



Briefs . . .

Fort Sam Fall Fest

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

BAMC entrance closures

Several Brooke Army Medical Center entrances will close at various times for safety reasons due to exterior building maintenance. Patients, visitors or staff will not be allowed to enter or exit areas during these times. Extra shuttle runs will be available to transport individuals to and from the facility during this period.

The Brooke Army Medical Center entrance closures include:

Family medicine entrance

Closed until Monday at 5 a.m.

Bed tower entrance (window replacement)

Monday from 6:30 a.m. to 8 p.m.

For inclement weather, the alternate date is Nov. 11.

Bed tower entrance

Monday from 6:30 a.m. until Oct. 13 at 8 p.m.

Medical Mall entrance

Oct. 18 from 6:30 p.m. until Oct. 29 at 8 a.m.

For inclement weather or if additional work is required, the alternate dates are Oct. 26, 27 and 28, and Nov. 2, 3 and 4.

Garrison town hall meetings

Upcoming U.S. Army Garrison town hall meetings include:

• Camp Bullis: Oct. 20 at the Headquarters Conference Room, Building 5000, from 1:30 to 3 p.m.

• Fort Sam Houston: Oct. 27 at the Roadrunner Community Center, Building 2797, from 1:30 to 3 p.m.

A sign language interpreter will be available for the Oct. 27 town hall meeting.

Breast Cancer Awareness luncheon

In honor of National Breast Cancer Awareness Month, Fort Sam Houston has partnered with the American Cancer Society to sponsor its sixth annual breast health awareness luncheon Oct. 14 at 12 p.m. at the Sam Houston Club. The guest speaker will be Dr. Marlena Vega, a cancer survivor from New York City. Tickets for the event must be purchased prior to the luncheon. The cost is \$12, and door prizes will be offered. For more information on breast cancer awareness or luncheon tickets, call Susie Ferrise at 916-2261.

USAMITC change of command

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

USARSO change of command

U.S. Army South will conduct a change of command ceremony Oct. 28 at 1:30 p.m. in front of Building 1000 (old Brooke Army Medical Center). Maj. Gen. John Gardner will relinquish command to Brig. Gen. Ken Keen.

See **BRIEFS** on Page 4



Maj. Patrick Sherman evaluates Capt. Justin Ezell's performance as he establishes an airway on a "casualty" with a gunshot wound to the face during September's Tactical Combat Medical Care course, part of the Department of Medical Science at Fort Sam Houston.

Trauma course preps medical officers for battlefield

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

A trauma course based on real-world combat scenarios has filled a gap in training for hundreds of medical officers preparing for a deployment in support of Operations Iraqi and Enduring Freedom.

The Tactical Combat Medical Care course, part of the Department of Medical Science at Fort Sam Houston, teaches students the "tricks of the trade" for trauma medicine on the battlefield.

"We've had an overwhelming response to the course," said Capt. Jim Rice, a physician assistant and TCMC program manager. "People who have taken the course and deployed have been very grateful for the training."

The joint service course features a combination of classroom and hands-on training, and covers large aspects of combat trauma, from tying a tourniquet to establishing an airway. A

week of training culminates in a "trauma lane" exercise, where students work out of aid bags to treat a wide range of simulated injuries. TCMC instructors, all with several deployments under their belts, pass on the latest technology and theory, as well as many tried and true methods they honed in the field.

Rice, also the course creator, first saw a vital need for this type of a course prior to his deployment in support of the 3rd Infantry Division during OIF. Once he redeployed, he took on the task of putting the course together to better prepare medical officers deploying to battalion aid stations and forward support battalions, which are medical assets in forward areas.

"I saw a serious lack of training downrange," he said. "PA students just aren't exposed to the kind of medical knowledge vital in the battlefield. Unless they had prior service, most had less combat trauma training than the combat medics working for them."

See **TRAUMA COURSE** on Pages 20 and 21

CFC offers chance to make 'world of difference'

By Bart Keyes
Fort Sam Houston Public Information Office

Fort Sam Houston kicked off its 2005 Combined Federal Campaign Sept. 29 with a ceremony at the Roadrunner Community Center. The campaign will run through Dec. 15.

Each year, military, federal civilian and contract personnel contribute millions of dollars to the CFC to benefit thousands of local, regional, national and international nonprofit organizations. CFC is the only authorized solicitation in the federal workplace on behalf of charitable organizations.

"Last year our garrison raised over \$95,000 for CFC organizations, this year

we hope to raise over \$97,000," said Col. Wendy Martinson, Fort Sam Houston U.S. Army Garrison commander, who came in from leave to deliver her remarks. "CFC gives us an opportunity to invest in ourselves, our families and our communities."

The mission of CFC is to support philanthropy through a voluntary program that is employee-focused, cost efficient and effective in providing all federal employees the opportunity to improve the quality of life for all. Martinson emphasized this fact when she remarked, "In the past few weeks I have seen the caring spirit of our Soldier and civilian volunteers providing support to (Federal Emergency Management Agency) and

Task Force Rita, CFC is also voluntary and I urge you to contribute and make a world of difference in someone's life."

Also attending the kickoff were Monte Riley and Leslie Palmer of the Boys and Girls Clubs of America; Russ Fritz, representing the Fisher House; and Ralph Perrotta of the American Red Cross. Perrotta was on the "front lines" assisting victims of hurricanes Katrina and Rita. Each speaker provided a short overview of their program and assured the audience that each contribution would support this year's campaign slogan "Changing Lives, One Gift at a Time."

To make a difference in someone's life, contact a unit CFC representative.

Be safe, have fun during Columbus Day weekend

By Maj. Gen. George W. Weightman
Fort Sam Houston and AMEDD Center
and School commander

Columbus Day commemorates Christopher Columbus' first landing in the new world in 1492, and the genesis of a brave new nation. It also marks the beginning of a new fiscal year and a chance for us to enjoy the holiday with our family and friends.

Holiday weekends also intensify the potential for accidents, especially for drivers and other off-duty recreational activities. Late night weekend travel is one of the greatest

threats to all of us, particularly when alcohol is involved. Every year, senseless injuries occur as the result of speeding, unsafe vehicles and overindulgence in alcohol.

Commanders, directors and supervisors must be engaged as we all play a critical role in preventing any unnecessary loss of the Army's most valuable asset — our Soldiers, civilians and family members. During your holiday safety briefings, place particular emphasis on adherence to speed limits, defensive driving, the dangers and consequences of drunk driving, sufficient rest prior to and during long trips, wearing of seatbelts and the

proper use of child restraints.

I charge each of you to prepare your subordinates and your families for the Columbus Day weekend. Demonstrate good risk-management practices both on and off duty. The following Web sites are a great source for safe driving tips, <https://cra.army.mil/home> and <http://www.nhtsa.dot.gov/>.

Remember, leaders must emphasize sexual assault risks, prevention and response in their holiday safety briefings; guidance is available at www.sexualassault.army.mil.

Again, I thank you for what you do every day. Be safe!



Maj. Gen. George W. Weightman

Fort Sam Houston News Leader

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**A health care professional's
greatest calling is to serve the
Soldiers that defend our
Nation's freedom.**



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opportunities for direct
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healthcare.goarmy.com

Ammunition supply closures

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

Commander encourages participation in CFC, clarifies fundraising guidelines

**By Maj. Gen. George W. Weightman
Fort Sam Houston and AMEDD Center
and School commander**

The Combined Federal Campaign is a single campaign designed to reduce administrative expenditure, to permit voluntary payroll withholding for contributions, and to better support local, national and international health, welfare and philanthropic organizations. There are limitless appeals for support throughout the year from many causes/organizations and the CFC gives us the opportunity to support those worthy causes in a single campaign.

Accordingly, Army Regulation 600-29

prohibits, with limited exceptions, all other fundraising events and activities during the official CFC campaign period. Competing fundraising efforts interfere with the conduct of the CFC campaign and reduce contributions. An example of a prohibited fundraising effort would include unauthorized, on-post fundraising for Hurricanes Katrina or Rita outside of the CFC. Federal employees may still fundraise off post in their personal capacities. Additionally, placement of collection boxes in public use areas for the voluntary donation of foods or goods for charitable causes can be authorized, provided they do not substantially interfere with the CFC

or Army Emergency Relief fund drives.

My designee, the program manager for fundraising, Directorate of Morale, Welfare and Recreation, U.S. Army Garrison, Fort Sam Houston, must approve all on-post fundraising (to include tangible goods and services). If you receive an unauthorized e-mail soliciting funds for some cause, do not forward it, and report it to the program manager for fundraising, at fsh.mwr@sam-houston.army.mil.

The Gulf Coast area of the United States has been devastated by both of the recent hurricanes. We are all saddened by the news of the loss of lives and destruction of property. For those interested in

contributing directly to organizations intent on alleviating the suffering associated with Hurricane Katrina, the CFC Web site contains a list of disaster relief organizations (<http://www.opm.gov/cfc/disasters/Katrina-relief.asp>). Although CFC has not compiled a list of organizations devoted to Hurricane Rita disaster relief, anyone interested in donating to such an organization can locate one via the World Wide Web.

I am confident our Soldiers and civilian employees will once again answer the call of those in need by contributing to charitable organizations through the CFC or by giving directly to disaster relief organizations.

Concert promotes opportunity to give



Photos by Esther Garcia

Lanette Pennell and Dave Camp, members of the Almost Patsy Cline Band, stop by on the way to Uvalde, Texas, to play country favorites at the street concert Saturday. The concert promoted opportunities to give during the annual Combined Federal Campaign.



(Left) Staff Sgt. Robin Farland adds her vocal talents with traditional favorites such as "God Bless the USA" during the street concert held in the Post Exchange parking lot Saturday.



(Right) Spc. Michael Eubanks, member of the Army Medical Command Band Dixieland Combo, entertains the audience with traditional New Orleans-style tunes.



Sgt. 1st Class Dion Kruczek, NCO in charge for the Army Medical Command Rock Group, sings to classic rock favorites.



Pat Kelley performs 60s favorites with fellow Tailpipes band members.

Briefs cont. . . .

Mandatory OPSEC training

The chief of staff of the Army has directed all active duty military personnel, Department of the Army civilians, government contractors and contracting company employees to complete mandatory Operations Security training. The training is available at <https://opsec.1STI-OCMD.army.mil>; click on "Click Here For Required Training" and then "Required Army OPSEC Training." An Army Knowledge Online user ID and password are required for access. Training must be completed by Oct. 14. For more information, call the U.S. Army Garrison Security Office at 221-1906, 221-1859, 221-9500 or 221-9611.

Fort Sam Fall Clean Up

The Fort Sam Houston Fall Clean Up week will be Oct. 24 to 28. During the week, military and civilian personnel improve the appearance of areas adjacent to their work places and assigned police areas of responsibility as outlined in FSH Regulation 420-2. In the event of inclement weather, the alternate dates will be Nov. 7 to 11.

OCSC luncheon

The Officer and Civilian Spouses Club monthly luncheon will feature members of the Cole High School Junior ROTC and Jai Bell for a tribute to "Old Glory." Additionally, OCSC will welcome Frank Berlingis to Fort Sam Houston, and upcoming trips and club activities will be discussed. The luncheon is Oct. 18 from 11 a.m. to 1 p.m. at the Sam Houston Club. For reservations, call Sigrid Reitstetter at 226-8806 by Oct. 14.

Warrant officers needed

A warrant officer recruiting team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Ky., will conduct information briefings at Fort Sam Houston Tuesday and Wednesday at 9:30 a.m., 11:30 a.m. and 1:30 p.m.; and Oct. 14 at 9:30 and 11:30 a.m. at Building 2263, 1706 Stanley Road. The team will discuss warrant officer qualifications and application procedures. For more information, call Master Sgt. David Best at 295-0645, DSN 421-0645 or e-mail david.best@samhouston.army.mil; or visit www.usarec.army.mil/warrant.

Equine vaccination clinic

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

Disability employment seminar

The Disability Employment Awareness Month Training Seminar 2005, "Workers with Disabilities: Ready for Tomorrow's Jobs Today," will be Oct. 19 at the Radisson Market Square Hotel, 502 W. Durango; sign in is from 8 to 9 a.m. and the seminar is from 9 a.m. to 4 p.m. The seminar includes computer and electronic accommodations program training. The registration fee is \$40 and includes lunch. To register, visit <http://www.samhouston.army.mil/iwdp>, and go to DEAM 2005. For more information or accommodations, call Glennis Ribblett at 221-9401, Lucy Maldonado at 403-5921 or Cecilia Johnson at 221-6184.

