



Fort Sam Houston News Leader



Vol. 38, No. 41

Fort Sam Houston – Home of Army Medicine

Oct. 12, 2006

Briefs . . .

Free Spurs practice tickets

The San Antonio Spurs are inviting service members, their families and Department of Defense civilians to an open practice Saturday at 10 a.m. at the AT&T Center. Doors open at 9:45 a.m. Tickets will be available at the ticket office in the Sam Houston Club.

New gate procedures in effect

New gate procedures are in effect Mondays through Fridays from 6 to 9 a.m. at Fort Sam Houston. To expedite incoming traffic, security personnel will conduct a visual inspection of all ID cards. Security personnel will no longer touch or hold ID cards during peak hours. Vehicle occupants are encouraged to hold up the ID cards so officers can see the cards.

Fire Department Open House

The Fort Sam Houston Fire Department will host an all-day open house Saturday from 9 a.m. to 2 p.m. Activities include food and drinks, a dunking booth, fire safety videos, games and exhibits, with special appearances by Sparky, the fire dog, and McGruff, the crime-fighting dog. For more information, call 221-5452.

Disability employment workshop

A Disability Employment Awareness Month Workshop will be held Oct. 25 from 8 a.m. to 12 p.m. at the Sam Houston Club. The speaker will be Mikail Davenport, who rode 350 miles in seven days on his hand cycle to raise awareness of the capabilities of people with disabilities. The workshop also includes classes on health, fitness and disease prevention. Registration is required by Oct. 20. To request reasonable accommodation for a disability, call Glennis Ribblett at 221-9401 or e-mail Glennis.Ribblett@us.army.mil. For more information or to register, call Cecilia Johnson at 916-2352 or e-mail Cecilia.johnson@amedd.army.mil.

Online deployment information

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

Retiree Appreciation Day

The Fort Sam Houston Retiree Council and the Retirement Services Office will host the annual Retiree Appreciation Day Nov. 4 from 8 a.m. to 1 p.m. at the U.S. Army Medical Department Center and School, Building 2841, Willis Hall, at the corner of Harry Wurzbach and Stanley roads. For more information, see Page 2.



Photo by Elaine Wilson

Walking tall

Robert Delagarza, a civilian employee from Fort Sam Houston, walks the track Saturday at MacArthur Parade Field with wife, Diane, and daughter, Stephanie, during the Buddy Walk. The sixth annual Buddy Walk, held at Fort Sam Houston for the first time, celebrates people with Down Syndrome, like Stephanie. See related story on Pages 18 and 19.

National Breast Cancer Awareness Month

Mrs. America shares message of hope at BAMC luncheon

By Norma Guerra
Brooke Army Medical Center Public Affairs

Before relinquishing her crown this month as Mrs. America 2006, Andrea Preuss performed one of her last official duties as guest speaker Friday at Brooke Army Medical Center's breast cancer awareness luncheon at the St. Anthony Wyndham Grand Heritage Hotel in downtown San Antonio.

The theme of the 7th Annual Tell-A-Friend Breast Cancer Awareness Luncheon was "Don't Stall - get a mammogram."

"Some may think that it is a bit odd that a male member of the U.S. military

would have enough interest to host this event," said Brig. Gen. James Gilman, BAMC commander. "Today there are over 330,000 female warriors serving in the active force, National Guard or reserves; this is about 15 percent of our total force.

"For those who have spent our professional lives in the military, breast cancer has touched us professionally and personally. This disease has robbed our nation of many gifted and talented leaders," he said. "The Army recently lost a great leader, a major general who lost her battle with breast cancer."

The Breast Cancer Awareness Day proclamation was read by Sandy

Terrazzino, BAMC hematology and oncology service. The proclamation officially designated October as Breast Cancer Awareness Month and stated that this year in Bexar County more than 900 new cases were diagnosed and over 170 would lose their lives to this disease.

"All the women here today that have been affected by this cancer are an inspiration and the reason we do this," said Susie Ferrise, BAMC breast health and cancer nurse coordinator. "This is a celebration of your lives and strong spirits."

Chaplain Roger Rahill, from BAMC, gave an invocation that encouraged everyone in attendance, whether male or

See LUNCHEON on Page 4

Combined Federal Campaign to start at Fort Sam

The 2006 Combined Federal Campaign will kick off Oct. 19 at 2 p.m. at the Roadrunner Community Center, Building 2797.

Each year, pledges made by military and civilian donors support eligible nonprofit organizations that provide health and human service benefits throughout the world.

