attend. Plans for the post graduation chemical-free party will be discussed. For more information, call Pat Kirk at 223-6820.

### Parent volunteers needed

Robert G. Cole Middle and High Schools are seeking parent volunteers for the 2007-2008 school year. The Cole Cougar Pride Club invites parents to join the "Cougar" family, volunteer in their area of interest and show some Cougar spirit. For more information or to volunteer, call Amy Newcomer at 379-5576 or Tammy Sees at 241-6303.

## COMMUNITY

### Events

#### Brooks City-Base walk

The U.S. Air Force will host an annual Global Volksmarch 5K and 10K walk Saturday at Pavilion No. 1, base picnic grounds, 2260 Jernigan Road, Brooks City-Base. For more information, call Larry Flores at 536-2881 or 536-1500, or e-mail larry.flores@brooks.af.mil.

#### Valero Texas Open

Fort Sam Houston Morale, Welfare and Recreation, Golf San Antonio and the Valero Corporation are providing a limited number of free tickets for military personnel and Families to attend the Valero Texas Open Oct. 4 to 7 at the La Cantera Resort Course in San Antonio. Tickets are available starting today at several MWR locations. The limit is two tickets per person. Military personnel can volunteer to work at the Texas Open and receive special PARTner perks. To sign up for the PARTners program online, visit [www.golfsanantonio.org](http://www.golfsanantonio.org) and click the link "2007 PARTner application." For more information, visit the Fort Sam Houston MWR Web site and click on the Valero Texas Open logo.

#### Craft Fair

The 17th Annual Holly Days Craft Fair will be held Oct. 6 from 10 a.m. to 4 p.m. at the Holy Trinity Presbyterian Church, 16245 Nacogdoches Road. Admission is free. For more information, call 654-3411.

#### Donor Awareness 5K run/walk

The Vital Alliance Volunteer Organization will sponsor the 10th Annual Organ and Tissue Donor Awareness 5K run/walk Oct. 27 at 8 a.m. at the Brackenridge Park, Koehler Pavilion. For more information or to register, call 614-7030, 866-685-0277 or visit [www.varunwalk.org](http://www.varunwalk.org).

#### Paintball adventure

Anyone interested in organizing a paintball activity with co-workers or friends can call or stop by the Lackland Outdoor Adventure Center. For information on future tournaments and events, call outdoor recreation on Lackland Air Force

Base at 925-5532.

#### Skeet and Trap Range

Open skeet shooting is available at the Randolph Air Force Base Skeet and Trap Range. The range is open Wednesdays from 1 to 6 p.m. and Saturdays and Sundays from 9 a.m. to 3 p.m. The range offers shotguns for rent and five stand skeet shooting for enthusiasts to test their skills. Skeet tournaments are held throughout the year. Texas residents must have a current Texas Skeet Shooting Association card to participate. For more information, call 652-2064.

## Training

### Army Knowledge Online training

Army Knowledge Online hands-on training will be held today and Oct. 17 from 1 to 4:30 p.m. in Building 2841, Room 2105C. Training will include: My account, user profiles, white pages, searching, quick links, self service, files, sitemap and knowledge network. For more information, call Julie Gueller at 221-6203 or e-mail [julie.gueller@us.army.mil](mailto:julie.gueller@us.army.mil).

### Special emphasis program

The Federally Employed Women Alamo City Chapter #123 will host "What is Sexual Harassment" training Oct. 18 from 11:30 a.m. to 1 p.m. at the Sam Houston Club, 1395 Chaffee Road. The guest speaker will be Maria Preda, Special Emphasis Program manager. Lunch will be available for a nominal fee and the event is open to the public. For more information or reservations, call Roz Wise at 820-8201 or Carol Rouse at 699-9363.

### English as a Second Language

Classes for English as a Second Language will be sponsored by the Region 20 Education Center and Army Community Service Relocation Assistance Program Tuesdays and

Thursdays from 6 to 8:30 p.m. at Army Community Service, Building 2797. Beginning, intermediate and advanced classes are offered for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation and instructions on citizenship information. For more information, call 221-2418.

