



# Fort Sam Houston News Leader



Vol. 38, No. 39

Fort Sam Houston – Home of Army Medicine

Sept. 28, 2006

## Briefs . . .

### Walters Street public meeting

The Texas Department of Transportation invites the community to attend a public meeting regarding the Walters Street construction plan today from 6:30 to 9 p.m. at St. Patrick Catholic Church Community Center at 1801 Interstate Highway 35 North. The meeting is regarding the plan to expand and reconstruct Walters Street from IH35 to Fort Sam Houston, and replace and expand the bridge at IH35. For more information, call 615-5825.

### Museum dedication

The Spurgeon Neel Aeromedical Evacuation Pavilion of the Army Medical Department Museum will be dedicated in honor of Maj. Gen. Spurgeon Neel Friday at 10 a.m. Known as the "Father of Army Aviation Medicine," Neel was the driving force behind the Army's adoption of the use of helicopters to evacuate the battlefield wounded to care. The museum is located on the corner of Harry Wurzbach and Stanley roads. For more information, call the museum at 221-6358.

### STB deactivation

The Special Troops Battalion deactivation ceremony will be held Friday at 1 p.m. at the main post flagpole on Stanley Road. For more information, call 221-0177.

### Mediation, investigation fee increase

Effective Sunday, the Office of Complaint Investigations will increase its fee for OCI mediation and investigation services to \$325 per mediation or investigation of each complaint filed against an organization. Payments must be processed electronically using the Government Purchase Card. Military Interdepartmental Purchase Requests must be submitted in a timely manner from the organization to the Garrison Human Relations /Equal Employment Opportunity Office to secure reimbursement. Organizations are requested to provide the name and phone number of their resources management point of contact to Rose Mary Galvan via e-mail at rosemary.galvan@sam-houston.army.mil. For more information, call Galvan at 221-0218.

### Patient appointment hold times

The San Antonio Appointment Line for primary and specialty care is currently experiencing higher than normal wait times due to an increased demand for appointments and a decrease in staffing resulting from contractual changes. The increase in hold times should be resolved by mid-October. In the meantime, to reduce hold time, the best time to call for a specialty appointment is Tuesday afternoons or any time Wednesday through Friday. Callers for routine appointments should avoid calling between the peak hours, which are 6:30 to 9 a.m. and lunchtime Mondays through Fridays. For appointments, call 916-9900.

See BRIEFS on Page 3



Photo by Olivia Mendoza

## Up-close inspection

Staff Sgt. John Gutierrez, of the 470th Military Intelligence Brigade, inspects the control levers of a motorcycle Monday during a motorcycle safety and training day sponsored by the 470th MI Brigade and U.S. Army South. Training day instructors emphasized the importance of motorcycle inspections during the classroom portion of training, which was followed by a midday ride through the Hill Country. See related story on Page 5.

# Fort Sam learns better business

By Elaine Wilson  
Fort Sam Houston Public Information Office

Fort Sam Houston has joined the ranks of successful corporations worldwide with the implementation of Lean Six Sigma, a business methodology designed to "clean up" business practices by streamlining operations and reducing variation, thus improving quality.

The hoped-for result is a high quality, more effective and efficient processes that will ultimately save the Army time and money.

"This process has been proven suc-

cessful in the commercial sector; it works," said Lt. Col. David Henschel, Lean Six Sigma deployment director for the Army Medical Department Center and School.

Henschel is in the process of training a handful of employees who, with a mix of classroom and practical training, will become the Lean Six Sigma experts on post. Their first phase of training took place Sept. 20 through Friday.

The main focus of the training was to explain Lean Six Sigma to the aspiring "green belts," a designation given to people who successfully complete initial

training. As in the martial arts, "green belts" can eventually work their way up to a "black belt."

While new to the Army, the methodology is not new to commercial business, where it has saved companies like Xerox and American Airlines millions of dollars by reducing wasteful practices, Henschel said. Although called Lean Six Sigma, the methodology is actually a combination of two separate concepts, better understood when broken into its two parts — Lean and Six Sigma.

See BETTER BUSINESS on Page 4



Courtesy of Air Force News

### Hispanic heritage observance

A Hispanic Heritage Month observance will be held Monday from 11 a.m. to 1 p.m. in the Medical Mall at Brooke Army Medical Center. This educational event will include guest speaker retired Maj. Gen. Alfred Valenzuela, cake and punch, and a performance by the Jefferson High School Band. For more information, call Sgt. 1st Class Isaac Day or Staff Sgt. Carter Jaynes at 916-5991.

### Hispanic Heritage Month luncheon

A Hispanic Heritage Month luncheon will be held Tuesday from 11:30 a.m. to 1 p.m. at the Sam Houston Club. The educational event includes food, entertainment and guest speaker, retired Maj. Gen. Alfred Valenzuela.

### Hispanic heritage exhibit

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

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## Energy Awareness Month

# Conservation efforts save environment, money

By Dr. Francis J. Harvey  
Secretary of the Army

October is national Energy Awareness Month and this year's theme is "Energy Independence Depends on US." This annual event promotes a greater awareness of energy consumption, wiser use of limited energy resources, and highlights the importance of energy to the economic prosperity, security and growth of America. Keeping America competitive and independent requires conservation to reduce demand on limited energy resources as well as increased use of renewable and alternative energy solutions.

The Energy Policy Act of 2005 charges each of us to significantly improve our energy management in order to save taxpayer dollars and reduce environmentally harmful emissions. The Department of Defense is the nation's single largest energy user. The Army is the largest utilities consumer and therefore we must be the leader in energy efficiency and the use of renewable energy products and emerging technologies.

We are proud of many of the accomplishments made in promoting energy awareness on our installations. Since 1985, the Army has reduced energy consumption by 29.4 percent by increasing awareness and improving the energy efficiency of our facilities. Unfortunately, from 2003

to 2005 we increased energy use by 3.5 percent due to the Global War on Terrorism and a loss of focus on energy conservation. We must continue to excel in this area to exceed the mandate of a 2 percent reduction per year from 2006 to 2015 to meet EPAct 05.

This October, I ask each member of the Army community to enhance their energy awareness and improve energy conservation. As energy users, we all have the power to make this program a success. Let's continue to make smart energy choices and improve our energy independence.

For more information about energy, visit the Army Energy Program homepage at <http://army-energy.hqda.pentagon.mil/>.

## Fort Sam Houston News Leader

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# Navy reservists hone medical skills in the Philippines

Story and photos by Petty Officer 1st Class Dave Votroubek  
Special to the News Leader

**PHILIPPINES** — Three Navy reservists from the San Antonio Navy Operational Support Center at Fort Sam Houston recently participated in this year's Cooperation Afloat Readiness and Training exercise in the Philippines, assisting the Philippine navy in both training and humanitarian assistance.

Petty Officers 2nd Class Michael Naggle, Adela Garcia, and Geoffrey LeNoir took part in CARAT, the annual series of bilateral military exercises between the United States and several Southeast Asian nations. The joint exercise is designed to promote interoperability between the United States and its allies by sharing information and working together. The Philippine phase was the last of the 2006 series that also included exercises with Brunei, Indonesia, Singapore and Thailand.

Naggle and Garcia joined a small medical and dental group from Commander Logistics Western Pacific, based in Singapore. Their mission was to work with the Philippine navy and civilian nursing students to provide medical care to indigent patients in San Fernando. Their primary duty was to fill prescriptions, which were given to

the patients free of charge.

More than 600 patients were seen during a medical and dental civil action project held at San Agustin Elementary School in San Fernando, La Union, Philippines. School children and adults received various medical and dental services, as well as veterinary care for their pets and farm animals. Outpatient care included animal vaccinations, tooth extractions and medical consultations. More than 400 patients also received free reading glasses.

For Garcia, she said her pharmaceutical knowledge as a civilian nurse was beneficial to her work at CARAT.

Naggle, on the other hand, felt that he would be taking more from CARAT back to his civilian

nursing job. He also noted the contrast between humanitarian assistance in the field and critical care in a hospital back home. "This is less stressful or intense. Here we deal with what we have."

LeNoir worked with a small communications detachment to conduct training with the Philippine navy on new computer equipment that will enable them to communicate better with U.S. Navy ships. As a systems administrator at the University of Texas, he tends to work on systems newer than the Navy's, but quickly adjusted to the system he trained the Philippine navy to use.

For all three sailors, it was their first time in the Philippines. Their impressions of the country, the people and the mission were overwhelmingly positive. "They are hard-working, knowledgeable and easy to get along with," Garcia said. Naggle added how appreciative he found the people they had come to help.



Philippine marines take up defensive positions after disembarking U.S. Navy landing craft air cushions during an amphibious assault as part of the Philippine phase of exercise Cooperation Afloat Readiness and Training. More than 150 Philippine marines took part in the assault.



Petty Officer 2nd Class Geoffrey LeNoir demonstrates new communications equipment to members of the Philippine navy's Naval Communications, Electronics and Information Systems Center during the Philippine phase of the Cooperation Afloat Readiness and Training exercise series.



Petty Officer 2nd Class Adela Garcia explains a prescription to Petty Officer 2nd Class Michael Naggle during a medical civil action project in San Fernando, La Union, during the Philippine phase of the Cooperation Afloat Readiness and Training exercise series.

## Fort Sam enforces vehicle registration requirement

Fort Sam Houston leaders are working to ensure drivers make vehicle registration a priority. A Vehicle Registration Campaign will kick off Sunday in an effort to encourage the Fort Sam Houston workforce to register their privately owned vehicles on post as mandated by Fort Sam Houston Regulation 190-5.

The campaign will involve a three phased approach: information, registration and enforcement.

The campaign's information phase will take place Sunday through Oct. 15. During this time, drivers are asked to keep an eye out for News Leader articles, e-mail messages and flyers, which will be handed out at vehicle access control points.

During the registration phase, from Oct. 16 to 29, drivers who do not have their vehicles registered will be issued a

traffic citation (DD Form 1408) at ACPs. They will have 10 working days to register their vehicles. The citations will be tracked in the Army's Vehicle Registration System.

"No one is exempt," said Ray Acuna, of the Provost Marshal Office. "All Fort Sam Houston employees, whether civil service or military, must have a decal to enter post, or obtain one within 10 days of citation."

Contractors are included, but only if they will be working on post for more than six months. Contractors who will be working on post for less than six months will be issued an extended pass.

Retirees are also encouraged to register their vehicles to speed up gate traffic and offer more post entry options.

For the enforcement phase, Oct. 30 to

Nov. 12, there will be mandatory registration at the visitors' ACPs, which include the Harry Wurzbach (East), Binz Engleman and Walters gates. Drivers who have been previously identified with a citation will be denied access if they have gone past the 10-day period. Newly assigned personnel will be issued a citation and given 10 working days to register their vehicles.

Drivers should ensure they do not have any outstanding, unpaid traffic tickets before they register their vehicle.

Personnel with unpaid tickets received on an Army installation are entered in the U.S. Army's Vehicle Registration System. If a person comes up in the system, the appropriate law enforcement agency will be contacted to report the outstanding unpaid fines, Acuna said.

To determine any outstanding unpaid traffic fees, call the Central Violations Bureau at 301-6400; fines can be paid by visiting [www.cvb.uscourts.gov](http://www.cvb.uscourts.gov).

Four documents are required to register a vehicle:

- Current state license registration receipt
- Valid insurance card
- Valid driver's license
- Valid Department of Defense ID card for DoD personnel, active duty and retired, and civilians working on a military installation.