"The Combined Federal Campaign gives us an annual opportunity to make a difference in the lives of people and communities who truly need our generous assistance," said Col. Wendy Martinson, commander, U.S. Army Garrison. "Together, we can help children and youth succeed, strengthen and support families, promote self-sufficiency, build vital and safe neighborhoods, support vulnerable and aging populations and find cures for diseases. Let's make it happen!"



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Retiree Appreciation Day**BAMC to provide flu shots, medical testing at annual event**

The Fort Sam Houston Retiree Council and the Retirement Services Office will host the annual Retiree Appreciation Day Nov. 4 from 8 a.m. to 1 p.m. at the U.S. Army Medical Department Center and School, Building 2841, Willis Hall, at the corner of Harry Wurzbach and Stanley roads.

Brooke Army Medical Center will provide flu shots, as available, beginning at 8 a.m. Other services available include:

- Diabetes screenings
- Screenings for prostate specific antigen
- Cholesterol screenings
- Vision tests

- Oral cancer checks
- Ear, nose and throat checks
- Blood pressure tests
- Glaucoma pressure tests
- Grip strength testing
- Body mass index

BAMC staff members will be available to answer questions.

The Office of the Staff Judge Advocate will provide classes on key issues in estate planning, such as tax consequences of various forms of gifting acts, the probate consequences of different forms of property ownership, the significance of medical directives, the variety of powers of attor-

ney and long term care insurance.

The OSJA will also provide on-the-spot powers of attorney, as requested, and, in some cases, schedule appointments for retirees who want to make changes to their estate documents.

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

Retirement Services will be available to make changes on retired pay accounts with the Defense Finance and Accounting

Service, to include allotments, addresses, taxes and bank changes. Personnel will be available to answer questions pertaining to retirement benefits and entitlements.

Representatives from 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 Service, Fort Sam Clubs and various service organizations also will be available with information and to answer questions.

(Source: Retirement Services Office)

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Hispanic Heritage Month

Post celebrates Hispanic culture, diversity

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

The post community celebrated the Hispanic culture in style Tuesday with music, dance and an all-you-can-eat sampling of ethnic entrees.

The luncheon, held in celebration of Hispanic Heritage Month, drew about 270 Soldiers, civilians and family members to the Sam Houston Club.

The remembrance is observed from Sept. 15 to Oct. 15 each year. Sept. 15 was selected for its historical significance; it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua.

To demonstrate the diversity of Hispanic culture and music, Angel Garcia and Shirley Silva, from the Semeneya Dance Studio in San Antonio, performed a variety of Latin dances for the audience, such as the bachata and salsa. The Rene Flores y Combo Latino Band provided musical entertainment during the luncheon. A few audience members couldn't resist dancing to the upbeat Latin music.

The guest speaker, retired Maj. Gen. Alfred Valenzuela, also entertained the crowd. Valenzuela, a familiar face around post, retired in May 2004 after serv-



The Rene Flores y Combo Latino Band entertain luncheon attendees with a sampling of upbeat Latin music.

ing as commander of U.S. Army South for three years. One of only 19 Hispanic general officers, Valenzuela was recently named one of the "100 Most Influential Hispanics" by Hispanic Business magazine and was selected to the board of directors for the Cuban American National Council for Education.

In his speech, Valenzuela highlighted Hispanic accomplishments dating back to the Army's early days.

"Hispanics have been in the Army for nearly 232 years, as long as the Army has been in existence," he said. "In fact, there were 189 Hispanic-Americans — who died in the Alamo." Additionally, he said, 40 Hispanics have earned the Medal of Honor and a Hispanic Soldier was the only Silver Star recipient in the Civil War.

"Why don't we hear about them?" he asked.

Valenzuela said the answer lies within his culture. "We come from a culture that doesn't like to talk about what we do," he said. "We have to document our history for our children."

As he highlighted the past, the general also focused on the future and the legacy of greatness that will continue in today's service members.

"What you men and women are doing for our country is to be saluted and applauded."

Recalling his own history, Valenzuela said his most important duty as a flag officer was when he buried "25 great Americans" who died supporting operations Enduring and Iraqi Freedom. Most were Hispanic, he said. And, "every one of them was a volunteer."

They were also almost all enlisted, with just one warrant officer. "Our NCOs are going to carry us to the next generation," Valenzuela said. "Generals don't win wars; our NCOs are the measure of success."

NCOs, he said, have made a name for Hispanics throughout history.

But, above all, whether officer or enlisted, tall or short, light or dark, "what you look like doesn't make a difference; it's about being an American," he said.



U.S. Army South Command Sgt. Maj. Armando Ramirez presents the luncheon's guest speaker, retired Maj. Gen. Alfred Valenzuela, with a coin display for his participation in the post's Hispanic heritage celebration.



