



Fort Sam Houston

# News Leader<sup>®</sup>



Vol. 36, No. 40

Fort Sam Houston — Home of Army Medicine

Oct. 7, 2004

## Briefs . . .

### Building Closures

The Gen. Vogel Welcome Center, Bldg. 367; Student Personnel Center, Bldg. 1290; and the Brooke Army Medical Center ID Card Office will be closed to the public Friday. Services will resume on Tuesday at 7:30 a.m.

### Sally Port entrance closed

The Sally Port entrance will be closed for construction 7:30 a.m. to 4:30 p.m. today and Friday. The Quadrangle will be open, as well as the Northeast, North and Northwest pedestrian gates.

### New ID Card office hours

The ID Card Office, located in the Gen. Vogel Processing Center, Bldg. 367, has new operating hours effective Tuesday. The new operating hours are: walk-ins from 7:15 to 10:30 a.m. and 12:45 to 3 p.m. for appointments. We will continue to have walk-ins from 12:45 to 2 p.m. For appointments, call 221-0415 or 221-2278. For more information, call Rene Agosto at 295-8809 or Roy Salone at 295-8829.

### Fort Sam Fall Fest, Oct. 16

Enjoy a fun day at MacArthur Parade Field from 8 a.m. to 8 p.m. with lots of family activities including a chili cook-off, mini marathon for kids, arts and crafts fair and a car show for auto enthusiasts. For more information, call 221-2307 or 221-2926.

### What's inside

Top stories in this week's edition of the Fort Sam Houston News Leader include: articles and photos from the regional U.S. Army Civilian Aides conference in San Antonio, Texas, and Recruiting Command's 40th birthday celebration (pages 18-19); coverage of the Human Resources and Administrative Services division, the first in a series of articles about the Most Efficient Organization and its affects on the community (page 3); and a special section highlighting retirees and Fort Sam Houston's upcoming Retiree Day (pages 12-13).

## Day break



Photo by Staff Sgt. Jose Raymundo

The rising sun outlines Sgts. Orasinh Erickson and Donald Nelson, as they begin the three day 418th Medical Logistics Company Squad Stakes competition at the post NATO track. The competition includes a physical fitness test, road march, drill and ceremonies and obstacle course. See article on page 4.

# U.S. Senate confirms Kiley as next Army Surgeon General



Maj. Gen. Kevin C. Kiley

The U.S. Senate has confirmed Maj. Gen. Kevin C. Kiley as the next Surgeon General of the Army and promotion to lieutenant general. Kiley will officially pin on his third star in a Pentagon ceremony Tuesday.

Kiley succeeds Lt. Gen. James B. Peake, who retired from active duty this summer after more than 38 years of service.

In addition to Surgeon General, the Army's senior medical advisor, will serve as commander of the U.S. Army Medical Command.

MEDCOM provides command and control of Army fixed-facility medical, dental and veterinary units within the United States, Europe and Japan. Its annual budget of approximately \$9.7 billion and staff of some 27,000 Soldiers and 28,000 civilian employees provide health care for more than 5 million beneficiaries. On a typical day, MEDCOM's people see about 37,000 patients in clinics and perform almost 29,000 dental procedures, 5,400 immunizations, 6,300 radiology procedures, 82,000 pharmacy procedures and 52,500 laboratory procedures.

Kiley's previous assignment was commanding general of the Army's North Atlantic Regional Medical Command and of Walter Reed Army Medical Center, Washington, D.C., since June 2002.

He is a graduate of the University of Scranton, with a bachelor's degree in biology. He received his medical degree from Georgetown University School of Medicine, Washington D.C. He served a surgical internship and then an obstetrics and gynecology residency at

See **KILEY** on Page 5

# Simulation prepares Soldier medics for combat

By Donna Miles  
American Forces Press Service

Move over, Resusci-Annie! Army medics in training are preparing for upcoming deployments to Iraq and Afghanistan by treating simulated combat casualties in conditions so realistic that they incorporate the look, sounds and smells of war.

Simulation is nothing new in medicine, and many people remember using the legless Resusci-Annie mannequin to practice their skills during cardiopulmonary resuscitation training.

But training at the U.S. Army Medical Department and School here is taking simulation training to a whole new level, giving Soldier medics who will be the first to provide care to wounded troops a taste of combat before facing it in real life.

With just three weeks left in their combat medic training here, Soldiers clad in body armor and tactical gear rush into a dark, smoky room to confront a downed helicopter and three wounded troops. The medics in training work in limited visibility, applying the basics of medicine they have learned during the past 13 weeks as

they dodge smoke and simulated incoming gunshots.

The "patients" they treat are no Resusci-Annies. These full-body mannequins do almost everything a real body can do, including "bleed" to death, go into cardiac arrest and cease breathing.

As they triage the "patients" and begin administering life-saving procedures, the Soldiers respond just as they could be called on to do on the battlefield - - possibly within weeks of graduation.

"We try to create as much realism as we can to give them a snapshot of what

they could see on the battlefield," said Army Capt. Chad Garrett, chief of cadre. "Everything here is real time and has real consequences. That's critical, because for these students, it's not if they'll go (to Southwest Asia). It's when."

"They're motivated because they know this is for real," agreed Army Col. Patricia Hastings, medical director for the Department of Combat Medical Training. "They know that the lessons they learn here will be put to use."

See **SIMULATION** on Page 5

# Commander emphasizes safety for Columbus Day weekend



**Maj. Gen. George W. Weightman**  
AMEDDS and FSH Commander

By Maj. Gen. George W. Weightman  
AMEDDS and FSH Commander

The Columbus Day holiday weekend is set aside for family and friends to celebrate our history and enjoy a time for rest and recreation. As the holiday weekend approaches, we must make every effort to enjoy it safely.

There have been 124 privately owned vehicle accidents this year in the Army. To combat this trend, I want to re-emphasize the

Army's Six Point POV Safety Program. This is the required minimum standard in every unit.

**Command Emphasis:**

Positive leadership at all levels is imperative. Leader emphasis on POV safety must be unrelenting.

**Discipline:** Identify "at risk" Soldiers; counsel them; take proactive measures to modify their risky behaviors. Negative behaviors such as traffic offenses, alcohol abuse, misconduct, and poor performance often are indicators of potential POV accident victims.

**Risk Management:** Use risk management. Identify hazards associated with POV operations; assess the hazards; make decisions to control them; implement the controls; and supervise execution.

**Standards:** Be uncompromising on the use of seatbelts and motorcycle safety equipment. Educate Soldiers on the risk of speed, fatigue and use of alcohol. Conduct mandatory POV safety inspections.

**Provide Alternatives:** Provide alternatives for Soldiers.

Schedule activities on post to keep Soldiers off the roads.

**Commander's Assessment:** Following every fatal and serious injury POV accident, commanders will conduct an assessment to determine what happened, why it happened, and how it could have been prevented. Implement corrective and preventive measures and publicize lessons learned.

Let's all do our part to make this a safe and accident free weekend.

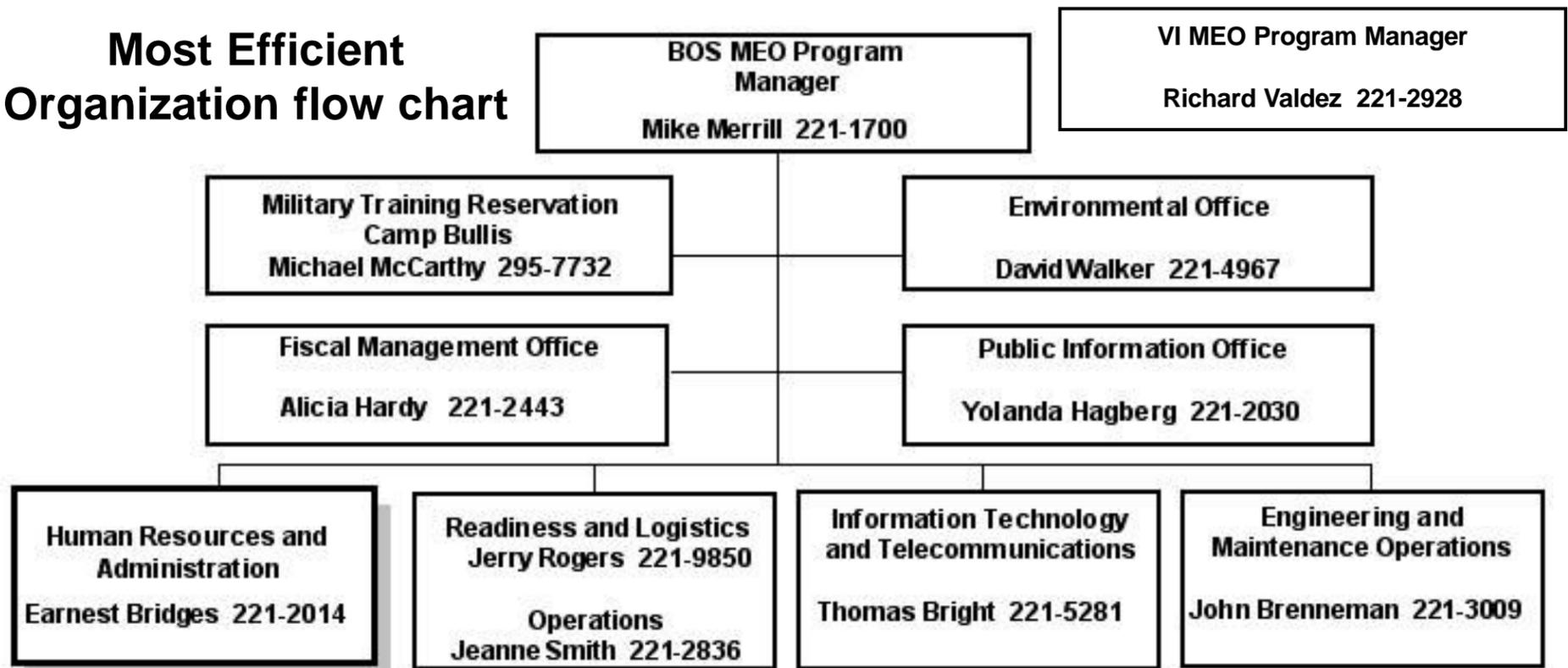
## Fort Sam Houston News Leader

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**Army Medical Department  
Center and School and  
Fort Sam Houston Commander**  
Maj. Gen. George W. Weightman  
**Garrison Commander**  
Col. Garry Atkins  
**Public Affairs Officer**  
Phillip Reidinger  
**Public Information Officer**  
Yolanda Hagberg  
**Editor/Writer**  
Elaine Aviles  
**Layout Artist**  
Lori Newman

## Most Efficient Organization flow chart



## New MEO organization caters to customers' needs

Story and photo by Elaine Aviles  
Fort Sam Houston News Leader

(This is the first in a series of Most Efficient Organization articles highlighting the MEO's eight new divisions. The MEO stood up Oct. 1.)

The former Human Resources Business Center may be doing business in a slightly different way and under a new name, but still plans on offering the same level of customer service as in the past.

The Human Resources and Administration Services division is one of the eight new branches that make up the Most Efficient Organization, a government-run entity which provides base operations support.

It's one of the largest branches, offering a wide range of human resources support to military and civilian people and their families.

"Our services run the gamut," said Earnest Bridges, HRA personnel supervisor. "We cover everything from ID card issue and evaluations to education and alcohol counseling."

The multifunctional division is broken into seven sections: Personnel Management, Database Management, Human

Resources/Counseling, Personnel Services, Records Management, Mail and Distribution, and Military Personnel Records.

Although each faces challenges from the transition, a few were harder hit and are asking their customers to be patient as they adjust to personnel changes and restructuring.

Personnel Management, which includes transition and retirement services, was one of the most heavily affected sections.

"The transition had a big impact on this department," said Salvador Toscano, Personnel Management supervisor. "We combined a lot of areas and have to adjust to a new way of business. At the same time, we are dealing with the challenges of new personnel and training."

To align with the MEO, Personnel Management combined several sections, including promotions, evaluations and separations. Instead of being an expert in one area, each employee is learning to be proficient in several.

"Now, if someone calls, anyone who answers the phone should be able to help," Toscano said. "Of course, we have training to do so we ask people to be patient."

This is particularly essential since the section gained six new employees. In turn, the section lost several people with extensive experience.

"We lost a lot of institutional knowledge," Toscano said. "That's been our biggest challenge, but we have training programs in place to ease the transition."

The Human Resources/Counseling section, which includes the Alcohol and Drug Abuse Prevention and Treatment program and Education Services, is also working to make the MEO transparent to its customers. However, customer-service delays are becoming a frustration to the section's counselors and customers.