The vehicle registration office is located in the In and Out Processing Center, Building 367 on Stanley Road, and is open Monday through Friday from 7:30 a.m. to 4 p.m., except holidays. For more information, call 221-9205 or 221-2570.

(Source: Provost Marshal Office)

## Briefs

Continued from Page 1

### ID Card Section closure

The ID Card Sections located in Building 367, Welcome Center, and Building 1290, Student Personnel Center, will be closed Oct. 6. The sections will re-open for service Oct. 10 at 7:30 a.m.

### 'Buddy Walk' at Fort Sam

To celebrate Down Syndrome Awareness Month, the National Down Syndrome Society will sponsor a "Buddy Walk" Oct. 7 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 a T-shirt Saturday between 9 a.m. and 1 p.m. at the Concordia Lutheran Church, 16801 Huebner. To register, visit [www.dsasa.org](http://www.dsasa.org).

### AMEDD Museum closure

The U.S. Army Medical Department Museum will close Oct. 7 in observation of the Columbus Day holiday. The museum will re-open Oct. 10. The museum's regular hours are Tuesday through Saturday from 10 a.m. to 4 p.m. For

more information, call Tom McMasters at 221-6358.

### Online deployment information

The Army Medical Department Center and School has launched a new resource designed to give Soldiers instant access to helpful deployment information. The AMED-DC&S Deployment Portal includes information and links to various deployment-related topics to include level of care, medical functional area, lessons learned, publications and doctrine and the United Combatant Command and Army Service Component Command. For more information, visit the portal at <https://www.cs.amedd.army.mil>.

# Lessons learned in trauma care set to improve outcomes

By Nelia Schrum

Brooke Army Medical Center Public Affairs

More than 800 health care professionals from military and civilian institutions gathered at San Antonio's Henry B. Gonzalez Convention Center Sept. 19 to 21 for the 12th Annual Trauma Symposium sponsored by the Trauma Institute of San Antonio.

Dubbed TRISAT, the institute aims to coordinate medical care, training and lessons learned in trauma. The joint enterprise is a cooperative effort of the U.S. Army Institute of Surgical Research, Brooke Army Medical Center, University Health System, University of Texas Health Science Center at San Antonio and Wilford Hall Medical Center. This year the U.S. Navy partnered with the institute to put on the forum.

TRISAT serves as the core of a comprehensive system of trauma care for more than 30 hospitals and more than 70 emergency medical service agencies located throughout San Antonio and South Texas that annually see more than 8,000 trauma patients from the 22-county service area and beyond.

The three-day event included tracks for a variety of interests including physical medicine and rehabilitation, pre-hospital care, operations Iraqi Freedom and Enduring Freedom, urology, trauma system, critical care, orthopedic surgery, trauma

"This is the only forum to share information on what is going on in trauma across the services and with our civilian counterparts."

Col. John Holcomb  
commander of the Institute of Surgical Research

ma nursing, burn, pediatrics, craniofacial, disaster medicine, neurosurgery and anesthesiology.

Many of the lessons learned were presented by military physicians who spent time serving in combat support hospitals in Iraq or Afghanistan.

"Trauma medicine is such a big part of what we do," said Col. John Holcomb, commander of the Institute of Surgical Research and one of the symposium organizers. "This is the only forum to share information on what is going on in trauma across the services and with our civilian counterparts."

The conference was marred when one of the scheduled presenters, Dr. Roman Hlatky, a neurosurgeon at the University of Texas Health Science Center, was struck by a drunk driver Sept. 20 and killed. Hlatky was driving home after caring for a trauma patient sent to University Hospital. He had just performed a seven-hour surgery at the trauma center. He would have delivered a lecture on head trauma, a civilian perspective for the symposium.

Important research tools currently under development by the military that are set to improve trauma care were shared at the conference. The development of a joint trauma theater registry that uses defined data elements and standardizes the recording of data will help in planning a medical response during wartime.

A Joint Theater Tracking System that follows the patient, tracking the wounded warrior from a forward operating hospital back through definitive care in Germany and the states is also expected to assist the health care team by improving intra-theater and inter-theater communication in a joint environment.

"The Joint Theater Tracking System will help ensure the right patient, right place, time and care," said Lt. Col. Stephen Flaherty, who presented a joint trauma theater system overview. Flaherty said the fielding of a Web-based tool would assist in the capture of critical data elements.

Thirty-three students from the combat medic course at the Army Medical Department Center and School joined the

forum for a glimpse into what lies ahead.

"It's a good opportunity for our students to come learn from health care providers who have cared for trauma patients injured in the war," said Sgt. 1st Class Robert Collins, a class adviser for the 91W course.

One of his students, Pfc. Amber Bachmeir, spent her time hearing about combat medicine. "I'm interesting in seeing how things are going in the combat zones," said Bachmeir. "I know that I will be going over there."

Eighteen students from the Critical Care Nursing Course also attended the symposium course. First Lt. Sinead Healey, a student in the course, who expects to be in Iraq soon, said that conference enforced lessons learned.

"I just went to the pitfalls of trauma resuscitation presentation," Healey said. "It reinforced the basics of opening the airway for me."

One of the more unusual presentations dealt with the removal of unexploded ordnance from a 23-year-old who survived. Maj. John Oh., an Army surgeon, was serving with a forward surgical team in Iraq when a patient was brought in after being hit by a rocket-propelled grenade. Dealing with potential injuries from the detonation of the ordnance created unique challenges for the health care team.

"It's a rare event that presents many challenges to the surgeon and hospital personnel," said Oh.

## Better business

Continued from Page 1

"Lean is to streamline or remove excess waste so a process can be completed faster and with greater efficiency," Henschel said.

Six Sigma, however, deals with variation. "Six Sigma is to analyze and reduce variability, or errors, in a process," he said. "The goal is to produce a consistent, quality product, whether the product is a Soldier, doctrine, training or a just a document."

The number six is derived from an acceptable margin of error on a graph, with three deviations allowed to the left and three to the right. These deviations cover 99.7 percent of the variation in a process. The desired result is to keep any inconsistencies to a minimum.

Combined, Lean Six Sigma is a way to streamline and speed up a process while maintaining consistency and quality.

"Basically, you take a look at a major issue and find solutions," said Lt. Col. Guy Desmond, director of combat doctrine and development at the AMED-DC&S and a student at the green belt training. "The improvements can be dramatic."

Issues can range from a too-complicated routing process to maintaining up-to-date Soldier training. As an example, Henschel described an issue the AMED-DC&S was working on that involved streamlining the Program of Instruction approval process.

"With a war going on, there are a lot of health care innovations being developed and utilized in theater, but aren't being taught in the classroom due to a cumbersome POI approval process," he said. "But our goal is to quickly incorporate those innovations in order to produce a quality and relevant POI."

Currently, Henschel said, changes to course content take anywhere from 13 to 317 days, a time lag "that is too long," he

said. "The delays cause frustration among staff who are trying to bring about improvements."

Using the Lean Six Sigma process, the school hopes to reduce the approval time to 30 days.

To do so, like with all Lean Six Sigma projects, the project will be brought to the organization leadership who, in turn, will decide if the project is tied into the established goals for the organization. Once a project is "scoped" and deemed relevant for Lean Six Sigma, it is handed to a green belt.

"The green belt then forms a team and applies what's called the 'DMAIC process'" Henschel said. DMAIC stands for define, measure, analyze, implement and control.

In other words, "the green belt's team compiles data regarding the issue, analyzes the data then finds a solution, which is put into action on a trial basis so the team can 'mistake proof' it," Desmond said.

Once "glitch free," the solution is implemented and handed over for others to maintain, or control.

During the green belt class, Lean Six Sigma trainees each arrived with a scoped project that was deemed relevant to their organization. They will work with their teams to apply the DMAIC process to implement the necessary changes. The "real world" test will allow them to try the process and discuss the outcome at the next training session, which will be held in mid-October.

"I think Lean Six Sigma is an excellent tool to help better evaluate solutions before implementation," said Nancy Quick, a green belt-in-training from Headquarters Medical Command civilian human resources division. Quick picked a civilian personnel issue as her project that she chose to keep under wraps until the next training. "I first want to make sure the issue is a good one for Lean Six

Sigma, and, if it is, I'm going to work with my project sponsor (Jo Ann Robertson) at making it a better process."

Desmond's project is to speed up the process of reviewing "assemblage sets," which are critical health care equipment packs used in theater.

"The goal is to reduce waste and redundancies," Desmond said.

Desmond spoke highly of Lean Six Sigma, which has been researched and proven by companies worldwide such as Toyota and Motorola. "They've saved

millions of dollars doing this," he said. "It's an amazing method of change; not incremental change, but dramatic change."

The implementation of Lean Six Sigma at Fort Sam Houston puts the post at the "tip of the sword" in the Army's business transformation, Henschel said.

"We're ahead of the power curve when it comes to implementation," he said of the program backed by the chief of staff of the Army. "Lean Six Sigma has a good future here."

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

"Don't Stall - Get a Mammogram"

Friday, 6 October 2006 at 1130

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

St. Anthony Wyndham Grand Heritage Hotel 300 East Travis Street

Tickets: \$12.00

Purchase Deadline is the 22nd of September!

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

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

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

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



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

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



# Fort Sam riders take safety lessons on the road

By Elaine Wilson

Fort Sam Houston Public Information Office

The 470th Military Intelligence Brigade and U.S. Army South teamed up Monday to promote motorcycle safety and mentorship with a half-day of classroom training followed by a midday ride through the Hill Country.

Thirty riders from the two organizations, Army Medical Department Center and School and Brooke Army Medical Center attended classes on group riding dynamics, winter riding considerations, on-post riding documentation and motorcycle self-inspections called T-CLOCK. The acronym reminds motorcycle owners to check tires and wheels, control levers, lights and battery, oil levels, chassis and kickstand before they head out on the highway.

After the classroom training, the motorcycle operators moved out to the parking lot behind Building 128 to put their training to good use as they inspected their bikes before their Hill Country ride.

"This is great training. I particularly appreciate the mentor aspect," said Capt. Ismael Reyes, of the 470th MI Bde. "My mentor was there when I first picked up my bike. It's scary the first time you pull out from the dealer lot, but he was there the entire time."

Reyes' mentor, Staff Sgt. John Gutierrez, inspected the captain's bike during the training day while instructing

him on T-CLOCK.

"This is a great opportunity for new riders like the captain to ride in a group with seasoned eyes on him in a safe, fun and controlled environment," said Gutierrez, who has been riding for 19 years. Gutierrez organized the training day and took the lead on the lunchtime ride.

The Army has put an increasing emphasis on motorcycle mentorship in recent years in hopes of reducing accidents mainly attributed to a lack of experience. At Fort Sam Houston, a group of USARSO employees founded the Rough Riders Motorcycle Riding Club, a private organization that emphasizes motorcycle safety and mentorship.

"Motorcycle safety is a priority for Army leadership," said USARSO Commander Brig. Gen. Ken Keen, an avid motorcyclist. "Motorcycle riding is a high-risk activity but it can be done safely."

Keen said he rode his first motorcycle at age 16, but there was a 25-year gap between his first bike and the one he purchased about three years ago.

"It's like starting over again," he said. "Safety training is important when there's been a time lapse for motorcycle operators. If a Soldier deploys for a year and comes back, he should attend a safety course or seek mentorship."