Angel Garcia and Shirley Silva, from the Semeneya Dance Studio in San Antonio, turn up the heat with a demonstration of Latin dances Tuesday during the Hispanic heritage luncheon at the Sam Houston Club.

Celebration highlights Hispanic heritage for Soldier medics

By Ben Paniagua
Hacienda Recreation Center

A capacity crowd filled the auditorium of the Hacienda Recreation Center Sept. 27 to enjoy a celebration of Hispanic heritage.

Presented by the 32nd Medical Brigade Equal Opportunity Office and the Hacienda Recreation Center, the program was aimed at teaching young Soldiers the importance of cultural awareness and the need for understanding and acceptance of other races and cultures.

Guest speaker for the evening was

retired Command Sgt. Maj. Adolpho Arista. Arista stressed the importance of all Americans getting along, facing current global problems as a team and not divided by races. He told the Soldiers to learn their history and fight for what they believe in, to stay focused on their careers as Soldiers and to be proud of who they are and what they represent.

Roni Garza and The Latin Explosion presented a variety of festive dances and songs from different areas of the Latin world to include Spain, South America, Mexico and the Caribbean. The explosive dances and vocals were a big favorite with the Soldiers. Some

Soldiers were pulled from the audience to join in the on-stage dancing and the crowd went wild.

"I loved the dancing. It was really great. I think I really learned from this wonderful experience," said Pvt. Samantha Shacreaw, of E Company, 232nd Medical Battalion. "The show was very entertaining and extremely flashy."

Pan dulce, a Mexican sweet bread, and punch were served to the audience. The program was sponsored by the Army and Air Force Exchange Service, DeVry University, Balfour Military Rings and the MILES Program.



Photo by Kelly Jones
Retired Command Sgt. Maj. Adolpho Arista speaks to Soldiers about the importance of cultural awareness Sept. 27 during a Hispanic heritage celebration at the Hacienda Recreation Center.

PostPulse:

As a Hispanic leader and role model, what was the biggest obstacle you had to overcome?



"When I first started in this career, I needed a degree to move up. Working 40 hours a week afternoons and evenings and going to school full time in the mornings for four years straight, to include summers, was quite an obstacle. But I knew that without that degree I would never move up. I persevered and when I walked across that stage to get my bachelor's degree, I felt like the master of the universe. Six months before I got my diploma I was promoted, and six months after, I got promoted again. When I mentor young Soldiers, I stress the importance of education. Education, combined with hard work and dedication, is the key."

Ben Paniagua
Director, Hacienda Recreation Center



"The biggest obstacle I've had to overcome is trying to figure out how to balance my strong family values and dedication to duty. As a wife and mother in several leadership positions, I've had to rely on strong will and grace from God to continue prevailing through life's challenges."

Sgt. 1st Class Rosalba D. Chambers
Equal opportunity adviser,
32nd Medical Brigade



"Past generations have paved the way for the current and future generations to succeed. People like (retired) Maj. Gen. Alfred A. Valenzuela and Maj. Alfred Rascon have impacted the Hispanic culture in the U.S. Army today by setting forth a new standard for the current generation to achieve."

Capt. Martha Curtis
Company commander,
D Company, 232nd Medical Battalion

Energy Awareness Month promotes wiser use of resources

By J.D. Leipold
Army News Service

WASHINGTON — October is National Energy Awareness Month and this year's theme, "Energy independence depends on us," promotes wiser use of limited energy resources, and highlights the importance of energy to the economic prosperity, security and growth of America.

The Army has reduced energy consumption by 29.4 percent since 1985. But "unfortunately, from 2003 to 2005 we increased energy use by 3.5 percent due to the Global War on Terrorism and a loss of focus on energy conservation," said Secretary of the Army Francis J. Harvey.

Because the Department of Defense is the nation's single largest user of energy and the Army is the largest utilities consumer, Harvey said, "we must be a leader in energy efficiency and the use of renewable energy products and emerging technologies."

Myths

According to Don Juhasz, chief, utilities

and energy team under the Assistant Chief of Staff for Installation Management, "There are myths, routinely held as fact, that inhibit cost-saving practices."

One such fable is that the Army doesn't pay for utilities.

"The Army is one of the government's largest utility customers, spending nearly \$1 billion annually on those costs," Juhasz said. "Just a 10 percent decrease in utility consumption would lower the government's expenditures more than \$100 million a year."

Another myth is that it takes more energy to turn lights on and off than to just leave them on.