"We definitely felt the impact of the transition," said Teana Roberts, Human Resources and Counseling supervisor. "In Education Services, we went from four to two counselors. We just hope people understand the reason behind the delays and will be patient when visiting the education center."

To remedy the problem, Roberts said the education center plans to implement an appointment system soon.



Randy Williams, ID clerk, issues a military ID Wednesday to Lt. Col. Jimal Hales, Medical Command. The ID section falls under the Human Resources and Administration Services, one of the eight Most Efficient Organization divisions.

Personnel Services also hopes customers will be patient during the transition. This section handles in and out processing, which includes ID card issue.

"We're definitely shorthanded, but we're working to remedy that," said Rene Agosto, Personnel Services supervisor. "People may experience delays but it will improve with time."

Although the MEO has presented challenges, the HRA division is working to make the transition as painless as possible.

"It's been stressful," Bridges

said. "We've had to say goodbye to co-workers who have worked here for more than 25 years; it's like losing family. We've had others who moved from other areas and had to adjust to a new job. We just ask for patience from the Fort Sam Houston community as we learn to operate efficiently under the MEO."

For more information about the HRA division, call Bridges at 221-2014. For information about the MEO, call Mike Merrill, 221-1700.

## Recruiting Command hits active-duty, Reserve recruiting goals

By Joe Burlas  
Army News Service

For the fifth year in a row, the U.S. Army Recruiting Command hit its fiscal year active-duty and Reserve recruiting goals.

As of Sept. 27, the command brought in 77,587 active Army recruits against a Department of the Army mission of 77,000, and 21,278 Reserve recruits against a 21,000 requirement.

"Recruiting Command has served the nation well for the past 40 years and I am positive it will continue to serve well for the next 40 years at least," said Maj. Gen. Michael E. Rochelle, Recruiting Command commanding general, during a media briefing at the command's Fort Knox, Ky. headquarters

Rochelle acknowledged that current operations in Iraq and Afghanistan may be

seen as a drawback by some young people who would otherwise serve. However, he said, those operations are seen by others as a call to serve a nation in need.

"There are hundreds in the training base that will tell you they want to make a difference," Rochelle said.

The current generation of young Soldiers is about as close to the "Greatest Generation" of the World War II era as you can get, Rochelle said. They are not asking, "What's in it for me?" like some recent generations and the nation is lucky to have them, he said.

Speaking about a recent news article that claimed the Army had relaxed its entry standards in order to get recruits, Rochelle said the article was very misleading. The Army standard for the past five years has been for at least 90 percent of all recruits to be high school graduates. The lowest acceptable

score of the Armed Services Vocational Aptitude Battery, known as Category IV, to no more than two percent of all recruits, he said. Recruiting Command met those standards each of the past five years.

The confusion comes in with an intermediate headquarters requiring tougher recruiting standards than the requirements issued by Department of the Army, Rochelle said.

On the active Army side, 92.4 percent of FY 2004 recruits had high school diplomas and only .6 percent fell into Category IV. On the Reserve side, 92.4 percent of recruits had high school diplomas and .78 fell into Category IV.

Recruiting Command's mission for FY 2005 is 80,000 active Army and 21,175 Reserve recruits.

Recruiters are facing the new mission with less recruits in the Delayed Entry Program than in recent years, Rochelle

said. The program allows recruits to enlist and then finish school or do other things for several months up to a year before shipping to basic training. The command likes to have about 35 percent of the next year's mission already signed up for delayed entry, Rochelle said.

As of Oct. 1, the DEP pool only had about 18 percent of the new 80,000 active Army recruiting goal. Rochelle explained that a change in the FY 2004 mission, from a 72,500 requirement a year ago to 77,000 in March, forced the command to ship more recruits to training earlier than might have otherwise been the case.

However, Rochelle said he wasn't worried about Recruiting Command making its new mission with a smaller pool of DEP recruits.

"I am confident the Army will resource us for any mission we receive," Rochelle said.



Photo by Staff Sgt. Jose Raymundo

Sgt. Jennifer Williams gets a boost from teammates Sgt. Nayticcies Smart and Spc. Frederick Harvey to clear an obstacle.

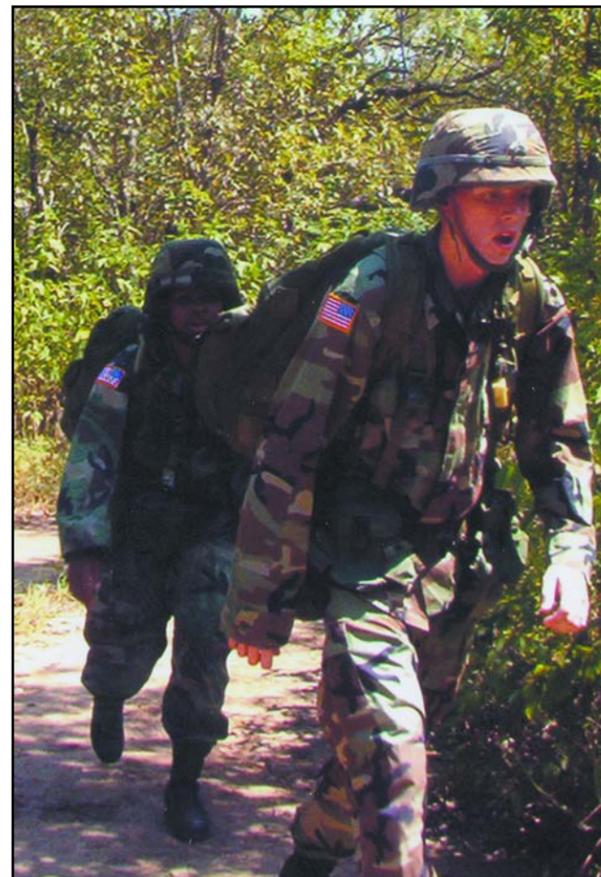


Photo by Staff Sgt. Jose Raymundo

The road march tested physical stamina with the Soldiers carrying a basic equipment load. Sgt. Donald Nelson leads his group as he competes against four other unit teams for the best score.

## 418th Medical Logistics Company tests its skills

By Esther Garcia  
Fort Sam Houston News Leader

The 418th Medical Logistics Company "Squad Stakes Warriors" sponsored a semi-annual three-day Squad Stakes Competition recently.

During the competition, Soldiers assigned to the company are divided into six teams, which compete against each other. The competition involves the NATO obstacle course, urban orientation, physical fitness test road march, drill and ceremonies, and volleyball.

"The competition tests the military and individual skills," said Staff Sgt. Jose Raymundo, NCO in charge for the company and coordinator for the event. He said the

competition also promotes teamwork and cohesion in the unit and is based on the new Army doctrines, Army of One and Team of One.

During the awards ceremony held Oct. 1, Lt. Col. Steven Bolint, commander, Special Troops Battalion, thanked the NCOs for their participation and coordinating the event.

"Competition is all about teamwork. It builds esprit de corps, which makes for a more cohesive unit and lays the foundation for a better unit," said Bolint.

Capt. Pablo Rivera, commander, 418th Medical Logistics Company, assisted by 1st Sgt. Gwendolyn Mason, presented trophies, citations and medals to the teams.



Photo by Staff Sgt. Jose Raymundo

Capt. Pablo Rivera, 418th Medical Logistics Company commander, assisted by 1st Sgt. Gwendolyn Mason, presents Spc. Mario Lara a team trophy and citation.

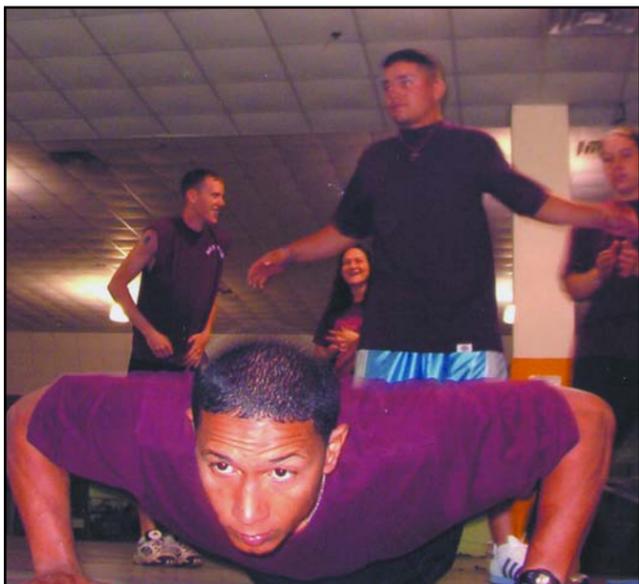


Photo by Staff Sgt. Jose Raymundo

Pfc. Jose Serrano is cheered on by teammates during the Squad Stakes competition physical fitness test.



Photo by Esther Garcia

418th Medical Logistics Company Soldiers celebrate their team and individual trophies won during the unit Squad Stakes competition recently.

## Kiley

Continued from Page 1

William Beaumont Army Medical Center, El Paso, Texas.

Kiley's first tour was with the 121st Evacuation Hospital in Seoul, South Korea, where he was the chief of OB/GYN services. He returned to the residency training program at William Beaumont Army Medical Center and served as chief, Family Planning and Counseling Service. He then served as assistant chief of the Department of OB/GYN.

He was assigned as the Division Surgeon of the 10th Mountain Division, a new light infantry division in Fort Drum, N.Y. He then assumed command of the newly acti-

vated 10th Medical Battalion, 10th Mountain Division, serving concurrently in both assignments. He returned to William Beaumont Army Medical Center, where he first served as the Assistant Chief, then Chairman of the Department of OB/GYN.

In November 1990, Kiley assumed command of the 15th Evacuation Hospital at Fort Polk, La., and in January 1991, he deployed the hospital to Saudi Arabia in support of Operations Desert Shield and Desert Storm. Upon his return, he was assigned as the Deputy Commander for Clinical Services at Womack Army Medical Center, Fort Bragg, N.C.

He is a graduate of the U.S. Army War College, Carlisle Barracks, Pa. He assumed

command of the Landstuhl (Germany) Regional Medical Center and what is now the U.S. Army Europe Regional Medical Command at Landstuhl, Germany, serving concurrently as the Command Surgeon, U.S. Army Europe and 7th Army.

Kiley then assumed the duties of Assistant Surgeon General for Force Projection; Deputy Chief of Staff for Operations, Health Policy and Services, U.S. Army Medical Command; and Chief, Medical Corps. His next tour was as Commander of the U.S. Army Medical Department Center and School and Fort Sam Houston, where he continued as Chief of the Medical Corps. Immediately before his current assignment, Kiley was com-

mander of Walter Reed Army Medical Center and North Atlantic Regional Medical Command and Lead Agent for Region I.

He is a board-certified OB/GYN and a fellow of the American College of Obstetricians and Gynecologists.

Among his awards and decorations are the Distinguished Service Medal, Defense Superior Service Medal, Legion of Merit (three oak leaf clusters), Bronze Star Medal, Defense Meritorious Service Medal, Meritorious Service Medal (two oak leaf clusters), Army Commendation Medal, the "A" professional designator, the Order of Military Medical Merit and the Expert Field Medical Badge.

## Simulation

Continued from Page 1

Hastings said realistic simulation scenarios, put together by the school staff with limited funds and a lot of imagination, help drive home "very sophisticated concepts" students must learn before they deploy.

"They're getting their first year of medical school in 16 weeks," she said. "Our goal in incorporating simulation into the training is to develop a medic who can respond to trauma on the battlefield quickly."

Garrett said that's the rationale behind the tough training — noisy, fast-paced and stressful, even to the nonparticipating observer. "You train as you fight, and you fight as you train," he said. "The more we go through this, the more mechanical the concepts become. And when you're faced with a real-life scenario, you fall

back on your training. Everything comes back."

"It hits you in the face that this is going to be your reality," said Army Pvt. Rony Touch, who was catching his breath after going through the downed-helicopter simulation for the first time. "This hands-on experience emphasizes what we've been learning in the classroom and the importance of the basics in saving lives."

In another simulation scenario, Pvt. Michelle Wenger helped load a victim into an ambulance, hook up an intravenous drip, administer cardiopulmonary resuscitation and open up the patient's airway when he "stopped breathing" — all while bouncing inside the vehicle just as she would while moving a real-life patient to a field hospital.

"This really gives us a chance to use our skills and work together as a team," she said. "It also gives you confidence in

your training, and that's going to be really important when we do this for real."

Other scenarios at the simulation center replicate a wide range of medical emergencies, as well as austere conditions in a forward surgical tent or combat support hospital.

