

FORT SAM HOUSTON News Leader

"HOME OF ARMY MEDICINE"



Photo by Minnie Jones

Walk proud

Daniel De La Cruz (center) donning a fire cap from the San Antonio Fire Department, along with brother, David (right) and Sam Pestello led the Buddy Walk's one-mile walk Saturday. De La Cruz was given a citation from the San Antonio Fire Department for his act of heroism for discovering a fire at a neighbor's house.

See **BUDDY WALK P16**

Fort Sam plans major exercise

Wilson gate to close for brief time

The U.S. Army Garrison will conduct a full scale exercise called Tempest Shield Tuesday through Oct. 18.

The exercise will include a hurricane response, mass casualty exercise involving an explosion and chemical relief, and an improvised explosive device.

To enhance realism, the Wilson Gate will be closed Wednesday from 8:30 a.m. to 1 p.m. People may experience short delays at other gates with the increased inspection of vehicles.

Additionally, the exercise will include 25 role players with make-up to simulate injuries and smoke one day to simulate a chemical bomb. People should also expect

See **EXERCISE P7**

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Post, community invited to Fort Sam Fall Fest

The Fort Sam Houston Fall Fest will be held Saturday from 8 a.m. to 6 p.m. The event kicks off the start of the "cool season" for South Texas. Come by for food, fun and entertainment.

Start the day off at the Fall Festival and check out the Arts and Crafts Fair. Also plan to visit the Fort Sam Houston Fire Station for Fire Prevention Week and the department's Open House. Fire Prevention Week begins Saturday at 9 a.m. with opening remarks and breakfast. Enjoy the poster contest, fire

demonstration, giveaways, fire truck displays, Sparky and more.

At noon, pick a spot on the sidelines on Dickman Road, near the old Officer's Club for the Annual Fall Fest Parade. This year's entries into the parade include the Cole Junior ROTC, Fort Sam Houston Fire Department, the Medcom Band, the Military Order of the Purple Heart Chapter #1836, the Fort Sam Houston Equestrian Center, the Power 106.7 Hummer, Shamu vehicle and more. The parade promises to be a

spectacular event.

Stop by and test one of six NASCAR NEXTEL Cup Series Tracks in either the Dale Earnhardt, Jr. #8 or Tony Stewart #20 cars. Sprint will give away prizes for the top three racers in the simulators. Take a crack at the car smash for a chance to win a 1999 four-door, automatic Chevy Cavalier donated by Car-X and Econo Paint and Body. Take a chance on the mechanical bull, be hungry for the barbecue cook-off, as well as drawings for a variety of prizes. SeaWorld will also



be on hand with fun and educational shows with live animals.

For more information on Fall Fest, call 221-3185 or to register for any of the events, visit the Fall Fest Registration Page at the MWR Web site at www.fortsamhoustonmwr.com.

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

U.S. Army Medical Department Center and School and Fort Sam Houston

Fire Prevention Week 2007 Proclamation

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

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

WHEREAS, the nonprofit National Fire Protection Association has documented through its research that home fires killed 3,030 in the United States in 2005 – roughly eight people every day; and

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

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

WHEREAS, using proper care when cooking will have a positive effect on the home fire program; and

WHEREAS, residents who have planned and practiced a home fire escape plan are more prepared and will therefore be more likely to survive a fire; and

WHEREAS, the 2007 Fire Prevention Week theme, "It's Fire Prevention Week – Practice Your Escape Plan!", effectively serves to remind us of the simple actions we can take to stay safer from fire during Fire Prevention Week and year round.

Therefore, as the Commander, U.S. Army Medical Department Center and School and Fort Sam Houston, I hereby proclaim Oct. 7 to 13, 2007, as Fire Prevention Week throughout this post and urge all the people of Fort Sam Houston to heed the important safety messages of Fire Prevention Week 2007, and to support the many public safety activities and efforts of Fort Sam Houston Fire and Emergency Services.

RUSSELL J. CZERW
Major General, DC
Commanding

Mandatory ethics training

Soldiers and civilian employees must attend one hour of face-to-face ethics training taught by an ethic attorney in 2007, as directed by the Secretary of the Army. The following classes will be taught in Blesse Auditorium, Willis Hall, Building 2841:

Wednesday from 1 to 2 p.m.

Nov. 15 from 9 to 10 a.m.

Dec. 3 from 9 to 10 a.m.

Dec. 14 from 1 to 2 p.m.

For more information, call Gerald Krimbill, Shelby Tanner or Capt. White at 221-2373 or 221-0485.

Fire Prevention Week activities

To reinforce safety messages, the Fort Sam Houston Fire Department will conduct the following activities throughout the week:

- Fire drills and tours of the Fire Department.
- Fire extinguisher training today at 8:30, 9:30 and 10:30 a.m. at the Fire Department training area located across the street from the Fire Department.
- Open House Saturday from 9 a.m. to 6 p.m. in conjunction with the Fort Sam Houston annual Fall Fest. At 9 a.m., opening remarks will be given by Garrison Commander Col. Wendy Martinson followed by the presentation of awards for the Fort Sam Houston Fire Department poster contest. At 10 a.m., a live fire demonstration will be held at the Fire Department training grounds.
- A booth at the Fall Fest with a shuttle to and from the Fire Department Open House. Everyone who visits the Fire Department during the Open House will receive a chance for a door prize to be given away at the Fall Fest celebration.

News Leader

Editorial Staff

Army Medical Department Center
and School and Fort Sam Houston
Commander

Maj. Gen. Russell Czerw

Garrison Commander

Col. Wendy Martinson

Public Affairs Officer

Phillip Reiding

Editor/Writer

Elaine Wilson

Staff Writer

Cheryl Harrison

Layout Artist

Lori Newman

News Leader office:

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

News Leader Advertisements:

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

News Leader e-mail:

news.leader@samhouston.army.mil

News Leader online:

www.samhouston.army.mil/pao/
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News Briefs

Warriors in Transition Battalion

The Warriors in Transition Battalion activation will be held Oct. 18 at 8:30 a.m. at MacArthur Parade Field.

Combat Medic Run

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

Ribbon-cutting ceremony

The U.S. Army Medical Department Center and School will host a ribbon-cutting ceremony Oct. 23 at 8:30 a.m. for Dunlap Hall, the new Department of Nursing Science building. The ceremony will be held on the east side of the building, which faces the NCO Academy.

CPAC closure

The Civilian Personnel Advisory Center will be closed Oct. 26 from 12 to 4 p.m. for Organization Day. For more information, call 221-1425.

HHC change of command

Capt. Hillary Klingman will assume command of Headquarters and Headquarters Company, U.S. Army Garrison from Capt. Clayton Curtis Oct. 26 at 10:30 a.m. at the main post flagpole on Stanley Road.

Shuttle service

The installation shuttle service is designed to provide transportation support to military and Department of Defense civilians traveling between offices on the installation on official business. Other personnel, to include retirees, contractors and dependents, can ride on a space-available basis. For more information, call 221-1830. **See post shuttle schedule, Page 4.**

Combined Federal Campaign

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

New Soldiers to become combat-lifesaver certified

By Mike Glasch
Fort Jackson Leader

FORT JACKSON, S.C. — The Army has changed the way it ensures Soldiers injured on the battlefield receive access to life-saving techniques.

"Soldiers who were recently redeployed, and those who are currently deployed, told us that the first 10 minutes are the most critical for keeping a wounded Soldier alive," said Fort Jackson's Deputy Commander Col. Kevin Shwedo.

Effective Monday, Soldiers entering Basic Combat Training started receiving Combat Lifesaving Training and will be CLS certified before graduation. The change adds seven-and-a-half hours to the current curriculum.

Soldiers will learn how to perform advanced first aid and conduct potentially lifesaving procedures — from controlling bleeding, conducting CPR and reintroducing fluids into the body — to keep a serious injury from worsening until professional medical help arrives.

"That means you are going to have to start an IV in your buddy, and your buddy is going to have to start one in you," Shwedo said.

The deputy commander said the change has two benefits.

"One, we are training Soldiers on mission-essential



Photo by Sgt. Rachel M. Ahner

Staff Sgt. Lori Naifeh, 115th Brigade Support Battalion, administers an IV to a dehydrated Soldier during medical operations in Hor Al Bosh, Iraq. Soldiers entering Basic Combat Training now receive Combat Lifesaving Training and will be CLS certified before graduation.

tasks that will keep them and their buddies alive in combat," he said. "Not only will they be able to save a life, but they will have the confidence that their buddies can do the same for them."

The second benefit is stress inoculation.