To promote safety, the Army funds two motorcycle safety training courses for motorcycle operators – Basic Riders Course and



Photos by Olivia Mendoza

Thirty motorcyclists from Fort Sam Houston head out for a ride through the Hill Country Monday after a morning packed with classroom training on motorcycle safety and the importance of mentorship.

Experienced Riders Course. To enroll, Soldiers first need to fill out a DD Form 1556, signed by a supervisor or commander and a safety office representative. The training is offered at no cost to the Soldier through an off-post contractor.

"It's not that these Soldiers can't ride, but it's different when riding on a road with vehicles," said Rovelda Hudson, USARSO safety officer. "Situational awareness is very important. If you're new to riding or haven't ridden in a while, take a refresher course or ask someone to come along on a ride. The advantage to that is that it's easier to see multiple riders than just one."

Gutierrez said the two organizations are working to make the training a quarterly event open to the post community.

"Fort Sam Houston has done a great job with motorcycle safety," Keen said. "With its mentorship programs and emphasis on safety, the post is a model for the Army."

For more information on motorcycle training and safety, visit <http://www.samhouston.army.mil/iso/>. For information on the Rough Riders, visit <http://www.fortsam-roughriders.com>.



Staff Sgt. John Gutierrez inspects Capt. Ismael Reyes' motorcycle Monday in preparation for a midday ride through the Hill Country.



Photos by Nelia Schrum

## Hand hygiene

With flu season coming, Col. Carlos Angueria, deputy commander for clinical services, reminds staff and patients that hand washing is the single most important step people can take to prevent the spread of germs and disease. Angueria joined other deputy commanders from Brooke Army Medical Center to kick off a hand-washing campaign Monday with a ceremony in the Medical Mall. The infection control service at BAMC said that 15 seconds of vigorous hand washing is needed to effectively clean hands. Studies show that hand hygiene significantly contributes to a reduction in health care-associated infection.

Lt. Col. Maryetta Beck examines her hands under a black light to see how clean they are. Brooke Army Medical Center Infection Control staff used the black light to demonstrate how easily germs are found on hands. After an initial look under the black light, staff provided an alcohol-based hand gel to reduce the bacteria count on the hands providing a visible difference under the black light.



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- Should perform monthly breast self-exams

**Women 20 to 39...**

- Should perform monthly breast self-exams and
- Have a clinical breast exam every three years

For more information, call 1-800-227-2345 or visit [www.cancer.org](http://www.cancer.org).

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# BAMC explores new shared appointments concept

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

Brooke Army Medical Center is exploring a new concept for medical appointments called shared medical appointments.

A shared medical appointment is a 90 minute physician appointment in the company of other patients who share similar conditions.

The advantages for patients are more time with the physician, less or no wait time, and the opportunity to learn from the questions and comments of others.

For physicians, the shared medical appointment allows more time for patient education and increases access to care by generating more appointment slots within a given period of time.

Dr. Edward Noffsinger, a pioneer in the area of group visits, gave a seminar to a group of physicians at BAMC Sept. 7. Noffsinger developed, implemented and evaluated his shared medical appointment

models in both primary and specialty care at various civilian and military medical centers. His concept has been featured on national television stations, newspapers and magazines throughout the United States.

"It is a series of office visits occurring in a supportive group environment where everyone is privileged to listen and learn," said Noffsinger.

The physician also includes a team that does everything from updating records to immunizations.

"Initial concerns regarding patients' need for confidentiality and possible unwillingness to discuss their medical issues in a group setting have proved unfounded," said Noffsinger.

"In general, patients are surprisingly candid and open – a finding that has also been reported elsewhere. They clearly support one another and enjoy learning from each other's experiences."

Instead of repeating the same information over and over to patients with similar conditions as is done during individual

appointments, the physician can address the entire group at once, often in greater detail because of the increased amount of time available.

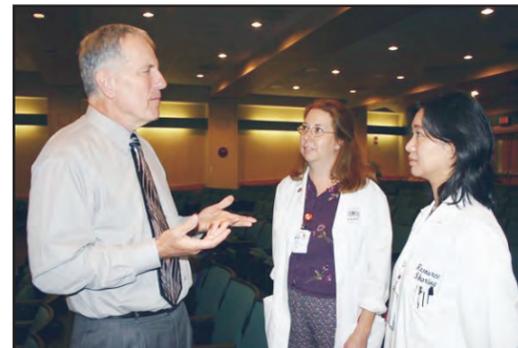
At a shared appointment group Noffsinger was evaluating, he heard a patient describe symptoms for prostate cancer, realizing that he had been experiencing the same symptoms.

This prompted him to go see his physician, and after undergoing some tests it was confirmed that he also had prostate cancer.

"If I had not been in that group listening to others describing their symptoms, I would have never gone to my physician for a check up and eventually it might have been too late," said Noffsinger.

"I truly owe my life to these type of appointments."

"This would be a unique way of increasing patient access, patient satisfaction and the amount of time a patient can spend with



Dr. Edward Noffsinger explains his new concept of shared medical appointments to Dr. Paris Brinkley (left) and Dr. Patricia Chung, family medicine physicians at Brooke Army Medical Center.

the provider," said Lt. Col. Lisa Zacher, chief of the Department of Medicine.

Zacher said that she would like to further explore the concept at BAMC, indicating that shared appointments might be something that BAMC patients might be able to experience in the future.

## Fair promotes healthy lifestyle

Julie Bissell, (right), nurse educator, American Heart Association, prepares to take the blood pressure of Jaime Slone. Husband, James (left) watches, while son, Jimmy, has a front row seat on his mother's lap. The health fair was held Sept. 20 at the Jimmy Brought Fitness Center with other organizations available representing their services. Represented were Armed Services Blood

Drive; Women, Infants and Children; Primerica; Eisenhower Bank; New Image Dentistry; American Diabetes Association; Massage Therapy; and Brooke Army Medical Center. Visitors enjoyed talking to the representatives and getting helpful information on healthier lifestyles. At noon a healthy lunch of fresh fruits, salads, sandwiches and tortilla wraps was available for sampling.



Photo by Cheryl Harrison

## Don't go up in smoke

# Fire escape plan can save lives

By Terry Davis

Assistant chief of fire prevention

Close your eyes. Imagine you are sleeping soundly when the blaring sounds of your smoke alarm jolts you awake. What do you imagine happens next?

If you're like many Fort Sam Houston residents and employees, you probably picture yourself jumping up out of bed and walking through clouds of white smoke, taking the time to gather the things you want to save from the flames.

If any part of that is what you imagined, it's time you opened your eyes.

I've been in the fire service for 21 years, and I can tell you from my own personal experience that a real fire is nothing like what you just imagined. Here's the truth, from someone who has been there.

A real fire is hot, hotter than any heat you have ever experienced. Sure, it starts small, but it grows and spreads quickly. The gases that are put off from the flames are poison. They are also hot enough to burn your lungs. Take in enough of those gases and you are dead. And then there's the smoke that is put off from the flames. It's thick and black and hot. It spreads quickly through the building, banking down from the ceiling to the floor; you won't be able to see through it to find the doors or windows.

A real fire isn't Hollywood folks, it's hell. And a late-night fire is no time to realize that you haven't prepared and have no idea how to escape from it.

Every home, including mine, needs a well thought out, well rehearsed fire escape plan — before a fire happens.

My family has a plan and I hope every family on Fort Sam Houston will soon have one too.

National Fire Prevention Week is Oct. 8 to 14. It's an important annual educational commemoration that has been sponsored by the nonprofit National Fire Protection Association since 1922. This year's theme involves cooking fires, "Prevent Cooking Fires – Watch What You Heat," but an escape plan is necessary for all fires.

National data show that most of us haven't planned ahead. According to NFPA, only a quarter of Americans have actually planned and practiced how they would escape a home fire.

Not having a plan is a deadly mistake. NFPA estimates that 3,925 people died in fires in 2003 — including more than 3,000 in homes. If a fire strikes your home, will you be able to get out alive? Fire victims can tell you that knowing before a fire what to do and how to get out can be the deciding factor in whether or not you will survive.

Here is what you need to do right now:

- Install working smoke alarms on every level and outside of each sleeping area.
- Develop a fire escape plan that identifies two ways out of each room and a family meeting place outside.
- Make sure your plan allows for any special needs in your household. If everyone knows what to do, everyone can get out quickly.
- Practice using the plan at least twice a year. If everyone knows that everyone else is ready to exit quickly, no one will lose precious time trying to help someone who doesn't need help.

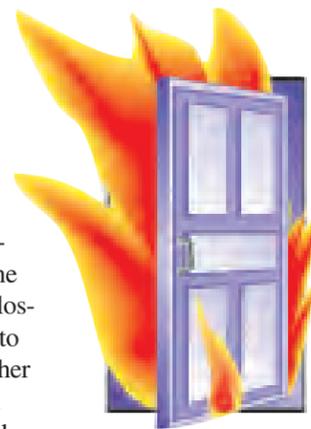
• Some studies have shown that children may not awaken to the sound of the smoke alarm. Know what your child will do before a fire occurs.

If the unthinkable happens yell "Fire! Everyone get out!" Move to your closest exit, and if you run into smoke, turn and use another way out. If you must exit through a room with smoke, get low and go under the smoke to your exit. Don't take time to pick up belongings; just get out and help others get out. Move fast but stay calm.

Sit down tonight and make a plan. Then take a few minutes to walk through your home and practice using the exits you've identified. Choose a meeting place and memorize the emergency number, which is 554-4713 from the housing area and cell phones, and 911 from any government extension; call once you get outside.

I've seen a lot of tragedy in my career and nothing is more heartbreaking than to see a family suffering when the loss could have been easily prevented. Take it from someone who knows. You need a plan.

For more information, call Terry Davis, assistant chief of fire prevention, at 221-5452 or e-mail [terry.davis@samhouston.army.mil](mailto:terry.davis@samhouston.army.mil).



## Blood is fluid of life

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

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

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



## 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.



## Drowning in debt?

# Consumers pay lasting price for filing bankruptcy

By Capt. Jessica Bossi  
Administrative Law Division

Bankruptcy is a federal court process designed to help consumers eliminate their debts or repay them under the protection of the bankruptcy court. Bankruptcy should never be a first option for people struggling under the pressure of large amounts of debt. A bankruptcy filing can significantly mar credit for several years and hinder someone's ability to buy a home, a car or apply for credit cards for the foreseeable future.

Under the new bankruptcy laws passed in 2005, not all debtors will qualify for a complete elimination of their debts. However, there are still two types of filings most consumers can pursue — Chapter 7 and Chapter 13.

In a Chapter 7 bankruptcy, a bankruptcy court discharges most of the debts owed. In exchange for the discharge, the bankruptcy trustee can take any property

which is not considered "exempt" under state laws, and sell it and distribute the proceeds to creditors. Although state law exemptions differ, people are usually allowed to keep equity in their home, the cash value of insurance policies, retirement plans and personal property, including household goods, furniture and clothing, up to certain set cash values. Most people of average income will find that a majority of their personal effects are exempt from sale by the trustee.

For those not eligible to file for Chapter 7 bankruptcy, a Chapter 13 filing becomes an option. A Chapter 13 filing is not as attractive as a Chapter 7 because debts are not automatically liquidated. In this type of bankruptcy, people file a repayment plan with the court to repay their debts over a three to five year period. The amount of repayment depends on how much the person earns, the amount and types of debts owed, and how much property is owned. At the end of the time

period established by the court, all unsecured debts not paid off may be eliminated by the court.