"Not so," according to Juhasz. "It does require a surge of energy, up to 300 percent and one-sixtieth of a second after which the energy flow becomes a steady state. Human reaction time in turning a switch off and on exceeds this by about 15 times.

"A person could stand there flipping a switch off and on and the off-time would offset any energy increase from the on-cycle," he said.

Lamp life is decreased with on and off switching, but because of the time the fixture is off during switching, the overall time between bulb replacement is actually increased by one second for every one second the light is off, so that it takes at least the normal life hours – 20,000 for a good florescent – to decrease its life to half by constantly switching it off and on.

"The bottom line," Juhasz said, "is it saves utility costs if lights are turned off when a room is unoccupied, even for two seconds."

Yet another myth is that motor pools and buildings be lit from the outside during darkness per security regulations.

"Only the bunker lights at an ammunition supply point are required to be on during all hours of darkness. All other security lighting is at the discretion of the commanding officer," Juhasz said.

"It has been proven that pilferage and vandalism have decreased at military facilities and on school grounds where the lights have been turned out," he added.

"The intruders then have to bring their own lights and can be more easily spotted by security forces."

Improving energy management

The Energy Policy Act of 2005 charges individuals and government agencies with improving energy management to save money and reduce environmentally harmful emissions.

To reduce energy costs by 2 percent, as mandated by the EP Act, the Army established an energy campaign plan that extends through 2030.

The Army energy strategy is based on these five initiatives:

- Eliminate/reduce energy waste in existing facilities
- Increase energy efficiency in renovation and new construction
- Reduce dependence on fossil fuels
- Conserve water resources
- Improve energy security

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

Luncheon

Continued from Page 1

female, to listen carefully to this special message of life, stating that at some point in time this disease could affect everyone in attendance directly or indirectly.

For Mrs. America, it was not a difficult choice deciding what her platform would be.

In fact, her decision to compete in the Mrs. America pageant was made after losing her mother-in-law four years ago to breast cancer just 30 days after being diagnosed.

"It was very hard on the family learning and coping with this sudden disease," said Preuss.

"My mother-in-law, who was a retired hospice nurse, had lived with us since the birth of our first child seven years ago," she said. "It was a difficult journey for the family and I knew I needed to get involved at a higher level because of the effect it had on all of us. This was not just something that would go away instantly; it was about treating the whole mind, body and soul.

"If you look at the scope that this disease touches, it is going to take all of us to raise money and awareness," she said.

Before marriage, Preuss had been involved in other pageants and knew that winning a pageant title gives you a year in a very prominent spotlight.

Her prayers were answered when she was crowned Mrs. America 2006. She has traveled all over the United States telling her story, speaking about breast cancer awareness and letting women know about the importance of annual mammograms.

Even after her reign ends, Preuss will continue to fight for the cure by promoting breast cancer awareness and continuing to visit hospice centers and encour-

aging women to keep fighting.

After Preuss addressed the attendees, five breast cancer survivors were invited to go to each table and light candles for the luminary ceremony, which honored those who have lost their lives and those who have survived breast cancer.

Dr. Granville Coggs, a radiologist at Brooke Army Medical Center, sang his rendition of "You are so Beautiful" during the lighting.

After a few door prizes were awarded, the ceremony ended and a long line formed of attendees wanting a chance to wear the Mrs. America crown and sash.

Breast cancer facts

- Breast cancer is the leading cause of death in women between the ages of 40 and 55.
- Seventy percent of all breast cancers are found through breast self-exams; however, not all lumps are detectable to the touch. The foundation recommends regular mammograms and monthly breast self-exams.
- Mammography is a low-dose X-ray examination that can detect breast cancer up to two years before it is large enough to be felt.
- When breast cancer is found early, the five-year survival rate is 96 percent.

(Source: National Breast Cancer Foundation)



Photos by Norma Guerra
Col. Doris Johnson, from the Department of Nursing at Brooke Army Medical Center, enjoys a moment as "royalty" as she dons the regal apparel of Mrs. America, Andrea Preuss, Friday during the 7th Annual Tell-A-Friend Breast Cancer Awareness Luncheon at the St. Anthony Wyndham Grand Heritage Hotel.



(From left) Jeffri Gilman; Mrs. America, Andrea Preuss; Brig. Gen. James K. Gilman, commander, Brooke Army Medical Center; and Col. Wendy Martinson, commander, U.S. Army Garrison, visit prior to the luncheon.



Jeffri Gilman lights a candle in honor of breast cancer survivors and those who did not survive during the luncheon.



Dr. Granville Coggs, from the Department of Radiology at Brooke Army Medical Center, sings "You are so Beautiful" during the candle-lighting ceremony.