See COMBAT-LIFESAVER P7

Crime Prevention Month

Police, McGruff focus on crime prevention

Throughout the month of October, the Fort Sam Houston Police Department will participate in a nationwide effort to bring attention to crime prevention. The following activities will be sponsored by the crime prevention section:

- Operation Project Lock - During this operation, the crime prevention section will be checking parked vehicles around the installation to ensure that they are secured. Any vehicles that are found unsecured will be given a reminder to secure their vehicles.

- Friday - There will be a crime prevention booth set up at the Walters Shoppette from 4 to 8 p.m. with informational brochures, child identification kits, coloring books and stickers. McGruff will be present from 4 to 6 p.m.

- Saturday - McGruff will be making appearances at the Fall Fest and PXtra shopping area, and a crime prevention booth will be set up at the Fall Fest.

- Oct. 21 to 28 - Red Ribbon Week
- Oct. 22 - McGruff will visit the Child Development Center located at Building 2530 and hand out red ribbons.

- Oct. 23 - McGruff will visit Brooke Army Medical Center and hand out red ribbons.

- Oct. 24 - A crime prevention booth will be set up at the Post Exchange from 9:30 a.m. to 2 p.m. with informational brochures, child identification kits, coloring books and stickers. McGruff will visit the PX, Student Age Services and the Youth Center and distribute red ribbons.

- Oct. 25 - McGruff will visit the

Fort Sam Houston Elementary School and the Child Development Center and hand out red ribbons.

- Oct. 26 - McGruff will visit the commissary and will be at the Cole High School football game handing out red ribbons.

- Oct. 30 - McGruff will visit the Newcomer's Extravaganza at the Sam Houston Club.

- Oct. 31 - McGruff will be in the neighborhoods along with the police officers handing out chemical lights.

The crime prevention section is available anytime to present crime prevention classes to units or communities. For more information, call the Crime Prevention section at 221-0990.

(Source: Fort Sam Houston Police Department)

'Don't take any wooden nickels'

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

A short drive outside the Pershing gate to Austin Highway is the world's largest wooden nickel. Hanging outside the Old Time Wooden Nickel Company is the largest wooden nickel featured in "Ripley's Believe It or Not!" newspaper cartoon Nov. 27, 2002.

The Old Time Wooden Nickel Company unveiled a new wooden nickel design for 2007 at the annual Wooden Nickel Festival held Saturday. Dedicated to the United States Armed Forces, the new design reads "Support Our Troops," "the Price of Freedom is Not Free," and centered in color on the nickel is a United States flag.

The festival included a static display by the Buffalo Soldiers Living History and Heritage Association and a display of more than 150 assorted magazines all dated July 1942, each featuring a picture of the United States Flag on the front covers.

This year the funds raised from the festival will be donated to the Fisher Houses.

Guest speaker Col. Wendy Martinson, United States Army

Garrison, thanked owner and designer of the wooden nickel, Herb Hornug, and his staff for honoring the military.

"Our wounded warriors and their families and our men and women of all the services deployed in harm's way need your vocal support," said Martinson.

According to the History of the Wooden Nickels, in 1931, the local newspaper of Tenino Washington printed the first issue of wooden money in the United States. In 1933, Blaine, Washington issued round wooden coins when their bank failed.

Several other places, mostly in the Pacific North-West issued wooden money after that, either in flat format like Tenino or round pieces. Also, each individual wooden nickel had an expiration date and included a final redemption time, making it difficult to cash them in time, hence the old adage "Don't Take Any Wooden Nickels."

In 1933, Chicago's Century of Progress Company was the first to use wooden money pieces as souvenirs. In 1934, wooden nickels were used to advertise civic celebrations and as a souvenir of the event, as they continue to be used today.



(Above) Col. Wendy Martinson, commander U.S. Army Garrison, Laura May, general manager, Old Time Wooden Nickel Company, and Herb Hornug, owner of the company and designer, unveil the new 2007 wooden nickel design Sept. 29, dedicated to the Armed Forces. The wooden nickel measures 13-foot and 4-inches in diameter and weighs 2,500 pounds.



(Left) Col. Wendy Martinson, commander U.S. Army Garrison, enters the Wooden Nickel Vault where millions of nickels are stored at the Old Time Wooden Nickel Company.

Fort Sam Houston shuttle bus schedule

Transit	232nd	232nd	232nd	TMC	PX	Gym	Hood Road	P.E.	SJA	HRBC	In/Out	AMEDD	12th	Army	Dental	Lemon	Vet	BAMC	
B-1384	B-1350	B-1379	B-1375	B-1279	B-350	B-320	B-4015	B-198	B-134	B-2263	Process	B-2791	B-1001	B-592	B-2375	B-2434	B-2630	B-3600	
(S-1)	(S-2)	(S-4)	(S-6)	(S-8)	(S-11)	(S-12)	(S-13)	(S-15)	(S-16)	(S-18)	(S-19)	(S-20)	(S-21)	(S-24)	(S-25)	(S-26)	(S-27)	(S-28)	(S-30)
6:30				6:32			6:34							6:39				6:50	
6:56				6:59			7:00							7:05				7:16	
7:22	7:23	7:24	7:25	7:27	7:31	7:33	7:34	7:36	7:37	7:39	7:40	7:43	7:44	7:46	7:47	7:50	7:52	7:54	8:01
8:07	8:08	8:09	8:10	8:12	8:15	8:18	8:19	8:21	8:22	8:24	8:25	8:28	8:29	8:31	8:32	8:35	8:37	8:39	8:46
8:52	8:53	8:54	8:55	8:57	9:01	9:03	9:04	9:06	9:07	9:09	9:10	9:13	9:14	9:16	9:17	9:20	9:22	9:24	9:31
9:37	9:38	9:39	9:40	9:42	9:46	9:48	9:49	9:51	9:52	9:54	9:55	9:58	9:59	10:01	10:02	10:05	10:07	10:09	10:16
10:22	10:23	10:24	10:25	10:27	10:31	10:33	10:34	10:36	10:37	10:39	10:40	10:43	10:44	10:46	10:47	10:50	10:52	10:54	11:01
11:07	11:08	11:09	11:10	11:12	11:16	11:18	11:19	11:21	11:22	11:24	11:25	11:28	11:29	11:31	11:32	11:35	11:37	11:39	11:46
11:52	11:53	11:54	11:55	11:57	12:01	12:03	12:04	12:06	12:07	12:09	12:10	12:13	12:14	12:16	12:17	12:20	12:22	12:24	12:31
12:37	12:38	12:39	12:40	12:42	12:46	12:48	12:49	12:51	12:52	12:54	12:55	12:58	12:59	1:01	1:02	1:05	1:07	1:09	1:16
1:22	1:23	1:24	1:25	1:27	1:31	1:33	1:34	1:36	1:37	1:39	1:40	1:43	1:44	1:46	1:47	1:50	1:52	1:54	2:01
2:07	2:08	2:09	2:10	2:12	2:15	2:18	2:19	2:21	2:22	2:24	2:25	2:28	2:29	2:31	2:32	2:35	2:37	2:39	2:46
2:52	2:53	2:54	2:55	2:57	3:01	3:03	3:04	3:06	3:07	3:09	3:10	3:13	3:14	3:16	3:17	3:20	3:22	3:24	3:31
3:37	3:38	3:39	3:40	3:42	3:46	3:48	3:49	3:51	3:52	3:54	3:55	3:58	3:59	4:01	4:02	4:05	4:07	4:09	4:16
4:22	4:23	4:24	4:25	4:27	4:31	4:33	4:34	4:36	4:37	4:39	4:40	4:43	4:44	4:46	4:47	4:50	4:52	4:54	5:01

WWII vet encourages Warriors in Transition

Story and photo by Jen Rodriguez
Brooke Army Medical Center Public Affairs

It's a mindset. That's what Harvey Fehrenkamp, 92 years young, wanted to instill to the Warriors in Transition during a recent visit to the Center for the Intrepid at Brooke Army Medical Center.

The World War II veteran and double amputee recently learned to walk on his prosthetic legs in five weeks, three months ahead of schedule.

"He's always been on the go. He's my teenage son," said Fehrenkamp's daughter, Nancy May, a president at Broadway Bank. May has two grown daughters, Melissa May, a grant coordinator for SAMM ministries and Chrissy Helse, a teacher at Lee High School.

"Before his surgeries, I couldn't keep him still," said May. "They (prosthetics)

slowed him down a bit."

After years of prolonged pain, possibly due to frostbite, Fehrenkamp decided on a bilateral amputation, when one of his legs couldn't be saved. He had developed sores, gangrene and poor circulation. One leg was amputated in January, followed by the other in February.