Retiree Appreciation Day features health fair, wealth of information

The Fort Sam Houston Retiree Council and the Transition Services Office will host the post's annual Retiree Appreciation Day Oct. 29 from 8 a.m. to 1 p.m. at the U.S. Army Medical Department Center and School, Willis Hall, Building 2841, at the corner of Harry Wurzbach and Stanley Roads.

Brooke Army Medical Center will lead the health fair portion, along with civilian health care providers.

The Office of the Staff Judge Advocate will offer short classes on estate planning, to include tax consequences of gifting acts, significance of medical directives and long term care insurance, as well as on-the-spot powers of attorney and appointment scheduling.

The ID card section, located in Building 367, will be open from 8 a.m. to 1 p.m. to issue ID cards. People should bring their DD Form 214 or retirement orders, and marriage, birth

or death certificates, as applicable.

Retirement Services will be available to make changes with the Defense Finance and Accounting Service on retired pay accounts for allotments, addresses, taxes and bank changes. Personnel will be available to answer questions pertaining to retirement benefits and entitlements.

Social Security, TRICARE, Department of Veterans Affairs, Texas Veterans Commission, Texas Land Board, Army Career and Alumni Program, BAMC Retiree Activities Group, Chaplains Mentor Program, Army Community Services, Sam Houston Club and various service organizations will also be available for information and to answer questions.

For more information, call Jeri Miranda at 221-0936 or Sal Toscano at 221-9004.

(Source: Retirement Services)

AUSA opens with 'call to duty'

By Dennis Ryan
Fort Myer Military Community Public Affairs

WASHINGTON, D. C. — Normally American founding fathers do not share the stage with modern-day Soldiers bathed in laser lights, but 230 years of Army history merged Monday for a few moments at the Association of the United States Army annual meeting at the Washington Convention Center.

The opening ceremony depicted that values fought for by citizen-Soldiers during the Revolution are the same ones Soldiers are battling for in Iraq and Afghanistan today.

Secretary of the Army Francis J. Harvey delivered a state of the Army address to the audience. He described how the Army is extremely busy during the fourth year of the war on terror.

"Soldiers from every corner of this country are serving 'we the people,'" he said. "Because of that service, the Army will remain the pre-eminent land force in the world."

Harvey went on to mention how Soldiers are not only fighting terrorists in Afghanistan and Iraq, but are helping to institute democracy and free elections in both nations.

"For 230 years our nation has thrived because citizens have always answered the call to duty," Harvey said before reciting some of the calls to duty citizens have answered since the Revolution: the Civil War, World War I, World War II, Korea and Vietnam.

Harvey also lauded the first responders to Hurricanes Katrina and Rita and the families who support Soldiers. Sgt. Paul Ray Smith's selfless actions in Iraq that earned him a posthumous Medal of Honor were also cited by the secretary as an example of someone who answered the call to duty.

Then he said the Army, even though it has performed admirably in the past, has to change to continue to be as effective in the 21st century against new threats.

Harvey outlined how the Army is transforming, modernizing and growing. He said the Army has 315,000 operational (combat) troops now and that



Photo by Staff Sgt. Carmen Burgess
Secretary of the Army Francis J. Harvey opens the annual meeting of the Association of the United States Army Monday.

number will increase by some 40,000 to 355,000 by 2007.

The modernization and growth of the Army will be made possible by new and more efficient business practices, he said.

Retired Gen. Gordon Sullivan, president of AUSA, told the large crowd how his organization is "proud to provide support for American Soldiers."

AUSA, founded in 1950, is a non-profit educational organization dedicated to promoting Army interests and values.

Town hall meetings address new civilian personnel system

Four town hall meetings will be conducted on Fort Sam Houston this month to introduce and raise awareness of the National Security Personnel System among U.S. Army employees.

Attendance is not mandatory; however, it is recommended that all appropriated (general schedule, wage grade and demo) and non appropriated U. S. Army employees, their supervisors and managers, and all military personnel who supervise such civilian employees attend. All personnel will be seated on a first-come, first-served basis. Registration is not required.

Maj. Gen. George Weightman, installation commander, will provide opening remarks followed by a briefing given by Jo Ann Robertson, civilian corps chief, U.S. Army Medical Command.

NSPS town hall meetings will be conducted on the following days:

- Oct. 20, 8 to 10 a.m. at Evans Theater, Building 1396
- Oct. 20, 1 to 3 p.m. at Blesse Auditorium, Building 2841
- Oct. 21, 8 to 10 a.m. at Evans Theater, Building 1396
- Oct. 21, 1 to 3 p.m., at Evans Theater, Building 1396

Camp Bullis update

Internet scheduling

Camp Bullis has implemented the Range Facility Management Support System, which allows customers to schedule ranges and training areas via the Internet. Users will be able to see what is available in real time and check to see if their requests have been approved. The user needs a RFMSS password to access the system. For more information, call Camp Bullis Range Control at 295-7616 or 295-7686.

Safety officer certification

The Camp Bullis Range Safety Officer Certification program has been revised. The new program is offered Wednesdays from 8 to 10 a.m., and Fridays from 8 to 10 a.m. and 3 to 5 p.m. Each class concludes with an examination which must be passed for certification. For more information, call Camp Bullis Range Control at 295-7616 or 295-7686.

Hunting dogs permitted

Camp Bullis will permit the use of hunting dogs beginning this year. Dogs will be permitted for use by authorized users of the Outdoor Recreation Program for dove and quail hunting only. All approved hunting dogs must have a current rabies tag affixed to their collar or harness and will be inspected by members of the Outdoor Recreation Center. For more information, call the Outdoor Recreation Center at 295-7577.

Camp Bullis User's Conference

Camp Bullis will host its fifth User's Conference Nov. 16; registration will be from 7:30 to 8 a.m. at the Camp Bullis theater, Building 5900. The conference will be from 8 a.m. to 5 p.m., ending with a bus tour of Camp Bullis, ranges and training areas. Classes include wetbulb, risk assessment, scheduling, range control briefing and a range certification class. For more information, call Ron Lane, Camp Bullis operations, at 295-7592 or 295-7633 or e-mail ronald.lane@samhouston.army.mil.

Army launches traffic safety program to reduce accidents

ARLINGTON, Va. — Everyone who drives an Army vehicle must complete a new online course designed to make people think about driving safer.

The Accident Avoidance Course is now available through the Army Knowledge Online Learning Management Services.

All Soldiers, civilian employees and contractor employees who drive Army-owned or leased vehicles must complete the training when they start working for the Army.

Refresher training must be completed every four years. The course meets the four-year refresher training requirements of Army Regulation 385-55 and Army Regulation 600-55.

Installation Management Agency safety officials worked with the Combat Readiness Center and the National Traffic Safety Institute to develop a course that explores how values and attitudes affect an individual's driving behavior. Driving is one of the few critical skills that Soldiers use in both military and civilian life. Changing a Soldier's attitude toward vehicle safety over the span of his career is key to reducing accidents, said Mario

Owens, chief of Safety and Occupational Health for IMA.

Training will be customized to each person using a risk assessment of driving behavior and habits. The driver's safety course is expected to motivate people to improve driving skills, Owens said.

Awareness of aggressive driving, defensive driving techniques and avoiding distractions will be emphasized through the course.

Discussion of driving under the influence, substance abuse, child safety and weather factors also have been included in the training program. It takes about an hour to complete the course.

Driving accidents — both in Army motor vehicles and privately owned vehicles — are the No. 1 killer of Soldiers, Owens said. More Soldiers have died behind the wheel in fiscal 2005 than in each of the previous 14 years.

"Soldiers are driving more than ever before, and under a wider variety of conditions than they ever did previously. Soldiers must drive everything from passenger cars to Humvees," Owens said.

"This contributes to accidents from human

error and behavioral factors. The Army also has more Soldiers who have never driven before entering the Army."

About 25 percent of new Soldiers do not have driver's licenses when they join the Army. Standardized traffic safety courses for everyone who drives in the Army that incorporate awareness, skills and motivation are one of the first steps in reducing accidents and improving combat readiness, Owens said.

IMA also plans to field in the next year instructors who will hold face-to-face Army Traffic Safety Training Program classes at installations. IMA already is conducting Motorcycle Safety Foundation training at installations.

Development of standardized Armywide safety training also is expected to save the Army money.

"Some commands were spending more than \$1 million a year for vehicle safety programs of all types. The programs weren't standardized. We should be able to save the Army millions of dollars with a standardized course," Owens said. "It's better for Soldiers as well because it is

common training they will carry through their Army careers."

To enroll for the online course, visit Army Knowledge Online at <https://www.us.army.mil>, click "Training" under the self-service menu, and then register through the Army's Learning Management System. In the welcome window, click on "Training Catalog." This opens a search window, where the user should enter "Army" in the product name block, then register for the Army Traffic Safety Program, Accident Avoidance Course for Army Motor Vehicle Drivers. Users will receive an e-mail confirming registration.

To access the online course, open "Registrations" under the welcome ALMS welcome page. Click on "Transcripts," and then click on "Contents." Open "Army POV 1-3" to complete the course.

"The Army is committed to the public health and safety of our Soldiers and civilian employees. We're convinced we can prevent the senseless deaths and injuries that can result from irresponsible behavior behind the wheel," Owens said.

(Source: IMA news release)

Accident Avoidance Training

A privately owned vehicle Accident Avoidance Training class will be offered today from 8 a.m. to noon in Building 2841, Room 2121, and Oct. 21 from 8 a.m. to noon in Building 2841, Room 2202. The course meets the requirement for military personnel under age 26 to take a minimum of four hours of classroom instruction in traffic safety. Commanders and supervisors are encouraged to send personnel who have been convicted of a serious moving traffic violation or have been determined to have been at fault in a traffic accident. The course is also open for civilian personnel. Future classes will be offered Oct. 20, Nov. 3 and 17, and Dec. 1 and 15. To register, call Mitch Geary at 221-3824 or e-mail Mitchell.geary@samhouston.army.mil.

Defensive driving online

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

Post promotes fire prevention through education, events

In an effort to battle home fires before they start on Fort Sam Houston, the post fire department is taking a lead role in National Fire Prevention Association's Fire Prevention Week, Sunday through Oct. 15.

By hosting local activities and events that will both entertain and educate the public, the Fort Sam Houston Fire Department hopes to raise awareness of key fire safety issues, helping attendees prevent fires and fire injuries, especially at home.

The fire department will conduct practice fire drills, tours of the fire department and fire extinguisher training throughout the week. The fire department will then help celebrate Fall Fest Oct. 15 with fun and games, educational activities and coloring contests.

Hands-on, live fire extinguisher training will be conducted Tuesday through Oct. 14 at 8:30, 9:30 and 10:30 a.m. at the fire department training area, Building 3826, across the street from the central fire station at the corner of Schofield and Garden. The training is open to all Fort Sam Houston military and civilian employees.

"Many people don't realize that they are at greater danger from fire at home than anywhere else," says Assistant Chief Terry Davis. "Fortunately, there are many things residents can do to turn that around and make their homes safer.

Fire Prevention Week is the time when we reach out to the community one-on-one, teach-

ing people of every age how to prevent fires," he said. "This year, we'll be focusing in particular on candle fires, a serious and growing part of the fire problem."

Fire Prevention Week has been sponsored by the NFPA for 83 years and is proclaimed by the President of the United States each year. The longest running safety commemoration is the premier fire safety program of the fire service, drawing the participation of Fort Sam Houston Fire and Emergency Services and other fire departments in the U.S. and Canada.

NFPA selected the 2005 Fire Prevention Week theme, "Use Candles with Care: When You Go Out, Blow Out!" to highlight a growing home fire concern. Home candle fires have risen steadily over the last decade.

Along with using candles safely, Fort Sam Houston residents are urged to install smoke alarms on every level of their home and keep them working with monthly testing and annual battery replacement. All smoke alarms should be replaced with a new unit after 10 years. Additionally, each member of the household needs to know the fire escape plan, and all should practice it twice a year.

For more information about fire prevention, visit the NFPA's Fire Prevention Week Web site at www.firepreventionweek.org. For more information about post Fire Prevention Week events, call 221-5452.