COMPUTER SECURITY

Have you been blocked today?

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

Just about everyone using a government computer on Fort Sam Houston has seen the image: SITE BLOCKED! The Web block cannot be missed with its bright orange, black and red lettering and background. Quite impressive, but matter-of-fact, stating the obvious — Don't go there!

According to Jack Poland, director of information management for the Directorate of Information Management, "We are under the guidance of Army policy AR 25 -1 and 25-2 and utilize special software to determine what Web sites are blocked."

The blocks are software driven and part of the Army standards of Web filtering. The blocks reduce the liabilities of risks, protecting government computers from viruses.

"After Sept. 11, 2001, or prior to a major attack, it is surprising how many private Web sites popped up. Private Web sites are bad, and it is where people can and do bad things to networks," said Poland.

"We are trying to protect the military network and the security of it. We use the Internet for communication more than we ever have. The military is in a digital age and they fight digitally, so it is even more important that our networks be protected. Bad stuff is downloaded through the Internet."

DOIM is simply trying to protect the military. The software is up to government standards and identifies sites that have caused suspicious activities in the past or private sites where people have hacked and downloaded questionable data. The blocks are reviewed and updated weekly.

When out on the Internet, the software picks up on specific categories. It is not necessarily a word that causes the block, but a category such as games.

An example occurred when an employee was researching a topic about fire prevention. The employee was blocked after searching for "matches are not a game." It was the combination of matches and game that caused the block.

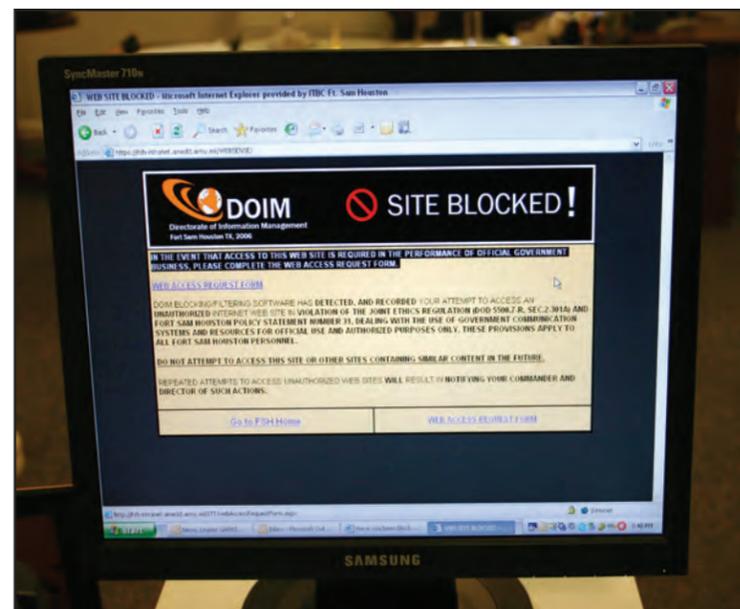
Many sites are blocked because government employees should avoid those sites, especially while at work. However, employees do occasionally need to do research as a requirement on the Internet; it is just a matter of completing the access form.

As stated on the foreboding block that shows up on a computer screen, "In the event that access to this web site is required in the performance of official government business, please complete the web access request form."

If blocked and the site is needed for a particular job requirement, link on the notification page to access the form. After completion, submit to the DOIM security office. If access is required for mission accomplishment, the request will be approved. The user is then notified via e-mail whether the request is approved or disapproved.

"It can be cumbersome, but it is better than letting something bad come through the Internet," said Poland.

"We share the amount of circuit space that is going out to the pie in the sky. Bandwidth, which is what allows us to download work faster and quicker, is being taken away from the Soldiers who are using the circuit. We are taking away from the real work, like the Soldiers fighting. It could take away from the Soldier, and that Soldier cannot then do his mission," added Poland. "It is not a free for all."



The DOIM site that everyone using a government computer on Fort Sam Houston has seen at one time or another is software driven and part of the Army standards of Web filtering. The blocks reduce the risks to security caused by viruses.

"If a person continues to access illegal Web sites their Internet privileges can be revoked and depending on the type of Web site accessed, could be removed from their job," warned Poland.

It may seem like DOIM is making life difficult, but the smart filter reduces legal liability, security risks, loss of productivity and wasted bandwidth. It protects against viruses and malicious software invading networks through user downloads.

For more information about DOIM, call 221-4357.

VAOs ready to help troops exercise right to vote

By Yolanda Hagberg
Fort Sam Houston Public Information Office

With the 2006 November general elections just around the corner, Secretary of Defense Donald Rumsfeld has designated Oct. 8 to 14 as Absentee Voters Week to stress the importance of the service member's vote.