Hastings said the scenarios, like all training provided to the students, emphasize lessons being learned in Iraq and Afghanistan with a focus on the "ABCs" of combat medicine: opening up the airway, ensuring the patient is breathing, and stopping bleeding to maintain circulation.

"Simulation is a way for medics to become competent in their craft. It incorporates everything they've learned through the program to get them ready before they deploy," she said. "That helps give them the confidence they'll need when they apply these concepts on a real human in a real situation."

### Coliseum Gate closure

Coliseum Gate closed Monday and Jadwin Gate (adjacent to Coliseum Gate) opened the same day. The hours of operation remain the same: 6 a.m. to 6 p.m. Mondays through Fridays and closed on weekends and holidays. Due to space constraints at Jadwin, non-commercial traffic may encounter delays from commercial vehicle inspections.

### Repairs limit traffic at Wilson gate

Repairs on the roof of the guard house at the Wilson Vehicle Access Control Point require the operation of one lane for inbound and outbound traffic the repairs are scheduled for completion in a week. People should expect delays, especially during the lunch period, and look out for flagmen directing traffic.

## False rumor regarding destruction of veterans records bogs down system

There is a false rumor circulating on the Internet, in e-mails, and among veteran service organizations that Official Military Personnel Files at the National Personnel Records Center, operated by the National Archives and Records Administration, will be digitized and then destroyed. This rumor is not true.

Neither the Department of Defense nor the National Personnel Records Center intends to destroy any OMPFs stored at

the center. The purpose of any electronic scanning would be to help preserve the originals and increase efficiency in handling reference requests.

The National Archives and Records Administration preserves and protects OMPFs that were transferred from the military service departments because they are permanently valuable records that document the essential evidence of military service for the veterans of our nation. NPRC stores and services OMPFs for retired, dis-

charged, or deceased military personnel.

The National Personnel Records Center responds to approximately 4,000 requests pertaining to military records each day, totaling more than 1 million requests each year. Requests resulting from this false rumor will have a negative impact on NPRC's ability to respond to requests from veterans with real immediate needs, such as medical treatment, employment and retirement.

Source: Army Echoes

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

The U.S. Army is looking for motivated service members to fill its Warrant Officer ranks. Positions are open in 45 specialties. Applicants with less than 12 years of active federal service are encouraged to apply. A Warrant Officer Recruiting Team from Headquarters, U.S. Army Recruiting Command, Ft Knox, Ky., will visit Fort Sam Houston to brief qualifications and application procedures Oct. 13 from 10 a.m. to 2 p.m. in Bldg. 2263, Room 101B. Applicants, families and friends are encouraged to attend. For more information, call Staff Sgt. Terry Hadley at 295-0645 or DSN 421-0645. For required forms/documents, visit [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant), or call DSN 536-0328/0466/0271/1860/0458/0484. The toll free number is 1-800-223-3735, ext. 6 and the last four of the phone number.

## DFAS launches MyPay enhancements

MyPay, the online pay account information system of the Defense Finance and Accounting Service, implemented new enhancements and upgrades for its users.

All myPay users:

- Can assign a "restricted access PIN" to a designated individual to view the information, but cannot make any changes to the allotments or account information
- Can add a personal e-mail address, so users are notified of pay changes and other items of interest

All active-duty Army, Navy and Air Force members:

- Can view 12 months of Leave and Earning Statements
- Are able to start, stop and change financial allotments and savings bonds

MyPay is a Web-based system that allows customers to access and control their pay account information. Receipt of electronic LES and other financial information eliminates the risks associated with postal delivery. MyPay provides members up-to-date information on pertinent changes by delivering notices to users' e-mail addresses.

Today, myPay has nearly 3 million users with customized PINs and serves all military members, military retirees and annuitants, Department of Defense civilian employees and Department of Energy employees.

To access the myPay Web site, go to <https://mypay.dfas.mil>. For more about DFAS, visit <http://www.dfas.mil>.

## Ethics Training

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

### Ethics Training Schedule

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

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

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

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

For more information, call the Ethics Counselor, AMEDDC&S and Fort Sam Houston, at 221-2373 or 221-0485.

### Antiterrorism Awareness Training (Level I) is mandatory

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

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

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

For more information, call Terri Stover, FSH Antiterrorism Office at 295-0535 or e-mail [theresa.stover@samhouston.army.mil](mailto:theresa.stover@samhouston.army.mil).

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



Courtesy photos

Pfc. Keith Travis, Soldier of the Week, applies a reel splint to his casualty. Travis is from Wichita, Kan. Travis said he joined the Army to "build character." His plans for the future include majoring in medicine and literature. His hobbies include Origami and diving.

Pfc. Giang Hoang, Junior Leader of the Week, demonstrates how to apply the Kendrick Extrication Device to a casualty. Hoang hails from Stockton, Calif. His plans for the future are to continue with his studies in medicine by finishing college, attending medical school and return to the Army as a physician. Hoang said, "I joined the Army to waiver my first two years of ROTC, and also to gain experience and become a Soldier." Hoang's hobbies include playing basketball and computer engineering.



## Disability awareness training seminar educates community

In recognition of Disability Employment Awareness Month, the Fort Sam Houston Individuals with Disabilities Program Committee, under guidance of the Directorate of Human Relations/Equal Employment Opportunity Programs, will host a training seminar Oct. 19 from 8 a.m. to 3:30 p.m. at the NCO Club.

Special guest Gary Guller, from the Team Everest '03 expedition, will open the seminar. Every member of the expedition was a person with a disability. He will open with an interactive training piece about how team members' disabilities were accommodated to make the ascent possible, how accommodations give people with disabilities the ability to do more than they thought, and how that can transfer to daily life.

Other seminar topics include emergency evacuation planning, reasonable accommodation procedures, processing work orders for accommodations, workplace ergonomics, special hiring

authorities and Section 508 compliance.

The training is open to military and civilian personnel. Managers and supervisors are especially encouraged to attend. The seminar is an opportunity to gather information and guidance concerning the hiring and retention of people with disabilities, how to work through accommodation requests and how to help the Department of the Army and Fort Sam Houston meet its goals in employing people with disabilities.

Come get cutting-edge knowledge needed to improve the workforce, take advantage of a largely untapped pool of qualified people and learn to avoid mistakes that can lead to disability-based Equal Employment Opportunity complaints.

The training seminar is free of charge, but registration is required by close of business Friday. To register, check Admin Info or call Glennis Ribblett at 221-9401 or Cecilia Johnson at 221-6184 by phone or by e-mail.

### ***Wheelchair basketball tournament, Oct. 23***

As part of Disability Employment Awareness Month, the Individuals with Disabilities Program Committee will sponsor a wheelchair basketball tournament Oct. 23 at the School Age Services building on Dodd Blvd., Bldg. 1705. Playoffs start at 8 a.m. and will be by double elimination. The winner of the FSH teams will play the San Antonio Wheelchair Spurs that afternoon. Games will be played according to the National Wheelchair Basketball Association 2003-2004 Official Rules.

To sign up a team, call Claudia McFadden, 221-2752, Claudia.McFadden@fifth.army.mil, or Sgt. Djuana Robinson, 295-4677, Djuana.Robinson@amedd.army.mil.

Wheelchairs for FSH teams are being provided by Brooke Army Medical Center, and a the Sergeant Audie Murphy Club will man a refreshment booth.

## Family Readiness Group Leadership Team Workshop

**Oct. 15, 8 a.m. – 4 p.m.  
Roadrunner Community Center**

This workshop is open to all units on the installation whether or not you have an FRG. The purpose is to provide standardized training to unit commanders, first sergeants, family member FRG leaders, and any other unit representative with an interest in family readiness. The material presented in the workshop is from the Operation READY program developed by The Texas Cooperation Extension of Texas A&M University under contract with Headquarters, Department of the Army, Community and Family Support Center, and Army Community Service.

### **Agenda**

8 a.m. – 8:30 a.m.	Registration
8:30 a.m. – 9:15 a.m.	Introduction/FRG Overview
9:15 a.m. – 10 a.m.	Leadership for Effective FRGs
10 a.m. – 10:10 a.m.	Break
10:10 a.m. – 10:40 a.m.	Building Your FRG – Getting Started
10:40 a.m. – 11:20 a.m.	Building Your FRG – Volunteers
11:20 a.m. – 11:45 a.m.	Building Your FRG – Making Contact
11:45 a.m. – 12:30 p.m.	Lunch
12:30 p.m. – 1:15 p.m.	Running the FRG – Communications
1:15 p.m. – 1:45 p.m.	Running the FRG – Special Events
1:45 p.m. – 1:55 p.m.	Break
1:55 p.m. – 2:30 p.m.	Running the FRG – Money Matters
2:30 p.m. – 3 p.m.	Running the FRG – JAG
3 p.m. – 3:30 p.m.	The FRG – Bringing it All Together
3:30 p.m. – 3:50 p.m.	Workshop Wrap-up
3:50 p.m. – 4 p.m.	Certificates

Pre-registration is required and class size is limited. For reservations and more information, contact the Mobilization & Deployment Office in ACS at 221-2705.

Next scheduled workshop: Nov. 19

## Army Community Service

### Family Advocacy Program Class Schedule – October 2004

Class Title	Dates	Class Time
Anger Management Awareness	Tuesday	11 a.m. – 12:30 p.m.
Basics of Breastfeeding	20	10:30 a.m. – 12 p.m.
Beyond Your First Baby	29	8 a.m. – 12 p.m.
Boys Only! Ages 9-10	20	3 p.m. – 4 p.m.
Building Effective Anger Management Skills Series 1-4	14, 21 and 28	11 a.m. – 12:30 p.m.
Commanders Training	28	8 a.m. – 9:30 a.m.
Conflict Management	13	11 a.m. – 12:30 p.m.
Coping with Difficult People	20	1 p.m. – 2:30 p.m.
DivorceCare	Sunday, 17, 24 and 31	11:30 p.m. – 12:45 p.m.
Domestic Violence Prevention Conference	19	7:45 a.m. – 11 a.m.
Getting Ready for Childbirth (Series 1-3)	18	1 p.m. – 4 p.m.
Girl Talk! Ages 6-8	Wednesday	3 p.m. – 4 p.m.
Ages 9-10	27	3 p.m. – 4 p.m.
Healthy Pregnancy	25	9 a.m. – 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday and 26	9 a.m. – 11 a.m.
P.A.I.R.S. (Couples Course) (Four-part series)	Wednesday, 20 and 27	6 p.m. – 7:30 p.m.
S.T.E.P. Program for Parents of School Age Children	Sunday and 17	11 a.m. – 12:30 p.m.
Stress Management I & II Truth or Consequences?	14 and 21	1 p.m. – 2:30 p.m.
(Three-part series)	Tuesday, 19 and 26	4:30 p.m. – 5:30 p.m.
You & Your Baby	Wednesday and 27	8 a.m. – 12 p.m.

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

## Former POW Spc. Shoshana Johnson speaks at women's conference



**Spc. Shoshana Johnson**

U.S. Army Spc. Shoshana Johnson, the first female prisoner of war in the war on Iraq and the first black female POW in U.S. war history, will be one of the keynote speakers Oct. 16 at the second annual Women's Conference and Expo hosted by Spirit of Sisterhood.

Johnson, who will deliver a speech appropriately titled 'Powerful Women,' will share

the podium with author/radio personality Michael Baisden, famed for his "Love, Lust and Lies Relationship Seminars," and other noted speakers during the conference and expo Oct. 15 to 17 at Clarion River Walk Hotel-Coronado Ball Room and Sunset Station in downtown San Antonio.

The theme for this year's event is "Cultivating leaders for the 21st Century; play like a man, but win like a woman." Johnson became known to people worldwide when she and five fellow Soldiers were taken prisoner in March 2003 after her 507th Maintenance Company convoy was ambushed in an-Nasiriyah, Iraq. She received a bullet wound in one ankle and suffered injuries to both legs. Three weeks after capture, the prisoners were rescued during a U.S. Marine raid. Johnson, who in December

2003 retired from the Army on a Temporary Disability Honorable Discharge, received several awards and decorations including the Purple Heart Medal, Prisoner of War Medal, Bronze Star Medal, Army Commendation Ribbon and National Defense Ribbon. Born in the Republic of Panama, Johnson lives in El Paso, Texas.

For more information or to register for the 2nd Annual Women's Empowerment Weekend, call (210) 930-0959, send e-mail to [sostour@aol.com](mailto:sostour@aol.com) or visit Spirit of Sisterhood's Web site at [www.sosexpo.com](http://www.sosexpo.com) or [www.spiritofsisterhood.com](http://www.spiritofsisterhood.com). Group and military discounts are available.