It is important to remember that bankruptcy only eliminates unsecured debts, like credit cards. There are certain debts that cannot be discharged in either a Chapter 7 or Chapter 13 bankruptcy, and will remain as if never filed. These debts include child support, alimony, most tax debts, debts incurred because of criminal acts, and debts owed as a result of causing personal injury or incurred as a result of driving under the influence. In almost all cases, student loans cannot be discharged in bankruptcy. To have a student loan discharged, the person must show the bankruptcy court that repaying the loan would cause extreme hardship. Extreme hardship generally means that the person cannot afford to repay the loan right now and that there is no reasonable likelihood that the person will ever be able to repay it in the future. This is a very difficult threshold to overcome.

Remember, filing for bankruptcy is not a decision to be entered into lightly.

Oftentimes, a credit counselor can help people devise a repayment plan that works within their income without ever having to file for bankruptcy. Credit counseling is often offered on post through the family services office. Consolidating debt through a reputable agency that offers a low consolidation rate may also be a less drastic option. These alternatives should be explored thoroughly before a decision regarding bankruptcy is made.

If people do decide to proceed with bankruptcy, the legal assistance office can provide a referral list of civilian attorneys who can file bankruptcy paperwork. Legal assistance attorneys can counsel people regarding their options on bankruptcy, but are not able to prepare the paperwork nor can they represent people in court. A civilian attorney must be retained for these services.

For more information, call legal assistance at 221-2282 or 221-2353.

## Career Clips

**Claims processor, San Antonio** – Assists billing and enrollment area with processing of applications, enrollment and various aspects of enrollee processing. Strong computer data entry skills with 10-key proficiency. Reports assignments thoroughly, accurately and in a timely manner. Must have strong written and verbal communication skills.

**Specialty lab assistant, San Antonio** – Assists in the laboratory functions of the job as it relates to specimens and slides, normally including microbiology functions. Accepts and verifies samples. Sets up microbiology cultures according to estab-

lished protocols. Performs routine quality control reviews.

**Eligibility specialist, San Antonio** – Interviews and determines if applicants are eligible for training and employment services based on eligibility guidelines. Completes the agency's documents accurately and expeditiously. Refers applicants who are ineligible or have other training interests to other agencies, training centers or community organizations.

*The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2263, Room B099 or by calling 221-1213.*

**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.



Photos by Kathrine Maple

## Warm welcome

A young housing resident and his father enjoy the "Welcome to the Neighborhood" party Sept. 22 at the Sam Houston Club. The event, hosted by the club and Lincoln Military Housing, provided a family-friendly atmosphere for more than 100 attendees. The party included dance music, free food sampling stations and door prizes. The event was sponsored by Morale, Welfare and Recreation and Brook Owens of Keller Williams Realty.



Manual Valdez, catering manager of the Sam Houston Club, presents Tara Griffith with a \$200 cash prize as her daughters, Tara and Kylee, look on. Griffith was the winner of the grand prize drawing at the "Welcome to the Neighborhood" party Sept. 22, hosted by the Sam Houston Club and Lincoln Military Housing. Griffith is expecting to deliver her third child, a boy, Oct. 13, and said she plans to use the cash prize to buy clothing for her son.

## Sailor earns 'Combat V' for bravery under fire

Story and photo by Navy Lt. Brian Haack  
 Defense Medical Readiness Training Institute

Navy Petty Officer 2nd Class Quay Struckmeyer, assigned to the Defense Medical Readiness Training Institute, is the recipient of a Navy Marine Corps Achievement Medal with the Combat Valor distinguishing device, known in the Navy as the "Combat V," for his bravery while supporting Operation Enduring Freedom.

DMRTI Commanding Officer Air Force Col. Courtney Scott presented the award to Struckmeyer Sept. 6 during a ceremony.

Struckmeyer, a Navy hospital corpsman, was recognized for heroic actions while serving as a military adviser and assistant patrol leader for U.S. Central Command, Combined Joint Task Force Phoenix, in Afghanistan. On July 31, 2005, he and his platoon of military Afghan soldiers were attacked by a numerically superior enemy force.

During the attack, Struckmeyer accurately assessed the enemy's attempt to flank his unit's position and bounded across 200 meters of open terrain to initiate the movement of his personnel out of the enemy kill zone. He then led a counter attack which saved the lives of his men; they were responsible for the death of five enemy combatants. Struckmeyer was specifically cited for his calm bravery under fire.

Struckmeyer serves at DMRTI as a primary instructor and squad leader for the Combat Casualty Care Course at Camp Bullis, where he trains junior medical department officers of the Department of Defense in Tactical Combat Casualty Care and basic combat field skills.



Defense Medical Readiness Training Institute Commanding Officer Air Force Col. Courtney Scott presents a Navy Marine Corps Achievement Medal with the Combat Valor distinguishing device to Navy Petty Officer 2nd Class Quay Struckmeyer Sept. 6. Struckmeyer earned the medal for his heroism under fire in Afghanistan.

# Emeril sponsors military-only cooking contest

By Ashley Farrell  
Army News Service

WASHINGTON — If you're currently a chef on active duty, TV cooking-show icon Emeril Lagasse wants your favorite recipe.

Emeril is looking for a military chef who has the right recipe and knows how to use it. Any military chef who has a favorite dish can enter the first ever Military-Only Emeril Cooking Contest. Recipes ranging from jambalaya and marinated steak to specialty pies and appetizers all have a chance of winning.

"I have great respect for our men and women who serve in the military," Emeril said. "I also understand the challenges their chefs face stationed all over the world. We created this contest to acknowledge their hard work and dedication."

Emeril will pick his favorite entries, and use them in an upcoming "Emeril Live" show. Recipes must be original creations and will be judged on creativity and, above all, taste.

The idea for the contest came from the show's great experience with the men and women of the armed forces, said Karen Katz, a producer for the "Emeril Live" program. An aircraft hangar at McGuire Air Force Base, in Lakehurst, N.J., was the taping site of one of 2005's best "Emeril Live" shows and "was a huge success," she said.

"We have continued to have great experiences with the military when they have been included on the show, so when the idea for the military-only cooking contest came up, we all were on board," Katz said.

The contest starts Monday and ends Oct. 9 at 5 p.m. Interested chefs can enter by visiting the Food Network Web site at [www.FoodNetwork.com](http://www.FoodNetwork.com) and completing an entry form that outlines personal and military background and the recipe. Participants must be at least 18, U.S. residents and active duty service members.

"We are anxious to see what is being served out there," Katz said. "We are always amazed by what America is cooking and are excited to include chefs of the Armed Forces."



Photo by Nelia Schrum

## Musical tribute to teachers

The Medical Command Band and Brooke Army Medical Center honored San Antonio educators Sunday with a gazebo concert. Several of the band members are former high school music teachers. The popular band recently returned from New Mexico where the members performed at the N.M. State Fair, Veterans Administration hospitals and schools. On Oct. 22, a final gazebo concert will be held for the season. All a person needs to attend the free concert is a lawn chair and willingness to sit back and relax.

**SPORTS BRIEFS . . .**

***Instructors needed***

The Jimmy Brought Fitness Center seeks instructors for pilates and yoga classes. For more information, call Lucian Kimble at 221-2020.

***Adult baseball league forming***

Teams are now forming for the 2007 baseball season; full teams are also welcome. Age brackets include 18, 28, 38, 48 and father-son ages 18 and older. The league is affiliated with the National Adult Baseball Association. Register Oct. 7 from 8 a.m. to 12 p.m. at Bain Field, located at the corner of Basse and McCullough roads in San Antonio. Registration fee is \$10. For information, visit [jrotc450363@aol.com](mailto:jrotc450363@aol.com) or call Wes Rogers at 479-6888 or 326-0212.

***Boxing at the Brought III***

Boxing at the Brought III will be held Oct.

28 at the Jimmy Brought Fitness Center at 6 p.m. The doors open at 5 p.m. The boxers are ready and the match-ups are expected to bring about fierce action and competition. For more information, call the Morale, Welfare and Recreation Sports Branch Boxing Club at 221-1532 or 221-1342 or e-mail [douglas.stanley@samhouston.army.mil](mailto:douglas.stanley@samhouston.army.mil).

***Intramural Fall Softball Standings***

Sept. 20			
Team	Win	Loss	
ARNORTH	5	0	
USARSO	5	0	
BAMC	4	3	
264th Med Bn	4	4	
STB Renegades	3	3	
MEPS	2	4	
470th MI	2	4	
201st MI	0	7	
Sept. 19			
STB Renegades	13	470th MI	10
264th Med Bn	16	MEPS	7
BAMC	10	264th Med Bn	7

## Troop Salute

### 232nd Medical Battalion





**Soldier of the Week**  
**Name:** Pfc. Shaun Brennan  
**Unit:** D Company  
**MOS:** 91W  
**Hometown:** Barnegat, N.J.  
**Time in service:** Five months  
**Future goals:** To obtain a career as a physician's assistant, own a beautiful home and acquire full legal custody of my son  
**Reason for joining the Army:** To satisfy my thirst for adventure, challenge myself, serve my country and acquire skills and training in a medical profession  
**Latest accomplishment:** Scored 80 percent on the CBRNE test



**Junior Leader of the Week**  
**Name:** Spc. Dawn Page  
**Unit:** D Company  
**MOS:** 91W  
**Hometown:** San Diego  
**Time in service:** Five months  
**Future goals:** To become a police officer in Oakland, Calif.  
**Reason for joining the Army:** To pay off college loans  
**Latest accomplishment:** Soldier leader for the cycle in basic combat training at Fort Jackson, S.C.

# Soldiers join legacy of Army nurses

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

Forty-four Soldiers were welcomed into the Army Nurse Corps Friday during an Army Medical Department Enlisted Commissioning Program ceremony at the Roadrunner Community Center.

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. As an added bonus, the Soldiers receive their enlisted pay and allowances while attending school.

"You are joining a professional organization of the highest caliber," said Col. Patricia Patrician, chief of the Department of Nursing Science, during her speech to the nurses. "The Army Nurse Corps has a long, proud tradition of caring for Soldiers, their families and our retired beneficiaries."

Patrician said the Soldiers being commissioned today would join the ranks of Army nurses who have been serving honorably for nearly 105 years.

"Army nurses have served at home and abroad, in every war and major conflict, in peacekeeping and other humanitarian missions," she said. "Now, in the

Global War on Terrorism, Army nurses are serving admirably in Afghanistan and Iraq, and also here on the homefront as we welcome our fellow Soldiers into our care and help them recover from their injuries and illnesses sustained in the war."

The nurses are now in an "elite" group of health care providers, Patrician said. "We are the only nursing group to require as entry level the four year bachelor of science in nursing degree."

The majority of civilian nurses have two year associate's degrees, she added.

As they assumed the role of Army nurse, the Soldiers also accepted their commission. "As Army officers, you are charged with the added responsibility of serving as leaders while taking care of your troops. As former enlisted Soldiers, you have the unique abilities to truly hear and understand real Soldier needs."

Before the new nurses depart for assignments throughout the world, Patrician reminded them that they are now part of a legacy of excellence. "Be proud of our profession, of the Army Nurse Corps and the Army Medical Department. It is now time for you to take your place in Army Nurse Corps history."

For more information about AECP, visit <http://www.usarec.army.mil/aecp>.