(Source: Fort Sam Houston Fire Department)

Fort Sam Houston Fire Prevention Week 2005 Proclamation

WHEREAS, Fort Sam Houston is committed to ensuring the safety and security of all those living in and visiting our post; and

WHEREAS, fire is a serious public safety concern both locally and nationally, and homes are the locations where people are at greatest risk from fire; and

WHEREAS, the nonprofit National Fire Protection Association (NFPA) has documented through its research a significant increase in home candle fires, even as most other causes of home fires have steadily declined; and

WHEREAS, Fort Sam Houston's first responders are dedicated to reducing the occurrence of home fires and home fire injuries through prevention and protection education; and

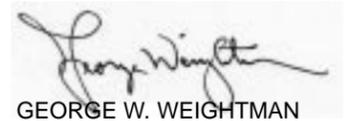
WHEREAS, Fort Sam Houston's residents are responsive to public education measures and are able to take personal steps to increase their safety from fire; and

WHEREAS, using proper care with candles will have a positive effect on the home fire problem; and

WHEREAS, each candle fire that is prevented on Fort Sam Houston is an opportunity to prevent painful injury and costly property damage; and

WHEREAS, the 2005 Fire Prevention Week theme, "Use Candles with Care: When You Go Out, Blow Out!", effectively serves to remind us all of the simple actions we can take to stay safer from fire during Fire Prevention Week and year-round.

THEREFORE, I, Maj. Gen. George W. Weightman, U.S. Army, Commanding, do hereby proclaim October 9 to 15, 2005, as Fire Prevention Week throughout this post, and I urge all the people of Fort Sam Houston to heed the important safety messages of Fire Prevention Week 2005, and to support the many public safety activities and efforts of Fort Sam Houston Fire and Emergency Services.



GEORGE W. WEIGHTMAN
Major General, MC
Commanding

Texas National Guard engineers help clear way for progress

By Sgt. Ann Venturato
Texas National Guard Public Affairs

AUSTIN, Texas — Texas National Guard Soldiers with Task Force Engineer have left no road obstructed and no post office unchecked as they have assisted in back-to-back hurricane recovery efforts in the last few months.

Before Hurricane Rita struck, TF Engineer Soldiers had spent three weeks helping clear roads in New Orleans after Hurricane Katrina.

“Our main mission is to clear roads for mobility,” said Lt. Col. Tracy Norris, TF Engineer commander and 176th Engineer Battalion commander.

TF Engineer comprises about 100 Soldiers from the 176th Engineer Battalion and 111th Engineer Battalion, and seven Soldiers from the 386th Engineer Battalion.

It was no rest for the weary for these Soldiers as they left for Lufkin, Texas, right after coming back from New Orleans.

“We got here (in Lufkin) the day after the hurricane,” Norris said.

Norris said the approach to each recovery effort was different, and their mission now requires more information gathering as far as finding where the roads have been blocked before being able to clear them.

“It is a little different than New Orleans, because they (the roads) were pretty easy to find,” she said. “This one, because of the amount of geography we had to cover, the biggest challenge was first finding the information, then clearing the roads was pretty easy.”

Part of that information gathering came from local and county officials.

“We started with the county judge and county sheriff and went from there,” Norris said.

Norris added that local governments were able to give them maps to help locate the roads.

It has been a team effort with TF Engineer Soldiers working with the Forestry Service, local government officials, members of the Southwest Incident Management Team, as well as civilians and military personnel.

“We had one guy who had a tractor and he helped drag trees,” Norris said.

Norris added that a lot of residents were able to get themselves out because they were accustomed to cleaning up the pine trees after they had fallen.

Norris said an idea for using local post offices to gather information came from the fact that some of the local officials didn’t have a clear picture of how many roads were still blocked in their community.

“My executive officer, Capt.

Rocky Smith, is a postal worker and he came up with the idea of going to the post offices because they always report whenever they can’t deliver the mail,” she said.

The TF Engineer Soldiers have been to Kirbyville, Medina, Newton and Deweyville. With each city, one of their first stops is the local post office.

“Every city we are going to we are checking with the post office,” she said.

The team leader for each of the teams goes into the post office and explains what they are doing. From the post office, the engineers have been able to get information on possible blocked roads to check.

“The post office doesn’t give out any privacy information. They just give us an address and location to look to see if there are any trees down,” she said. “Sometimes the area has already been cleared by a local person.”

Norris said that teams of about 15 to 20 personnel go out to an area with chainsaws to help clear the blocked roads.

“Mainly we start in the cities and work out from the cities,” she said. “We got eight spots from the post office in Lufkin and just went back to make sure the area was clear.”



Courtesy photo

Task Force Engineer Soldiers move tree limbs out of a blocked road with the use of a dump truck.

Norris said they worked with the Texas Forest Service to look at the high impact areas from the hurricane, then TF Engineer took on the mission to help clear roads in 10 counties with the help from the Forestry Service and the Southwest Incident Management Team. So far, the TF Engineer Soldiers have helped cleared all but three of those counties.

Norris said other engineer units were already working to clear the roads in Orange and Jefferson counties.

“The key thing was to make sure there was no duplication of effort,” Norris said. “I think we have done a good job with that with the other engineers, Texas Air National Guard engineers

and also with the Southwest Incident Management Team.”

Norris said the only obstacle TF Engineer Soldiers have run into is trees that have fallen down with power lines. The engineers follow safety precautions and assume that the line is hot. This means they have to contact the utility service to help with the removal of the fallen tree.

No tree has been too big for this group to saw it down to size and put off to the side of the roadway.

“They have done an outstanding job. They have really come together as a team and got through a lot of challenges,” Norris said. “It has definitely been an adventure.”

Fifth Army prepares to stand down JTF Rita ops center

By Spc. Steven J. Schneider
28th Public Affairs Detachment

The Soldiers and civilians working in Joint Task Force Rita's Joint Operations Center are preparing to stand down following a successful mission.

The JTF was activated Sept. 22 and the troops were well prepared.

"We've helped a lot of people in Louisiana and Texas," said Maj. Mark Verdi, Fifth U.S. Army, G3 operations.

After learning lessons from the response to Hurricane Katrina, both the JOC and the military at large were better prepared for the Rita relief efforts, said Michael C. Broadbent, G3 operations emergency operations center director.

"My job was to put all the pieces together and make them fit," said Bill Havlic, executive officer, G3 operations. "Our staff, along with numerous augmentees, had to be phased into the operation. They needed a place to work and the

tools to do their job. We made it happen because we like to say there is no letter 'I' in the word team."

Maj. Shane Goodson, Fifth Army operations officer, agreed. He said his job of keeping information flowing between the different entities of support for hurricane relief has been fantastic.

"I think everything has gone fairly smoothly," he said.

But the JOC could not stay functional without its computer assets, and Sgt. 1st Class Vallerie Whitson, Fifth Army computer technician, helped keep the computers running. Her section was able to take work orders over the phone and quickly fix computer problems and failures, she said.

Chief Warrant Officer Stephen Grady, G5 aviation augmentee, used his computer to keep track of active Army aviation assets. Chinooks and Blackhawks delivered 62 pallets of food, ice and water in three days to hurricane-affected areas in Louisiana and Texas. They also transported

assessment teams to different locations to survey damage.

"I'm tired, but I've been enjoying it," Grady said. "Anytime you get to help people, it's worth it."

Broadbent said helicopters were in place and ready to go before the hurricane hit.

There was more to the mission than just helping the people affected by the hurricane, though. The task force's more than 250 augmentees needed billeting — one of many necessary logistical tasks.

That is where G3 Sgt. Maj. Charles L. Griffin, G3 operations sergeant major, came in.

"The enlisted personnel here take on a lot of the things that go on behind the scenes that need to get done," Griffin said.

He said they have been very successfully in completing the logistics mission.

"There haven't been organizations saying they can't do it," Griffin said. "Those words haven't come out of anyone's mouth."

DoD to implement image-based teller system overseas

ARLINGTON, Va —The Community Bank operated by Bank of America is deploying a new image-based teller system to all of its banking centers. The new teller system employs the latest technology and incorporates features of the recent Check 21 Act.

Features of the new system include scanners at each teller station that convert checks and other documents to digital images at the point of presentment. The new teller software balances the transaction, creates electronic transaction history journals, archives items in a central database and ultimately creates an image cash letter for transit check processing. The added benefit of the improved efficiency and processing of checks enables checks to be presented to the customer's home bank in a more timely manner, resulting in quicker postings to their individual checking account.

To date, all Community Bank branches in Japan and Korea have been successfully converted to the new system. The conversion of the branches located in Europe began in July with completion scheduled for November. The new system will also be installed in the Community Bank branches located in Kwajalein, Diego Garcia and Guantanamo Bay, Cuba, with final installation dates still to be determined.

The Community Bank is operated by Bank of America under a contract with the Department of Defense on military installations in 10 countries. There are 94 branches and 299 ATMs located worldwide in Japan; Korea; Diego Garcia; Kwajalein; Guantanamo Bay, Cuba; Honduras; Germany; the Netherlands; the United Kingdom; and Iceland.

(Source: Defense Finance and Accounting Service news release)

Joint, deployable public affairs units get first test

Story and photo by Spc. Abel Trevino
28th Public Affairs Detachment

SAN ANTONIO — A new public affairs unit is combining service members from the Army, Air Force, Marines and Navy to form a response team capable of deploying within 24 hours.

“The Joint Public Affairs Support Element is a new outfit that is in the process of standing up. The idea is that it is composed of public affairs specialists — both military and civilian — capable of deploying in the event there is a situation that requires a robust media operation,” said Navy Lt. Kevin Stephens, JPASE.

The concept behind the JPASE is that about 45 people who work and train together will be able to streamline more quickly into missions because they know their own strengths, skills and experiences, Stephens added.

JPASE is designed to complete missions similar to those undertaken by the Army’s public affairs detachments and mobile public affairs detachments. Until recently, they were the only completely deployable military affairs units available; however, now JPASE can offer the same capabilities on a multiservice, assignment-oriented scale.

The unit’s first tasking was to respond to a need for public affairs representatives during Joint Task Forces Katrina and Rita by deploying a 10-man Scalable Public Affairs Response Cell.

SPARCs are the key element of the JPASE, offering commanders the capability of a cohesive public affairs unit tailored to the mission’s

size, Stephens said. The cells’ size can range from 10 to more than 40 members.

“We weren’t supposed to be at our initial operating capability until some time next spring, but with the needs demonstrated by Hurricane Katrina and then Hurricane Rita, we’ve gone ahead and deployed forces to both events to support the public affairs operations for them,” Stephens said.

The support the SPARC brought to the disaster areas included planning and operations, handling media inquiries and using digital video and imaging distribution system satellite technology to relay footage to media networks.

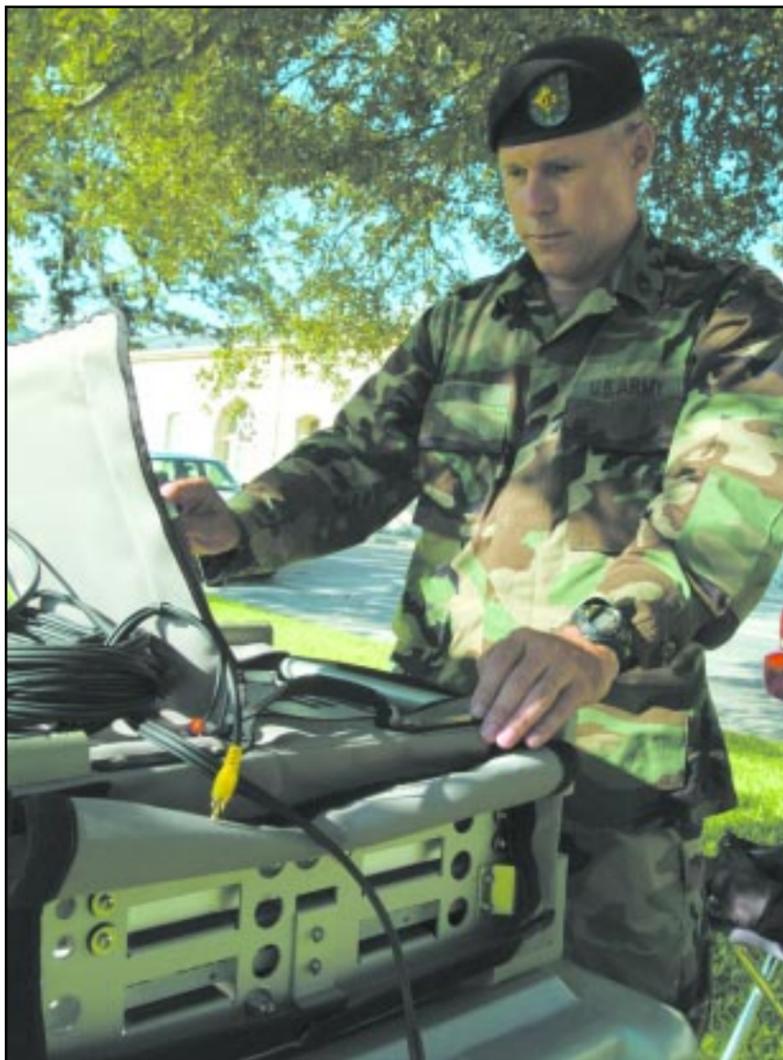
“The DVIDS is a satellite uplink with a transmitter that allows you to send real time video and audio back to anywhere in the world that can receive (them),” said Master Sgt. Greg Deimel.