Spirit of Sisterhood focuses on the importance of involving today's women leaders, role models and educators in encouraging others.

## Post Pulse: Who would you contact to report suspected spouse abuse?



*"I would contact the police."*

Gabriel Castillo,  
Navy Reservist

*"I would call 911."*

Kimberly Castillo



*"I would contact the military police."*

Staff Sgt.  
Sallie Hall,  
B Company,  
Academy Battalion



*"I would call the 1-800 number designed to report abuse."*

Staff Sgt. Jose  
Raymundo, 418th  
Medical Logistics  
Company



*"I would contact the Family Advocacy Program."*

Staff Sgt. Imani  
Walton, B Company,  
Academy Battalion

## Victim Advocate Program aids victims of spouse abuse

By Angela M. Swain  
Army Community Service Family  
Advocacy Program

It is hard for any victim to decide to report and seek help for the crime of spouse abuse.

Perhaps it is even more of a conflict for an abused military spouse because there is a fear of damaging the Soldier's military career.

Domestic violence does exist within military families and has the potential to escalate due to heightened stress levels. The reality is once a spouse of domestic violence seeks help the cycle of violence can begin to be broken. It is then that essential coordination for help can occur.

The Army initiated the Victim Advocate Program in 1995 to assist spouses, both male and female, who are in trouble. The Victim Advocate Program is available to provide support services to help stabilize a family in crisis. These services include: crisis intervention, secure medical treatment, safety issues, shelter and specific victim needs. Advocates are supportive, not controlling or overbearing, non-judgmental and caring.

Victims do not have to live in fear, and wonder when the next act of physical violence will occur. Victims/survivors can choose not to accept mental and emotional abuse or put downs about their self-worth.

A victim advocate can provide encouragement and emotional support. Victims are reminded they have the right to be treated with fairness, dignity and respect. The victim advocate will educate clients about their rights and entitlements as military spouses, and equip clients with additional tools. They can intervene on behalf of victims with military organizations: chain of command, Department of Social Work, legal, the Case Review Committee and other agencies.

One of the goals of the Victim Advocate Program is to work with victims of abuse and to maximize their safety. Safety planning issues include: determination of weapon

accessibility, substance abuse, injuries, protection or restraining orders, separation periods and shelter for family members.

The victim advocate also helps the victim analyze potential danger and assess the situation for life-threatening violence, which is a risk for children who witness family violence. The advocate will gather information and help the client to explore relevant options and resources (on and off post).

The advocate informs victims about the eligibility criteria for Transitional Compensation. This

benefit provides temporary financial assistance for eligible family members while they re-establish their lives. The advocate coordinates with the Department of Social Work, 916-3020, which provides clinical intervention and treatment, military police, 221-2222, and the victim witness liaisons at legal, 221-2353/1488).

Please contact victim advocate at 221-0600 if you are a victim of abuse.

Let the advocate be your voice of support and empower you to stabilize your life and break the cycle of violence.

## FSH Fire Department to host Open House Saturday

The Fort Sam Houston Fire Department will host an Open House Saturday from 9 a.m. to 3 p.m. at the Fire Station, Bldg. 3830, on the corner of Schofield and Garden. During the Open House, firemen will help residents develop a home fire escape plan, identify escape routes in their home and to choose an outside meeting place where everyone can gather after they've escaped. Practice ensures that everyone in the home knows the fire escape plan, are familiar with the sound of the smoke alarm and know how to exit quickly.

### Schedule of events for Open House

- 9 a.m. – Opening remarks with continental breakfast
- 10 a.m. – Live fire demonstration
- 11 a.m. – Water polo competition
- Noon – Food and drinks
- 1 p.m. – Guest speaker, retired Marine Staff Sgt. Eric Alva, a veteran of Operation Iraqi Freedom
- 1:15 p.m. – Poster contest winner presentations
- Noon to 3 p.m. – Special appearances by Sparky, McGruff and T-Bone of the San Antonio Rampage

### Other activities

- Dunkin' Booth
- Moon Walk
- Fire safety games
- Face painting

For more information about fire prevention, call Terry Davis, supervisory fire inspector, at 221-5452.

For more information about Fire Prevention Week, visit NFPA at [www.firepreventionweek.org](http://www.firepreventionweek.org) or visit NFPA's Web site at [www.nfpa.org](http://www.nfpa.org).

## Fire drill



Photo by Elaine Aviles

Sherry Salone (back left) teaches fire safety skills to day care provider Shawn Lowery, Antonia Aviles (left), 2, and Angel Muniz, 2, using child-friendly coloring books after a practice fire drill at Lowery's home day care. Fire Prevention Week runs through Saturday.

# Nine retirees look forward to new horizons

Retirement orders were read for eight members of the Armed Services and one Department of Defense civilian during a combined retirement ceremony held Thursday morning at MacArthur Parade Field. The following members concluded their military careers serving a combined 265 years of military service to the nation:

**Col. Victor M. Rosello**, U.S. Army Southern Command, Fort Sam Houston, Texas retired Sept. 30 after 30 years of military service.

Rosello was commissioned a second lieutenant through the ROTC program from the University of Puerto Rico in 1974.

During the span of his military career, his duties have included Mechanized Infantry Platoon Leader, Company Executive Officer, Battalion S2, Military Intelligence Company Commander, Battalion S3, Battalion Executive Officer, Airborne Corps G2 Plans Officer, Senior Military Intelligence Advisor, Airborne Battalion Commander, Airborne Division G2, Brigade Commander, MACOM G2, and Deputy Commander for Operations. Rosello participated in Operation Just Cause, Operation Desert Shield/Desert Storm, two tours as a Military Advisor to the Salvadoran Armed Forces, and one tour as a Military Advisor to the Colombian Armed Forces.

Rosello is married to the former Rosa Monterrosa and they have two children.

**Lt. Col. Ronald G. Benton**, U.S. Army Medical Department Center and School, Fort Sam Houston, Texas retired Oct. 1 after 28 years of military service.

Benton was commissioned an infantry lieutenant in the Marine Corps in 1976, and made an inter-service transfer to the Army in 1979, where he joined the 3rd Infantry.

Benton's first Army assignment was at Fort Benning, Ga., where he successfully

completed Airborne and Pathfinder School and earned the coveted Ranger Tab.

Highlights of his assignments include Schofield Barracks, Hawaii, Presidio, Calif., Germany where he participated in the Gulf War, then later served in Heidelberg, Germany.

From 1996-2000, Benton was assigned as the Inspector General in Mannheim, Germany for the 5th Signal Command, involving 13 battalion-size units spread over five foreign countries.

Benton is a professional bull rider, and will pursue a follow-on position with the Army as a civilian recruiter at local rodeos and youth rodeos.

He is married to Kerry Benton and they have three daughters.

**Air Force Maj. Patrick J. Rothbauer**, U.S. Army Southern Command, Fort Sam Houston, will retire on Jan. 1 following 25 years of military service.

Rothbauer completed basic military training at Lackland Air Force Base, Texas in December 1979. His first duty assignment was with the 63rd Aerial Port Squadron, Norton Air Force Base, Calif. in February 1980 and was transferred to the 608th Military Airlift Support Squadron, Ramstein Air Base, Germany, followed by assignments to Fort Lewis, Wash. and Offutt Air Force Base, Neb.

After completing his bachelor's degree and attaining the rank of master sergeant, he attended Air Force Officer Training School at Lackland Air Force Base, Texas.

Highlights of his assignments include Wiesbaden Army Airfield, Federal Republic of Germany, 15th Operations Support Squadron, Hickam Air Force Base, Hawaii and Sheppard Air Force Base, Texas.

Rothbauer returned to Germany in 2000 to become the commander, Detachment 10, 7th Weather Squadron. During this assign-



Photo by Rudy Flowers

Front row: (right to left) Col. Victor Rosello, Command Sgt. Maj. Jefforn Butler, Lt. Col. Ronald Benton and Air Force Maj. Patrick Rothbauer. Back row: Sgt. Maj. Timothy Williams, Master Sgt. Hugh Williams, Sgt. 1st Class Joseph Novak, Staff Sgt. Earl Denny and Raymond Turner. All were recognized for their service to the nation during the retirement ceremony held at MacArthur Field.

ment, he deployed as the Expeditionary Weather Squadron Commander at Eagle Base, Tuzla, Bosnia and deployed to Kuwait and Iraq in support of Operations Enduring Freedom and Iraqi Freedom.

Rothbauer is married to the former Michelle Morrow and they have two children.

**Command Sgt. Maj. Jefforn L. Butler**, 1st Medical Brigade, Fort Hood, Texas, will retire after 30 years of military service on Nov. 10.

Butler, a native of Troy, N.C. entered basic training at Fort Jackson, S.C. on September 1974.

Highlights of his assignments include units in Fort Lewis, Wash., Bad Tolz, West Germany, Fort Ord, Calif., and Fort Sam Houston, Texas. He served as the consultant to the U.S. Army Surgeon General on

all enlisted clinical affairs, command sergeant major for the 41st Combat Support Hospital and the 147th Medical Logistics Battalion, Fort Sam Houston, Texas.

Butler is married to the former Karen Harmon of Manhattan, NY, and they have four sons.

**Sgt. Maj. Timothy R. Williams**, U.S. Army Medical Department Center and School, Fort Sam Houston, Texas retires after 30 years of military service on Nov. 1.

Williams is a native of Mount Carroll, Ill. He joined the Army on May 14, 1974. He attended basic training at Fort Polk, La. and completed Dental Assistant training at Fort Sam Houston, Texas.

Highlights of his overseas tours include Grafenwohr Dental Clinic, Bamberg, Germany, Dental Clinic, 618th Medical Company (Dental Service), Yongsan, Korea;

and Senior Dental NCO, HQs, 18th Medical Command at Yongsan, Korea.

He served as an Army Recruiter with the Saint Louis Recruiting Battalion; Senior Dental Instructor, Operations Sergeant, and NCO in charge, Dental Assistant Training Course, Fort Sam Houston, Texas; and Dental Research Project NCO, U.S. Army Institute of Dental Research.

He has published several articles in the Journal of the Army Medical Department, and the Journal of Public Health Dentistry.

Williams is married and has one daughter.

**Master Sgt. Hugh P. Williams**, U.S. Army Garrison, Fort Sam Houston, Texas will retire Jan. 1 following 23 years of military service.

Williams enlisted in the United States Army at Fort Hamilton, N.Y. in November of 1985, after a four-year break from a previous enlistment as a telephone systems repairman. His basic training was completed at Fort Leonard Wood, Mo. and advanced individual training at Fort Jackson, S.C. as an Administrative Specialist.

His assignments include tours at 194th Armored Brigade, Fort Knox, Ky.; two tours with the 2nd Infantry Division, Korea; 299th Support Battalion, 1st Infantry Division, Goeppingen, Germany; 41st Engineer Battalion, 10th Mountain Infantry Division, Fort Drum, N.Y.; Somalia, On-Site Inspection Agency, Frankfurt, Germany; 5th Signal Command, Mannheim, Germany; 1st Personnel Command, Heidelberg, Germany; and the U.S. Army

Garrison, Fort Sam Houston, Texas.

He is married to the former Jacqueline Vitalien and they have four children.

**Sgt. 1st Class Joseph Novack**, 2nd Battalion, 351st Infantry Division, Camp Blanding, Fla. retired on Oct. 1 following more than 20 years of military service.

Novack completed Infantry One Station Unit Training at Fort Benning, Ga. as an Indirect-Fire Infantryman, immediately followed by Airborne Training and the Ranger Indoctrination Program. His first duty assignment was with the 3rd Battalion, 75th Ranger Regiment, where he was one of that unit's original members.

Highlights of his assignments include the 197th Infantry Brigade (Mechanized Separate), at Fort Benning, Ga.; the 1st Armored Division, Vilseck, Germany. During the First Gulf War, Novack was transferred to 1st Battalion 37th Armored Regiment where he served as a Fire Direction Center Chief Computer.

Novack is married to the former Aracely Acosta and they have a daughter.

**Staff Sgt. Earl D. Denny**, U.S. Army Medical Department Center and School, Fort Sam Houston, Texas retired after 20 years of military service effective Sept. 30.

Denny completed basic combat training at Fort Jackson, S.C. and received advanced individual training as a Combat Medic and then as an Operating Room Specialist here. His first assignment, in 1985 was MEDDAC, Fort Jackson, S.C.

Highlight of his assignments include Tripler, Hawaii; Fort Lee,

Va.; Landstuhl Regional Medical Center, Germany; Fort Carson, Colo.; and Fort Sam Houston, Texas where he served as an instructor/writer with the Anatomy and Physiology Branch, Army Medical Department Center and School.