The Department of Defense, through the Federal Voting Assistance Program, is responsible for ensuring military members and their families, as well as U.S. citizens living overseas, exercise their right to vote through absentee balloting, which is part of the Uniformed and Overseas Citizens Absentee Voting Act.

Ballots should be mailed no later than Sunday. In order to get an absentee ballot, troops can use the Federal Post Card Application, or send a written request for a ballot to the county, city, town or parish clerk.

If the absentee ballot is not received in time to meet the Sunday deadline, troops can also use a Federal Write-In Absentee Ballot, or FWAB, if they meet the three criteria. First, the individual must be either absent from voting residence or be a citizen outside the United States, including overseas. Second, he must have applied for a regular ballot early enough that the request is received by the local election official at least 30 days before the election and finally, he must not have received the requested regular state absentee ballot.

Fort Sam Houston and tenant organization VAOs are prepared and ready to help Soldiers and their families prepare the FWAB and mail it to their home of record election official during the Absentee Voters Week. For more information, call or e-mail an area VAO (listed below). Additional helpful Web sites include <http://www.fvap.gov> and http://www.fvap.gov/ivas/fvap_state_menu.html.

Soldiers encouraged to take steps to get ahead

Leadership is crucial to the success of the U.S. Army. The most effective leaders are those who "lead from the front" — this means they lead by example in thought, word and deed. Soldiers who choose leadership training are making it clear that they wish to take on more responsibility and thus rise in rank. The Army provides many opportunities for Soldiers to learn how to improve their leadership and teamwork skills.

While there is no easy path or recipe to ensure selection for promotion, there are a few career-enhancing steps NCOs can take to become more competitive with their peers.

The following key assignment recommendations are a guide and do not constitute a complete list of career opportunities or guarantees for promotion selection:

Drill Sergeant Duty - This demanding duty is available for sergeants through sergeants first class and is considered by promotion and school-selection boards as an indicator of initiative and motivation. NCOs interested in applying must meet all prerequisites listed in Army Regulation 614-200. For more information, call the Drill Sergeant Team at 703-325-8070 or DSN 221-8070.

Recruiting Duty - This duty is considered by promotion and school-selection boards as an indicator of initiative and motivation. Interested sergeants through sergeants first class should review AR 601-1 to see if they qualify. An extensive background investigation is conducted on each applicant. In addition, MOS-branch clearance must be granted for Soldiers applying. For more information, call the Recruit-the-Recruiter Team at 502-626-0215 or DSN 536-0215.

Equal Opportunity Adviser and Inspector General Duty - Soldiers serving as EOAs/IGs can enhance their organizational abilities and improve social skills. Volunteers must submit a DA Form 4187 endorsed by a lieutenant colonel or higher in their chain of command. Volunteers must be released by their career branch. Promotable staff sergeants and sergeants first class are eligible if they meet the criteria outlined in AR 600-20 and AR 20-1. For more information, call 703-325-9661 or DSN 221-5820.

(Source: U.S. Army Medical Command)

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Crime Prevention Month

Protect self, others with personal safety measures

Safety needs to be a priority whether on vacation or in familiar territory. While on vacation, most people are more aware of their surroundings and, as a result, more cautious. However, when in a familiar place, people tend to let their guard down. The following are a few personal safety tips:

Public areas

- Always be aware of surroundings.
- Avoid walking alone and stay in well-lit



Photo by Elaine Wilson

Always store valuables, like handbags and wallets, in a locked drawer.

areas away from bushes, alleys and doorways.

- Avoid shortcuts through parks, vacant lots and other deserted places.
- Never hitchhike or accept rides from strangers.
- If the driver of a vehicle stops and harasses you, walk in the opposite direction.
- If walking to your car in a parking lot or garage and anything makes you feel uncomfortable, trust your instincts and go back into the store. Ask someone to walk with you.
- Have your keys in hand, ready to unlock the car door. When approaching the vehicle, check under the car and in the back seats. Once inside, lock the doors and drive away. Don't sit in the car and check packages or count money.

When driving

- Keep car doors locked and windows rolled up at all times.
- Keep cars properly maintained and be sure there is enough fuel.
- Never pick up hitchhikers.
- Watch for pedestrians; many carjackers approach on foot.
- If you feel you are being followed, do not go home. Drive to a police or fire station or an open business to get help.
- If a driver on the road is harassing you, let them pass or exit the freeway as soon as possible. Drive to a public place and call police.
- If your car breaks down, open the

hood, turn on the flashers and get back into the car and lock the doors. If someone stops to help, crack your window and ask the person to phone for help.