During the war, Fehrenkamp said, "We slept in the barn, bathed in ice and snow. At night, we'd buddy up, and rub our feet together."

Having the right mindset has helped Fehrenkamp through all of his life.

The WWII veteran was drafted into the Army in 1942, serving as a military police in the 13th Army Division at Camp Hulen, before an overseas tour in Germany. Cold German temperatures weren't kind; he got sores on his hands and was sent to the hospital.

Upon his return, Fehrenkamp was captured by the Germans. Fortunately, he spoke the language. He grew up in Moulton, Texas, a community of Czech-German heritage.

Fehrenkamp diverted his captives and escaped, walking around with only the clothes on his back and slept wherever he could. He was later told he had wandered for 60 days.

When he caught up with his company, he was cleaned up, given a pistol and a carton of cigarettes. The Soldier then spent six additional months in theater, and earned two battle stars for combat action.

During the visit to the CFI, Fehrenkamp used a walker for balance but managed to stay ahead of and often out-walking his girlfriend, Jeanette Hollub and his daughter.

Entering the prosthetic



World War II veteran and double amputee Harvey Fehrenkamp visits with Sgt. 1st Class Bryan Field at the Center for the Intrepid, while Fehrenkamp's daughter Nancy May looks on. Field said he decided that after his visit with the WWII vet, if he can walk with prosthetics so could he.

room, Fehrenkamp joked openly with Hollub, when he saw a table of foot models.

"Do you see your foot up there?" joked Hollub.

May and Hollub agree it is his sense of humor and determination that keeps him going.

No matter where Fehrenkamp went, the greeting was the same among fellow service members. "Thank you for your service."

While visiting the CFI prosthetic department with CFI prosthetist John Ferguson, Fehrenkamp was introduced to Sgt. 1st Class

Bryan Field, a double amputee.

"I hope my guys come out feeling and looking as good as you," said Ferguson.

"You make it look so easy," said Field, while being fitted for his prosthetics, "I can do this."

"Put your mind to it," encouraged Fehrenkamp. "We're rooting for you."

Chief Warrant Officer Patrick Scrogin, a helicopter pilot, shared a common sentiment with Fehrenkamp. "Life goes on," said Scrogin, who lost his left leg and sus-

See WWII VET P8



Photo by Doug Meyer

Brother pins sister

Brother Jesse Scrivens pins Sergeant Major stripes on newly promoted Sgt. Maj. Tabitha Scrivens. Scrivens, whose military occupational specialty is Radiology, said in her MOS she is the second female and the first black woman to reach Sergeant Major. The promotion ceremony was held at Blesse Auditorium Oct. 5 in front of her peers. "She is a smart woman and has the capability to rally the troops together to get the job done," said Staff Sgt. Tequesta Reid. "I have been very fortunate to have great mentors throughout my military career who helped me get to where I am," said Scrivens. Scrivens advice on how to get ahead is to stay focused, work hard and take challenging positions, but also have a Family life.

I do



Photo by Esther Garcia

Capt. Jose Guzman, (left) Southwest Information Operations Center, administers the oath of reenlistment to Staff Sgt. Mario Osti. Osti, from San Luis Obispo, Calif., reenlisted into the reserves for six years after completing 12 years of active duty. Among other incentives, Osti received a \$20,000 bonus and a \$10,000 student repayment loan for his enlistment into the reserves.



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Blood is fluid of life

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

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

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

COMBAT-LIFESAVERS from P3

"There are very few things in life more stressful than watching a newly trained person put a catheter in your arm," Shwedo said. "Almost as stressful is introducing a catheter into your buddy's arm because you don't want to get it wrong."

Introducing artificial stress in BCT is thought to prepare Soldiers for the stressors of war, but Shwedo said that stress should be directly related to what Soldiers endure in war.

"Yelling at a person at the top of your lungs for five minutes does virtually nothing. Human nature says 'I will shut you down in the first 30 seconds,' so I've just wasted the last four-and-a-half minutes of my life," said Shwedo. "Whereas, if I put a Soldier in a stressful environment that has something to do with keeping him or her alive in combat, or killing the enemy, it makes him that much more successful."

Previously, only 20 percent of Soldiers in each unit were required to be Combat Lifesaver certified.

"At the end of the day we want to make sure we have a Soldier who is proficient in a few critical tasks - weapons proficiency, discipline, being physically fit, confident he or she can save a life on the battlefield and equally confident that their buddy can save their life," said Shwedo.

EXERCISE from P1

an increased level of Emergency Medical Services, fire and police activity during the exercise.

The garrison will test out its building notification system with a shelter-in-place drill or an evacuation drill using the "Giant Voice," Fort Sam Houston's loudspeaker system. As further tests of mass communications, the Installation Operations Center will send out additional messages via the dialogic communications system through the phone lines and a Reverse 911 message targeted at specific buildings. Reverse 911 is an automated system used by San Antonio that can be used to call a series of phone numbers.

As part of the communications plan all the Garrison's tenants will be notified of changes in the Force Protection Condition level. A key ingredient in separating real world events from staged exercise events will be to begin and exercise actions with the phrase:

'exercise, exercise, exercise.'

The exercise may cause Fort Sam Houston personnel some disruptions to their normal duty day, but garrison officials stress the importance of exercises.

"We gain the opportunity to test our readiness and protect the safety and well-being of the people who work and live at Fort Sam Houston," said Mike McCarthy, Directorate of Plans, Training, Mobilization and Security.

Tempest Shield is the final part of a formal exercise process that started in March and July with Senior Leaders' Workshops. The process continued with a tabletop exercise in early August. The last exercise, held Sept. 18, was a one-day exercise to test the garrison's ability to react to a terrorist attack with weapons of mass destruction.

The exercises are run by DPTMS with help from the National Emergency Response and Rescue Training Center in College Station, Texas.

For more information, call DPTMS at 221-0714.

Change of leadership



Photo by Cheryl Harrison

Capt. Stephen Cortez (left) relinquished command of the 339th Military Intelligence Company to Capt. Tamika Haley Oct. 4 in front of Building 2000.

Congrats to new chief petty officers



Courtesy photo

The U.S. Navy's new chief petty officers cut the ceremonial cake at the pinning ceremony held Sept. 21 at Building 2797. (From left) Albert Armijo, John Epp, Thomas Hoffman, Richard Gonzales, Daniel Chupco, Alejandro Flores, Robert Stubbs, Bryan Bartee, Karl Knippa and Clyde Halcomb.

Latinas Day



Courtesy photo

Cdr. Angela Katson, executive officer, Navy Recruiting District San Antonio, tells her Navy story to a crowd of 1,200 female Hispanic high school students and their mothers on Latinas Day at the Hispanic Engineering, Science and Technology Conference Sept. 26 at the campus of University of Texas Pan American. HESTEC is one of the leading diversity events held nationwide and was first organized by Congressman Rubén Hinojosa of Texas.

WWII VET from P5

tained other combat injuries. "It's a newfound motivation to do something – a mindset. I'm still a pilot."

Having visited with the Warriors in Transition, now Fehrenkamp has his eyes set on returning to ballroom dancing, something he has always enjoyed.

Hollub said they might dance at Christmas, but it depends on how well he's doing.

But, after seeing John Jones, a double amputee and CFI staff member jump, balance on one foot and dance a jig with a pair of more flexible prosthetics than his own, Fehrenkamp knows he is well on his way to doing whatever he sets his mind to.

"Keep it up there," he told one warrior, pointing to his head.

With that mindset, nothing is impossible for Fehrenkamp.

Hispanic Heritage celebration thrills Soldiers

By Ben Paniagua
Hacienda Recreation Center

The annual Hispanic Heritage Celebration was held at the Hacienda Recreation Center Oct. 4 for an audience of about 200 Advance Individual Training and Initial Entry Training students, senior leadership and cadre from the 32nd Medical Brigade and Family members. Everyone enjoyed a night of action packed entertainment and educational speeches.

Hosting the celebration was the 264th Medical Battalion in a team effort led by the Equal Opportunity Representative, Staff Sgt. Janie Lindsey and the battalion EOR's.

Keynote speaker, Sgt. Maj. Ricardo Nieves, Senior Enlisted to the Medical Capabilities Integration Center of the Army Medical Department Center and School, held the attention of the audience with a powerful speech on "Hispanic Americans: Making a positive impact on American society."

"I don't know if we ever get used to change, but change is a part of our reality and, as Latinos, we must be prepared for that change," said Nieves. "The future will continue to bring change to Latinos and we must greet it with continued support, understanding and dedication in order to continue to be successful."