**Raymond Turner**, U.S. Army Garrison, Fort Sam Houston, Texas retired following 59 years of military and federal service on Sept. 30.

A Mexican native, Turner, first entered the U.S. Army as a volunteer in September 1940 and was assigned to Company D, 121st Infantry, 30th Division, Fort Jackson, S.C. until his honorable discharge a year later. Turner re-entered the U.S. Army in February 1943 as a draftee at Fort Sam Houston.

Turner began his Army career as an infantry Soldier and participated in four campaigns with duty in World War II until he was wounded and returned to Brooke General Hospital, Fort Sam Houston, Texas. While recuperating, he learned the basic techniques of operating a camera and film processing. He worked under Special Services at the hospital, filming various recreational activities. While in the military, Turner photographed many famous dignitaries leaders, including former Presidents John F. Kennedy, Lyndon B. Johnson, Harry Truman and Jimmy Carter.

He entered civil service in May 1975 as a photographer at Fort Sam Houston. Through the years, he has photographed numerous events documenting many historic events at Fort Sam Houston.

Turner has been married 60 years to his wife, Mary Louise and they have two children.

## Fort Sam hosts Retiree Appreciation Day Oct. 30

The Fort Sam Houston Retiree Council and the Transition Services Office will host the annual Retiree Appreciation Day on Oct. 30 at the U.S. Army Medical Department Center and School, Bldg. 2841, Willis Hall, at the corner of Harry Wurzbach and Stanley Road, from 8 a.m. to 1 p.m.

The Brooke Army Medical Center will provide:

- Influenza immunizations beginning at 8 a.m.
- Diabetes screenings
- Prostate specific antigen
- Cholesterol screenings
- Vision screenings
- Glaucoma pressure tests
- Oral cancer screening exams
- Ear, nose and throat screenings,
- Grip strength testing blood pressure screenings
- Body Mass Index screenings.

BAMC staff will be available to offer informational handouts and answer questions.

The Staff Judge Advocate's office will be available to prepare wills. To facilitate the process, will worksheets are available online at

[http://www.cs.amedd.army.mil/sja/wil\\_information\\_paper\\_and\\_worksheet.htm](http://www.cs.amedd.army.mil/sja/wil_information_paper_and_worksheet.htm). If you are unable to access a computer, you may either call the retirement services office, 221-0936/9004, and have one mailed to you or stop by and pick up a copy. Having the worksheet completed prior to the appreciation day will expedite the process of completing your will.

The ID card section, located in Bldg. 367, will remain open from 8 a.m. to 1 p.m. to issue ID cards. Please bring your DD form 214 or retirement orders, and marriage, birth or death certificates, if applicable.

Retirement services will be available to make changes with DFAS on your retired pay account for allotments, addresses, taxes and bank changes. Personnel will be available to answer any questions you may have 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, Fort Sam Houston clubs and various service organizations will also provide information.

## DeCA appreciates military retirees

The Defense Commissary Agency is hosting free coffee and donuts Oct. 14 from 8 to 10 a.m. to recognize and appreciate military retirees. Retirees should bring an ID card.

# Early detection of breast cancer saves lives

By Susan Ferrise  
Brooke Army Medical Center

This year, an estimated 220,000 new cases of breast cancer will be identified in the United States. The most significant risks for developing breast cancer are gender and age. The second biggest risk for developing breast cancer is age. As a woman gets older, her risk of developing breast cancer increases. By the age of 85 her risk has increased to one in eight women.

Currently, there is no known prevention for breast cancer. Early detection and prompt treatment are the keys to winning the fight against breast cancer. Statistics show that breast cancer is more curable than ever before when detected early. All women should protect themselves and learn the recommended three-step approach to good breast health.

The three steps to early detection include: monthly breast self-exam, yearly clinical breast exam by a physician or nurse practitioner and mammograms as recommended.

The first component of an early detection program is mammograms. A mammogram is a safe,

low dose X-ray of the breast tissue. Most women will only need screening mammograms. If a suspicious area is identified she may then need additional films or a diagnostic mammogram. All women should begin scheduling annual mammograms at age 40.

The second component to early detection is breast self-exam. This is a simple technique, which is easily learned and takes only about 10 minutes a month. A woman is taught how to examine her breasts in a systematic fashion in order to detect any abnormal or unusual lumps, swelling, dimpling, thickening or any other changes in the appearance or feel of her breasts. This is particularly important in younger woman, 39 and younger, who are not candidates for mammograms. This simple procedure can be very valuable and may save a life.

The last component of this effective early detection program is a clinical breast examination by a woman's healthcare provider. This should be done annually along with other tests required to monitor a woman's health.

For more information, call Susie Ferrise at 916-2261.



## Fort Sam Houston Tell a Friend Luncheon

Oct. 15, 11:30 a.m. - 12:30 p.m.  
Fort Sam Houston Officers Club

**Featuring  
the Pink  
Ribbon Players  
in "Handle  
With Care"  
\$12 per lunch  
ticket**



Photo by Esther Garcia

For ticket information, call 916-3352. Advance sales only – no tickets will be sold at the door.

Senior Airman Mary Holmes, Randolph Air Force Base, receives information about breast cancer from breast cancer survivors, Deb Verbrigghe, Connie Cumings, Belinda Koeller and Connie Cumings at the post exchange. Susie Ferrise, is the Breast Health Educator at BAMC.

# Merck withdraws Vioxx from market due to safety concerns

Merck announced Sept. 30 that it is voluntarily withdrawing Vioxx (rofecoxib) from the market in the United States due to safety concerns. The market withdrawal in the United States at the pharmacy level, which means that Vioxx will no longer be available at pharmacies. At this time this is not a patient level recall; therefore, pharmacies are not required to contact patients to have them immediately discontinue Vioxx or return unused medication.

The company's decision is based on new data from a long-term, randomized controlled trial comparing Vioxx 25 mg daily and placebo in patients at risk of developing recurrent colon polyps. The trial was halted after safety

monitoring showed an increased risk of confirmed cardiovascular events, such as heart attack and stroke, beginning after 18 months of treatment in patients taking Vioxx 25 mg daily vs. placebo.

The FDA has issued a Public Health Advisory for Vioxx, available on the FDA's Web site at [www.fda.gov/cder/drug/infopage/vioxx/default.htm](http://www.fda.gov/cder/drug/infopage/vioxx/default.htm), or healthcare providers may contact the FDA's Drug Information Office at (301) 827-4573 or (888) 463-6332. Merck may be contacted at: (888) 368-4699; a press release is available on the company's Web site at [www.merck.com](http://www.merck.com). Patients should consult with their healthcare provider about alternative medicines.



## Running safety

People are prohibited from running on Stanley Road, Dickman Road, Artillery Post Road, Wilson Road, Scott Road, North New Braunfels Road, Harry Wurzbach Road, Schofield Road, Roger Brooke and Binz Engleman. However, runners may run on sidewalks or on the grass on these roads.

A few running safety tips include:

- If walking or running during hours of darkness, carry a flashlight to shine on the sidewalk in front of you.
- Wear light or reflective clothing; stay out of the roadway and be alert to traffic.
- Carry your own identification: name, address, a friend or relative's telephone number. Make sure your friends or relatives know your favorite running routes.
- Run in familiar areas.
- Avoid unpopulated areas, deserted streets and overgrown trails.

- Don't wear headphones.
- Run against traffic and keep the approaching automobiles in view.
- Wear reflective material if you must run during the hours of darkness. Soldiers running in a formation or individually during limited visibility, to include hours of darkness, will wear reflective vests or belts (worn diagonally from right shoulder to left hip) as part of the PT uniform. Commanders are responsible for ensuring that running formations have adequate visibility while conducting PT formations on FSH.

For more information and the safety-training calendar, go to the ISO Web site [www.cs.amedd.army.mil/iso](http://www.cs.amedd.army.mil/iso) <<http://www.cs.amedd.army.mil/iso>> and look under regulations. For assistance, please call Guadalupe Gomez at 221-3866 or e-mail [Guadalupe.Gomez@CEN.AMEDD.ARMY.MIL](mailto:Guadalupe.Gomez@CEN.AMEDD.ARMY.MIL).

## Health Promotion Center

### October Class Schedule

Class	Date	Time
AD Self Care	Today	8-10 a.m.
Back Pain	Today	1:30-3 p.m.
Breastfeeding Support Group	Friday	1-2:30 p.m.
Office Yoga	Tuesday	12-1 p.m.
Stress Management	Tuesday	1-2:30 p.m.
Breast & GYN Cancer Support Group	Wednesday	9:30-11 a.m.
Self Care & Health	14	9:30-11 a.m.
Body Fat Testing	15	8-11 a.m.
Introduction to Weight Reduction	15	12-1:30 p.m.
Breastfeeding Support Group	15	1-2:30 p.m.
Cholesterol	18	9-11:30 a.m.
Diabetes Education	18	12:45-4:30 p.m.
Breast Health	19	9-10 a.m.
Office Yoga	19	12-1 p.m.
Diabetes Education	19	12:45-4:30 p.m.
Tobacco Cessation "Readiness to Change"	19	5-7 p.m.
High Blood Pressure	20	9-12 a.m.
AD Self Care	21	8-10 a.m.
Breast & GYN Cancer Support Group	21	1:30-3 p.m.
Tobacco Cessation "Readiness to Change"	21	2-4 p.m.
Breastfeeding Support Group	22	1-2:30 p.m.
Diabetes Education	25	12:45-4:30 p.m.
Diabetes Foot Care	25	1-2:30 p.m.
Arthritis	26	9:30-11 a.m.
Office Yoga	26	12-1 p.m.
Diabetes Education	26	12:45-4:30 p.m.
Breast & GYN Cancer Support Group	26	5:30-7 p.m.
Breastfeeding Support Group	29	1-2:30 p.m.

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

## Blood is the fluid of life

The BAMC Blood Bank is running critically low of O Negative blood. Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

Contact the Donor Center to lend a helping hand. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



# Cole honors 'Principal's Students of the Month'



Courtesy photo

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. The recipients for October are (back row left to right) Caitlin Gresenz, 11th grade; James Starcher, 12th grade; Arvin King, 10th grade; (front row left to right) Margaret Manalo, 7th grade; Clara Buchanan, 8th grade; and Katherine Teeter, 9th grade.

## Hand-carry records

Families moving from one post to another in the continental United States should ensure they hand-carry medical records and children's immunization records. Proof of immunizations is necessary for most school enrollments. School children who arrive without immunization records necessary to comply with states' immunization requirements can be denied enrollment in schools.

## Bicycle safety

All personnel on Fort Sam Houston, including children, must wear a bicycle helmet while riding a bicycle, as outlined in Department of Defense Instruction 6055.4, dated July 1999.

AMEDDC&S and Fort Sam Houston Regulation 190-5, Motor Vehicle Traffic Programs, also states the bicyclist:

- must obey all traffic signals, signs, and other devices,
- will not carry any other person on a bicycle
- when riding at night, bicyclists will be equipped with bicycle headlights and taillight



## Crime Prevention Month Poster Contest

Hey Kids!

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

The contest is open to all children attending the Fort Sam Houston Elementary School.

- Three age groups: kindergarden - first grade, second - third grade and fourth - sixth grade
- Poster should be no larger than standard poster-board size.
- Print full name, age, home phone, grade, and parent's name and rank on back of poster.
- Turn in poster by 4 p.m., Friday at Bldg. 2250, (between the MP Station and the Education Center) to the Crime Prevention Section.
- Judging will be conducted on Tuesday and winners will be contacted by Oct. 15.

## FSH Independent School District

### Weekly Campus Activities Monday through Oct. 16

National School Lunch Week

#### FSH Elementary School

##### Monday

Student Holiday / Teacher Workday / Columbus Day

##### Tuesday

Begin Second Nine Weeks

##### Oct. 14

Report Cards go Home

##### Oct. 15

Spirit Day

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

##### Monday

Student Holiday / Teacher Workday / Columbus Day

##### Tuesday

Begin Second Nine Weeks

Volleyball vs. Comfort at Cole, Freshman at 5 p.m. / Junior Varsity at 6 p.m. / Varsity at 7 p.m. and 7 p.m.

##### Wednesday

PSAT Testing for Grades 10 and 11, TBA

##### Oct. 14

School Picture Retakes in Gym, 8 a.m. Junior Varsity Football vs. Randolph at Cole, 6 p.m.

##### Oct. 15

Volleyball at Randolph, Junior Varsity at 4 p.m. / Varsity at 5 p.m. Varsity Football at Randolph, 7:30 p.m.