In the workplace

- Don't leave valuables or keys lying in the open; always lock them in a secure place.
- Engrave personal items, such as radios, with your driver's license number.
- If you notice suspicious objects, people or vehicles in the area, notify a supervisor or police.
- If working late, move your vehicle near the entrance before it gets dark and make sure all doors and windows are locked.
- Don't leave unattended Common Access Cards in computers.

While at home

- Know where your children are, who they are with and what they are doing.
- Keep doors and windows locked, especially at night.

- Do not hide a key outside of the house.
- Ensure family members know who to call in case of an emergency.
- Plan escape routes and meeting points in case of a fire or other emergency.
- Meet and get to know your neighbors.

Other areas

- When drinking alcoholic beverages, be very cautious about where you drink and who is with you.
- Always go with other people that you know, never leave clubs or nightspots with strangers.
- In elevators, stand near the control panel. If someone gets on the elevator that makes you nervous, get off the elevator. If attacked in an elevator, push as many floor buttons as possible.

For more information or to schedule a crime prevention briefing, call the Crime Prevention Section of the Fort Sam Houston Directorate of Emergency Services at 221-0990.

(Source: Crime Prevention Section)

Emergency numbers



Dial 911 when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.

Commander's Proclamation**Domestic Violence Prevention Month*****"Stand up to prevent domestic abuse"***

To the Fort Sam Houston community:

The Army policy is to prevent domestic violence, including domestic abuse, in all its forms, and to intervene and provide protection to victims.

Every member of the Fort Sam Houston community needs to know the official definitions of domestic abuse and domestic violence:

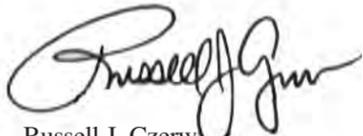
- Domestic violence is an offense under the United States Code, the Uniform Code of Military Justice or state law that involves the use, attempted use or threatened use of force or violence against a person of the opposite sex, or a violation of a lawful order issued for the protection of a person of the opposite sex who is a current or former spouse, a person with whom the abuser shares a child in common, or a current or former intimate partner with whom the abuser shares or has shared a common domicile.

- Domestic abuse is domestic violence or a pattern of behavior resulting in emotional and psychological abuse, economic control and/or interference with personal liberty that is directed toward a person of the opposite sex who is a current or former spouse, a person with whom the abuser shares a child in common, or a current or former intimate partner with whom the abuser shares or has shared a common domicile.

I expect everyone — every day — to stand up to prevent domestic abuse.

Within relationships, prevention is based on love, respect and trust. Within the Army community, prevention starts with intensive public awareness, coordinated community education and effective military and civilian partnerships. As individuals, Soldiers or family members, prevention starts with modeling correct behavior, demonstrating leadership support and using the system to assure protection of victims and hold offenders accountable. Any domestic abuse should be reported.

In the Fort Sam Houston community, the Army Family Advocacy Program is charged with this prevention mission. Call the Family Advocacy Program manager at 221-2418 or 221-0349 to help you stand up. Anyone in our community can also use the National Domestic Violence Hotline; call 1-800-799-7233.



Russell J. Czerw
Major General, DC
Commanding

Forgotten victims**Domestic violence devastates children's lives**

By Renee Tuinstra
Family Advocacy Program

A son shoots his father who is holding his mother at knifepoint. A husband shoots his wife, two sons, then himself. A father is charged with injury to a child after breaking an infant's arm. Here in San Antonio, there are a number of headlines that call attention to the correlation between domestic violence and the effects on children.

Children depend on their parents to give them a stable, secure and nurturing home environment. However, the American Psychology Association estimates that 3.3 million children are exposed to domestic violence every year, and for those children, the impact of witnessing that violence can be devastating. Along with the physical risks of a child getting caught in harm's way and inadvertently injured, the exposure to violence often leads to psychological and behavioral differences that can impact children's lives well into adulthood.

The most obvious and potentially dangerous situation is when a child is physically injured. Domestic violence is a pattern of behavior, often-times growing more frequent and severe over time, thus increasing the odds that a child will be present during the altercation. When violence breaks out, everyone nearby is a potential victim. Young children cannot protect themselves from this physical threat, and older children frequently intervene to protect one parent or in an attempt to stop the violence, both of which can lead to serious physical injury to the child. In some cases, the domestic violence perpetrators use the children as pawns, physically injuring the children to intimidate or control their partners.

"Children who grow up in homes where there is family violence are likely to learn quickly how to use violence in personal relationships."