Entertainment was provided by Ronni Garza and the Latin Explosion with a variety of high energy Latin music and dancing by Las Vegas style showgirls. Some Soldiers from the audience joined them on stage and the audience went wild.

An assortment of Puerto Rican, Mexican and Dominican foods and pastries were available for the Soldiers to sample and enjoy.

"It was a new experience for me. I learned a lot about the Hispanic culture," said Spc. Ira Davis, Company C, 264th Med. Bn. "You never stop learning."

Trivia games were played with questions on important Latino figures in history and their contributions to society. Twenty-five dollar gift cards were awarded to Soldiers with the correct answers.

"I thought it was very educational and fun," said Pvt. Brenda Evilsizer, Company C, 264th Med. Bn. "I learned that the Hispanic culture is more widespread in the United States than I was aware of."

The event was presented in partnership between the Hacienda Recreation Center and the 32nd Med. Bde. Equal Opportunity Advisor and representatives from the 264th Med. Bn., the Sponsorship and Advertising Office of Directorate of Morale, Welfare and Recreation Marketing handled all sponsors of the event which included Providence, DeVry University, MWR, the Military Installment Loan and Education Services Program, Central Catholic, Eisenhower National Bank, Century 21, Enterprise Rent A Car, TLC Laser Eye Centers, SACU and Balfour Military Rings.



Photo by Sgt. 1st Class Rosalba Chambers

On stage following an evening of Hispanic entertainment was Ronni Garza and the Latin Explosion, who provided Latin music; dancing by Las Vegas style showgirls; keynote speaker, Sgt. Maj. Ricardo Nieves, Senior Enlisted to the Medical Capabilities Integration Center of the Army Medical Department Center and School; Ben Paniagua, director of the Hacienda Recreation Center as well as Staff Sgt. Janie Lindsey, Staff Sgt. Javier Noriega, Staff Sgt. Richard Anuncion and Sgt. First Class Rosalba Chambers with son Mason.

Internet safety tips

Danger lurks on Internet



The Internet is a wonderful tool. A person can find out information about anything and everything. Unfortunately, information can be found about you too. Every minute we are getting e-mails saying "your account will be closed unless you respond immediately" or "click here to claim your \$100 gift card" or some such other attention getting headline. While some of these are legitimate, most are not. These Web sites, and those that run them, are hoping that you will fall for their "official" looking Web site, and enter personal information, such as name, date of birth, Social Security number, credit card or bank account information. This is called "phishing" because predators are "fishing" for information and hoping someone will take the bait. Then they use or sell your information and before you know it – your identity has been "stolen" and someone is charging items to your credit/debit card. You may not even know it until you are declined for credit or a loan. Others use this high-tech tool to try and lure children into

chat rooms by being their friend and ultimately convincing them to meet them somewhere. We hear about this on the news several times a month.

Keeping children safe:

According to the U.S. Department of Justice, one-in-five child Internet users has received unwanted sexual solicitations and only one-in-four has told his or her parents.

One-in-17 children reported being threatened or harassed while using the Internet.

According to Pew Internet Project, about 45 million American children ages 10 to 17 are currently estimated to be online, spending hours everyday at computers.

Sixty percent of teens have received e-mail or instant messages from perfect strangers and 63 percent of those teens responded.

According to Georgetown University, millions of teenagers own their own blogs. Over half of all blogs are maintained by people ages 13 to 19.

According to the Los Angeles Times, 26 percent of teens say they

surf the net unsupervised.

Thirty-one percent say their parents check their social networking sites.

Tips for keeping Family members safe from Internet predators.

Agree on a list of rules and post them by the computer. The rules should cover how long children can spend on the internet, when they can surf the web, what sites they may or may not visit, and whether or not they are allowed to make purchases over the web. Have everyone in the household sign an Internet Pledge. A copy can be downloaded at www.safekids.com/kidsrules.htm.

Use available tools and software to block certain sites and or record the history of viewed sites.

Talk to your kids — explain that people they "meet" online may not be who they say. Remind children not to give out personal information over the Internet. They should use an online name (not their real name) and never reveal an address, telephone number or any identifying information. They should not exchange pictures, letters, or telephone calls with online acquaintances without parental approval. If someone sends your child an e-mail that makes them uncomfortable or that is obscene, they should inform you immediately.

Shopping safely online:

Shop with familiar companies. If not familiar with a merchant, ask for a paper catalog before making an online purchase. Check with the Better Business Bureau to see if there have been any reports about this merchant.

Keep passwords and personal information private. Do not give out Social Security numbers, e-mail address, telephone number unless you know who is collecting the information, why they are collecting it and how they will use it. Do not use a Social Security number or date of birth as a password. Use a combination of letters, symbols and numbers if possible.

These are only a few tips that can help protect yourself and your family. Even if all the tips are used, individuals can still be a victim of internet crime. If you feel that you are a victim of fraud, identity theft, or any other crime – contact the local police department as soon as possible. Also, contact the credit report agencies. Equifax, Experian and Trans-Union are the most common. The Crime Prevention Section in cooperation with the Internet Crimes Against Children offer a netsmartz@ presentation for children in grades kindergarten through high school and a presentation for parents through the National Crime Prevention Council. For more information or to schedule an Internet safety course for a unit or organization, call the Crime Prevention Section at 221-0990.

Domestic Violence Prevention Awareness Month

Domestic violence scars children physically, emotionally

By Mona Orosco
Special to the News Leader

The Department of Defense defines domestic abuse as "An offense under the United States Code, the Uniform Code of Military Justice, or State law involving the use, attempted use, or threatened use of force or violence against a person of the opposite sex, or the violation of a lawful order issued for the protection of a person of the opposite sex, who is: a) A current or former spouse; b) A person with whom the abuser shares a child in

common, or c) A current or former intimate partner with whom the abuser shares or has shared a common domicile."

Domestic violence has long been recognized as a serious problem in the U.S. Army. However, children in Families who witness such violence have remained invisible as victims. Domestic abuse affects everyone in the home, including the children. It creates an environment where the Family lives in constant fear; and although children may not be victims of physical violence, they endure a great deal of emotional and psycho-

logical abuse; injury that lasts long after the bruises heal.

Studies indicate that such exposure to domestic abuse may have serious negative effects on children's physical, emotional, social and cognitive development. Even in the earliest stages of an infant's and toddler's life, research shows there are clear associations between exposure to violence, and emotional and behavioral problems. Infants and toddlers who witness domestic abuse tend to show excessive irritability, sleep disturbances, emotional distress, fears of being alone, and

regression in toileting and language.

Because a strong relationship with a competent parent or caregiver is the most important support for a child who has been exposed to domestic abuse, Fort Sam Houston's Family Advocacy Program has developed enhanced services to help parents improve their interactions with their children and obtain confidential domestic abuse resources. Enhancing the quality of life for military and Family members is the key objective of the FAP. For more information or to inquire about services offered, call FAP at 221-0349.

Upcoming Lincoln Military Housing resident activities

Lincoln Military Housing will hold several activities over the next few months and all residents are encouraged to attend.

A Halloween B-o-owling Bash will be held Oct. 30 from 3 to 6 p.m. at the Fort Sam Houston Bowling Center. Food will be served at 4 p.m. The event is free for Family housing residents only. Children are encouraged to dress in costumes. Residents are required to RSVP at 270-7638.

Lincoln Military Housing employees will be in costume Oct. 31 and will serve treats to residents. Residents are asked to stop by the Housing Office Building 367 for their treat and to help select the best costume.

In addition to the Yard of the Month for November, LMH will judge homes for the Fall Décor of the Month. A prize of a \$50 gift certificate to Home Depot will be awarded. Four winners will be notified by Dec. 5. LMH will also be giving away five turkeys. Residents need to complete an entry form and submit the form to the Housing Office or

e-mail their name and address to www.sam-houstonlpc.com. The deadline to enter is Nov. 14 and winners will be notified by Nov. 15.

LMH will judge homes for the Holiday Decorating Contest in addition to the Yard of the Month for Dec. A prize of a \$50 gift certificate to Home Depot will be awarded. The four winners will be announced on Jan. 3. LMH will also be giving away five hams from the Honey Baked Ham Company. Residents need to complete an entry form and submit the form to the Housing Office or e-mail their name and address to www.samhoustonlpc.com. The deadline to enter is Dec. 14 and winners will be notified by Dec. 18.

Santa is coming to town and will drive through the villages to bring holiday cheer and candy.

For photos and upcoming activities, residents can log onto LMH's interactive Web site at www.samhoustonlpc.com. For more information, call LMH at 270-7638.