##### Oct. 16

Edgewood Invitational Cross Country Meet at Frank Mata Stadium, All Day

Academic Decathlon "Cramming Party" in Room 500, 9 a.m. to Noon

## Dear Parents...

Do your children need a safety helmet?



# Cole Jr./Sr. High School offers variety of sports

Even though Cole Jr./Sr. High School is a small Conference 27-2A school, it still offers its students a wide variety in sports. The Cougar Girls' Varsity Volleyball team is an example, with a total of 13 girls on the roster. Coach Joella Allen said the team has an overall record of 8-15-2 and 1-2 in district play. The Lady Cougars lost the last match to Blanco.

Volleyball competition offers the team members an opportunity to compete against other 2-A teams, learn from the experience of playing as a team and practice good sportsmanship. Playing in a

team is a life-long learning experience.

"Our Lady Cougars have a lot of enthusiasm and stamina," said Coach Joella Allen. "Our girls play as if they are from a big Conference 5-A team."

In the Castle Hills Tournament in early September, the team finished sixth out of 16 teams. The Cougars defeated New Braunfels Christian High School, FEAST High School, Abundant Life Christian High School and tied with Castle Hills High School.

Outstanding performers for that tournament were Leah Morris, seven aces; Michelle

McClendon 10 kills; Yashira Velez, seven aces and seven digs; Joie Jolivette, two blocks, seven digs, 11 aces, and 19 kills; Beatrice Langford 12 aces, 17 digs, and 23 kills; and freshman setter Janelle Uncangco with eight aces and 61 assists.

In the Utopia Volleyball Tournament, held in mid-September, the Lady Cougars won the consolation prize by defeating Leakey High School and its old rival, Lackland ISD's Stacey High School. Beatrice Langford made the All-Tournament Team.

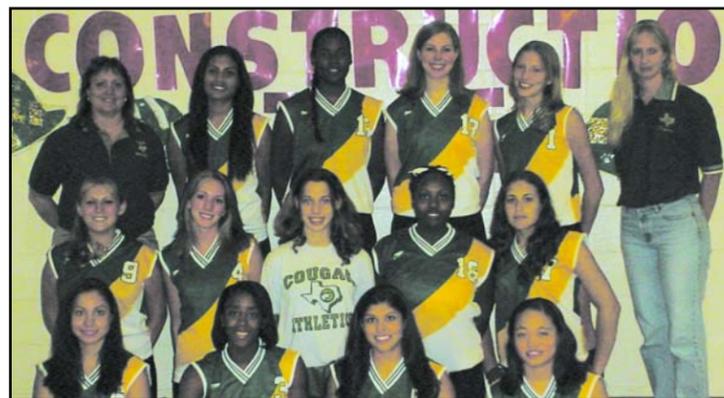


Photo by Jennifer Wilbur

Front row: (from left) Jaimie Siegle, Joie Jolivette, Erika Persuad and Janelle Uncangco. Middle row: Charmae Strickland, Michelle McClendon, Brittany Maas, Nicole Ham and Yashira Velez. Back row: Coach Joella Allen, Beatrice Langford, Jazmin Huling, Leah Morris, Kayla Villareal and Coach Stacey Martin.

# Western U.S. Army Civilian Aides visit wounded troops during conference

By Master Sgt. C.S. Allbright  
Fifth U.S. Army Public Affairs

Thousands of miles from his home on the U.S. territorial island of American Samoa, one Civilian Aide to the Secretary of the Army connected with a fellow islander recovering from wounds suffered in Iraq at the Brooke Army Medical Center. Tolani Teleso, a retired Soldier himself, knows the wounded Soldier's parents, family and village, and will bring back photos and messages from the Soldier.

The interaction between the 30 Civilian Aides and troops was the cornerstone of the three-day regional CASA conference in San Antonio, Sept. 27 to 30, hosted by Fifth U.S. Army Headquarters. Fifth Army provides oversight for 34 Civilian Aide positions that includes seven emeriti positions in the western half of the United States. Six U.S. Army Pacific Civilian Aides also joined Fifth Army for the annual regional conference.

Civilian Aides are typically business and civic leaders in each state appointed by the Secretary of the Army to serve in an advisory capacity as the eyes and ears for the Secretary of the Army. Currently, there are 90 Civilian Aides in the U.S. and its territories.

"One of the reasons we picked San Antonio this year is because it has been several

years since the Civilian Aides visited San Antonio and our CG wanted to provide them the opportunity to visit our Headquarters and wounded Soldiers at Brooke Army Medical Center," said Sue Cotton, the Civilian Aide program liaison for Fifth U.S. Army. "A lot of the wounded Soldiers returning from Iraq and Afghanistan are being treated here, and the BAMC doctors and medical personnel are doing an incredible job of helping these wounded Soldiers recover and rebuild their lives."

During the conference, Civilian Aides received briefings, toured facilities and met troops at Fort Sam Houston and Fort Hood.

"It's like any other organization, if you don't see each other you can't communicate," said T.J. Mills, a Civilian Aide emeritus from Killeen, Texas. "We hear many briefings that we're not familiar with so that we can go back to our communities and pass this information on to people who don't have the opportunities to hear about the changes in the Army."

One of the highlights of the regional conference was a Purple Heart ceremony and luncheon Sept. 27 at the Fort Sam Houston Golf Course Club. Three Soldiers received the Purple Heart medal. BAMC Commander, Brig. Gen. C. William Fox, Jr., said Soldiers typically receive the Purple

Heart at their bedside, but by waiting until the Soldiers are recovered enough, they can have a ceremony with family and friends.

Fifth U.S. Army Commanding General, Lt. Gen. Robert T. Clark, pinned the medals on Sgt. Rolando Perez, 41, of Edinburg, Texas, assigned to Fort Sam Houston; Sgt. Shawn Clayton, 27, of Mesa, Ariz., assigned to Scofield Barracks, Hawaii; and, Spc. Robert C. Greene III, of Spencer, Tenn., assigned to Schweinfurt, Germany. Two-dozen active duty Soldiers who previously received the Purple Heart were on hand to honor the newest recipients of the nation's oldest medal. At the luncheon, many Civilian Aides sat with troops from their home states.

After lunch, the Civilian Aides toured BAMC wards where troops are recovering from combat operations.

The CASAs went to Fort Hood Sept. 29, where they heard from III Corps leaders, including Maj. Gen. James Thurman, the commanding general of the Fourth Infantry Division, whose Soldiers are credited with the capture of Saddam Hussein.

From the regional conference, the Civilian Aides left San Antonio to share the experiences and connections they made with the men and women in uniform.



Photo by Ray Turner

Fifth U.S. Army Commanding General Lt. Gen. Robert T. Clark presents Sgt. Rolando Perez with the Purple Heart medal and accompanying certificate at a ceremony in the Golf Course Club. Perez is currently stationed at Fort Sam Houston with the 217th Transportation Co. Perez suffered injuries in Baghdad in July 2003 when he was hit by an improvised explosive device.



Photo by Master Sgt. C.S. Allbright

Spc. Natalie Stroope, Theodore Roosevelt Consolidated Dining Facility in Fort Hood, Texas, serves Civilian Aide Emeritus Louis Stumberg of San Antonio. The Civilian Aides visited Fort Hood Sept. 29.



Photos by Master Sgt. C.S. Allbright

(Top and right) Members of the 75th Division (Training Support) brief the Civilian Aides during their visit to North Fort Hood. The 75th Division troops are preparing units to deploy to Iraq and Afghanistan by conducting realistic training prior to deployment.





Photos by Ray Turner

Civilian Aides to the Secretary of the Army from Texas pose with Spc. Robert C. Greene, 21, during the Purple Heart Medal ceremony at the Fort Sam Houston Golf Course. Greene is currently recovering from wounds suffered in Samarra, Iraq during a mortar attack and car bomb. Greene was born in Webster, Texas, and is currently assigned to the 1st Infantry Division, Schweinfurt, Germany. Civilian Aides standing with Green are (from left) Michael A. Hood, T.J. Mills, William Shine, Louis Stumberg, and Randall Pais.

Lt. Gen. Robert T. Clark, Fifth U.S. Army Commanding General, presents Sgt. Shawn R. Clayton, 27, a Purple Heart medal as Civilian Aides to the Secretary of the Army Bill Paty of Hawaii and Dr. Randall H. Groth of Arizona stand with him. Clayton was born in San Bernardino, Calif., and now makes his home in Mesa, Ariz., with his wife, Clarissa. He went to Iraq in April with the 25th Infantry Division from Schofield Barracks, Hawaii. Clayton suffered injuries in July when his humvee ran over a land mine.



# Recruiting Command turns 40

## 5th Brigade honors top recruiters, civilian aides

By **Connie E. Dickey**  
5th Recruiting Brigade

In an early morning ceremony Sept. 30, the U.S. Army 5th Recruiting Brigade celebrated the U.S. Army Recruiting Command's 40th anniversary, recognized some of its top recruiters and honored Civilian Aides to the Secretary of the Army.

The celebration began with a presentation by Mayor Pro-Tem Councilman Richard Perez, of a city proclamation to the 5th Recruiting Brigade Commander, Col. Dorothea Wallace, proclaiming Oct. 1 as "U.S. Army Recruiting Command Day." The U.S. Army Recruiting Command as we know it today officially stood up Oct. 1, 1964.

The breakfast, held at the Westin Riverwalk Hotel in downtown San Antonio, was attended by Col. Donald Campbell, special assistant to the commanding general of the U.S. Army Recruiting Command, members of U.S. Army 5th Recruiting Brigade, U.S. Army 6th Recruiting Brigade, U.S. Fifth Army, Brooke Army

Medical Center, prominent civilian community leaders and Civilian Aides to the Secretary of the Army. Lt. Gen. Robert Clark, Fifth Army commander, was the guest speaker and spoke on his experiences as a recruiting company commander.

In a sea of varied military uniforms, the audience honored nine top recruiters throughout the 5th Brigade for their success in enlisting young Americans into the Army, as well as two Brigade Soldiers who recently returned from Operation Iraqi Freedom.

The U.S. Army Recruiting Command also spotlighted the efforts made by the Civilian Aides to the Secretary of the Army and presented each one with an Honorary Army Recruiter certificate. There are 35 CASAs west of the Mississippi who work with Fifth Army and both the 5th and 6th Recruiting Brigades to support Army efforts.

The 5th Recruiting Brigade, as well as brigades, companies and recruiting stations throughout the U.S. Army Recruiting Command, celebrated the official 40th anniversary of the command in special events on Oct. 1.



Photos by Connie E. Dickey

Col. Dorothea Wallace and Command Sgt. Maj. Michael Horner, U.S. Army 5th Recruiting Brigade's commander and command sergeant major, make the first cut on the command's 40th anniversary cake.



Lt. Col. Jay Hirata speaks with Sgt. 1st Class Byron Hoover and Capt. Milton Kinslow about their tour in Iraq. All three are with the 5th Recruiting Brigade.



Sgt. 1st Class Chad Christenson of the San Antonio Recruiting Battalion accepts his top recruiter award from Col. Dorothea Wallace, 5th Recruiting Brigade commander while Command Sgt. Maj. Michael Horner and Lt. Gen. Robert Clark look on.

## Officers' Bible study

Join fellow officers for Christain fellowship Bible study at 1008 Gorgas Circle, Fort Sam Houston on:

**Friday, 15 and 29; Nov. 12 and 19; Dec. 3, 10 and 17**

**Supper begins at 6 p.m. and study at 7 p.m.**

For information, call Lt. Col. Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com, call or Chaplain Schlichter at 221-1698 or e-mail david.schlichter@cen.amedd.army.mil

## Catholic religious education

The Fort Sam Houston Catholic religious education program is Sundays for children and adults. Classes are weekly from 11 a.m. to 12:15 p.m. in the Dodd Field Chapel classrooms. This year's theme is "Stewards of God's Gifts." For more information or to register, call Brian Merry at 221-5005 or brian.merry@samhouston.army.mil.

## "Highway to heaven" adult bible study

A 32nd Medical Brigade "Highway to heaven" adult Bible study for permanent party military members is Thursdays from noon to 1 p.m. in the AMEDD chapel fellowship room. Pizza is served for lunch. For more information, call AMEDD chapel NCO in charge at 221-4362.

## 'Heart to Heart' Women's Retreat

The Fort Sam Houston Chapel ministry is sponsoring a women's retreat called "Heart to Heart" at the T Bar M ranch north of San Antonio Oct. 22 to 24. This is an opportunity for women to examine the issues of the heart with workshop leaders John and Melissa Kruk. A donation of \$15 is suggested. Overnight childcare is available by FCC providers. For more information, call Amber Talbert at 666-4729.