Col. Patricia Patrician, chief of the Department of Nursing Science, hands a second lieutenant insignia to a family member of one of the 44 Soldiers welcomed into the Army Nurse Corps Friday at the Army Medical Department Enlisted Commissioning Program ceremony at the Roadrunner Community Center.



## 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:leader@samhouston.army.mil) or stop by the office in Building 124 (second floor).



[HEALTHCARE.GOARMY.COM](http://HEALTHCARE.GOARMY.COM)

**Serve Your  
Country  
One Patient  
at a Time**

**210-692-7376**



# Brazilian army honors Fort Sam employee

A Fort Sam Houston employee was honored on an international level Aug. 25 during a "Soldier's Day" event in Washington, D.C.

Stuart Warner, of U.S. Army South, received the Diploma of Emeritus Collaborator of the Brazilian Army, signed by Gen. Renato Cesar Tibau da Costa, chief of staff of the Brazilian army.

Every year, the Brazilian army celebrates Soldier's Day in honor of Luís Alves de Lima e Silva, Duke of Caxias, a legendary Brazilian military leader.

The Brazilian army celebrated Soldier's Day throughout Brazil and at Brazilian Embassies around the world. In Washington, D.C., the Brazilian army celebrated the holiday by inviting diplomats, military members of several armies and distinguished guests to an award ceremony at the Brazilian Commission.

The key event of the Soldier's Day celebration was the award ceremony when H.E. Roberto Abdenur, Brazilian ambassador to the United States, bestowed the Diploma of Emeritus Collaborator of the Brazilian Army to five recipients, to include Warner.

The Diploma of Emeritus Collaborator

of the Brazilian Army is a prominent award that is given to people who have distinguished themselves for their notable support and commendable cooperation to the Brazilian Army.

During the last two years, Warner distinguished himself as the program manager of two Chief of Staff of the Army programs — the Brazil-U.S. Bilateral Staff Talks Program and the General Mark Clark-Marshal Mascarenhas de Moraes lecture exchange.

As manager of the staff talks program, Warner cultivated ways to nurture positive relationship between the two armies, to identify and coordinate meaningful engagement activities and to support long-term engagement requirements.

As manager of the lecture exchange program, Warner coordinated all activities for the successful execution of the general officer lecture exchanges at the military colleges between the two countries.

"As we increase our engagement opportunities, we continue to strengthen the alliance between the two partner armies to develop a professional relationship and to ultimately promote compatibility through meaningful, army-to-army



Courtesy photo

H.E. Abdenur, Brazilian ambassador to the United States, presents the Diploma of Emeritus Collaborator of the Brazilian Army award to Stuart Warner, of U.S. Army South, Aug. 25 during a ceremony in Washington, D.C.

level exchanges and initiatives," Warner said.

Warner said he was grateful for the honor of having been selected to receive the Brazilian army award. He said he will

continue to work closely with the members of the Brazilian army to forge meaningful relationships between the two armies.

(Source: U.S. Army South)

# Ramadan begins for Muslim Soldiers

By Bob Bellin  
Fort Jackson Public Affairs

**FORT JACKSON, S.C.** — Muslim believers around the world began observing the month of Ramadan Sept. 23, including many Muslim Soldiers.

Ramadan is named after the ninth month on the Islamic Lunar calendar when the Qu'ran commands Muslims to abstain from food, drink and other physical comforts and pleasures from dawn to sunset, every day until the end of the month.

"It's one of the five pillars of faith, fasting in the month of Ramadan," said Chaplain (Capt.) Abdullah Hulwe, battalion chaplain for Fort Jackson's 1st Battalion, 13th Infantry Regiment. "Muslims pray five times a day, perform pilgrimage during the month of Ramadan, fast during Ramadan, give charity — or alms — and declare faith."

Traditional Ramadan practices, according to Hulwe, include breaking the daily fast with water and dates, reading through the entire Qu'ran, and visiting family and friends.

One of the most important festivals in Islam is the three-day Eid ul-Fitr, or Festival of Bread-Breaking, which begins sundown on the last day of Ramadan, which this year is Oct. 23.

"It's a month of giving, a month of mercy," said Hulwe. "It's a month of learning for Muslims and for people of other faiths to learn about Islam."

By fasting, believers experience spiritual renewal and learn self-discipline and generosity, Hulwe said. "It's part of the Army values, selfless service to others ... you give a little bit of yourself, a little bit of your skill, and you give money (to the poor)."

When believers are hungry and thirsty during the day, they also learn to empathize with the poor, Hulwe said. "You can pity a poor person, but when you actually fast, you feel what they feel."

Because the purpose of Ramadan is to preserve and encourage life — not to endanger it — the Qu'ran and its interpreters make exceptions to fasting for believers whose health may be harmed by it.

"The scholars have exceptions for women when they are pregnant or breast-feeding," Hulwe said. Scholars also make exception for pre-pubescent children, the sick and Muslims who are traveling.

Since all Soldiers have the constitutional right to freely exercise their religions, commanders and other leaders are required to try and accommodate Soldiers within certain limits, he said.

"To fast during training is religious accommodation," Hulwe said, "and the United States Army policy is to accommodate, unless it has adverse impact on the mission or the health of the Soldier."

The love of life in Islam, Hulwe said, is in stark opposition to terrorist leaders like Osama bin Laden, who speak of a "love of death" in their version of Islam.

Hulwe has a simple explanation for those of any religion, at any time, who espouse such views.

"God almighty has good people," Hulwe said, "but bad people use God. It is up to people of understanding to know the difference."

(Courtesy of Army News Service)

## RELIGIOUS HAPPENINGS . . .

### *Catholic religious education registration*

Registration for Catholic religious education for children, first holy communion and confirmation classes is now in progress. Classes begin Sunday. To enroll a child or for more information, call Brian Merry at 221 5006 or e-mail [brian.merry@samhouston.army.mil](mailto:brian.merry@samhouston.army.mil).

### *Catholic Women of the Chapel*

The Catholic Women of the Chapel meet each Friday of the month at Dodd Field Chapel for programs, fellowship and enrichment studies. For the first Friday of the month, activities begin with a rosary at 8:30 a.m., Mass at 9 a.m. and program at 9:30 a.m. The following Friday events begin at 9 a.m. with fellowship followed by enrichment studies. Two studies will be offered: "Precious as Silver, Imagining your life with God" by Bishop Niederauer; and "Parenting with Grace, a Catholic parents' guide to raising almost perfect kids" by Gregory Popcak. Childcare will be provided. For more information, call Kate Schupbach at 212-7842.

### *Protestant Women of the Chapel*

The Protestant Women of the Chapel meet Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m. at the Dodd Field Chapel. Childcare is provided for up to age 5. Visitors are welcome. For more information, call Lois Griffith at 226-1295 or visit [www.samhouston.army.mil/chaplain/pwoc](http://www.samhouston.army.mil/chaplain/pwoc).



### *Fall Bible studies for OCF*

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

### *High Holy Day services*

The Jewish congregation's High Holy Day services will be held on the following dates:

- Shabbat Shuvah – Friday at 8 p.m.
- Kil Nidre – Sunday at 6:30 p.m.
- Yom Kippur – Monday at 9 a.m.

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

## POST WORSHIP SCHEDULE

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

### **Catholic Services:**

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

**Protestant Services:** Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

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

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

Oneg Shabbat

### **Protestant Services:**

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

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

### **Troop Catholic Mass:**

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

Sundays

**Troop Protestant Gospel Service:**

9:45 a.m. - 32nd Med. Bde. Soldiers -

Sundays

**Troop Protestant Service:** 8:30 a.m. -

32nd Med. Bde. Soldiers - Sundays

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

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

### **Protestant Services:**

10:30 a.m. - Collective Gospel Protestant

- Sundays

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

Study (PWOC) - Wednesdays, childcare

is provided.

**Samoan Protestant Service:** 8:30 a.m.

- Sundays

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

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

Education - Sundays

1:30 p.m. - Jumma - Fridays

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

Thursdays

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

**Mormon Service:** 9:30 to 11:30 a.m. -

Sundays

**Installation Chaplain's Office**, Building 2530, 295-2096

**Contemporary Service:** 11:01 a.m. -

Sundays

### **Web site:**

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

**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



Spc. Marc Gonzalez, animal care specialist, cleans the teeth of Bruno, a black Labrador retriever. All working dogs have their teeth cleaned as a preventa-

tive measure. Healthy teeth and gums help maintain a dogs good general health.

# Army goes to the dogs

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

The United States Army Veterinary Service is composed of more than 880 veterinarians and veterinary technicians. The Department of Defense Military Working Dogs Veterinary Service, although housed at Lackland Air Force Base, Texas, is an integral part of that corps. It is the workplace of 20 active duty Army Soldiers, 13 DoD civilians and about 700 dogs.

Lt. Col. Michael Lagutchik, director, DoD Military Working Dogs Veterinary Service, said, "A lot of people don't realize we are over here, out of sight, out of mind. We are an Army unit, on an Air Force facility, working for the DoD."

The veterinary service supports the 341st Training Squadron, which buys, trains and fields the military working dogs. It is a multi-service organization, training the Army, Navy, Marines and Air Force. It is the only working and training site for dogs and military handlers. The Army veterinary service provides all comprehensive veterinary support for all the dogs that are a part of that training program. "That is a major part of the mission, keeping the military working dogs healthy," said Lagutchik.

"We are the largest referral service for DoD world-

wide for working dogs. We take dogs in from around the world that cannot receive comprehensive care at their duty site," added Lagutchik.

Keeping military working dogs healthy is beneficial for military and civilian personnel worldwide. Military working dogs, along with their handlers, are deployed to support the war on terror, protecting military installations and detecting bombs and other explosives before they inflict harm.

The hospital, which is located in Building 7595 at Lackland Air Force Base, keeps all the military working dog's medical records, 400 which are on site with another 300 at the Air Force Training Center Annex, Medina, Texas. The facility has two surgery suites where four to six surgeries a day is the norm.

An in-house laboratory has the necessary equipment for all routine lab work-ups. Anything out of the ordinary is sent out to a contract lab and is usually resolved by the next day, so dogs can be put on medication if needed.

Medical treatment is readily available everyday and as many as 35 dogs are seen on a daily basis. Radiology may see a few more and X-rays are routine. But, if a canine requires a CAT scan or MRI, they are sent to Wilford Hall Medical Center either early morn-

ing or after hours, so it does not interfere with that facility's daily workload.

Once a dog has been diagnosed with orthopedic or skeletal issues, it could be at the facility for as long as five months.

"We have a very active, very intensive rehabilitative, physical therapy program," said Lagutchik.

Lagutchik added, "We have a 12.3 million dollar facility going up next door. It is an Air Force medical military construction project paid for by the Air Force. We also have major input by the Transportation Security Administration of several million dollars for equipment."

The new facility, scheduled to open in August 2007, will be state of the art, have double the space of the present hospital and have capabilities they have never had before, such as CAT scans and MRIs.

The Army veterinary facility may be tucked in an out-of-the-way corner of Lackland Air Force Base, but it is an integral part of today's military defense. The veterinary support of the mission is to keep the trained military working dogs healthy.

Master Sgt. Nicole Klages, NCO in charge, summed up what the clinic means when she said, "We have a lot of hard workers, with a large work load, but each one is dedicated to the mission."



Maj. Steven Baty prepares Arthur, a German shepherd, for surgery. A handler holds the shepherd in an attempt to keep him from squirming during the pre-operation exam.