August Survey of the Month
Mary Loudd
September Survey of the Month
William Taggart



Liver Update keeps physicians abreast of liver disease changes

By Jen Rodriguez
Brooke Army Medical Center Public Affairs

Continuing medical education is what the annual Southwest Liver Update stands to achieve: to keep physicians from being stuck in a rut, but kept on track with the latest in liver disease.

"Without awareness everyone falls back on what they can pick up in journals or from their original training," said Lt. Col. (Dr.) Stephen Harrison, chief of hepatology at Brooke Army Medical Center, and founder, chairman and director of the Liver Update, now in its third year.

More than 260 local and national general internists, gastroenterologists, hepatologists, physician assistants and nurse practitioners attended the annual symposium held Sept. 22 at the Hyatt Hill Country Resort.

In the first year, there were 80 participants; the second year drew 160 people and this year topped off with 260. Participants came from as far as Idaho and New Jersey.

"Interestingly, we had 28 world-renowned faculty members, and this may have led to the increased attendance," he said.

Among the local attendees was Brig. Gen. James Gilman, commander, Great Plains Regional Medical Command and Brooke Army Medical Center.

Harrison said before the Liver Update symposium, doctors weren't kept apprised of the up-to-date information.

"This event covers the latest information on many different types of liver disease to include viral hepatitis B and C, as well as nonalcoholic fatty liver disease, cholestatic liver disease, liver cancer and liver transplantation."

Lt. Col. (Dr.) Stephen Harrison
Chief of hepatology at Brooke Army Medical Center

"They would have to stop their practice to go and take the CME course," he said.

The purpose of the symposium is to educate gastroenterologist physicians, hepatologists and physician extenders (nurse practitioners and physician assistants) on the most up-to-date treatment of various types of liver disease.

"This event covers the latest information on many different types of liver disease to include viral hepatitis B and C, as well as nonalcoholic fatty liver disease, cholestatic liver disease, liver cancer and liver transplantation," Harrison said.

Held in a roundtable format, participants joined in case-based discussions with four to five experts to debate the issues.

In the past, there was a gap in the lack of continuing medical education.

"BAMC does a lot of liver research here," Harrison said. "Over 140 transplants are done in the city (San Antonio). The community is a major liver city. The community is starving for continued education."

"The CME course helps to update all liver categories and problems to gastroenterologists, physician assistants throughout the country," Harrison said.

Clinic closes, readies for move

By Jen Rodriguez
Brooke Army Medical Center Public Affairs

Boxes lining the halls and in the waiting area made it evident the Brooke Army Medical Center Hematology and Oncology Services clinic was leaving, but only temporarily, until renovations are complete sometime around 2011.

Effective Sept. 25, BAMC's Hematology/Oncology Services moved to Wilford Hall Medical Center at Lackland Air Force Base Ward 6D, to merge with the WHMC hematology/oncology clinic and create the fully integrated San Antonio Military Medical Center Hematology/Oncology Services. Preparations at WHMC have been going on for months, rearranging to make room for its new tenants.

"Quality of care will likely improve as 90 percent of doctors will remain at one hospital, WHMC," said Maj. (Dr.) Christopher Jones, acting chief of BAMC Hematology/Oncology Clinic. "We will have a small amount of doctors rotating at BAMC to provide an inpatient consultative service for patients in the ICU or on the wards. Previously, many of our doctors would have to commute which decreased access for patients."

Jones said the integration will also eliminate redundancies to streamline care.

Some of the services that will move from BAMC to WHMC include:

- All chemotherapy services including GYN oncology

"The overall move will be a good experience for both the patients and the staff. Our primary focus has and always will be to provide excellent hematology/oncology care to all of our Soldiers, Airmen, Sailors and Marines."

Dr. (Maj.) Christopher Jones
Acting chief of BAMC Hematology/Oncology Clinic

- Oncology outpatient nursing services
- All oncology physicians and nurses
- All hematology/oncology outpatient doctor appointments
- Hematology/oncology pharmacy – most prescriptions will still be available through the main pharmacy at either hospital

Services that will remain at BAMC include:

- Labs drawn via a peripheral IV at the first floor lab
- GYN/ONC outpatient appointments will be done at BAMC
- Drug Development Unit and associated appointments (fifth floor)
- Inpatient consultative hematology/oncology service
- Full participation at BAMC

tumor boards

- Outpatient pharmacy and radiology/nuclear medicine and emergency room services can still be done at either location.

Meanwhile, patients, doctors and staff on both the Army and Air Force side are teaming up together with one sole purpose in mind: to take care of the wounded, the injured and the sick.

One of the advantages of the combined services, Jones said, "Consults previously would go to the hospital that the patient's doctor requested. Now they will all go to one place with all the doctors (10 staff and 12 fellows)."

The other advantage, Jones said, "It also helps lessen the burden of deployments. We are all in full sup-

port of Operation Iraqi Freedom. Currently, for instance, we have two of our five Army staff deployed to Iraq. Consolidation helps us better supervise fellows and provide patient care since three out of five docs is 60 percent staffing, whereas 8 out of 10 docs is 80 percent staffing."

Better access, more appointments for patients, hematology and oncology-specific inpatient ward, added expertise of having senior staff from both hospitals collaborate are additional advantages Jones sees in the move.

"The overall move will be a good experience for both the patients and the staff," said Jones. "Our primary focus has and always will be to provide excellent hematology/oncology care to all of our Soldiers, Airmen, Sailors and Marines."

For more information or to make an appointment, call 292-7311.

All inpatients requiring chemotherapy or prolonged pheresis support will require transfer to WHMC. Follow up appointments for all hematology/oncology patients will be at Wilford Hall.

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.



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

Breast cancer survivor motivates others

Story and photo by Dewey Mitchell
Brooke Army Medical Center Public Affairs

With a great sense of humor about many of her experiences as a breast cancer survivor, Lillie Shockney had the lunch crowd laughing with her, during the Eighth Annual Breast Health Awareness Luncheon Friday.

More than 275 people attended the luncheon that was hosted by Brooke Army Medical Center and the American Cancer Society. Col. Carol McNeill, deputy commander for Nursing at Brooke Army Medical Center, welcomed the guests at the Saint Anthony Hotel.

"We're here to celebrate our many survivors of breast cancer and also raise awareness of the importance of mammograms and early detection and diagnosis," said McNeill. "At age 40, all women should begin getting mammograms annually and earlier if you are at high risk for breast cancer."

She cautioned that mammogram testing is down about 1.8 percent from last year and urged the attendees to get screened and encourage others. McNeill added that the testing is efficient and the best way to keep winning the



Col. Carol McNeill presents guest speaker Lillie Shockney a coin after her remarks at the Eighth Annual Tell-a-Friend Breast Health Awareness Luncheon Friday. Shockney entertained the luncheon crowd with her great sense of humor while coping with her own battle with breast cancer.

war in the fight against breast cancer.

Mrs. Shockney, a nurse at Johns Hopkins University, has written five books on breast cancer and her latest book, "Navigating Breast Cancer — A Guide for the Newly Diagnosed" was given to all attendees.

Brooke Army Medical Center Wellness Class Schedule

Asthma Management

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

Blood Pressure Management

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

Body Fat Testing

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

Diabetes Management

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

Diabetic Foot Care

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

Weigh for Health - Weight Management

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

Yoga

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

Tobacco Cessation Orientation

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

Hunting nabs friendships, memories

By Capt. Steven Stovall
Special to the News Leader

One of the most difficult tasks for avid hunters is finding a new location to hunt that is safe, affordable, holds game and is accessible on a regular basis. This task is even more complicated for hunters that are also Soldiers.

On average Soldiers endure a change of station every three to four years and subsequently have to find new places to enjoy the outdoors through hunting. This can be very challenging since most relationships with land owners may take several years to mature to a point that a guy would be allowed to hunt on private property. I recently found myself in this situation during my transition from Fort Polk, La., to Fort Sam Houston.

After moving to the San Antonio area in the month of September, I immediately began searching for a place to hunt, and more specifically, a place to take my children hunting. As much as I love the outdoors and hunting, I enjoy sharing the sport with my family even more. I never get tired of hearing my children say, "Dad, can I go hunting with you?"

Having just returned from a deployment, I was very eager to find a hunting site. My eagerness was soon replaced with disappointment and concern that my family and I would lose another year of hunting together. I searched every venue I could think of and kept coming up with nothing. Either it was too late to get into a lease or the cost of the lease was so high I could not justify spending the amount asked.

On average every lease that I inquired about required a fee of \$1,200 to \$1,500 per gun, and many of them did not allow children to hunt. This was a significant increase from the \$400 to \$600 that I was accus-

tomed to in Louisiana.