### Army e-Learning Program

The Army e-Learning Program now has 30 Rosetta Stone foreign language courses and 2,600 other courses available, to include new course content on Lean Six Sigma; the Army has now included the Books 24/7 features that provides a user more than 4,000 Business Professional titles, over 6,000 titles in IT Pro and nearly 350 in office essentials. All reference books are free to authorized users. For more information, call Julie Gueller at 221-6203.

## Volunteer

### USO seeks stories

The United Services Organization and San Antonio College English and history classes are looking for stories from anyone involved in past war efforts. The stories will be compiled by the USO for the Library of Congress "Veteran's History Project." For more information, call Luis Sandoval at 227-9373, ext. 11, or e-mail [lsandoval@alamouso.org](mailto:lsandoval@alamouso.org).

### Volunteers needed

The Equal Opportunity Office is seeking volunteers, military or civilian, to serve as ethnic observance/special commemoration committee members for the following events: the Eighth Annual American Indian Heritage Month Pow Wow, a meeting will be held Tuesday at 1:30 p.m. in Building 141; and Dr. Martin Luther King Jr. birthday and African American/Black History Month, a meeting will be held Oct. 4 at 1:30 p.m. in Building 141. For more information, call Master Sgt. Ricky Evans at 295-0561 or e-mail [ricky.lovon.evans@us.army.mil](mailto:ricky.lovon.evans@us.army.mil).

## Fort Freebies

### Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for per-

sonal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on

Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to

221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

**For Sale:** Two-piece bar set, \$2,000; two-piece trunk set, \$1,000 each; kitchen table, seats six, china cabinet and small hutch, \$1,800; grandfather clock, \$800; king-size bed set, two night stands with marble tops, dresser with marble top and hutch, \$5,000. Call 910-988-7042 or 566-1082.

**For Sale:** Dining set, solid oak pedestal table, 48-inch round extends to 66-inch oval with 18-inch leaf, includes four chairs, medium finish, paid \$800, asking \$275. Call Anne at 945-8577.

**For Sale:** White queen bed, matching dresser, mirror, armoire and nightstand, \$700; German shrunk, six-piece set with glass doors and glass shelves, \$400; sofa bed, brown, \$250. Call 241-7601.

**For Sale:** Dining table with four matching chairs, tile top with oak frame and legs, 72 inches wide by 42 inches long with 15-inch extension, \$350. Call 455-9352.

**For Sale:** Set of four 20-inch ADR Stunna chrome wheels from 2000 Dodge Durango, fits older and later models Durangos and Dakota pickup trucks, \$500 obo; four 17-inch American Eagle Alloys Mod 214, \$250. Call 295-6757 or 646-6004 after 5 p.m.

**For Sale:** 2004 Harley-Davidson, road king custom FLHRS, twin cam 95ci engine, windscreen, back rest and Vance and Hines two-in-one exhaust, excellent condition, \$13,500. Call 215-4712.

**For Sale:** Dinette set with chairs, \$95; gas barbecue, \$65;

computer desk with five compartments and pull-out shelf, \$68; wooden desk, \$148; bike helmet, \$20; TV, \$27. Call 313-0061.

**For Sale:** Bose speakers, 301 direct and reflecting bookshelf speakers, \$100, Bose acousitmass speakers with subwoofer, \$75, Bose VCS-10 center channel speaker, \$75 or \$250 for all. Call Roger at 590-1953.

**For Sale:** 2000 Volkswagen beetle, GLS turbo, 86,400 miles, 1.8L, 150 HP, five-speed manual transmission, A/C, power windows and sunroof, clutch under warranty, \$8,500; 2000 Chevrolet Express, G1500 Regency custom van, 64,100 miles, 5.7 V-8, automatic transmission with overdrive, dual A/C, four reclining captains chairs, adjustable rear seat folds flat, \$9,999. Call 659-7986 or 262-6532 or 262-6536.

**For Sale:** Chocolate brown fur mink stole from Stein Brothers, \$100; free black lab, six months, medium size. Call 624-9570.

**Free to Good Home:** Black and white kittens born Aug. 2, friendly and playful. Call 264-6379.

**Yard Sale:** Saturday at 4 p.m. at 8507 Dusty Ridge, Converse, Texas. Call 910-988-7042 or 566-1082.