# Post Worship Schedule

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

### Catholic Services:

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - Weekdays

### Protestant Services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

### Jewish Services:

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

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



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

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

### Protestant Services:

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

9:30-11:30 a.m. - Women's Bible Study (PWOC) -

Wednesdays, childcare is provided

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

### Troop Catholic Mass:

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

### Troop Protestant Gospel Services:

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

### Troop Protestant Service:

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



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

1:30 p.m. - Jumma - Fridays

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

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

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

### Catholic Services:

8:30 a.m. - Mass - Sundays

11:15 a.m. - Mass - Sundays

11 a.m. - Mass - Weekdays

### Protestant Services:

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays



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

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

# Child and Youth Services news



## PAC Meeting

The Child and Youth Services Parent Advisory Council meeting is Oct. 19 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funston. Lunch will be provided. The meeting will be used to cover upcoming events, introduce staff members and address concerns. The fire officer will speak on fire safety. For more information, call 221-4871.

## FCC Openings

Family Child Care offers home-based child care for ages 4 weeks to 12-years-old on and off post with certified providers.

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

## PCI Headstart

Parent Child Incorporated/Headstart program is currently taking applications.

PCI/Headstart is a federally funded program on post that provides free childcare. Patrons must meet federal guidelines. For more information, call 221-3788 or 221-3835.

## CDC Categories

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

## Child Development Center waiting list

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

## CDC Openings

The Child Development Center has full-time day immediate openings for ages 3-5-year-olds. To register, call Central Registration at 221-4871 or 221-1723.

## Instructional Classes

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

## Open Recreation

School Age Services (kindergarten through fifth grade) offers after school and weekend open recreation (open recreation available to children in first through fifth grade) opportunities and after school hourly care options. Hourly and open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to using the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

## Youth Opportunities

Sixth through 12th graders seeking after school and weekend opportunities can call Youth Services at 221-4882 or CYS Central Registration at 221-4871.

## October Interfaith Calendar

**14-22 Navaratra Dashara \*\*** - Hindu (Hindu Festival of the divine mother honoring Durga, wife of Shiva, and seeking her blessings. Also observed as a celebration recalling the days of Lord Krishna.)

**15 Ramadan begins** (through Nov. 14) - Islam (9th month on Islamic calendar, devoted to the commemoration of Muhammad's reception of the divine revelation recorded in the Qur'an. The event begins when authorities in Saudi Arabia sight the new moon of the 9th month. It is the holiest period of the Islamic Year. There is strict fasting from sunrise to sunset.)

**20 Birth of the B'ab - Baha'i** (Baha'i honoring of the founder of the Babi religion, forerunner to Baha'u'llah and the Baha'i faith.)

**22 Dasera (Dusserha) \*\*** - Hindu (Hindu festival celebrating the victory of Goddess Durga over the Demons.)

**25 Nirvana Celebration - Jain** (Buddhist - a regional observance of the death of Buddha.)

**31 All Hallows Eve - Christian** (Christian celebration combining prayers and merriment involving children and families. It is a prelude to All Saint's Day.)

**31 Samhain \*** - Wicca (Wicca celebration of endings and beginnings. Revering of elders is observed.)

**31 Reformation Day - Protestant Christian** (Protestant Christian anniversary of their tradition and its emphasis on the place of the Bible and religious freedom. On Oct. 31, 1517 c.e. Martin Luther posted a belief statement on Wittenberg Church door.)

Notes: \* Usually begins at sundown the day before this date.

\*\* Local customs may vary this date.

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



## DO YOU KNOW WHAT IS ON YOUR CREDIT REPORT?

Would you like to get a credit report and have it reviewed by a credit specialist?



For more information on how you can do this, contact the Financial

Readiness Branch of ACS at 221-1612.

# MWR Recreation and Fitness

## Natural Body Building Show, Oct. 16



A natural body building show will be held Oct.

16 at the Jimmy Brought Fitness Center. Weigh-in is between 9:30 and 10:30 a.m. and start time is 11 a.m. The cost is \$25 and participants will receive a T-shirt. For more information, call Lucian Kimble at 221-2020.

## Camp Bullis

Attention archers, the hunting season open from 5:30 a.m. to 8 p.m. for the remainder of the season. The Catfish Pond is closed for the season and will re-open March 5. For more information, contact the lodge at 295-7577 or 295-7529.

## Trail Rides

The Equestrian Center offers one-hour trail rides Saturdays and Sundays year round at 8:30 a.m., 10 a.m., 12:30 p.m. and 2 p.m. Patrons ages 7 and up are welcome; however, adults must accompany all children. Cost is \$20 per person. Reservations are required and may be made by visiting the Equestrian Center or by phone. The center is located at Bldg. 3550 on Hawkins Road off Binz-Engleman. For more information, call 224-7207.

## Intramural Basketball (male, female and co-ed)

Letters of intent are due Nov. 1. A coaches meeting is scheduled for Nov. 8 and the season starts Nov. 29. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.ar.my.mil.

## On display at the library

A selection of books celebrating Hispanic American Heritage Month is on display at the main library, Bldg. 1222, on Harney Road. Additionally, the library has an ongoing display of selections from the Army Chief of Staff's Professional Reading List. The reading list includes recommended reading for Soldiers with four sublists divided by rank. For more information or directions, call 221-4702.

## Bowling Center Halloween Cyber Party, Oct. 31

The Fort Sam Houston Bowling Center sponsors a Halloween Cyber Party Oct. 31 from 6 p.m. to 9 p.m. Come in costume and bowl to black lights and music for half-price. Adults in costume are \$5 and \$10 without costume; children in costume are \$2.50 and \$5 without costume.



## Family Bowling Day

Sundays children under 12 bowl free. Adults and children 12 and up pay \$1.75 per game; shoe rental is \$1. (excludes birthday parties.)

**Soldier Appreciation Day** - Saturdays 11 a.m. to 8 p.m. Get free shoes and a medium soda with the purchase of a game.

## Intramural Fall Bowling Leagues

Letters of intent are due Dec. 6. A coaches meeting is scheduled for Dec. 13 and the season starts Jan. 10. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.ar.my.mil.



## Officer's Club

**Sunday Brunch** - Oct. 17 from 10 a.m. to 1:30 p.m. \$11.95 members, \$13.95 non members, \$5.95 children 7 to 11 and free for children 6 and under.

**Lunch Buffet** - Mondays through Fridays from 11 a.m. to 1 p.m. Includes beverage and soup.

## Sam Houston Club

**Bingo** - Thursday and Friday (6:50 p.m. to Early Bird Start) Doors open at 5 p.m. Saturday (12:50 p.m. - Early Bird Start) Kids 10 and up may play when accompanied by an adult. Free buffet for bingo players.

## Golf Club

**Ladies Golf Clinic** - Today to Nov. 4 every Thursday from 6 to 7 p.m. Cost is \$125. Clinic is for beginners and includes lessons, range balls and a three-hole tournament on the final day.



## Twilight Special on Green Fees

-All day Mondays through Wednesdays and after 1:30 p.m. on all other days. The golf club can special order Pro Line Irons and Woods with a 10-day turn around on most sets and woods. The Lighted Driving Range opens from 6:30 a.m. to 9 p.m.

## Harlequin Dinner Theatre

"Grace & Glorie," a comedy by Tom Ziegler, will be performed from Oct. 13 through Nov. 6. Call the box office at 222-9694 for show times and tickets.

## MWR Ticket Office

MWR has tickets for Riverdance at the Majestic Nov. 4, 6 and 7 and Hairspray, Dec. 2 to 5. MWR also has Disney and Universal Studios tickets. Call now through Dec. 25 and all U.S. active military receive a 40 percent discount on rooms at Disney Resorts. To make reservations, call (407) 939-7424 and mention "Package Code EVU." 2005 Entertainment Coupon Books are available for \$20 per book. For additional ticket information, call 226-1663.

## Cash and carry sale of Non-Appropriated Fund property

Items of property will be sold between the hours of 8 a.m. to 3 p.m., Oct. 20 and 21 in Bldg. 41941 Bay "E." Cash and checks with picture ID are acceptable forms of payment. All sales are final and property is sold "as is."

Used items available for sale include microwave ovens, full-size bedspreads, queen-size comforters, blankets, writing desk, desk chairs, nightstands, television armoires, dressers, headboards, sleeper sofas, wingback chairs, love seats, tables, monitors, filing cabinets, wall art, 3/8 drill, belt sander, router, theatre spot lights and more. New items include TV armoires, cocktail tables, end tables and pneumatic nail guns. In addition, MWR will accept sealed bids on a 1987 Dodge Pick-up.

There is no prior viewing of merchandise as this is a cash and carry sale. All property listed is subject to issue to NAF activities for continued use prior to date of sale. For more information or directions, call the MWR Warehouse at 2211-4449/4950.

## Win a Cowboys vacation package at the Bowling Center

The MWR Bowling Center is conducting a drawing for a Dallas Cowboys vacation package. The package includes four tickets on the 50 yard line to the Dallas Cowboys Game Oct. 17, transportation to and from Dallas, hotel accommodations and a restaurant gift certificate. To enter, stop by the Bowling Center, Bldg. 2521, Schofield Road. The drawing will be Saturday. The contest is open to anyone 18 or older with a valid Fort Sam Houston Department of Defense ID. The winner will be asked to confirm eligibility. For more information, call 221-2926 or 221-2307. This promotion is sponsored by DNA Computing Solutions, Calibar Collision Centers of San Antonio.

## Slam dunk



San Antonio Spur Devin Brown autographs a ball at the commissary Sept. 30 while his mother, Ann, provides support. People lined up to visit with the athlete, who is a native of San Antonio. "I would like to thank everyone for inviting me to visit the Fort Sam Houston commissary," he said. "I have always had fans who either shop or work at the stores here. This was a simple way for me to thank them, especially the Soldiers serving today." His mom, Ann, has worked for the Defense Commissary Agency for more than 20 years.

Photo by Elaine Aviles

# MWR invites community to Fort Sam Fall Fest Oct. 16

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



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

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



**Open Car Show, 7 a.m.** - Trophies will be awarded to first, second and third place entries in each category. Entry fee is \$20. To register, call the Auto Craft Shop at 221-3962 or 221-4883.

**5K Fun Run, 9:30 a.m.** - Sign up now for a fun run. Awards for first, second and third place will be presented. To pre-register, call 221-3185. Same day registration will be available.

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



# MWR Youth Happenings

## Free after school program for middle school students

Youth Services offers an after school program for sixth through ninth graders weekdays until 6 p.m. YS will pick up children from either the elementary or junior/senior high school. Students go to the Youth Center, have a snack, work on homework, participate in clubs and do fun, innovative projects. They can join the 4-H club, photography club, a computer technology club and a variety of other clubs. YS can add areas of interest that appeal to parents and students. Students must be registered with Child and Youth Services, which has an \$18 annual fee, but the after school program for middle and high school students is free. For more information, call 221-3502.

## Youth Services seeks volunteers

Youth Services is looking for volunteers to assist with youth programs, including coaches, computer-skilled people, people with craft hobbies or anyone who just cares about kids. For more information or to volunteer, call the Youth Center at 221-3502.

## Open recreation cancelled Saturday

Youth Services will sponsor a dance instead of open recreation Saturday from 5 to 7 p.m. to celebrate homecoming. The dance is for 6- to 10-year-olds and the cheerleader and football players that are 5- to 10-years-old. The cost is \$2 for those that are not football players or cheerleaders. There will also be a dance from 8 to 10 p.m. for 11- to 12-

year-olds and middle school age youth. Football and cheerleaders are free; other middle school youth cost \$2 per person. Both dances will be at the Youth Center, Bldg. 1630.

## Saturday shuttle



Youth Services offers a Saturday shuttle to and from the Youth Center. There is no cost but parents with children 9 years old and younger must wait for the van and sign them in and out. The shuttle schedule is:

- 3 p.m. - leave the Youth Center
- 3:07 p.m. - Gorgas Circle (picnic tables)
- 3:10 p.m. - Schofield/ Dickman on Schofield
- 3:15 p.m. - Reynolds and Dickman on Reynolds
- 3:20 p.m. - Officer's Club tennis courts
- 3:25 p.m. - Artillery Post Road at bus stop
- 3:30 p.m. - Easley/ Infantry Post at bus stop 660
- 3:42 p.m. - Patch Road (playground)
- 3:46 p.m. - Patch Road (shoppette parking lot)
- 3:50 p.m. - Foulois/ Scott Road Harris Heights
- 3:54 p.m. - Forage/ Foulois
- 4:00 p.m. - Powless Guest House

The return shuttle will leave the Youth Center at 7:30 p.m. for those in fifth grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle

School and at 10:30 p.m. for those in ninth grade and up. These shuttles are for youth who live on the installation.