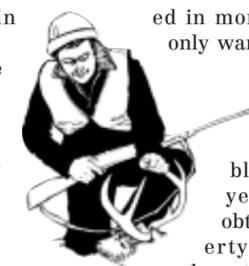
One advantage the San Antonio area has for military personnel is the hunting program offered at Camp Bullis. At certain times during the season hunters can utilize the area and the hunting permit is modestly priced. Although very organized and structured for adult hunters, Camp Bullis didn't adequately meet my needs as a hunter and that was I wanted to take my children hunting.

Children need to hunt in areas that will keep their interest, which translates into seeing game. So I continued to explore options for hunting locations in the local newspapers, the Internet, word of mouth, and all the "good-ol' boy" networks I could find. None of these options appeared to produce any positive results and hunting was less than a month away at this point. I had all but given up when I received an e-mail responding to one of my inquiries.

The phrase, "Taking Care of Soldiers," is very common to anyone that has served in or been around the Army. It is one of those cornerstone phrases that appears on evaluations, mission statements and other documents.

I received an e-mail from a retired Soldier that exemplified this phrase. The only response to the many inquiries I made was from Command Sgt. Maj. (retired) Phil Pich, who lives in the San Antonio area. His e-mail stated that he owned land in the area and was interested in allowing others to hunt his property.

As excited as I was about the potential opportunity, I have to admit I began to wonder about the cost. After an initial meeting with Pich it was clear he wasn't interest-



ed in monetary gain and only wanted to share his love for hunting and family with others.

"God richly blessed me a few years back with obtaining this property and I want to share that blessing with others," said Pich.

That was two years ago and our friendship has grown. My family and I have enjoyed numerous hunting experiences at the Pich ranch. I am thankful for the Command Sgt. Maj., for his camaraderie and the lifelong memories that my children and I have created.

As the upcoming hunting season begins, I encourage everyone to share the resources that you may have with fellow Soldiers. The memories and friendships created will last a lifetime.

Watch for future articles on hunting, sites and safety in the near future.

Sports Briefs

Intramural soccer team

Tryouts for the Fort Sam Houston Garrison intramural soccer team are today and Friday at 6:30 p.m. at the Leadership Field. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

Intramural basketball league

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

Intramural bowling

The Fort Sam Houston Garrison intramural bowling league begins Jan. 7. Letters of intent for intramural bowling are due Dec. 3 to Earl Young at 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, Texas 78234. A coaches' meeting will be held Dec. 12 at 1 p.m. at the Fort Sam Houston Bowling Center. For more information, call 221-3185 or email earl.t.young@us.army.mil.

Indoor triathlon results

The Jimmy Brought Fitness Center held an indoor triathlon Sunday. The event consisted of a 400-meter swim, five-mile stationary bike ride and a two-mile treadmill run.

The top five male and top five female participants were:

Males	Time	Females	Time
Chris Wade	36.42	Penney Villalvazo	42.59
Brent Stevens	38.22	Holly Ogren	44.00
Eric Corbett	42.12	Kelly Thomas	46.07
Matt McFadden	42.16	Andrea Martinez	49.14
Daniel McMahon	42.26	Gloria Navarro	52.02



(Above) Lee Campbell-Towell from "Cat Paws" a local television program on PBS station KLRN leads a group of children and volunteers in dance Saturday at the seventh annual Buddy Walk. "Cat Paws" is a children's music and movement television program that generates substantial awareness that children need to sing and move as part of their daily development.



Jesse James Leija, two-time world boxing champion donated two of his boxing gloves to be raffled off during the event. Jennifer Maun from "Dreams Fulfilled through Music" was one of the lucky winners.



(Above) Twin sisters, Natalie (left) and Naomi Huerta, dressed in traditional costume, perform several traditional Mexican dances for the large crowd during the Buddy Walk.



Six-year-old Dakota Carrizales enjoys the festivities at the seventh Annual Buddy Walk, Saturday at the MacArthur parade field on Fort Sam Houston.

Hundreds turn out for 7th annual Buddy Walk

Story and Photos by Minnie Jones
Fort Sam Houston Public Information Office

Forming bands of colors like a giant rainbow, people came together to walk for a cause – raising awareness for special people.

The seventh annual Buddy Walk was held Saturday, on Fort Sam Houston, at the MacArthur parade field and the BG Johnson track.

The Buddy Walk, organized by the Down Syndrome Association of San Antonio and the National Down Syndrome Society, celebrates Down Syndrome Awareness Month in October and promotes acceptance and inclusion of people with Down Syndrome.

In 1998, six San Antonio families with children diagnosed with Down Syndrome formed a support group to visit families with new babies with Down Syndrome. Since then DSA has grown to over 300 families of Down Syndrome children and the San Antonio annual one-mile Buddy Walk, which began in 2001, has grown from being a family event into an

event for the entire San Antonio community.

The event featured activities for the whole family with inflatables, face painting, music and refreshments. Local news personality, Chuck Miketinac of Fox 29, KABB's "Maximum Sports" presided as the masters of ceremony, with a special guest appearance by Jesse James Leija, two-time world boxing champion.

County Commissioner, precinct 4, Tommy Adkisson and Councilman John Clamp, District 10, attended the event, with Adkisson presenting a Proclamation congratulating the organizers of the Buddy Walk on seven years of helping children with special needs, noting that the DSA of San Antonio is one of the most successful walks in the United States.

At 8:30 a.m. guest celebrity, buddy-walker, Daniel De La Cruz led the one-mile walk followed by family members, friends, community members, volunteers and others with similar conditions around the BG Johnson track.

De La Cruz is a San Antonio man with Down

Syndrome who heroically saved his neighbors from a house fire in September; this show of heroism demonstrated the great capabilities of individuals with Down Syndrome. The San Antonio Fire Department awarded De La Cruz a citation for his heroism.

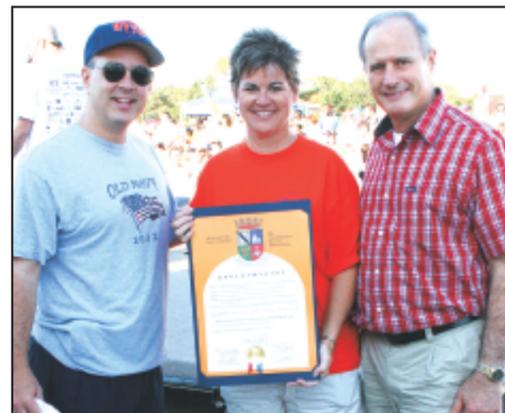
"T-Bone," the Rampage mascot, "Ballapeno" the Missions mascot, and the "Y Guy," the YMCA's mascot along with other local high school mascots were there to entertain the crowd.

About 2000 walkers participated in the one-mile walk, according to Bill Cade, co-founder of the Down Syndrome Association of San Antonio. When asked about today's event "All I have to say is ...what an awesome day. We had a hero, a singer, dancers, musicians, and gymnast all with Down Syndrome. People with DS can do anything with the support and acceptance from the community," said Cade.

Proceeds from the this year's event will benefit the local Down Syndrome organization and the San Antonio Down Syndrome Society. For more information, visit www.dsasa.org.



Jessica Cade (left) accompanies Cristina Pasquarella as they sing the National Anthem at the Buddy Walk; both students attend Ronald Reagan High school. Jessica's brother, Bobby has Down syndrome.



Councilman John Clamp (right), district 10, and Bexar County Commissioner Tommy Adkisson, precinct 4, presented the proclamation to Terri Blades, executive director San Antonio Down Syndrome Association.

Fort Sam Houston Independent School District Weekly Campus Activities Monday through Oct. 20

Fort Sam Houston Elementary School

Tuesday

Individual pictures

Oct. 18

Half day for students, 11 a.m. dismissal
Parent conferences begin at 12 p.m.

Oct. 19

Half day for students, 11 a.m. dismissal
Parent conferences begin at 12 p.m.
Spirit day

Robert G. Cole Middle and High School

Tuesday

Jr. varsity/varsity volleyball at Hawkins, 5 and 6 p.m.

Wednesday

Grades 10 and 11 PSAT, TBA

Oct. 18

Visiting judge program for grades 11 and 12, 1:30 to 3 p.m.

Junior varsity football vs. Jourdanton at Cole, 6 p.m.

Oct. 19

Muffins for dad at middle school mall, 7:45 to 8:15 a.m.

Volleyball at Jourdanton, 5 and 6 p.m.

Varsity football at Jourdanton, 7:30 p.m.