The footage is uploaded to Atlanta and marketed to various news outlets.

“The military applications for public affairs units gives them the opportunity to do the same thing they see commercial news stations doing, which is sending real time video and audio back to a location and actually seeing it used within hours of it being received,” Deimel said.

“The JPASE team gave the Fifth U.S. Army Public Affairs Office personnel it did not have readily available, said Lt. Col. Jane Crichton, Fifth Army public affairs officer.

“It also implemented DVIDS capabilities dire for live upstream of real time events for both civilian and military media,” she said.



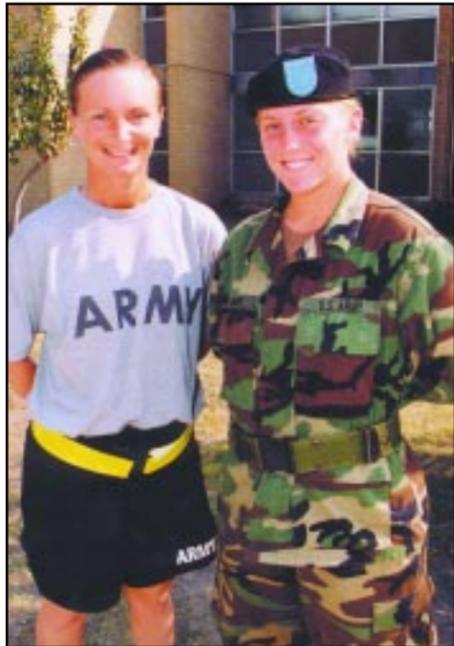
Master Sgt. Greg Deimel, Joint Public Affairs Support Element, verifies that the digital video and imaging distribution system is connecting to the satellites and responding properly. DVIDS allows the user to send real time video and audio to Atlanta for distribution to news outlets worldwide.

All in the family

Mother, daughter train together at Fort Sam Houston

Story and photos
by Esther Garcia
Fort Sam Houston Public Affairs Office

When Lynette Harris walked into the Army recruiter's office to gather information for her daughter, she never dreamed she would walk out a recruit herself. Now,



Pvt. Lynette Harris (left) and her daughter, Pvt. Dreama Warner, spend time together while at Fort Sam Houston. Both are attending training in their medical occupational specialty.

Harris and her daughter, Dreama Warner, have something in common most mothers and daughters do not – the military.

Harris and Warner joined the Army at the same time. This past summer, Harris went to Fort Jackson, S.C., for basic training and Warner went to Fort Leonard Wood, Mo. Both are now at Fort Sam Houston attending advanced individual training in their medical occupational specialty.

Harris, assigned to C Company, 187th Medical Battalion, is in 91G patient administration training and graduates Friday. Warner is assigned to B Company, 232nd Medical Battalion, attending 91W health care specialist training.

Prior to her enlistment, Harris encouraged her daughter to talk to a recruiter about joining the military. "I wanted something better for her," said Harris.

Harris, a single parent, raised two children while attending college and working two jobs.

Her last job was working in a factory in Dyersburg, Tenn.

Warner did talk to a recruiter but decided she didn't want to join. Harris then decided to visit the recruiter and get more information for her daughter. After talking to the recruiter about her struggles and wanting a better life, the recruiter said the Army changed the age limit and she should sign up. She did. She left the office as a member

of the U.S. Army Reserve. When she called her daughter to give her the news, Warner said, "You're lying. You are so crazy."

Eventually, Warner and her best friend also joined the Army.

Harris and Warner shared their experiences while at basic training.

"I expected to find tents on a hill, dust, dirt and drill sergeants screaming in your face," said Warner. "But, it wasn't like that. Yes, drill sergeants did scream, but for a good reason."

"Sharing a bathroom with 70 females was some-



Pvt. Lynette Harris prepares to transport a patient into the field hospital during training at Camp Bullis.

thing I thought I wouldn't get used to. But you don't have time to think, so you get used to it," said Harris.

While at Fort Sam Houston, Harris said her superiors encouraged her to spend time with her daughter when she could.

When asked about the age difference among her comrades, she said most looked up to her and called her mom. "I don't look at the 17- or 18-year-olds as kids, but as Soldiers. I will go to the field or Iraq with them anytime. I would not trade my experience with the military for anything," said Harris.

"She is my right hand. She has high potential to be a great leader. Whatever detail I give her, she executes. She is an outstanding Soldier," said Drill Sgt. Mitzul Ordde-Fields.

"She is very responsible, I wish there were more of her," said her class coordinator Staff Sgt. Mary Robbins. "As the platoon guide, she maintained accountability of the class in an outstanding manner."

Following her graduation, Harris plans to use her benefits to attend college while serving with the U.S. Army Reserve. Her goal is to become an officer.

Lock it up

Laptop computers offer attractive target for thieves

Laptop computers are a prime target for theft from offices, homes, airports, hotels, railroad terminals and trains. They are an extremely attractive target for all types of thieves, as they are small, can be carried away without attracting attention and are easily sold for a good price. They are also a favorite target for intelligence collectors, as they concentrate so much valuable information in one accessible location.

Keep it close

The basic rule for protecting a laptop is to treat it like a wallet or purse. In fact, a laptop is a more attractive target for thieves than a wallet or purse, and the cost in money and inconvenience of a laptop loss is probably greater than the loss of a wallet or purse. If a laptop has sensitive government, commercial or scientific data on it, the loss may be valued in the millions.

Even in an office, unless it is a controlled, secure area, it is advisable to keep laptops out of sight when not in use, preferably in a locked drawer or cabinet. The Washington D.C. police formed a task force to fight a surge in thefts from downtown offices; laptops were the thieves' preferred target.

A laptop is especially vulnerable when the owner is traveling. Here are basic precautions for protecting a laptop during a trip:

- Disguise it. The distinctive size and shape of a laptop computer make it an easily spotted target for thieves. Carry it in a briefcase or other, preferably grungy-looking, case.
- Never let a laptop out of sight in an airport or other public area.
- When going through the airport security check, don't place a laptop on the conveyor belt if someone is delayed in front. If delayed while passing through the check-

point, keep an eye on the laptop.

- When traveling by plane or rail, do not ever place the computer (or other valuables) in checked baggage. If an aircraft departure is delayed, and passengers are directed or invited to deplane and wait in the terminal, take computers and other valuables. Don't leave them unattended at a seat or in the overhead.
- Never store a computer in an airport or train station locker. If left in a car, lock it in the trunk out of sight.
- Avoid leaving a computer in a hotel room, but if it is a necessity to do so, lower the risk of theft by keeping it out of sight. Lock it securely in another piece of luggage. Placing the computer in a hotel vault or room safe should make it secure from theft, but in some foreign countries it may not be secure from access by local intelligence or security personnel.
- Never keep passwords or access phone numbers on the machine or in the case. Do not program a computer's function keys with sign-on sequences, passwords, access phone numbers or phone credit card numbers. If the machine is stolen or lost, these would be valuable prizes.
- Try to keep only software files on the laptop's hard drive. Store data files on diskettes and carry them separately from the computer.
- Back up all files before traveling.
- Beware of power surges. Do not be connected to either power lines or a copper phone line during a storm with lightning.

While in any public place, such as an airplane or hotel lobby, do not reveal private information to the public on the laptop screen. A survey of 600 American travelers found that more than one-third admitted looking at someone else's laptop while flying. Younger travelers were the worst offenders, with 49 percent of the

men and 40 percent of the women under 40 admitting they look at what their seatmate is working on. Most are checking to see what their fellow passenger is doing, while others are more interested in who they are working for.

Be prepared for the airport security check. Be sure the battery is charged or have the power cord handy. If the laptop can't be powered up, it may not be permitted on board the aircraft. The airport security X-ray machines will usually not affect hard drives. Floppy diskettes, having less shielding, may be affected. If possible, pass these to the attendant for hand examination.

It is even more difficult to protect a laptop, and the information on it, when traveling in foreign countries where a laptop may be targeted as a treasure trove of information.

Protect data

Due to the high risk and high cost of laptop theft, many products are being developed to protect the security of information in a laptop. The following general types of products are now available:

- Encryption software. Storing all data files in encrypted form will prevent disclosure of the data even if the computer is stolen.
- Software that hides information on the hard drive, so it is not found by the average thief who steals a laptop.
- Various types of locks, keys and biometric identification devices designed to prevent anyone but the owner from using the computer.
- Software utilities that wipe the hard disk clean when deleting sensitive data files. These overwrite the deleted data making it totally unrecoverable, as opposed to the normal delete command that only deletes the "pointer" that allows the computer to

find the file on the hard drive. The file itself is not deleted until it is overwritten by another file.

- Tracers that identify the location of a stolen laptop. When the stolen laptop is linked to the Internet, it transmits a signal to a monitoring station that identifies the user's telephone number or Internet account.
- Proximity alarms that go off if the laptop gets too far away from its owner or user.

Overseas precautions

If traveling overseas, be aware that some countries have import restrictions on laptops. Check before leaving to avoid delays and possible confiscation. Also, some countries do not allow encryption of telecommunications traffic within their borders, mainly because they want to be able to monitor messages.

When returning to the United States, U.S. Customs may try to impose an import tax if they think the computer was purchased abroad. There are several ways to establish prior ownership. One is to carry with a bill of sale for the computer and insurance policy endorsement showing the serial number, or a property pass that shows the serial number. People can also register the laptop and any other valuables that might be mistaken as imports with U.S. Customs prior to leaving the country at the customs entrance and clearance desk at the airport in advance of the flight.

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

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

Post Pulse: How do you protect your possessions from being stolen?



"We protect all our important documents and valuables with a fireproof safe box."

Sgt. Jason Morris and wife, Marci



"In my neighborhood we have crime watch, and my home is well secured with an alarm system."

Mary Ann Navarro



"In my home, I mark all my valuables and put them in a lock and key safe. When traveling, I take the safe box and put it in the trunk."

Bill Manning



"I pack all my merchandise into plastic storage bins and put them in the car. Once I finish loading up the car, I immediately go home."

Astrie Maldonado

Crime watch

Prevention measures can stop thieves in their tracks

By Linda Furlow
Fort Sam Houston Provost Marshal Office

During 2005, there have been numerous thefts on post, primarily occurring in and around Brooke Army Medical Center, the gym and in several barracks. Most of these thefts could have been prevented.

The simplest way to prevent being a victim of theft is to lock items up — don't leave them on a bunk, desk, in an unsecured locker or on a car's backseat. Many of the thefts that have occurred in the barracks involved items taken from unsecured wall lockers.

At the office, people should lock purses and wallets in a desk drawer and keep the key with them, not lying on top of a desk. Stop and identify visitors who might be wandering around a work area. If working out at the gym, bring a lock and lock up belongings. Do not leave wallets, keys, jewelry, cell phones or other property in an unsecured locker or on a bleacher.

Thieves take remote vehicle alarm devices and search the parking lot for the corresponding car. They then unlock the vehicle and steal items.

People with valuable items can help the police by filling out a Personal Property Record (CSFS Form 4292), which is available from their unit or the Crime Prevention Section in Building 2250. Fill out the form completely, recording the make, model and serial number of the item. People should keep a copy in their unit personnel folder and a second copy in a safe place, and update the form regularly. Taking pictures of items and keeping them with the receipts is also helpful for property identification. Engraving a driver's license number and state (not Social Security number) on the item is another way to help police identify the property's owner if the item is recovered.

Another way people can keep Fort Sam Houston a safe place to live and work is to join or start a neighborhood watch.