A Belgian Malinois, enjoys having his ears scratched by a handler, while waiting for his check-up. Belgian Malinois are brown, short-haired, cousins of the German shepherd.



Bagger is held securely while Jose Mercedes, technician, clips the dog's hind nails.

## 'Puppy walkers' rear future military working dogs

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

Military working dogs are sometimes purchased from vendors in Europe and all across the United States; however, the Department of Defense has its own breeding program. The puppies that are produced are not sent to their military training until they are brought through a more crucial period. That crucial period takes place with the "puppy walkers."

Puppy walkers are families that take home an 8- to 9-week-old puppy and care for it until it is seven months old. They housebreak the puppy, socialize it in different environments, teach it good house manners and provide it with the loving attention it needs.

The bulk of rearing a puppy is done by the foster families and is strictly voluntary. All medical care is provided, along with food, crates and leashes.

Puppy walkers sign a contract and are screened very carefully. The right kind of volunteers are needed; rules and guidelines are required.

"We want the dogs to be treated as members of the family. We want exposure to daily routines and different environments," explained Lt. Col. Michael Lagutchik, director, DoD Military Working Dogs Veterinary Service. "We don't want a wary or mean dog. We want a friendly dog with controlled aggression."

Kris Ritter, veterinary technician for Behavior Medicine and Breeding Program, said, "A lot of people have raised six to seven puppies. It is hard to give the first one back, but it gets easier after that. Especially when they know the dog is doing a good job and defending our country."

I've cared for three puppies and Isador will probably be my fourth, (referring to the puppy she was holding at the time of the interview). Her mother had two puppies, one died and due to stress, she wasn't able to produce milk, so now I bottle feed this little girl. So, basically I am her mommy," said Ritter.

The puppies learn social skills in the homes and are required to return twice a month for puppy class to monitor their progress and



Kris Ritter, veterinary technician for the Behavior Medicine and the Breeding Program, laughs as puppy Isador, a two-week-old Dutch shepherd, tries to feed on her finger. Isador was born at the clinic and is now being bottle fed by Ritter because the mother was unable to produce milk.

determine what areas need improvement. Families are encouraged to treat the puppies just like a family pet.

On the other end of the spectrum of a dog's life are the military working dogs that are retired from active duty. Until Nov. 6, 2000, the United States had no organized policy of finding homes for military dogs at the end of their useful working life, but that changed after Congressman Roscoe G. Bartlett, from Maryland, introduced "military working dog number W005," more familiarly known as "Robby."

The bill, known as Robby's Law, was signed into law in 2001, promoting the adoption of retired military working dogs by law enforcement agencies, former handlers of these dogs and other persons capable of caring for these dogs.

Thirty-five percent of working dogs are now adopted and adapt well as "couch potatoes," as opposed to the euthanizing of 100 percent of the military dogs that retired from duty before the 2001 Bill went into effect.

Adoptive homes for retired military working dogs and puppy walkers are always needed. For more information about adopting a retired military working dog, call 671-5895. If interested in being a puppy walker, call 671-3686.

# Cole High School celebrates Hispanic heritage in style

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

Students and faculty of Robert G. Cole High School began the month-long celebration of Hispanic heritage with a bang. Activities from literary study to salsa dance lessons will occur throughout the campus during October to emphasize and celebrate Hispanics and Latinos and their culture, as well as their contributions to the success of this nation.

The celebration kicked off with the school's first piñata contest. Senior Sarah Clark earned first-place honors in the contest with her rendition of Ro-hawk, arch rival

Randolph High School's mascot, complete with a "Ro-hawk Whooping Stick."

Cole student volunteers and Spanish National Honor Society members covered the common student area walls with posters, pictures, piñatas, student work and traditional Mexican "papel picado" for the first day of the celebration. "Papel picado" is brightly colored tissue paper snipped with scissors to create geometric patterns, used to create quick and economical decorations for a fiesta.

Hispanic literary works are on display in the Cole Media Center. Angela Jolivette, Cole reading teacher, is sponsoring a school-wide book club focusing on Hispanic authors and books, including "The House on Mango

Street" by Sandra Cisneros.

The Hispanic Heritage Month Essay Contest, sponsored by all Fort Sam Houston major commands and Morale, Welfare and Recreation is currently under way. A first place winner will be selected for each grade level, seven through 12, and these students will be recognized at the culminating Hispanic Heritage Month assembly and reception to be held Oct. 11 in Cole's Moseley Gymnasium.

To finish the month-long celebration, Spanish II students will host a Hispanic Heritage Month luncheon for Cole teachers and staff Oct. 13. Each student will select and prepare a traditional recipe from a Spanish-speaking country of study for the guests to sample.



Robert G. Cole Jr./Sr. High School students parade down Winans Road just before their Homecoming game against the Navarro Panthers.

Courtesy photo

## Homecoming comeback falls just short

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

Robert G. Cole High School's Homecoming 2006 featured all the pomp and pageantry one would expect from such a festive occasion. The week featured various themed days, a pep rally, parade, dance and the crowning of a king and queen, with the culmination of an exciting football game Friday evening.

After spotting the Navarro Panthers three touchdowns at the end of the first half, the Cougars staged a tremendous fourth quarter rally that fell just short. Trailing by five, with a little over a minute to play, Cole had a first and goal at the Panther seven yard line. Running back Chauncy Holmes, in for banged up Greg Washington, and already having rushed for 170 yards and two touchdowns, was hit hard crossing the goal line resulting in a fumble out of the end zone and a subsequent touchback for Navarro. The raucous home crowd turned suddenly silent at the somewhat questionable call. The final score was 26-21.

The Cougars will travel to Center Point Friday at 7:30 p.m. for their last non-district game.



Courtesy photo

2006 Homecoming Queen Brittany Maas and Homecoming King Paul Parker are all smiles after being crowned at the Homecoming game Friday.

## Lady Cougars get on track

The Cole High School ladies' volleyball team won their first district 30AA match Sept. 19 at Cole's Moseley Gym. The Lady Cougars defeated the Dilley Wolves in an exciting five game match: 20-25, 30-28, 25-18, 22-25 and 15-11.

Outstanding performers included Allison Erickson and Nicole Salazar, both with six aces; Lindsey Saddler and Anne Cenney, both with two blocks; Kanasha Howard with 16 digs; Nicole Ham with 20 assists; and Michelle McClendon with 10 kills.

In earlier action, the Lady Cougars beat both Randolph High School and Lackland Independent School District's Virginia Stacey High School to take the consolation trophy in the volleyball tournament in Utopia. The freshmen team also defeated Natalia Sept. 22.

The girls will play Friday at Cotulla.

### Fort Sam Houston Independent School District Weekly Campus Activities Monday through Oct. 7

#### Fort Sam Houston Elementary School

G.A.T.E. testing All Week

#### Wednesday

early dismissal

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

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

#### Oct. 5

PTO classroom door decoration deadline

#### Oct. 6

Student holiday

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

#### Monday

Cole Cougar Pride Club meeting in media center, 5:30 p.m.

Senior parent meeting in media center, 6:30 p.m.

#### Tuesday

Volleyball vs. Natalia at Cole, 5, 6 and 7 p.m.

#### Wednesday

Shattered Dreams parent/student workshop in cafeteria, 6 to 8 p.m.

#### Oct. 5

Picture retakes in gym foyer

Hispanic Heritage Book Club in media center during advisory and lunch

#### Oct. 6

Student holiday - staff development

#### Oct. 7

Comfort cross country meet at Hermann Sons Camp, 9 a.m.

# Fort Sam Houston students celebrate the Constitution

Story and photo by Dr. Kathy Maxwell  
Fort Sam Houston Elementary School

Fort Sam Houston Elementary celebrated and observed Constitution Day Friday with a flag-raising ceremony. About 850 students and staff members watched as representatives from the Boy Scouts of America carried an 8-foot by 12-foot unfurled American flag through the middle of the crowd to the flagpole.

Sgt. Brian Callison, Lt. Curtis Smith, and Boy Scouts Caleb Besser, Tyler Craig and Charles Lemmon attached and hoisted the flag. With the help of a strong wind, the huge flag flew at 90 degrees perpendicular to the horizon straight north. The sight of the huge flag flying in the wind drew a collective sigh from the crowd. The students saluted the flag with the Pledge of Allegiance and sang "God Bless America."

Kara Bagg, Michael Gaines, Jazmine Lattimore, Amy Raidel and Jayden Roy, fifth and sixth grade students, recited the Preamble to the Constitution and described the meaning of the U.S. Constitution to students and their lives.

"Most of the children have never been to a flag-raising ceremony," said Dolly Johnson. "The minute the wind caught the flag there was a huge sigh over the beauty of our wonderful flag flying high."

"This is one of the most moving ceremonies I have experienced in my years at Fort Sam Houston Elementary," said Jayne Hatton, principal. "It reminded me of our nation's history in all its splendor."

The flag-raising ceremony, organized and coordinated by Nora Gonzalez, fifth grade social studies teacher, culminated U.S. Constitution Week, in which an array of activities occurred in the classrooms from "baking and eating the Preamble" to conducting a "Sentence Convention." The



Sgt. Brian Callison (left), Lt. Curtis Smith (right), and (center) Boy Scouts Tyler Craig, Charles Lemmon and Caleb Besser hoist the flag during the Fort Sam Houston Elementary celebration and observance of Constitution Day Friday. Also present was Cub Scout Director Eric Craig.

purpose of these activities was to teach the Constitution and to remind each student and staff member of those freedoms so eloquently portrayed in this historical document.

One of the most important days in the history of our nation is Sept. 17, 1787, the day the U.S. Constitution was signed. It established our government and serves as a model for democratic nations. It is a living, evolving document that has stood the test of time and strife.

This year the National Constitution Center in Philadelphia's Independence Hall opened a new exhibit devoted to dramatically re-telling the story of the Constitution from the American Revolution to the present. The flag-raising ceremony brought the Constitution alive for the students of the Fort Sam Houston Elementary School.

## MWR hotline

Information about MWR events, activities and programs is available 24 hours a day at 295-3697 or visit [www.portsamhoustonmwr.com](http://www.portsamhoustonmwr.com).

## COMMUNITY RECREATION

### 2006 Combat Medic Fest

The 2006 Combat Medic Fest will be held Oct. 21 from 7:15 a.m. to 6 p.m. at the MacArthur Parade Field. The Combat Medic Run will kick off the day-long festivities and includes a 5K, 10K and 2-mile run or walk. Other activities include a parade, arts and crafts fair, live entertainment, games, contests and children's activities. For the first time, the festival will include a barbecue cook-off, "Funniest Soldier on Post" competition and a dance contest.

If interested in participating in the Combat Medic Fest, contact the following for registration information:

Activity	Contact
• Food vendor	221-5224
• Barbecue cook-off	221-5224
• Arts and crafts fair	221-5224
• Parade	221-3185
• "Funniest Soldier on Post" contest	221-1532 or 221-1234
• Combat Medic Run	<a href="http://www.iaapweb.com">www.iaapweb.com</a>

For more information on event activities, call 221-3003. The Combat Medic Fest is sponsored by DeVry University, Ford, First Command Financial Planning, Y100 FM, Z106.7 FM, Century 21, Rudy's Bar-B-Q and Miller Lite.

### Free Judo classes

Free Judo classes are held at the Jimmy Brought Fitness Center every Saturday from 10 to 11:30 a.m. For more information, call Carl Johansen at 279-1742.