Courtesy photo

Musical mercado

David Gomez, groundsman for the Fort Sam Houston Independent School District, plays guitar with Dr. Roland Rios, Robert G. Cole High School principal, at the Hispanic Heritage Mercado sponsored by the Spanish classes and Honor Society.

School board meeting

The Fort Sam Houston Independent School District Board of Trustees will hold a school board meeting Oct. 25 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

MWR

Community Recreation

Fall Fest

The Fort Sam Houston Fall Fest will be held Saturday from 8 a.m. to 6 p.m. The event will provide a variety of games, food booths, activities and entertainment. The festival's parade begins at 12 p.m. in front of the old officers' club on Dickman Road. Sprint will be on hand with NASCAR race simulators. Experience driving on one of six NASCAR NEXTEL Cup Series Tracks in either the Dale Earnhardt, Jr. #8 or Tony Stewart #20 cars. Sprint will give away prizes for the top three racers in the simulators. Enter the arts and crafts fair, take a chance on the mechanical bull ride, enter the barbecue cook-off, as well as a drawing for a variety of prizes. For more information, call 221-3185, or to register for any of the events, visit the Fall Fest registration page at www.footsamhoustmwr.com.

Combat Medic Run

The 27th Annual Combat Medic Run will be held Oct. 20. The event comprises four different categories: 10K Individual and 5-Person Guidon Team, 5K Individual Run, 5K 28-Soldier Formation Run and two-mile fitness walk. There are three ways to register; stop by the Jimmy Brought Fitness Center; mail in the form to Morale, Welfare and Recreation, 1212 Stanley Road, Building 124, San Antonio, TX 78234; or visit the Combat Medic Run page at www.footsamhoustmwr.com for the link to the registration page. Packet pick-up will be

Oct. 19 from 10 a.m. to 7 p.m. at the Jimmy Brought Fitness Center, with a pasta dinner from 5 to 7 p.m. For more information, call 221-3185.

'Boxing at the Brought' presale tickets

Better Opportunities for Single Soldiers will hold the ticket presale for Boxing at the Brought V today at the Sam Houston Club and Friday at the post exchange. The \$5 pre-sale includes admission to the event, the official event T-shirt and entry into the VIP grand prize drawing. Boxing at the Brought V will be held at the Jimmy Brought Fitness Center Oct. 20 at 6 p.m., with doors open at 5 p.m. Admission at the door is \$5. For more information, call 221-2020 or 221-1180.

BOSS Halloween Bash

Members of the "Better Opportunities for Single Soldiers" will hold a Halloween Bash Oct. 26 from 7 to 10 p.m. at the Fort Sam Houston Bowling Center. Participants can enjoy free unlimited bowling at that time. This is a family event and open to the public. For more information, call 224-7250 or 221-3683.

Cottages at Canyon Lake

The cottages at Canyon Lake are available for public use. Reservations are being accepted for the new 1,200-square-foot facilities. The new three-bedroom cottages are fully furnished and equipped with central heating and air conditioning, a barbecue pit and kitchen with appliances. Each cottage has a parking space, front porch and picnic table. For more

information or to make a reservation, call 830-226-5357 or 888-882-9878.

Dining and Entertainment

Sam Houston Club, 224-2721

MWR & BOSS present: Texas Hold 'Em

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

MWR Ticket Office, 226-1663

The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, visit www.footsamhoustmwr.com or call 221-1663 or 224-2721.

Army Community Service

Financial planning class

The Financial Readiness Program will hold a Financial Planning class today and Tuesday from 2 to 4 p.m. in Building 2797. Seating is limited.

The Financial Planning class provides important information on savings, credit and establishing a budget. To register, call 221-1612.

Identity theft class

The Financial Readiness Program will hold an identity Theft class Oct. 18 from 2 to 4 p.m. in Building 2797. Seating is limited. The class provides information on how to avoid becoming a victim, how to recognize signs and what to do if you become a victim. To register, call 221-1612.

Checkbook maintenance class

The Financial Readiness Program will hold a checkbook maintenance class Friday from 2 to 4 p.m. in Building 2797. Seating is limited. The is open to all Department of Defense personnel although participants are often referred by their commanders to attend. To register, call 221-1612.

Army 101

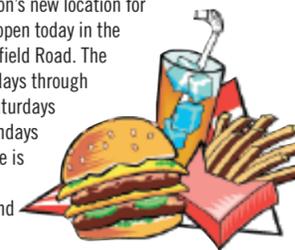
Army Family Team Building will present AFTB Level 1, Army 101, Monday, Wednesday and Oct. 18 from 6 to 8:30 p.m. at Army Community Service, Building 2797, Stanley Road. New spouses, Family members, Soldiers and Department of the Army civilians are welcome to attend and find out about Army life. Level 1 teaches acronyms, rank structure, chain of command/concern, community resources, customs and courtesies and much more. For more information, call Alicia at 807-3111 after 5 p.m. To register, call ACS at 221-0946.

Strike Zone

Coming soon to the bowling center

Strike Zone, Fort Sam Houston's new location for lunch, dinner and snacks, will open today in the bowling center located on Schofield Road. The hours of operation will be Tuesdays through Fridays from 5 p.m. to close, Saturdays from 9:30 a.m. to close and Sundays from 2 p.m. to close. Strike Zone is the most popular of the Army's popular branded restaurants and will offer casual, quick-service hot and cold sandwiches, salads, snacks, pizza and premium hot and cold beverages and is a great place for birthday parties or unit functions. Bring the family to Strike Zone for a great meal before hitting the lanes.

For more information about the Strike Zone opening, menu and specials, call the Fort Sam Houston Bowling Center at 221-4740 or visit www.footsamhoustmwr.com.



MWR

Child and Youth Services

Central Registration

Child and Youth Services registration is Monday through Friday from 8 a.m. to 5 p.m. for kindergarten through fifth grade. Walk-ins and appointments are welcome; however, patrons will be seen by appointment only after 4 p.m. Central Registration is located inside Army Community Service, Building 2797. To register a child, parents must bring current shot records, two local emergency contact

names, health assessment within the last 12 months, sport physical (must be valid through the entire selected sport season), child's Social Security number, sponsor's leave and earnings statement and spouse's W2 form. Registration fee and activity fee is \$18. For more information, call 221-4871 or 221-1723.

CYS needs instructors

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

Parent Advisory Council

The Child and Youth Services Parent Advisory Council will meet Tuesday from 11:30

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

FCC providers

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

Off-post childcare options

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

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider's philosophy of care, hours of operation and background. This online tool can be accessed weekdays from 8 a.m. to 4:30 p.m. at Child and Youth Services Central Registration, Building 2797.

Youth basketball registration

Central Registration will hold registration for basketball Nov. 1 through Dec. 7. Practice begins Dec. 3. Patrons must be registered with Child and Youth Services. To register, patrons must provide Leave and Earnings Statement, spouses' W2 form, updated shots records for kindergarten through fifth grade, a current sport physical valid through the entire season, the child's Social Security number and two local emergency designees, \$18 registration fee and basketball fee of \$45. For more information, call the Sports Office at 221-3502 or Central Registration at 221-1723.

Sport physicals

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

SKIES Unlimited classes

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

Religion

Islamic observance of Eid-UI-Fitr

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

Women's retreat

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

Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660

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

Shabbat

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

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

Protestant Services:

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

Sundays

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

Samoan Protestant Service: 8:30 a.m. - Sundays

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

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Catholic Mass: 8 a.m. - Sundays

Protestant Service: 9 a.m. - Sundays

Christian education: 10 a.m. - Sundays

Gospel Service: 11 a.m. - Sundays

Church of Jesus Christ of Latter Day Saints:

9:30 a.m. - Sundays at Evans Auditorium

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

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

1:30 p.m. - Muslim Jumma - Fridays

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

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

Contemporary service: 11:01 a.m. - Sundays

Web site:
www.samhouston.army.mil/chaplain

COMMUNITY

Events

Oktoberfest at Camp Swift

Texas Military Forces, in conjunction with local community organizations, will host the Partners Across Texas Oktoberfest at Camp Swift Saturday. The event, which is open to the public, will officially kick off with a ceremony at 1 p.m. Highlights of the event include 5K and 10K Volksmarches, barbecue, German band music, an air assault demonstration, military aircraft and vehicle displays, various booths and children's activities. Volksmarch registration begins at 11:30 a.m., and participants will begin the walks at 1:20 p.m.

Fall at the Alamo

The Daughters of the Republic of Texas present the 10th annual Fall at the Alamo Saturday from 9 a.m. to 5 p.m. The event brings living historians to the Alamo to demonstrate the daily lives of the people of San Antonio from 1835 to 1846. The event is free and open to the public. For more information, call Dr. Bruce Winders, historian and curator, at 225-1391 or e-mail erodriguez@thealamo.org.