For more information, call the Crime Prevention Section at 221-9686.

Spouse employment program welcomes new partners

By Margaret McKenzie
U.S. Army Community and Family Support Center Public Affairs

ALEXANDRIA, Va. — The Army Spouse Employment Partnership program welcomed four new partners Monday and Tuesday in Family Forum II: "Supporting Families of a Transforming Army" at the Association of the United States Army annual conference in Washington, D.C.

The new partners are Concentra Inc., SunTrust Bank, United Services Automobile Association and Sabre Holdings/Travelocity. The four bring the number of program partners to 21.

"We will share good news about how the greatest Army in the world builds its strength," said Teresita Rivera, Army employment readiness program manager for the U.S. Army Community and Family Support Center. "Partnerships are the way we do business in America and partnerships have become vital to the transformation of the U.S. Army."

One of the results of the Army Spouse Employment Partnership is the military spouse job search database, said Rivera. It has become a virtual job center for both military spouses and the corporate partners.

"Through strong viable partnerships with corporate America we've created a vehicle to give Army spouses the opportunity for a true career," she said.

"Together with the Army, each of our partners signed a statement of support pledging their best efforts to increase employment opportunities and provide training for Army spouses."

Companies today are taking every necessary step to attract skilled individuals, Rivera said. The diversity of employable military spouses is an important factor for the corporations involved in the program.

"In the past many spouses hid the fact that they were military spouses because they felt employers saw them as short-term employees, but not any more," she said. "Now businesses are eager to hire Army spouses because they discovered they have a virtual gold mine of very educated, highly motivated, well-trained employees who are very diverse and some of whom speak several languages."

"In the last year, there have been 2,500 spouse hires through the ASEP partnership," Rivera added.

Many spouses see this program as an answer to the job security issues they faced in the past.



Domestic Violence Awareness Month

Exposure to violence has lasting effect on children

By Angela Moss
 Army Community Service Family Advocacy Program

October is nationally recognized as Domestic Violence Awareness Month. Throughout the month, there will be numerous articles written, movies played and stories told, all of which will be heartbreaking and will hopefully bring the issue of domestic violence to the forefront.

The statistics are frightening. According to the American Institute on Domestic Violence, 4.5 million women are physically assaulted each year. What is even more frightening is how many of these women have children who are exposed to this violence.

Children are not usually the focus when domestic violence is discussed, but it impacts their lives as well as friends and other family members. Studies have shown that children exposed to domestic violence have a higher tendency to suffer from behavioral problems, school difficulties and are more at risk of substance abuse later in life. The following are a few examples of the affect of domestic violence on children:

- Eighty to ninety percent of children living in homes where there is domestic violence are aware of the violence, according to "Effects on Domestic Violence on Children," Meditation Quarterly.
- A child's exposure to the father abusing the mother is the strongest risk factor for transmitting violent behavior from one generation to the next, according to the American Psychological Association, Violence and the Family: Report of the APA Presidential Taskforce.
- Each year an estimated 3.3 million children are exposed to violence against their mothers or female caretakers by family members, according to APA, Violence and the Family: Report of the APA Presidential Taskforce.

These are just a few of the hundreds of statistics that can be found regarding domestic violence, but they do

not show the whole picture. Research also indicates children exposed to domestic violence are at an increased risk of being abused or neglected. This should not surprise anyone. However, the following story may help people understand the true effects:

Picture a young mother holding her baby. She and her husband have always had a violent and angry relationship and today is no different. They are screaming at each other and dad, in a fit of rage, picks up a large can of juice and throws it at his wife. He means to hit her, but hits his young daughter in the face instead. The baby is rushed to the hospital and will forever have a long scar across her face to show for her father's inability to control his anger.

This story happened and stories similar to this one happen every day, across all racial, socioeconomic and religious backgrounds.

So, does witnessing violence in the home mean that all children will have behavioral problems or become abusers themselves? Thankfully, the answer is no. Children are resilient and some have a better support system and coping skills than others. However, the best way to make sure children are not hurt is to end the violence in their homes.

In San Antonio, people currently in a violent situation can go to the Family Justice Center. The center is a safe place where victims of domestic violence and their children can receive a wide range of services under one roof. The goal is to lessen the strain on victims, and provide them with the empowerment they need to take control of their situation.

The only way to break the cycle of violence is to show the world that violence against men, women and children will not be tolerated. If you are in a violent relationship or want to help someone who is, ask for help.

For more information about the Family Justice Center, call 335-2865, or call the Fort Sam Houston Family Advocacy Program at 221-0349 to speak to a victim advocate.

Commander's Proclamation

Domestic Violence Prevention Month in the Army, October 2005

"STAND UP, SPEAK OUT AGAINST DOMESTIC VIOLENCE"

To the Fort Sam Houston community:

Our Army is engaged globally in critical missions. The challenges are great, and I am proud to say that in our community we are meeting the critical mission assigned to us. It is my job to call attention to critical matters that can undermine our mission, and to provide you with command support. Today my guidance is on domestic violence.

Every October, we in the Fort Sam Houston community join in the Army's Domestic Violence Prevention Month campaign. This effort is one of my command programs. In our own community, we see this campaign as a year-round commitment.

The Family Advocacy Program is tasked to conduct the Domestic Violence Prevention campaign. I want everyone in this community to take a stand against domestic violence.

I expect everyone to **STAND UP AND SPEAK OUT** against domestic violence.

**Soldiers do not put up with domestic violence
 Take action and report
 Accept no excuses
 Never ignore the signs of abuse
 Develop a strong community response**

**Uphold the rights of victims
 Participate in prevention – do not be a bystander**

Whenever and wherever domestic violence occurs, it undermines our mission. Therefore, I call upon everyone in the Fort Sam Houston community to take a stand against domestic violence and join in our year-round mission of prevention.


 WENDY L. MARTINSON
 COL, MS
 Commanding

Domestic Violence Prevention Conference

The Army Community Service Family Advocacy program will sponsor the Domestic Violence Prevention Awareness Conference at the Dodd Field Chapel Tuesday from 8:15 a.m. to 4:30 p.m. The conference will address the impact of deployment on family and community and how to help returning Soldiers cope with Post Traumatic Stress Disorder. Break-out sessions will be from 3 to 4:30 p.m. and include family fun and games, budgeting, healthy meals and snacks, self care and wellness, and the Army Substance Abuse Program. For more information or to register, call 221-0349 or 221-2418. Free childcare is available.

TROOP SALUTE



187th Medical Battalion



Officer of the Week

Name: 2nd Lt. Rachel Manske
Hometown: Omaha, Neb.
Time in service: Three years (ROTC)
Future goals: To attend physician assistant school
Reason for joining: To gain leadership experience and attain opportunities not available in the civilian community
Latest accomplishment: Completed a bachelor's degree in veterinary science, University of Nebraska, Lincoln



Soldier of the Week

Name: Pfc. Mason
Unit: B Company
Hometown: Oviedo, Fla.
Time in service: Seven months
Goals: To become a physician assistant in the Army
Reason for joining: To better myself and to provide for my family
Latest accomplishment: Soldier of the Month

232nd Medical Battalion



Soldier of the Week

Name: Pvt. Michael A. Remley
Unit: F Company
Hometown: Jacksonville, Fla.
Plans for the future: To be a ranger medic
Reasons for joining: Joined the Army to get an advantage on my future, while helping my fellow Americans with theirs.



Junior Leader of the Week

Name: Pvt. Billy E. Chandler
Unit: F Company
Hometown: Olympia, Wash.
Plans for the future: To obtain a nursing degree, ROTC
Reasons for joining: I'm here for family and my country. I want to build a stable future and have something to look back on.



Photo by Ed Dixon

Retirees honored during ceremony

(From left) Col. Robert E. Ricks, Col. Edward K. Maney and Master Sgt. Rickie Williamson are recognized for their selfless dedication and contributions to the Army and the nation at the monthly retirement ceremony Sept. 29 hosted by Brig. Gen. Jose Mayorga, U.S. Army South, at MacArthur Parade Field.



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 or stop by the office in Building 124 (second floor).

Ethics training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units will take place today and Oct. 21 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMED-DC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.



Have feedback for a post customer service provider?

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

SPORTS



Courtesy photos

Grand slam

Joshua Lyon, from the 264th Medical Battalion softball team, takes a swing Sept. 26 during practice. Lyon's softball team helped the battalion win the Garrison Commander's Cup.

The 264th Medical Battalion softball team dominated the pre-season, regular season and post-season. The softball team's accomplishments put the battalion over the top to win the Garrison Commander's Cup. The cup is awarded to the post unit with the most points earned throughout the year from events like bowling, volleyball, basketball and flag football. The softball team includes (from left, standing) Erin Edgar, Joshua Lyon, Melvin Lomax, Jamie Barann, Victor Porro, Quentin Thompson, Nicholas Dye, Kenneth Chapman; and (from left, kneeling) Andrew Tondre, Guillermo Murray and James Madson.



SPORTS BRIEFS . . .

32nd Medical Brigade Challenge

The 32nd Medical Brigade will conduct its Brigade Challenge Oct. 15 from 10 to 11:30 a.m. at Fort Sam Houston's BG Johnson Field. The event includes three phases: formation, competition and awards ceremony. Competitive events include cadre push-ups, tug-of-war and a relay race; the awards ceremony will immediately follow the final event. Morale, Welfare and Recreation will award T-shirts to the first place finishing teams in all events. Trophies will be awarded to the first place battalion and the top company overall. MWR will sponsor food vendors, children's games and horse rides.

Fort Sam Houston Golf Club Championship

The Fort Sam Houston Golf Club will sponsor its annual Club Championship Oct. 22 and 23. This 36-hole stroke play event is open to all golf club members, active duty military, their families and Department of Defense employees and contractors assigned to Fort Sam Houston. The event will be played on La Loma and the Salado Del Rio golf courses, with the starting time scheduled for 8 a.m. and shot-gun start on both days. Interested golfers can register in the Pro Shop from 7 a.m. to 7 p.m. daily. The registration fee is \$60 for members and \$80 for nonmembers. This fee includes golf carts, green fees (if applicable), prizes and an awards banquet following the tournament.

Golf association seeks new members

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

Opportunity for volleyball players

The Goodwill Ambassadors are currently accepting applications for high school age volleyball players, in the United States and Canada, to participate in the July 2006 Goodwill Ambassadors volleyball exchange to Europe. Members of this team will represent their country, community and the Goodwill Ambassadors teams in volleyball tournaments and local competitions in London, Paris, Venice and Rome. The program is open to boys and girls ages 15 to 20 years old. For more information, call (425) 255-8102 or visit www.volleyballtours.com.

Football officials needed

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

America Supports You

'Project Freedom' highlights military accomplishments

By Steven Donald Smith
American Forces Press Service

WASHINGTON, D.C. — The American Security Council Foundation recently launched "Project Freedom" to highlight the accomplishments being made by American service members in the war on terror.

The project encourages civilians to write stories about these accomplishments and submit them for publication by the foundation.

"The goal of Project Freedom is to raise the American public's awareness of and put a human face on the extraordinary, good things our Soldiers, Sailors and Airmen are doing every day in the war on terror and in reconstructing Iraq and Afghanistan," said Brian Williams, director of operations for the foundation.

The foundation is particularly looking for stories about heroism in combat and humanitarian projects that are assisting the people of Iraq and Afghanistan, such as the numerous ways in which American troops are caring for the sick and wounded, aiding orphaned children and rebuilding schools, he said.

Stories can also focus on work being done to soothe tensions between competing factions in those two countries and the steps being made to educate local leaders about the legislative, judicial and executive branches of democratic government, Williams said.

"ASCF believes winning the war on terror and building and sustaining a democratic Iraq and Afghanistan will require a long-term commitment by America, which can only be sustained if the public learns of progress being

made daily in ways that can't be measured in terms of battlefield reports ... or the typical topics of major news reporting," he said.

The foundation intends to publish the stories in small daily and weekly newspapers, monthly journals and magazines, and on its Web site. They also aim to get the stories featured on national radio talk shows. "And to the degree funds permit, excerpted versions will appear on ASCF-sponsored radio and television spots across the country," Williams said.

Since 1958 the American Security Council Foundation has supported numerous activities and programs to strengthen U.S. national security and educate the public about the challenges facing the United States. During the Cold War it emphasized the threat posed by communism, and today it focuses heavily on the dangers of international terrorism.