### Bow hunting season opens

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

### Party pavilion at Canyon Lake

The Fort Sam Houston Recreation Center at Canyon Lake has an outdoor setting with the amenities suited for special occasions. A 42-foot by 52-foot covered pavilion situated in a private wooded area overlooks the lake. The pavilion is an ideal venue for a special event such as a wedding, anniversary party, family reunion, instructional class or hail and farewell. Area features include grill stations, picnic tables, fire rings, restrooms, children's play area, electricity, water and swimming access, and is handicap accessible. For more information, call the Canyon Lake Recreation Center at 830-226-5357.

### AC service

Air condition service is available at the Fort Sam Houston Auto Craft Center. The Auto Craft Center has a certified AC technician on staff with 30 years of experience. The cost is \$30 for AC service. Freon, oil and environmental fee are extra. A \$5 off coupon for AC service is available from various Morale, Welfare and Recreation facilities; visit the Auto Craft Shop Web site at [www.portsamhoustonmwr.com](http://www.portsamhoustonmwr.com). No appointment is needed. For more information, call 221-3962.

### Equestrian Center trail rides

One-hour trail rides are offered at the Equestrian Center Saturdays and Sundays to patrons over 7 years old.

Children younger than 12 years old must be accompanied by a parent. The cost is \$20 per person. First trail ride begins at 8:30 a.m.; the last ride is at 2 p.m. Pony rides are available Saturdays and Sundays from 10 a.m. to 2 p.m. for children 6 years old and younger. Parent leads pony. The cost is \$5 per child. For more information, call 224-7207.

### Therapeutic massage

Therapeutic massage is available at the Jimmy Brought Fitness Center by appointment only Mondays through Fridays from 8 a.m. to 8:30 p.m. and Saturdays and Sundays from 8 a.m. to 5:30 p.m. Services include neuromuscular therapy, lymph drainage therapy, decongestive physiotherapy, Swedish massage, Reiki, herbal body wraps, hot stone massage and Myoskeletal Alignment Techniques. For more information or to make an appointment, call Theresa Medellin at 221-9915 or 710-7457 or Douglas Stafford at 710-7925.

### BOSS Halloween Bash

Members of the "Better Opportunities for Single Soldiers" will sponsor a Halloween Bash Oct. 14 from 7 to 10 p.m. at the Fort Sam Houston Bowling Center. Participants can enjoy free unlimited bowling at that time. The family event is open to the public. The Halloween Bash is sponsored by Morale, Welfare and Recreation. For more information, call 224-7250 or 221-3683.

### Boxing at the Brought III

Boxing at the Brought III will be held Oct. 28 at 6 p.m. at the Jimmy Brought Fitness Center. The doors open at 5 p.m. The boxers are ready and the match-ups are expected to bring about fierce action and competition. For more information, call the MWR Sports Branch Boxing Club at 221-1532 or 221-1342, or e-mail [douglas.stanley@sam-houston.army.mil](mailto:douglas.stanley@sam-houston.army.mil).

## DINING AND ENTERTAINMENT

### Sam Houston Club, 224-2721

#### Lunch on the run

The Sam Houston Club offers lunch to go. Customers can select take-out items from the deluxe salad bar for \$4.95 or the buffet bar for \$6.95. Delivery service is also available with a minimum of 10 orders required. For more information, call 224-2721.

#### Family-style Sunday brunch

Brunch is held the first and third Sunday of each month from 10 a.m. to 1:30 p.m. The next brunch will be held Sunday and will feature a kids' meal station, chocolate fondue station, complimentary champagne and international food station. The cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

#### Big Bucks Bingo

A guaranteed pool of \$10,300 prize money is up for grabs at Big Bucks Bingo Oct. 7 at the Sam Houston Club. Early bird start is at 10:30 a.m. Buy packs early to be eligible for door prizes. For more information, call 224-2721.

#### Club membership benefits

Become a member of the Sam Houston Club and receive the first month of membership free. Members get a benefits card that will give them the chance to get free items such as Sunday brunch, weekday lunch, bowling games, a bingo package and dinner theater show from various MWR activities. Club members can select one of the complimentary services after using 10 paid activities at the Sam Houston Club. For more information, call the Sam Houston Club at 224-2721.

### Bowling Center, 221-3683.

#### Winter league bowlers needed

Winter league bowlers are needed at the Fort Sam Houston Bowling Center. Leagues include the ladies trio handicap, mixed four-person team, short season trio mixed handicap, seniors mixed five-person team, Roadrunners trio mixed handicap, Thursday niters mixed four-person team, men's post five-man teams handicap, guys and dolls mixed four-person team and the Christian fellowship mixed four-person team. Team and individual players are welcome. For more information, call 221-3683.

#### Rent-A-Lane Bowling Special

The Fort Sam Houston Bowling Center offers a Rent-A-Lane special Tuesdays from 5 to 8:45 p.m. The cost is \$20 per lane which includes unlimited bowling and shoe rentals. The offer is available to groups up to eight people. For more information, call 221-3683.

#### Unlimited bowling Friday nights

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

#### Eighties Day

Enjoy 80 cent bowling and 80 cent shoe rental every Sunday from 2 to 8:30 p.m. at the Fort Sam Houston Bowling Center. For more information, call 221-3683.

#### Bumpers and gutters

Bumpers and gutters are installed at the Fort Sam Houston Bowling Center. Now bowling novices can enjoy playing alongside experienced bowlers. Bumpers can retract from player to player in a group or family to adjust to individual skill levels and have flashing lights that glow in the dark. It is the perfect addition to bowling parties for kids. For more information, call 221-3683.

### Golf Club, 221-4388

#### Junior golf lessons

Junior golf lessons are held Saturdays from 9 to 10 a.m. at the Fort Sam Houston Golf Course. Junior lessons are available for youth 7 to 16 years old of any level of experience. The cost is \$7. For more information or to register, call 355-5429.

### Harlequin Dinner Theatre, 222-9694

The romantic comedy "The Rainmaker," by N. Richard Nash, will play at the Harlequin Dinner Theatre through Saturday. Tickets are \$23.95 Wednesdays and Thursdays and \$26.95 Fridays and Saturdays. The house opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. For more information or reservations, call 222-9694.

### MWR ticket office, 226-1663

Tickets are on sale at the MWR Ticket Office, located inside the Sam Houston Club, for popular local attractions and events as well as for out-of-state theme parks. Get San Antonio Speedway tickets for \$6 through Oct. 21. The MWR Ticket Office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. The office is closed Saturdays and Mondays. For more information, call 226-1663.

### Coushatta casino resort trip

The MWR Ticket Office and the Sam Houston Club are sponsoring a trip to Coushatta Casino Resort in Kinder, La. The bus departs from the Sam Houston Club Oct. 10 at 7 a.m. and returns Oct. 11 at 10 p.m. The cost is \$44.95 per person and includes motorcoach transportation, overnight hotel accommodations, continental breakfast at the hotel and one \$23 coupon for the casino. Tickets are available at the ticket office. For more information, call 226-1663 or 224-2721.

## CHILD AND YOUTH SERVICES

### Care packages for Soldiers

The Youth Services Middle School Teen program will take donations for a community service project. The youth will prepare care packages to send to Soldiers overseas. Donations can be made at the Youth Center, Building 1630, from 10 a.m. to 8 p.m. Mondays through Fridays and Saturdays from 3 to 10 p.m. A list of suggested items is available at the Youth Center. Suggested donation items include: granola bars, cereal in single-size servings, personal hygiene articles, individual-size servings of soups and entrée pop-top cans, travel-size games, DVD movies and pens and paper. For more information, call the Youth Center at 221-3502 or pick up a list at the center.

### Before and after school registration

Register youth for the before and after

school program for middle school and open recreation. Participants must have a Child and Youth Services membership. To register for membership, patrons will need to provide a leave and earnings statement or pay stub, two local emergency designees, \$18 registration fee and youth's Social Security number.

### Headstart seeks applicants

Parent Child Incorporated is seeking applicants for the Headstart program. This is a free childcare program designed to help Soldiers, E-5 and below, and low income Department of Defense civilian employees. Applicants must meet federal guidelines, and entry is based on annual income. For more information, call 221-3788.

### 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 areas surrounding Fort Sam Houston for use by local Army families. The centers and providers are monitored to ensure they meet Army standards. For more information or to inquire about childcare, call Family Service Association at 299-2480 or Fort Sam Houston Central Registration at 221-4871 or 221-1723.

### Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Oct. 17 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff and learn of upcoming events and parent

education opportunities.

### Home-based childcare

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.

### Hourly childcare

Child and Youth Services provides hourly care for patrons seeking intermittent childcare. Patrons must be registered with CYS. Care is based on availability and must be reserved in advance. For more information, call Central Registration at 221-4871 or 221-1723.

## Events

### Country, gospel music show

A country jamboree, country and gospel music show is presented the second Monday of each month from 7 to 10 p.m. at the Seguin-Guadalupe County Coliseum, 810 S. Guadalupe St. in Seguin, Texas. Admission is free for all active duty military personnel who present ID cards. For all others, admission is \$6, with children under 12 free. For more information, call Horace or Linda Comfort at 512-392-1545 or visit [www.lonestarjamboree.com](http://www.lonestarjamboree.com).

### Military Officers Association picnic

The Military Officers Association of America, Alamo Chapter, will sponsor a picnic and steak fry today at 5:30 p.m. at the Randolph Air Force Base Officers Club pool patio. The cost is \$16. Tickets can also be purchased at the picnic, but advance reservations are requested. Visitors are welcome. For reservations, call 228-9955 or visit [moaa-ac@sbc-global.net](mailto:moaa-ac@sbc-global.net).

### Gardens by Moonlight

The San Antonio Botanical Society will host Gardens by Moonlight at the San Antonio Botanical Garden Saturday from 7 to 11 p.m. Tickets are \$12 in advance or \$15 at the gate and will be on sale at Starbucks. To reserve a table for 10 guests, call 829-5360. For more information, visit [www.sabot.org](http://www.sabot.org).

### USO karaoke night

The United Service Organizations in San Antonio will host karaoke night with D&D Karaoke Saturday from 8 p.m. to midnight in the USO San Antonio Downtown Community Center, 420 E. Commerce St. Active duty and retired military personnel and their families are invited. Refreshments will be served. For more information, call Julie Nichols at 227-9373, ext. 12 or e-mail [jnichols@alamouso.org](mailto:jnichols@alamouso.org)

### USO pool tournament

The United Service Organizations in San Antonio will host a pool tournament Sunday at 1 p.m. Active duty and retired military personnel and their families are invited. The entry fee is \$5. First place will win the total amount collected in the pot; second place will receive an Army and Air Force Exchange Service gift certificate. For more information or to sign up, call Julie Nichols at 227-9373, ext. 12 or e-mail [jnichols@alamouso.org](mailto:jnichols@alamouso.org).

### VFW Post 8111 to sell lunch plates

The Veterans of Foreign Wars, Post 8111, located at 335 Austin Road next to the Wooden Nickel, will sell lunch plates Friday from 11 a.m. to 4 p.m. The cost is \$6 per plate and includes pork chop, rice, mixed vegetables and bread.

### KLRN Women's Health Conference

San Antonio's own Heloise will serve as keynote speaker at KLRN's Women's Health Conference Saturday from 7:30 a.m. to 2:30 p.m. at the Henry B. Gonzalez Convention Center, 200 E. Market Street in San Antonio. The conference cost is \$45 and includes a full day of informative speakers, as well as breakout sessions, health screenings, a continental breakfast, a formal luncheon and a canvas gift bag. For tickets, visit the nearest H-E-B store, call 270-9000 or 800-627-8193, or visit [klrn.org](http://klrn.org).