Fisher House fundraiser

VFW Post 8541 will co-host a fundraiser for the local Fisher Houses Sunday from 3 to 10 p.m. at Comanche Park II. The fundraiser will feature music, vendor booths and barbecue. The event is free and open to the public. For

more information, call Lebertha Newbery at 655-2944 or Wanda Dorrrough at 669-1818.

Ghost stories

The Spouses' Club will host its monthly luncheon Tuesday at 11 a.m. at the Sam Houston Club. To set the tone for Halloween, guest speaker Joan Gaither will tell ghost stories. New members are welcome. For more information or reservations, call Sigrid Reistetter at 226-8806 or e-mail Sigrid.reistetter@us.army.mil.

Donor Awareness 5K run/walk

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

USO Halloween Party, Pumpkin Patch

Military Families are invited to attend a Kids' Halloween Party and Pumpkin Patch event Oct. 29 from 5:30 to 7:30 p.m. at the United Service Organizations Downtown Community Center, 420 E. Commerce St., San Antonio. Children are encouraged to wear costumes. For more information, call the USO at 227-9373, ext. 12.

Scion Slam 2007 Military Tour

Skylark Community Center presents the 3-on-3 Scion Slam 2007 Military Tour Nov. 10 at 8 a.m. Come by and compete to win a variety of

cash prizes — over \$4,000 in prizes will be given away. This event also includes a hip hop DJ/Emcee, test drive, prizes and giveaways for all attendees. Enter into the Scion Slam Custom Car Show for a chance to win prizes. For more information and to register, call 671-3906 or 671-3920 or visit www.scion.com/scionslam.

High school senior scholarships

The Alamo City Chapter — American Society of Military Comptrollers is accepting nominations for their graduating high school senior scholarships. The chapter will award two \$500 scholarships to two qualified and deserving graduating high school seniors. Each high school can nominate two individuals. For an application, students should contact their high school senior adviser; the deadline is Nov. 15. For more information, call Bill Pazeretsky at 536-4180.

USO Thanksgiving Feast

Active duty service members, retired military and their Families are invited to a free United Service Organizations Thanksgiving Feast donated by Boudro's Nov. 22 from 11 a.m. to 3 p.m. at the USO Downtown Community Center, 420 E. Commerce St., San Antonio. For more information, call 227-9373.

Training

Army Knowledge Online

Army Knowledge Online hands-on training will be held Wednesday from 1 to 4:30 p.m. in

Building 2841, Room 2105C. Training will include: My account, user profiles, white pages, searching, quick links, self service, files, sitemap and knowledge network. For more information, call Julie Gueller at 221-6203 or e-mail julie.gueller@us.army.mil.

Special emphasis program

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

Resume-writing workshop

The Family Employment Readiness Program will offer a "how to" workshop on civilian resume writing Oct. 24 from 9 to 11 a.m. at Army Community Service, Building 2797. Reservations are requested. This workshop is free to all military and civilian I.D. cardholders. For more information, call Jennifer Swiger at 221-0516.

Meetings

Military Comptrollers luncheon

The Alamo Chapter of the American Society of Military Comptrollers invites all members and non-members to attend a luncheon hosted by the 37th Comptroller Squadron Wednesday from 11 a.m. to 1 p.m. at the Kelly Field Club, Daedalian Room, Kelly Field. The topic of discussion is "Downtown San Antonio Economic Development Update" by Ben Brewer, Downtown Alliance. For more information or to reserve, call Maria VonStaden at 671-2760 by Oct. 16.

See COMMUNITY P23

COMMUNITY from P22

FamilyStrong meetings

FamilyStrong will host a monthly support group for Families with deployed service members Oct. 18 at 10 a.m. in the Center for Health Care Services, Building 711, East Josephine, San Antonio, Texas 78208. For more information, call Sonya Montano at 299-8139, ext. 247.

Retired Officers' Wives, Widows Club

The San Antonio Area Retired Officers' Wives' and Widows' Club will meet Oct. 23 at 11 a.m. at the Sam Houston Club. For more information or reservations, call Arline at 822-6559.

Volunteer

Community cleanup project

The American Society of Military Comptrollers will sponsor a community cleanup project Oct. 27 from 9 a.m. to 12 p.m. at the Sunshine Plaza Apartments, 455 E. Sunshine Drive. The project involves light cleaning for senior residents. School students can earn a certificate for up to three hours of community service. For more information or to volunteer, call Kathy Scott at 221-7893 or 221-1335.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and

For Sale: Custom rims, XON Cyclops set of four 20-inch rims, six-hole from 2005 Chevy, should fit any six-hole Chevy, GMC truck or SUV, \$850 obo. Call 945-7627.

For Sale: Antique oval dining table, Chippendale legs includes four chairs, in beautiful condition, \$395. Call 675-6534.

For Sale: Wholfart upright piano, good condition, \$350; Kenmore upright freezer, \$250; antique marble top dresser with mirror, \$300. Call 221-1031 days or 262-5501 evenings.

For Sale: King-size brass head and foot board sealed, excellent condition, \$150. Call 462-9583.

For Sale: 1997 Cadillac, 32V Northstar SLS, pearl color, \$7,950. Call 650-4007.

For Sale: 2006 Suzuki S-40, under 800 miles, \$3500 obo; free dishwasher, JennAir stove top, wall oven and microwave, you pick up. Call 545-2067.

For Sale: Pekingese puppy, \$395; Coach handbag, \$45; Pack 'n' play playpen \$45; Benji dog, female, spayed, \$125; Dashmat fits Volvo 1990-99, \$37. Call 633-3859.

For Sale: Adjustable drafting table with chair and light, \$54.95; computer table with drawers, cabinet, shelves, \$54.95; 1992 Ford Deluxe Magnum Conversion van, loaded, \$2,995. Call 659-6741.

For Sale: Laptop Dell Latitude C400, very

Fort Freebies

civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail news.leader@samhouston.army.mil or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

compact, 12-inch LCD screen, Windows XP, Microsoft Office 2003 and 2007, 256 RAM, Intel Pentium III, 30GB hard drive, bag, power cord, DVD, floppy and CD player, wireless internet and cooling fan, \$300. Call 317-8304.

For Sale: Color TV, 15-inch, \$20; computer desk, \$35; small couch, \$55; VCR player, \$10; bookshelf, \$15. Call Sandy at 241-1291.

For Sale: Coffee table with two end tables, wood, glass top, with bottom shelves, \$120 obo. Call 657-6264.

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

For Sale: Blue Ox Towbar system, like new, cables, step-down hitch, cost \$600 new, will sell for \$350 obo. Call 860-9217.

For Sale: 2000 Volkswagen Beetle GLS Turbo, luxury package, 86,400 miles, 1.8L, 150 HP, front wheel drive, four-cylinder fuel injected, turbo, five-speed manual transmission, w/overdrive, A/C, cruise control, alarm, new stereo, power windows, remote key, power sunroof, new clutch (under warranty), 25/31 mpg, ABS brakes, front and front-side airbags, yellow w/gray cloth interior, \$8,500. Call 659-7986; 262-6532 or 262-6536.

For Sale: 2000 Chevrolet Express G1500 Regency custom van, 64K miles, eight-cylinder, 5.7 V-8, Regency conversion van package, auto-

matic transmission w/overdrive, dual air conditioning, power steering/cruise control/ABS brakes, power windows, dealer maintained by Gunn Chevrolet, remote key, seats seven, four reclining captains chairs, adjustable rear seat folds flat, tinted glass, blue with tan leather interior, \$10,200. Call 659-7986; 262-6532 or 262-6536.

For Sale: Chrome grill with Chrysler insert for 2005 Chrysler 300, \$450 obo. Call 590-0335 and leave a message.

For Sale: Maytag gas dryer with two month service plan; glass dining table with six chairs and bakers rack; Ashley living room sofa and oversized chair with ottoman; bedroom set with dresser, mirror, armoire, two night stands and headboard; oak computer desk with hutch; baby items. Call 493-2910 or 535-2249 or e-mail Getmysale@yahoo.com.

For Sale: Red bunk bed set, no mattresses, \$25. Call 954-3636.

For Sale: New black wicker set, includes settee, two chairs, coffee table, cushions, \$300; RCA 52-inch rear projection TV, \$650; 55-gallon complete fish tank with fish, \$275. Call 650-0337.

Free: Free kittens to good home. Call 954-3636.

Free: Earth Machine, backyard composting device, never used. Call 646-9437, leave message.