"In fact, it is difficult to think of an important foreign policy or national security program since World War II where the foundation did not have a prominent role," Henry Fischer, the president of the foundation, wrote in a letter posted on the foundation's Web site.

Project Freedom is a continuation of those efforts.

"Putting a human face on the positive acts of our Soldiers, Sailors and Airmen will allow the American public to relate and also provide recognition and encouragement and help sustain morale of those in uniform in the field," Williams said.

For more information, visit <http://www.ascfusa.org>, and click on "Project Freedom."

Akeroyd Blood Center urges donors to give '5 in '05'

The Akeroyd Blood Center challenges eligible blood donors to give five donations during 2005 during its "5 in '05" campaign.

Participating donors will receive a "5 in '05" card and be recognized at a special ceremony at the end of the year.

To donate, call the Akeroyd Blood Center at 295-4655 or 295-4989 or stop by the center at 1240 Harney Road between 7:30 a.m. and 3 p.m. weekdays.



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.



Have feedback for a post customer service provider?

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

Breast cancer awareness: early detection saves lives

Breast cancer is second only to lung cancer as the leading cause of cancer-related deaths among women. However, when breast cancer is found and treated before the cancer spreads, 98 percent of women diagnosed with breast cancer survive at least five years.

Breast cancer develops when abnormal breast cells begin to grow out of control. When these cells group together, they form a mass called a tumor. Benign tumors usually do not spread; however, malignant tumors do spread and can grow into life-threatening cancers.

Since breast cancer cells can grow without causing noticeable pain, it is important to find the cancer as early as possible. Finding breast cancer early greatly improves the likelihood that treatment will be successful.

There are three ways to screen for (detect) the early signs of breast cancer: a breast self-examination, a clinical breast examination and a mammogram.

All women should perform monthly breast self-examinations after the age of 20. Women who make BSEs a regular monthly habit will be more likely to recognize potential trouble signs like a new lump, swelling of the underarms, changes in skin color or texture, nipple pain or irregular discharge. Women who discover any of these symptoms should consult a health care professional as soon as possible.

Clinical breast exams are performed by a health care professional. During the CBE, the health care professional examines the appearance of the breasts, looks for changes in shape or texture of breast tissue and examines underarm areas. CBEs should be performed every three

years for women in their 20s and 30s, and annually beginning at age 40.

A mammogram is an X-ray of breast tissue and is the best available method to detect breast cancer at its earliest, most treatable stage.

Women age 40 and older should have a screening mammogram every one to two years.

Both women and men are at risk for developing breast cancer. Breast cancer risk factors that cannot be changed include age, gender, hereditary factors, a family or personal history of breast cancer, race, previous abnormal breast biopsies and previous exposure of the chest area to radiation therapy. For more information about these risk factors, visit the Cancer Research and Prevention Foundation Web site at <http://www.prevent-cancer.org/healthyliving/cancerinfo/breast-b.cfm>.

There are also several breast cancer risk factors that people can control through healthier lifestyle choices. People can lower their chances of developing breast cancer by eating a well-balanced, low-fat diet of full fruits, vegetables and whole grains; getting moderate daily physical activity; and losing weight if overweight.

The bottom line is early detection of breast cancer saves lives. A combination of screening to detect the cancer early and adoption of healthier lifestyle choices may lower people's chances of getting breast cancer.

For more information about breast cancer, visit the "National Breast Cancer Awareness Month" Web site at <http://www.nbcam.org/index.cfm>, and the "USACHPPM Breast Self-Examination: A Facilitator's Guide" (class instruction outlines and information) at <http://chppm-www.apgea.army.mil/documents/TG/TECHGUID/TG256.pdf>.

Brooke Army Medical Center Health Promotions October Class Schedule

Class	Dates	Time	Place
Arthritis Management	18	9:30 to 11 a.m.	BAMC, nursing administration conference room, Room #313-11, third floor
Asthma Management (pediatric)	28	2 to 3:30 p.m.	BAMC Health Promotions, Room #L31-9V, lower level
Asthma Management (adult)	Tuesday, 18, 25 13, 20, and 27 Friday	2 to 3:30 p.m.	BAMC Health Promotions, Room #L31-9V, lower level
Blood Pressure Management	19	9 a.m. to 12 p.m.	BAMC Health Promotions, Room #L31-9V, lower level
Body Fat Testing	21	8 to 11 a.m.	BAMC Health Promotions, Room #L31-9V, lower level
Breast-feeding Class	19	1 to 2:30 p.m.	BAMC OB/GYN fifth floor conference room
Breast and GYN Cancer Support Group	Wednesday	9:30 to 11 a.m.	Roadrunner Community Center
Cholesterol Management	24	9 to 11:30 a.m.	BAMC, nursing administration conference room, Room #313-11, third floor
Diabetes Management	17, 24, 31 Tuesday, 18 and 25	12:45 to 4:30 p.m.	BAMC, nursing administration conference room, Room #313-11, third floor
Diabetes Management (pre-diabetes)	Wednesday	9 a.m. to 12:30 p.m.	BAMC, Department of Medicine conference room, Room #344-3, third floor
Foot Care for Diabetics	17	1 to 2:30 p.m.	BAMC Health Promotions, Room #L31-9V, lower level
Weight Management Winning Combinations	today, 13, 20 and 27	8 to 9:30 a.m.	BAMC Health Promotions, Room #L31-9V, lower level
Yoga	Wednesday, 19 and 26	12 to 1 p.m.	BAMC Occupational Therapy Clinic

To register for classes, call BAMC Health Promotions at 916-3352; for Diabetes Management, call 916-5000.

TRICARE expands its support to hurricane-affected beneficiaries

FALLS CHURCH, Va. — TRICARE has authorized blanket referral waivers and extended the suspension of pharmacy co-pays to assist beneficiaries who have been displaced by Hurricanes Rita and Katrina.

The blanket referral waiver allows beneficiaries to seek care from any TRICARE-authorized provider within limited time frames. It does not affect co-pays, cost-shares or deductibles that may apply. The suspension of pharmacy co-pays will continue through Oct. 31 for TRICARE beneficiaries impacted by both hurricanes.

Waivers are in effect for certain ZIP codes (visit <http://www.tricare.osd.mil/Rita/RitaZip.cfm>) and have varying expiration dates. Beneficiaries can refer to the regional map (visit http://www.tricare.osd.mil/katrina/TROSHurricaneMaps_v2.ppt) to see if they live in an area covered by the waiver, or they can look up their individual ZIP code to verify coverage.

Humana Military Healthcare Services, TRICARE's contractor for the South region, will make necessary recommendations on any

extensions for the waivers.

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

Beneficiaries should call the Defense Enrollment Eligibility Reporting System Support Office to update family member information and address changes to maintain access to TRICARE benefits and to expedite claims processing.

Beneficiary counseling and assistance coordinators, debt collection assistance officers, TRICARE service centers and family support representatives at local military installations are also available to help active duty military personnel and their families.

Other resources available include Military OneSource at (800) 342-9647 or www.militaryonesource.com.

(TRICARE news release)

Army Community Service Family Advocacy Program October Class Schedule

Class Title	Dates	Class Time
Anger Management I and II	17 and 24	11 a.m. to 12:30 p.m.
Basics of Breast-feeding	19	10 to 11:30 a.m.
Boys Only! Ages 9 to 11	19	10 to 11 a.m.
Building Effective Anger Management Skills (series 4 to 6)	today, 13, 20 and 27	11 a.m. to 12:30 p.m.
Commander's Training	13	8 to 9:30 a.m.
Coping with Difficult People	17	1 to 2:30 p.m.
Getting Ready for Childbirth 1 and 2	20 and 27	9 a.m. to 12 p.m.
Girl Talk! Ages 6 to 8	Wednesday	10 to 11 a.m.
Ages 9 to 11	26	10 to 11 a.m.
Healthy Pregnancy	17	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday, 18 and 25	9 to 11 a.m.
Single Parent Course (series 5 and 6)	14 and 21	11 a.m. to 12:30 p.m.
S.T.E.P. Program for Parents of School Age Children	13, 20 and 27	1 to 3:30 p.m.
S.T.E.P. Program for Parents of Teens	18 and 25	11 a.m. to 12:30 p.m.
Stress Management I and II	18 and 25	1 to 2:30 p.m.
Truth or Consequences?	18 and 25	4:30 to 5:30 p.m.
You and Your Baby	Wednesday and 26	8 a.m. to 12 p.m.

Class space is limited. For more information or to register, call the ACS Family Advocacy Program at 221-0349 or 221-2418.



Capt. Gordon Washington and 2nd Lt. Ramona Toussaint demonstrate why the "one hand tourniquet" takes more than one hand, and is not recommended for use as a tourniquet during the splinting and dressing workshop.



Under the supervision of Capt. Allen Proulx, Dr. Robyn Brand applies the comb during trauma lane training.



Second Lt. Eugene Lucero uses rubber tubing as a tourniquet while Romanian army Drs. George Ifrim and Dan Nicolae observe. The Romanians attended the course in September while at Fort Sam Houston for medical training. "In our courses, we only teach from books so we can use the experience," Ifrim said. "We're not in the middle of the fight, but in the future who knows what can happen."



Romanian Dr. Dan Nicolae uses rubber tubing to apply a tourniquet during the splinting and dressing workshop.



Capt. James Rice, physician assistant and Tactical Combat Medical Care program manager, inspects the stump dressing applied by Sgt. Gene Hansen during trauma lane training.



: application tourniquet to the simulated amputation of an injured child



Second Lt. Ramona Toussaint continues a primary survey on a simulated injured child after applying a combat application tourniquet to the left leg.

Photos by Elaine Wilson

"It's a game of seconds when it comes to trauma. Those who aren't prepared, lose their patients."

Capt. Jim Rice

Physician assistant and TCMC program manager

Trauma course

Continued from Page 1

To become a PA, students undergo an intense two years of schooling, with Phase I in class at Fort Sam Houston and Phase II at a military or civilian hospital located at a site throughout the country.

"The PA program is excellent, but it is based on a civilian curriculum," Rice said. "Neither phase includes training for treating injuries typical on the battlefield."

Phase II is where students are taught trauma care, which could be applicable in the field, but many end up in a community hospital emergency room doing mostly acute care rather than trauma, Rice said. The few who do score time in the emergency room dealing with trauma, find that the injuries are more indicative of the civilian world, not combat.

"In battle, you're not dealing with car wrecks and heart attacks; you are treating patients with penetrating extremity injuries, loss of an airway, burns and fragment wounds," Rice said.

"It's a game of seconds when it comes to trauma," he added. "Those who aren't prepared, lose their patients."

Rice hoped his training, taught after Phase II, would supplement the civilian-based PA curriculum and better prepare PAs for in-theater trauma care.

"The most important impact on survivability is at the forward location," Rice said. "Not only are medical officers expected to be informed, but they also have a responsibility to train their medics."

Working with colleagues, Rice borrowed basic concepts from the Tactical Combat Casualty Care course for combat medics, and debuted the TCMC pilot class 18 months ago to rave reviews. The course was soon adopted by the Army Medical Department Center and School and instituted as part of the Officer Basic Course PA Track core curriculum. However, with course information applicable to any medical officer heading downrange, TCMC opened its doors to all medical officers and has students ranging from podiatrists to pediatricians.

"TCMC is relevant to all medical officers," Rice said. "But our focus is those who are about to deploy to battalion aid stations and forward support battalions. The training is invaluable for doctors who have been practicing a specialty and then have to transition to doing general care."

"Whether a dermatologist or psychiatrist, the doctor's main function during a deployment is to save troops' lives," Rice said.

Second Lt. Karen Fish, a new PA from Fort Drum, N.Y., who attended TCMC in September,

said the course has been vital as she prepares to deploy in a few months.

"If this course wasn't here then I would have been in trouble," she said. "I have very little trauma experience. The instructors are very experienced and do a great job fitting a lot of information in such a short span of time."

Rice said Fish is typical of PAs out in the field. "Immediately following training, PAs are expected to function as an experienced officer at their first duty station," Rice said. "Then, they have to work, for the most part, independently in theater. TCMC gives them the basic tools to do that."

A former combat medic and new PA, 2nd Lt. John Silvestri said the course is vital. "There is a large need for trauma training," Silvestri said. "My only suggestion is to make the course longer. There's just too much information for a week."

Rice said the future goal is to expand the course so instructors have time to expound on each topic.