### Brooks City-Base walk

Brooks City-Base will host the U.S. Air Force Global Volksmarch, a 10K and 5K walk Saturday. The volksmarch will begin between 8 and 11 a.m. at the base picnic area, Pavilion No. 1, located at 2260 Jernigan Road, and finish by 3 p.m. For more information, call Larry Flores or Laura Martinez at 536-2881 or e-mail [larry.flores@brooks.af.mil](mailto:larry.flores@brooks.af.mil).

### Grapetown, Texas walk

The Volkssportverein Fredericksburg Volksmarch Club will host a 10K and 5K

walk Oct. 7 beginning at the Grapetown Schuetzen Verein in Grapetown, Texas, about 9 1/2 miles south of Fredericksburg. For more information, call Joyce O'Rear at 830-992-2053, e-mail [tnjocole@austin.rr.com](mailto:tnjocole@austin.rr.com) or visit [www.walktx.org/AVA1/](http://www.walktx.org/AVA1/).

### Jayhawks Bn. alumni reunion

The Jayhawk Battalion Alumni Association will host the second annual alumni homecoming Oct. 7 at the University of Kansas Military Science Building. Events include the Wall of Fame induction ceremony, awarding of JBAA scholarships, cadet demonstrations, a Kansas Army ROTC history display and refreshments. Former cadets of the university and its cross-enrolled schools, family members and supporters are invited. For more information, visit <http://www.armyrotc.ku.edu> or e-mail [Henry.David.Pendleton@us.army.mil](mailto:Henry.David.Pendleton@us.army.mil).

### VFW Post 8541 'Picker's Picnic'

The Veterans of Foreign Wars, Post 8541, 2222 Austin Highway, will sponsor the annual "Picker's Picnic" Oct. 8 from 12 p.m. to midnight. Proceeds will benefit the Fisher Houses. Veterans past or present and guests are welcome. For more information, visit <http://www.vfwpost8541.org>.

### McKittrick Canyon hike

Outdoorsman Steve Ochoa will lead a tour to the Guadalupe Mountains National Park to hike McKittrick Canyon. Participants will caravan to the park Oct. 13, hike the next day and return Oct. 15. A meeting will be held prior to the hike to discuss lodging, safety and equipment. The cost of the tour, travel and lodging is \$50 and does not include food. For more information, call 657-8866 or register online at [www.neisd.net](http://www.neisd.net).

### USO dart tournament

The United Service Organizations in downtown San Antonio will hold a dart tournament Oct. 15 at 1 p.m. Active duty and retired military personnel and their families are invited to participate. The entry fee is \$5. The 1st place winner will take the pot and the 2nd place winner will receive an Army and Air Force Exchange Services gift certificate. To register, call Julie Nichols at 220-9379, Ext. 12 or e-mail [jnichols@alamouso.org](mailto:jnichols@alamouso.org)

### 'Wait Until Dark' at Harlequin

The Harlequin Dinner Theatre will feature "Wait Until Dark," by Frederick Knott every Wednesday through Saturday evening beginning Oct. 15 through Nov. 4. The cost is \$27.95 Fridays and Saturdays and \$24.95 Wednesdays and Thursdays. There are discounts 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, and the show begins at 8 p.m. For reservations, call the Harlequin Dinner Theatre at 222-9694. The box office is open from 12 to 5 p.m. weekdays and 1 to 5 p.m. Saturdays. The theater is handicapped accessible.

### Fisher House, Inc. gala, silent auction

The Fisher House, Inc. gala and silent auction will be held Oct. 28 from 6:30 to 10 p.m. at the Marriott Riverwalk Hotel. Entertainment will be provided by the Sentimental Journey Orchestra and dress is business attire. For ticket information or to sponsor a table, call 673-7500.

## Meetings

### Warrant Officer Association meeting

The Lone Star Chapter of the U.S. Army Warrant Officers Association meets on the third Monday of the month at 7 p.m. at VFW Post No. 8541, located at 2222 Austin Highway, between Perrin Beitel and Eisenhower roads. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call Bill Strout 590-2642 or e-mail [bstrout@texas.net](mailto:bstrout@texas.net), or Suzan Farrell 378-0422 or e-mail [suzan.farrell@us.army.mil](mailto:suzan.farrell@us.army.mil).

### SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve Chapter, will conduct a study group Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in Building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail [Adrienne.Berkley@us.army.mil](mailto:Adrienne.Berkley@us.army.mil), or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail [Tiffany.reid@amedd.army.mil](mailto:Tiffany.reid@amedd.army.mil).

### BAMC chess club

The Brooke Army Medical Center chess club meets Mondays from 4:30 to 7 p.m. in the BAMC Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 557-2477 or e-mail [michael.veri@cen.amedd.army.mil](mailto:michael.veri@cen.amedd.army.mil).

### BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Mossaab Benhammou at 295-4014.

## Training

### College prep workshop

U.S. Representative Lamar Smith will host an Education and Federal Financial Aid Workshop Oct. 10 from 7 to 9 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road. The workshop is for area high school students, parents, counselors and teachers interested in learning about the application process for college tuition assistance.

### Wide Area Workflow training

Defense Finance and Accounting Service will offer Wide Area Workflow training Oct. 16 through 20 in Building 1026, located behind the old Brooke Army Medical Center, Room 110 on Fort Sam Houston. WAWF is a Department of Defense-wide application designed to eliminate paper from the invoice, receipt and acceptance process of the Army contract payment procedure. For times and course information, call Brian K. Beltowski at 317-510-5323 or e-mail [brain.beltowski@dfas.mil](mailto:brain.beltowski@dfas.mil).

### Green to Gold briefings

Fort Sam Houston's Education Center will host Green to Gold briefings for Soldiers interested in the ROTC program. The briefings will be held Oct. 25 and Nov. 22 at 9 a.m. and 1 p.m. in the Army Learning Center Building 2247, Stanley Road and New Braunfels Avenue. Army ROTC cadre from local universities and the 12th ROTC Brigade Recruiting Office will conduct briefings and answer questions. For more information, call Maj. Parker at 458-5607 or Amy Gagnon at 295-2005.

### Undergraduate evening studies

St. Mary's University will have a representative available for appointments Wednesdays and Thursdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360. For information on undergraduate admission to St. Mary's, call the Office of Evening Studies at 436-3215 or e-mail [evst@stmarytx.edu](mailto:evst@stmarytx.edu). For information on graduate admission, call 436-3214 or visit <http://www.stmarytx.edu/eveningstudies>.

### Computer certification

St. Mary's University and New Horizons Computer Learning Center will be available to discuss computer certifications Tuesdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360 or visit

<http://www.stmarytx.edu/continuingstudies/>.

### St. Mary's University education office

A St. Mary's University representative is available Monday through Thursday from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master's degree in teacher certification. For more information, call Iona Million at 226-3360.

### Army online training

Army e-Learning is available for all Army personnel. People can access more than 2,600 distance learning courses to include business skills, interpersonal skills, computer professional and computer user skills, environmental, safety and health courses, 29 foreign languages and more than 80 information technology vendor certification exams. Army e-Learning offers personal mentoring for most IT certifications, in addition to promotion points and college credits. Also included is temporary access to more than 8,000 online books so people can assess their value to the workforce. This is a free service. For more information, visit <https://usarmy.skillport.com/rkusarmy/login/usarmylogin.cfm>.

## Volunteer

### Help needed for dog transport

The Hope Animal Rescue Team is looking for an individual willing to transport a 15-pound beagle-mix dog to Virginia either by vehicle or as carry-on luggage to the National Capital Area. If you are able to help, call Kelly Schaefer at 916-8118.

### Volunteer open house

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

### Girl Scouts need volunteers

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

### USO seeks volunteers

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

### Children's Shelter seeks families

The Children's Shelter seeks new foster and adoptive parents to care for children in Texas. Children's ages range from newborn to 17 years old. The Children's Shelter is a nationally accredited agency that provides a safe haven and emergency care for children who have been abused, abandoned or neglected. For more information, call Alejandra Chavez at 212-2500, ext. 6701 or e-mail [achavez@chshel.org](mailto:achavez@chshel.org).

**Submission guidelines:**

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail to [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



**For Sale:** Male golden retriever, 4 years old, neutered, shots up-to-date, \$100; six propane tanks for gas grill, \$5 each. Call 260-3975.

**For Sale:** Dachshund puppies, purebred, first shots, parents on site, one male, \$150, and two females, \$175 each. Call 661-4884.

**For Sale:** 1999 Chevy Astro van, \$8,000 obo. Call 662-0091.

**For Sale:** Sears sport 20 SV car top luggage carrier, 20 cubic feet, mounts directly to roof rack, includes security lock and two keys. Call 310-1285.

**For Sale:** Couch, Southwest print, \$25 obo; Sony Trinitron 27-inch TV, in excellent condition, \$150 obo; large Sauder TV cabinet, fits up to 32-inch TV, glass door area for stereo and electronics, three doors for stor-

age, \$125 obo. Call 475-9973.

**For Sale:** Residential chain link fence, 110 feet, includes two gates, top rails, uprights, corner posts and associated hardware, \$150 obo. Call 364-1945.

**For Sale:** 2000 Volvo S70, 80K miles, leather seats, cruise control, front airbags, power seat, stability/traction control, class II frame hitch, cold weather package, in excellent condition, \$10,900. Call 370-3123.

**For Sale:** 2002 Mustang convertible, V6, 88,900 miles, automatic, in excellent condition, 17-inch bullet chrome rims, dual pipe exhaust, K&N air intake, auto remote starter and alarm, ac, leather seats, power windows, doors, driver seat, Mach stereo system with six-disc CD changer, 18K miles left on warranty, \$13,900. Call

496-0626, leave a message.

**For Sale:** GE side-by-side refrigerator, 24.9 cubic feet, white, new, \$800 obo. Call Jack or Cathy at 658-1643, leave a message.

**For Sale:** Whirlpool refrigerator, 20.9 cubic feet, in excellent condition, \$225; motorized remote-controlled M-5 Stuart tank, one-sixth scale, \$85; four columns, round resin, ornate, 2.5 feet tall and 10 inches round, \$10 each; 27-inch Sharp color TV, not S-video capable, cable ready with remote, \$75; Bassett coffee table and white wood base with two drawers and two matching end tables, in good condition, \$125. Call 478-0322.

**For Sale:** 1983 Nissan 280 ZX, in good condition, \$3,000 obo. Call 653-6834.

**For Sale:** Pillow-back couch and love

seat, in good condition, \$150. Call 566-3520.

**For Sale:** King-size mattress and box spring, \$250; regular-size mattress and box spring, \$100; sofa table, \$35; pack and play, \$20. Call 824-6360.

**For Sale:** Tonneau hard cover for 2001 to 2003 Ford F150 Super Crew, chestnut color, \$475. Call 557-4586.

**For Sale:** Twenty-four vending machines, in excellent condition, \$1,600. Call 826-0231 or 254-466-4586.

**Garage Sale:** Saturday at 8 a.m., 363 Wagon Crossing (off of Kitty Hawk Road), Universal City. Furniture, recliner, bar, stereo, aquariums, books, Christmas items and much more. In the event of inclement weather, the sale will be postponed to Oct 14.