## Parents wanted!!!!

Parents are invited to come to the Youth Center every third Saturday of the month from 6 to 9 p.m. to join the Youth Center staff and the teens and middle school youth in a game of basketball. Parents and staff try to outmaneuver the teens and score a few baskets. Refreshments are provided. For information, call the Youth Center at 221-3502.

## Piano instructor

Youth Services seeks a certified piano instructor willing to teach first through 12th graders. Instructor must be able to teach on weekday afternoons and evenings or Saturdays. For more information, call the Youth Center at 221-3502.



## Tae-Bo

Youth Services offers Tae-Bo Wednesdays from 4:15 to 4:45 p.m. at the Youth Center. Classes are held in the gym and all youth are welcome to attend. The class is free. For more information, call the Youth Center at 221-3502.

## Alternative Dance Class

Come join the Youth Services staff and volunteers for the next dance craze. The class includes salsa, hip hop, swing, country line dancing and more. For more infor-

mation, call 221-3502.

## Dance classes

Dance classes will be offered Saturdays at the School Age Services building, Bldg. 1705, starting Saturday. The following classes times are available.

9 to 9:30 a.m. - 2-year-old creative dance class

9:30 to 10:10 a.m. - 3- to 4-year-old ballet, tap and jazz class

10:10 to 11 a.m. - 5- to 7-year-old tap, ballet and jazz class

11 to 11:50 a.m. - 4-years-old and older cheerleading class

11:50 a.m. to 12 p.m. - 8-years-old and older jazz and hip hop class

The cost is \$24 for 30-minute classes, \$26 for 40-minute classes, \$28 for 50-minute classes and \$30 for 60-minute classes. For more information or to sign up, call 221-3502 or 221-4882.

## Aerobics

Youth Services offers a youth aerobics class Tuesdays and Thursdays from 6:30-7:30 p.m. in the Youth Center gym. For more information, call 221-3502.



## Cooking Classes

Youth Services offers cooking classes Fridays from 4 to 6 p.m. at the Youth Center. This week the class will make apple cake. October will feature spooky recipes. For more information, call 221-

# Que Pasa?



## Community events

### Mission Thanksgiving kicks off

The US Army Medical Department Center and School is hosting its annual "Mission Thanksgiving" program, where families in the San Antonio area will be allowed to take Soldiers home for Thanksgiving Day. For many of these young men and women, this will be their first Thanksgiving away from home. People who want to participate as a host family by inviting two soldiers home for a Thanksgiving meal, call AMEDD Chapel at 221-3390/4362 between 8:30 a.m. and 3:30 p.m. prior to Nov. 17 or e-mail david.kress@amedd.army.mil. Soldiers will meet families at 9:45 a.m. on Thanksgiving Day at the AMEDD Chapel, on Garden Avenue just off Hardee Street, and must be returned to their barracks no later than 9 p.m. that day.

### Tuskegee Airmen open house, today

The San Antonio Chapter of Tuskegee Airmen, Incorporated hosts its Fall Membership Social and Open House today from 6:30 to 9:30 p.m. at the University of Texas at San Antonio's University Center, Mesquite Room, on the Loop 1604 campus. This event offers guests an opportunity to meet local Tuskegee Airmen and learn more about the group's efforts to interest young people in aviation, while enjoying a light buffet, music and memorabilia. For more information, call Master Sergeant Marv Abrams at 565-3285, or visit [www.sactai.com](http://www.sactai.com).

### Popcorn sale, Saturday

The Cub Scouts of Pack 23 will have a popcorn sale Saturday from 10 a.m. to 8 p.m. and Sunday from noon to 6 p.m. at the PXtra/Home and Garden Center. A portion of the profits directly benefits Pack 23. For more information, please call Sherry Chaffin at 226-1173 or e-mail: [sherrychaffin@earthlink.net](mailto:sherrychaffin@earthlink.net)

### Siesta Valley Ranch Walk, Saturday

SAS Shoemakers is hosting its annual 10-kilometer (6.2 mile) and 5-kilometer walk at the Siesta Valley Ranch, located off Hwy. 337, 10 miles west of Medina, Texas. See cattle, buffalo, and other critters as you walk through the scenic Hill Country of Texas. Start between 7:30 and 11 a.m., finish by 1:30 p.m. Prizes and refreshments are available after the walk. For more information, call Bill Armwood at (210) 921-7455 or Carrie Medina at (210) 921-7838.

### Government Canyon Walk, Oct. 16

The Texas Wanderers volkmarch club of Fort Sam Houston is hosting its annual Government Canyon 10-kilometer (6.2 mile) and 5-kilometer walk Oct. 16. For more information, call Lyn Ward at (210) 651-6536, or e-mail: [LWard10KM@aol.com](mailto:LWard10KM@aol.com), and check out the club's Web site at: [www.walktx.org/Wanderers.html](http://www.walktx.org/Wanderers.html). For more information on Government Canon State Natural Area, go to <http://www.tpwd.state.tx.us/park/govcan/>.

### Education showcase, Oct. 18

The second annual Our Kids San Antonio Education Showcase is Oct. 18 from 6 to 8:30 p.m. in the Sky Room at the Grossman International Conference Center at the University of the Incarnate Word. The event is free and open to the public, and will feature 60 private, special needs and charter schools from throughout the San Antonio area. Visitors should enter the IWC campus from the U.S. Highway 281 entrance. For more information, call Our Kids magazine at 349-6667.

### ASMC luncheon, Oct. 21

The Alamo Chapter of the American Society of Military Comptrollers invites members and non-members to attend a luncheon Oct. 21 from 11 a.m. to 1 p.m. at the Randolph Officers Club. The luncheon is hosted by Air Education and Training Command. Guest speakers are Todd Schaffer, director of the Workforce Management Office of the Assistant Secretary for Financial Management and Comptroller, Washington, D.C.; and Capt. Jason Corrothers, Air Force Personnel Center officer assignments, Randolph Air Force Base. The topic will be "Workforce Transformation Initiative." Sign up with your ASMC vice president by Oct. 15. For more information, call Wayne Wanner at 221-7029.

## Volunteer

### Anthrax vaccine research study

Wilford Hall Medical Center seeks volunteers for a clinical research study to determine if the current Anthrax vaccine administered with an immune system booster is safe and effective in shortening the time to develop antibodies to Anthrax. Participants must be between 18 and 45 years old, in good health and cannot be an active-duty military member. Eligible volunteers will be paid compensation for approximately 14 outpatient visits. For more information, call Ms. Rosemary Wells at 292-0329.

### WHMC seeks patients with uterine fibroids

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

### Male mentors needed

The Fort Sam Houston Community Mentor program needs more than 100 mentors, particularly male mentors, for 18 schools in four independent school districts in the San Antonio area. The program provides 60 to 90 minutes of work time for active duty, government employees, family members and retirees to volunteer on a one-on-one basis for students in academic and social at-risk situations. Mentor orientation is held Tuesdays from 11:30 a.m. to 12:30 p.m. in Bldg. 2530 (next to Burger King). For more information, call Brian Merry or Iva Winslow at 221-5005 or 221-5007.

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

Brooke Army Medical Center is looking for active and upbeat volunteers to be

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

### U.S. Army seeks warrant officer candidates

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors, and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms/documents required to apply, visit the Web site: [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant) or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is 1-800-223-3735, ext. 6 and the last four of the phone number.

### Cultural Homestay International seeks host families

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

## Education

CHI, visit [www.chinet.org](http://www.chinet.org).

### Army Family Team Building Level 1 Class, Oct. 18

Army Family Team Building Level 1 Class is Oct. 18 from 8:45 a.m. to 3 p.m. in the Roadrunner Community Center. For more information, call the AFTB Office at 221-2705/2418. Registration deadline is Tuesday.

### Earn a graduate degree

The National Graduate School is accepting applications for the spring session, which starts in March. Classes are held one night a week from 6 to 10 p.m. on post. Students earn a masters of science in quality system management by replacing a project with a thesis. The institution is regionally accredited and VA/TA approved. For more information about this degree program or Homeland Security programs, go to [www.ngs.edu](http://www.ngs.edu) or call 213-1248 or 410-9147 for a personal interview. A graduate school counselor is available at the Army Continuing Education System, Bldg. 2248, Tuesdays and Thursdays from 9 a.m. to 3 p.m.

### Facilitation Team Training, Friday

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

The training session will benefit private organization board members, volunteers and paid staff working with groups, or persons wanting to enhance their facilitation proficiency, and will cover the skills necessary for AFAP conference facilitation teams. For information and to register, call Sue York or Jai Bell at 221-2705 before Oct. 1.

### Tuition assistance available for active duty Soldiers

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

## Meetings

### MOPS (Mothers of Preschoolers)

The local MOPS group community is where moms come together to learn, share, and experience this important season of mothering in a caring and accepting atmosphere. Meetings are the second Wednesday of every month from 10 a.m. to 12:30 p.m. at NE Baptist Church, 2930 E. Bitters Rd. For more information, call MOPS Coordinator Tammy Duhaime at 481-6304.

### USAWOA - Lone Star Chapter

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

### Purple Heart veterans sought

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

### FSH Sergeants Major Association seeks new members

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

### BOSS seeks single Soldiers

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

# Fort Freebies

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



**For Sale:** 1995 Dodge Dakota with camper shell, \$3,000; 1999 Ford Windstar LX, \$7,000; large dog house, \$40; and Hot Wheels Harley Davidson motorcycle, \$100. Call 632-9462 or 930-0104.

**For Sale:** Eight-foot pool table with accessories, six months old, excellent condition, \$600 obo. Call 662-0795.

**For Sale:** White wicker patio furniture set, one sofa and two side chairs with cushions, set hardly used and always covered when not used, a steal at \$125. Call 655-4950.

**For Sale:** King-size waterbed w/ drawers underneath, headboard, dresser w/ mirror and armoire, great condition, \$300. Call Lawrence at 494-9740 or e-mail [walkerc102000@yahoo.com](mailto:walkerc102000@yahoo.com).

**For Sale:** Oakwell Farms, three-year-old home in gated community near Fort Sam Houston, 2,600 sf, 3/2.5 w/

study, master down, covered patio, nice yard, community pool and tennis courts. Call 824-4770.

**For Sale:** Kitchen table w/ six chairs, \$50; German schrank, \$300 obo; kids five piece bedroom set \$100; twin mattress, \$75; and blue recliner, \$100. Call 212-8634 or 219-3981.

**For Sale:** Dual-seated, green garden swing, \$35; big stack of cedar and oak wood for BBQ or fireplace, \$10; indoor/outdoor potted plants, \$5/under; two medium-size Tiger Oscar tropical fish, \$10; and one Plecostomus catfish, \$5. Call 299-3737 or 213-9039.

**For Sale:** Signed and numbered Print; "The Long Grey Line" with the West Point seal, by Ben Maile, \$4,000; 1995 Palomino roll-up truck camper, excellent condition, \$2,750; and vintage deacon's bench, \$150. Call 497-8139.

**For Sale:** Beautiful, hand crafted, oak dining table, seats eight, must sell, was \$425, now \$175 firm. Call 226-9568.

**For Sale:** XR6501, dual sport, exc. Condition, adult-ridden 2000 model, Renthal bars, White Brothers pipe, extra capacity fuel tank, K+N filter, 6,700 miles, \$3,700. Call 824-9317.

**For Sale:** Dining room table with eight chairs, extends to seat 12 people, \$395; good condition desk, \$35; two-drawer filing cabinet, \$25; and children's bike, \$25. Call Sandy at 241-1291 or 637-7322.

**Free to a good home** - Black and white gentle male three-legged cat, very friendly and loving, cat is fixed and the vet removed his leg as a kitten to save his life due to a deformity, includes cat bed, sandbox, dishes and food. Call (830) 980-7786.

## Career Clips



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

**Mobilization/Deployment Assistant, San Antonio.** Develop family readiness programs; provide individualized, ongoing support; direct information and referral volunteer groups; and recruit, assist and mentor volunteers and FRG.

**Contract Administrators, San Antonio.** Conduct proposal preparation, contract negotiation, contract administration and customer contact activities; and exam estimates of material, equipment services, production costs and delivery schedules.

**Logistics Analyst, San Antonio.** Establish and manage a nationwide property management and accountability system, and develop an organizational property management account/record to service a dispersed organization.