"I agree that five days isn't enough, but we hope students take back the knowledge and reference materials back to their units and create a program there," Rice said. "That way, when it really counts, everyone is ready to respond quickly and effectively so more Soldiers survive, which is the ultimate goal for any medical professional."

Fort Sam Houston Independent School District

Weekly Campus Activities
Monday to Oct. 15

Fort Sam Houston Elementary School

Monday

Student holiday, staff development day and Columbus Day

Tuesday

Begin second nine weeks

Wednesday

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

Oct. 13

Report cards sent home
Hispanic heritage luncheon

Oct. 14

Spirit day

Robert G. Cole Jr./Sr. High School

Monday

Student holiday, staff development day and Columbus Day

Tuesday

Begin second nine weeks

Volleyball at Comfort: freshmen at 5 p.m., junior varsity at 6 p.m. and varsity at 7 p.m.

Wednesday

10th grade Preliminary Scholastic Achievement Tests in cafeteria, 8 a.m.

11th grade PSAT at Rifle Range, 8 a.m.

Oct. 13

Junior varsity football at Randolph, 6 p.m.

Oct. 14

Pep rally schedule

Volleyball vs. Randolph at Cole (side courts): freshmen at 4 p.m., junior varsity at 4 p.m. and varsity at 5 p.m.

Varsity football vs. Randolph at Cole, 7:30 p.m.

Oct. 15

Edgewood Invitational Cross Country Meet at Frank Mata Stadium, TBA

Fall play weekend rehearsals in Moseley Gym, 1 to 3 p.m.

ELEMENTARY SCHOOL NEWS

Katrina evacuee students pleased with new school

By Dr. Kathy Maxwell

Fort Sam Houston Elementary School

Fort Sam Houston Elementary School has welcomed seven Katrina evacuee students from the hurricane-devastated areas along the Gulf Coast. Students have blended in seamlessly, adjusted to the new school and made many new friends.

Courtez Tyler, a fifth grader, came here with parents and siblings from Gulfport, Miss.

When asked about Katrina, he said, "I don't like hurricanes because there is too much wind and hard rain. It broke our big cedar trees off at the ground and cracked my bedroom in half."

"I don't like hurricanes, even though we left before the storm came," said Shayla Wiley, another fifth grader. "I don't know what it was like during the storm, but my dad has just come back from visiting our two-story house in Belle Chase, La. Water ruined everything and covered everything with mud.

"He said everything stinks," Wiley said. "Daddy got some of our clothes out and washed them, but we won't ever go back there except maybe to see what's left. The Army found a job here for my dad so we will live here until July of 2006."

Evacuee students said they are pleased with their new planners, the clean classrooms and the attitude of the people here.

One student described Fort Sam Houston Elementary as "fresh, happy and respectful of everybody." Another student



Courtesy photo

Fifth grader Courtez Tyler is all smiles because he is back at school after evacuating from Mississippi. He said he is happy to be at Fort Sam Houston Elementary with so many new friends.

thought that it was "really neat that I get to have a set of school books at my house."

Still, the students are sad and feel that they have lost a lot. They said they miss their friends and especially family pets that had to be given up.

HIGH SCHOOL NEWS

Fort Sam Houston ISD welcomes evacuee students

Story and photo by
retired Lt. Col. Robert E. Hoffmann
Cole Jr./Sr. High School

In the aftermath of Hurricane Katrina, Robert G. Cole Jr./Sr. High School has joined the rest of the nation in accepting and enrolling evacuee students from the Gulf Coast region. Nine Louisiana students in grades seven through 10 are currently enrolled at Cole.

Only two actually "rode out" the storm, but all have been greatly affected by the tragedy.

Though the Meyers family already had orders to move to Fort Sam Houston, they were still in Bogalusa, La., when the hurricane hit.

"We were told that if we heard the sounds of a train coming, it wasn't going to be an actual train, but to run to the bathroom and hunker down in the tub," said eighth grader Justin Meyers. "We never heard that train, but we sure went to the tub a lot."

Their home in Bogalusa was not severely damaged, but most of the trees and power poles were down, along with heavy roof damage.

Siblings Kortney Smiling and Kyle Boudreaux accompanied their mother, reserve 1st Lt. Rondine Boudreaux, to San Antonio. She had been activated a few days prior to Katrina. Their home in Baton Rouge, La., is currently being occupied by their grandparents and an uncle's family, whose homes in Bay Saint Louis,



(From left) Sophomore Brooklyn Schutz and junior Paul Parker work with Katrina evacuee students Kenneth Berry and Kortney Smiling on a Junior ROTC group planning project.

Miss., were totally destroyed.

Evacuee students Kenneth and Kelsey Berry, Lakin Thomas, Danice Turner and Shaquelle Wiley all came from Belle Chase Naval Air Station located in the hard-hit Plaquemines Parish southeast of New Orleans.

Sophomore Kenneth Berry said his dad, Staff Sgt. Cecil Berry, went back to inspect what was left of their home.

"The downstairs had about a foot of water, but our things upstairs were okay," said Berry.

Even though their lives have been turned upside down, all the evacuee students report they are very happy to be at Cole, and hope to stay.

"I love going to school here in Texas," said 10th grader Shaquelle Wiley. "Cole is so much better than our old school."

Cole Sports Update

The Lady Cougar varsity volleyball team pounced on the Randolph Ro-Hawks Sept. 27, defeating them in a hard fought five-game battle. Outstanding performers were Jaimie Siegle with 16 assists; Vazia Graham with nine assists; Kat Teeter with 18 digs; Michelle McClendon with four blocks; Alisha Saddler with four blocks; and Beatrice Langford with seven aces, 18 digs and 22 kills.

Beatrice Langford was named "2A Player of the Week" by SASports.com, a Web site that reports on all South Texas high school sports. Langford received the title for her performance against Johnson City Sept. 23, where she had seven aces, 13 kills and 8 digs. Joella Allen is the varsity volleyball team coach.



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.



Courtesy photo

Students of the Month

The Cole Jr./Sr. High School Principal's Students of the Month for September are (from left, back row) Troy Griffith, eighth grade; Jamell Huaracha, 10th grade; and Carlton Hogan, seventh grade; (from left, front row) Allison Erickson, 11th grade; Katie Rarig, ninth grade; and Caitlin Gresenz, 12th grade. Each month, Cole Jr./Sr. High School recognizes one student from each grade level for outstanding attitude, citizenship and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level.

Why wear seatbelts?



- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur within 25 miles of home.
- 80 percent of all serious injuries and fatalities occur in cars going 40 mph or slower.
- In the unlikely event your car catches fire or is submerged, seatbelts can keep you from getting "knocked out" and greatly improve your chances of escape.
- In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
- You may be a good driver, but there are situations beyond your control such as weather and road conditions that can affect your safety.
- Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1.3 million injuries and saved more than \$105 billion in costs.

(Source: Fort Sam Houston Safety Office)3

Smoke-free and courageous forever

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

Health Promotion Center
Room L31-9v, Brooke Army Medical Center
916-3352 or 916-5538





Photos by Alexandra Nordeck

The husband and wife team of Estella and Henry Reyes dance to Latin music Sept. 29 during the Hispanic Heritage Month celebration at the Hacienda Recreation Center.

Soldier medics celebrate Hispanic Heritage Month

By Ben Paniagua
Hacienda Recreation Center

There was a festive air at the Hacienda Recreation Center Sept. 29 as about 120 Soldier medics in training were treated to an hour of entertainment celebrating the Hispanic culture.

During the event, a pair of classic dancers, the husband and wife team of Estella and Henry Reyes, danced to Latin music. They demonstrated many forms of dance popular to Cuba, Venezuela, Puerto Rico and Colombia.

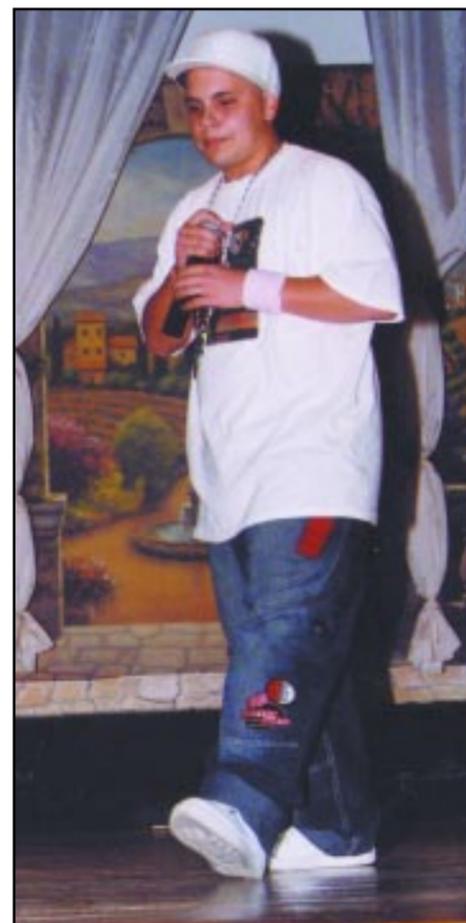
The highlight of the evening was an up and coming Spanish rapper, Yanuis, who was about the same age as the Soldiers in the audience. When he started rapping in Spanish, the audience was so enthralled they got up from their seats and danced during his whole set.

"I enjoyed it so much because it was so much fun," said Pvt. Margarita Sanchez, from E Company, 187th Medical Battalion. "It also made me proud of being a Hispanic. Tonight was a great night to take pride in my culture."

The evening was topped off with tasty samplings of Puerto Rican food that included fried plantains, rice, chicken, pork, homemade bread and salad.

"You should have more of these events," said Pvt. Angelica Estrada. "It's a little bit of home while in training in the Army. It makes you feel great."

The event, a partnership between the 32nd Medical Brigade Equal Opportunity office and the Hacienda Recreation Center, was an effort to teach young Soldiers about different cultures in an entertaining manner. The program was sponsored by Balfour Military Awards.



Spanish rapper, Yanuis, entertains Soldiers Sept. 29 during the Hispanic Heritage Month celebration at the Hacienda Recreation Center.

Need an ID Card?

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



POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic services:

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish services: 379-8666 or 493-6660

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

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

Catholic service - Sundays: 12:30 p.m. - Mass

Protestant services:

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

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

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

Catholic services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant services:

10 a.m. - Worship service - Sundays

Noon - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass: Sundays:

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

Troop Protestant gospel service:

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

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

Samoan Protestant service: Sundays: 12:30 p.m.

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

10:30 a.m. - Children's religious education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult religious education - Thursdays

Evans Auditorium, 221-5005 or 221-5007

Mormon 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

RELIGIOUS HAPPENINGS . . .

PWOC daytime Bible study

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

Contemporary Service

The 11:01 Crossroads Contemporary Service met for the first official worship on Sunday. The theme "Where Faith and Life Meet" was discussed along with a passage from Luke, chapter 10, and the crossroads faced in life. The service will meet every Sunday at 11:01 in the Installation Chaplain's Office, Building 2530, Funston Road. Sunday school for grades kindergarten through 12th and adult class will meet before worship time at 9:30 a.m. Childcare for infants through preschool is available on site with certified child development caregivers. For more information on class topics, volunteer opportunities or worship, call Chaplain Yvonne Hudson at 295-2096, or e-mail yvonne.hudson@samhouston.army.mil.

Officers' Christian Fellowship

The Officers' Christian Fellowship will now meet on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. This fall, participants will study "The Minor Prophets." For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857, or e-mail rgriffith3@satx.r.com or robert.griffith1@amedd.army.mil.

INTERFAITH CALENDAR . . .

Wednesday - Dasera ** - Hindu festival celebrating the victory of Goddess Durga over the demons.

Wednesday - Confucius Birthday - Chinese religions

13 - Yom Kippur * - Jewish Day of Atonement. This holiest day of the Jewish year is observed with strict fasting and ceremonial repentance.

18 to 24 (18 to 19 Primary Obligation days) - Sukkot * - Jewish Feast of Tabernacles which celebrates the harvest and the protection of the people of Israel as they wandered in the wilderness dwelling in tents.

* Usually begins at

sundown the day

before this date.

** Local customs may

vary on this date.

Jewish Congregation High Holy Day Services



Friday - Shabbat Shuvah at 8 p.m.

Wednesday - Kol Nidre at 7 p.m.

Oct. 13 - Yom Kippur at 9 a.m.

All services will be held at the Main Post Chapel.

For more information, call 493-6660, 379-8666 or 385-8666.

MWR

Recreation and Fitness

Fort Sam Fall Fest

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

Fall Fest Arts and Crafts Fair

Spaces are still available for the Fall Fest Arts and Crafts Fair Oct. 15 from 10 a.m. to 8 p.m.; the cost is \$50 per space. For reservations, call the Outdoor Equipment Center at 221-5224.

Fall Fest 5K run/walk

Sign up at the Jimmy Brought Fitness Center to participate in the 5K run/walk Oct. 15 at 9 a.m. at the MacArthur Parade Field. The cost is \$5 and participants receive a T-shirt. For more information, call 221-1234 or 221-2020.

Natural body building show

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

Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the student's level of experience. Children are welcome, but must be accompanied by an adult if under the age

of 18. Participants should wear full-covered shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

Water aerobics

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

Free morning aerobics

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

Aerobathon

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

Senior fitness

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

Salsa and merengue classes

Join the Latin dance craze by learning these popular dances for fun and exercise. Classes are Monday and Thursday from

6:30 to 7:30 p.m. at the Jimmy Brought Fitness Center aerobics room. The cost is \$2 per class or \$24 for a 16-class pass. For more information, call 221-2020.

Cycling class

The Jimmy Brought Fitness Center offers free cycling classes Tuesdays at 5:30 p.m., Tuesdays and Thursdays at noon, and Wednesdays at 4:45 p.m.

Yoga, pilates teacher needed

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

Dining and Entertainment

Sam Houston Club, 224-2721

Bingo

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

Lunch buffet

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

Bowling Center, 221-3683

Join fall bowling leagues

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

mation, call the Bowling Center at 221-4740.

Unlimited bowling

There will be unlimited bowling every Friday from 9 to 12 p.m. for \$5.95.

Family bowling day

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

Cyber bowl

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

Golf Club, 221-4388

Pro Shop sale

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

Golf lessons

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

Around the Corner Frame Shop

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

Harlequin Dinner Theatre

The Harlequin Dinner Theatre will perform the Ira Levin thriller "Deathtrap," through Nov. 5. Discounts are available for military and students. For show times and tickets, call the box office at 222-9694.

MWR Ticket Office

The ticket office has discount tickets available for various events. For more information, call 226-1663 or visit www.portsam-houstonmwr.com.

MWR CHILD AND YOUTH SERVICES



Cheer registration

Cheer registration for the football season is ongoing at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. for youth ages 5 to 12. The cost for cheerleading is \$50 for the first child and \$45 for the second. Youth must be registered with Child and Youth Services. A birth

certificate and proof of a physical are required to cheer. Space is limited. For more information, call 221-3502 or 221-5513.

Cooking classes

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

Saturday open recreation

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

IMPACT recreation

The IMPACT Recreation Group sponsors a basketball recreation program Saturdays

from 11 a.m. to noon at School Age Services, Building 1705, for families with special needs youth registered with Child and Youth Services. Parents with special needs youth must stay and participate. For more information, call Robin at 497-6310.

Parent News

PAC meeting

The next Child and Youth Services Parent Advisory Council meeting will be Oct. 18 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

ArmyFCC Online

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

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up

plan. For more information, call 221-3820 or 221-3828.

PCI enrollment opportunity

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

Part-day preschool program

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

Home-based child care

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

Check wait list

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

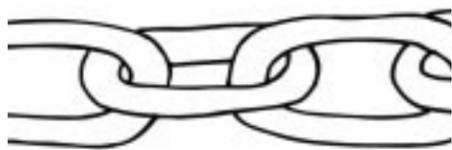
Youth Happenings

Youth Services volunteers

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

Free after-school program

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



COMMUNITY LINK



Happenings

Benefit concert

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

Big Band Hangar dance, silent auction

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

Texas Air Museum tour

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

Our Kids SA education showcase

The third annual Our Kids San Antonio Education Showcase will be Oct. 17 from 6 to 8 p.m. in the Sky Room at the Grossman International Conference Center at the University of the Incarnate Word. The event will feature 60 private, special needs and charter schools from across the San Antonio area. Education showcase is an opportunity for parents and guardians to explore education options and find programs suited to their child's specific needs and interests. For more information, call "Our Kids" magazine at 349-6667.

Barbershop Harmony Society

The Barbershop Harmony Society sponsors the 2005 Southwestern District Show of Champions Oct. 22 from 7:30 to 10 p.m. in the San Antonio Municipal Auditorium, 100 Auditorium Circle. Fee is \$15 donation. For more information, call 381-2763 or 691-0919.

Czech Heritage Society

The Bexar County Chapter of the Czech Heritage Society will host a Czech Heritage Festival Oct. 30 from 11:30 a.m. to 4:30 p.m. at the Knights of Columbus Hall, 5721 Rigsby, in San Antonio. A Czech meal that includes sausage, sauerkraut, potatoes and pickles will be served from 11:30 a.m. to 2 p.m. The cost of the meal is \$6 for adults and \$3 for children under 10 years old. Chris Rybak will feature polka, waltz and country music from 1 to 4 p.m. Admission is free. For more information, visit rtrampota@yahoo.com.

Bandera Honors Veterans

The Bandera, Texas, community will honor America's veterans and active duty military personnel under the banner of "Bandera Honors Veterans" Nov. 12 at 9:30 a.m. in front of city hall. Special guests from Fort Sam Houston and survivors of the Bataan Death March will be honored. A big patriotic parade down Main Street will start at 10:30 a.m. The public is invited.

U.S. Army's eCYBERMISSION

The U.S. Army's eCYBERMISSION, is a Web-based science, math and technology competition that allows students to compete for regional and national awards, while working to solve problems in their commu-

nity. Registration for eCYBERMISSION's competition runs through Dec. 12. The eCYBERMISSION competition is open to students in grades sixth through ninth across the United States and to students enrolled in Department of Defense Education activity schools throughout the world. eCYBERMISSION is also looking for volunteers to help spread the word and encourage students of diverse backgrounds and proficiency levels to get involved in the competition. For more information, visit www.ecybermission.com.

Siesta Valley Ranch walk

SAS Shoemakers will host the Siesta Valley Ranch annual 6 and 3 mile walks Saturday at the Siesta Valley Ranch, about 10 miles west of Medina on Highway 337. Start between 7:30 and 11 a.m., finish by 1:30 p.m. For more information, call 924-6561.

Fire Prevention Week

Gatti's Fire Safety Day is Monday at 1 p.m. at three locations: 2864 Thousand Oaks, 1739 SW Loop 410 and 2921 Pat Booker Road. Firefighters will present a program on fire safety to demonstrate how their fire suit is worn, how their fire truck operates and will have fun worksheets available.

Buddy Walk

The fifth annual Buddy Walk, which promotes acceptance and inclusion of individuals with Down Syndrome, will be Oct. 15. The walk registration will begin at 7 a.m., and will start at the Alamodome at 9 a.m. Entertainment, exhibitors and refreshments are planned throughout the morning. For more information and registration, call 349-4372 or visit www.dsasa.org.

Texas Wanderers walk

The Fort Sam Houston Texas Wanderers and the American Volkssport Association will sponsor a 10K walk at the Guadalupe River State Park and Honey Creek State Natural Area Oct. 15 at 3350 Park Road 31, Spring Branch, Texas. For more information, call Lyn Ward at 651-6536 or David Maple at 221-5554.

Volunteer

Periodontics seeks patients

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

BAMC needs volunteers

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

SAMM volunteer opportunity

San Antonio Metropolitan Ministry, a nonprofit organization that runs the largest homeless shelter and transitional housing program in San Antonio, seeks volunteers

for its various charity missions. For more information on upcoming projects, call Betty Schwartz at 340-0302, extension 224.

Professional Development

Army Reserve opportunities

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

Master of arts program

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

Resume and interview workshops

Family Employment Readiness Program will offer a resume writing workshop Wednesday from 9 a.m. to 12 p.m. and a job interview skills workshop Oct. 26 from 9 a.m. to 12 p.m. at the Roadrunner Community Center. A valid military family member ID card is required. For reservations or information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

Free computer training

Family members of active duty military personnel may receive computer training for the job market through the Family Employment Readiness Program. Automated, self-paced training is available on all Microsoft Office software (Word, Excel, Access, Power Point), Windows, Outlook, QuickBooks (accounting), customer service, clerical and typing skills. Typing instructions are also available in Spanish. For more information, call Gabriele Dias 221-0516 or Jennifer Swiger 221-0427.

Financial workshops

KLRN will host financial literacy workshops in October for families with children ages 6 to 12. Workshops are at Carver Library, 3350 E. Commerce, Tuesday, Oct. 18 and 25 from 6:30 to 7:30 p.m. For more information, call KLRN at 270-9000, ext. 2246, or visit klrn.org.

St. Phillip's lecture series

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

Free workshops

St. Philip's College will offer students and the community a series of free miniworkshops this fall covering a broad range of self-improvement tips and focusing mainly on developing effective study skills. Although classes are free, donations of canned goods for the college Equity Center are accepted. All workshops will be presented on the main cam-

pus of St. Philip's College, 1801 Martin Luther King Drive, in the Norris Technical Building, Room 117, Mondays, Tuesdays or Thursdays. For more information, call 531-3544.

ESL classes

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

Meetings

Retired Officers' Wives, Widows Club

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

Cloverleaf Club of ITC

The Cloverleaf Club of International Training in Communication monthly meetings are held on the first and third Thursday of the month from 11:45 a.m. to 1 p.m. in the conference room of the San Antonio Credit Union on Stanley Road. Learn how to become a great speaker with great organizational skills.

Vietnam Veterans of America

Alamo Chapter No. 366, Vietnam Veterans of America, meets every third Saturday of the month at 10 a.m. in the Veterans of Foreign War Post No. 76, 10 Tenth St., one block west of Broadway Street. This month the meeting will be Oct. 15. Vietnam veterans are invited. If not a member, bring a copy of your DD-214 for verification of service. For more information, call Dan Medrano at 656-8917, Joe Diaz at 336-3414 or Jim Davis at 479-2088.

Caribbean American Association

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

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

Alamo Silver Wings

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for its organization. Join the spirit and tradition of airborne. Meetings are every third Thursday. For more information, call Joe Turella at 657-0028.

BOSS seeks single Soldiers

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

FORT FREEBIES



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

For Sale: 1999 Silver Lincoln Town Car, 134K miles, leather interior, six-CD player in excellent condition, \$6,500 obo. Call 496-7704 or cell 875-4835.

For Sale: Bollinger exercise vertical pull up, leg raise and dip bar for chin ups, dips, push ups and a variety of leg exercises, \$5. Call 595-7321.

For Sale: Light blue wingback chair in excellent condition, \$75. Call 490-5240 or cell 213-2182.

For Sale: Kenmore gas dryer, three years old, \$150 obo. Call Rose at (562) 331-0800.

For Sale: Sony receiver, amp and Infinity speakers, \$150 obo. Call 455-4272.

For Sale: 2002 Itasca Sunova motor home, 31-feet long with slide out living room, central air and heat, microwave, two color TVs, VCR, rear camera and monitor, queen size bed, refrigerator/freezer, hydraulic leveling jacks, 4kw generator, V10 Ford engine, and many more extras, \$50,000. Call 437-0042.

For Sale: China hutch and cabinet, two pieces, base unit has drawers, top has shelves and glass doors, \$375. Call

495-2296 or 286-2349.

For Sale: Queen-size mattress and box spring in great condition, \$100; Panasonic microwave, \$25; black entertainment center, \$50; bathroom caddy never used, \$10; bath accessory set never used, \$10. Call 393-2864.

For Sale: Two Genie garage door units in boxes, chain link, rails and two remotes per unit, \$115 each or \$215 for both; Jacuzzi pool pump with 220/115 motor compressor, model P-S/A, 3,450 RPM, 1.5 HP, \$90. Call 655-7417 and leave message or 744-8076.

For Sale: 1996 Toyota Tercel, four-door, automatic, needs engine, make an offer; black futon with mattress, \$175; large sofa, goldish brown, \$80; recliner with heater, off-white, \$80; house doors: three pieces, 36 inches by 80 inches; four pieces, 24 inches by 80 inches; and one piece, 18 inches by 80 inches, \$80 or sold separately. Call Gladys at 687-4461 or 382-5629.

For Sale: Three tickets to the New Orleans Saints vs. Atlanta Falcons game Oct. 16, section 342, row 24, \$60 each (actual cost). Call 723-8605 or 662-9659.