In other cases, victims are so anxious to prevent any perceived provocation of the perpetrator's violence that they over discipline their children to control their behavior and protect them from what they believe is a greater threat. Many studies have also shown that about 70 percent of men who abuse their partners also abuse their children. Women who are beaten are twice as likely to abuse their children when compared to non-abused women.

Along with the risk of physical injury, violence at home has emotional consequences. Children who grow up in homes where there is family violence are likely to learn quickly how to use violence in personal relationships. They learn to use violence to communicate, get one's way and to control situations. As witnesses to the violence, children often experience guilt, shame, fear, hostility and ambiguity. Children exposed to this violence face attention deficits, educational difficulties, substance abuse, mental health problems and lack of normal social skills.

A study conducted by the Office of Juvenile Justice and Delinquency Prevention found that 70 percent of adolescents who lived in families with parental violence were engaging in violent delinquency. The study also showed that children in these homes begin to commit delinquent acts

See **DOMESTIC VIOLENCE** on Page 11



Photo by Elaine Wilson

Firefighter Lawrence Salinas puts the last embers of a fire out after a live fire demonstration during the fire department open house held Oct. 14, 2004. This year's open house will be held Oct. 14 from 9 a.m. to 2 p.m. at the Fort Sam Houston Fire Department located on Schofield Road.

Fire Prevention Open House

The Fort Sam Houston Fire Department will host an open house Saturday from 9 a.m. to 2 p.m. at the Fire Department, Building 3830 on Schofield Road. Activities include a dunking booth, fire safety games, a moon jump and face painting, along with the following scheduled events:

9 a.m. – Opening remarks by Col. Wendy Martinson, commander, U.S. Army Garrison
 9:15 a.m. – Poster contest winner presentations
 9:45 a.m. – Live fire demonstration
 10:30 a.m. – Water polo competition

11:30 a.m. – Complimentary lunch with food and drinks; entertainment provided by the U.S. Army Medical Command Band

1 to 2 p.m. – Exhibits
 9 a.m. to 2 p.m. – Special appearances by Sparky, the fire dog, and McGruff, the crime-fighting dog.

Displays will be provided by Safety; Crime Prevention, with finger printing; Public Health Nursing; City Public Service; and the American Red Cross, with blood pressure checks.

For more information, call 221-5452.

Home fire safety checklist: Simple changes that can save lives

Change smoke alarm batteries

The International Association of Fire Chiefs and fire experts nationwide encourage people to change smoke alarm batteries at least annually. An easy way to remember to change batteries is with daylight savings and when it is time to turn clocks back in the fall. Replace old batteries with fresh, high-quality alkaline batteries to keep smoke alarms going year long.

Check smoke alarms

After inserting a fresh battery in a smoke alarm, check to make sure the smoke alarm is working by pushing the safety test button.

Count smoke alarms

Install at least one smoke alarm on every level of the home, including one in every bedroom and one outside each sleeping area.

Vacuum smoke alarms

Each month, clean smoke alarms of dust and cobwebs to ensure their sensitivity.

Change flashlight batteries

To make sure emergency flashlights work when needed, use high-quality alkaline batteries. Note: Keep a working flashlight near the bed, in the kitchen, basement and family room, and use it to signal for help in the event of a fire.

Install fire extinguishers

Install a fire extinguisher in or near the kitchen and know how to use it. If necessary, purchase one. The IAFC recommends a multi- or all-purpose fire extinguisher that is listed by an accredited testing laboratory such as Underwriters Laboratory.

Plan and practice escape routes

Create at least two different escape routes and practice them with the entire family.

Children are at double the risk of dying in a home fire because they often become scared and confused during fires. Make sure children understand that a smoke alarm signals a home fire and that they recognize its alarm.

(Source: <http://firesafety.buffnet.net>)



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Fire prevention at Fort Sam dates back to 1800s

By John Manguso
Fort Sam Houston Museum

Fire prevention has come a long way, especially at Fort Sam Houston. In the 19th century, fire was a serious problem due to the existing technology. People heated their homes and cooked by fire, whether in a stove or a fireplace.

Illumination was also provided by combustion, such as candles, lamps or lanterns. Flames could easily be transferred to a building or its contents. When the Quadrangle was constructed in 1876, its design included a 90-foot-tall tower. In the top of the tower was a 6,400-gallon water tank to supply water to the fire hydrants located within the depot area. Behind the tower was a shed with fire hose reel mounted on a cart. Sixty feet above the ground in the tower was a station for a watchman. His purpose was not to guard against Indian attacks, but to be on the lookout for fires.

Units in the garrison were organized to fight fires if necessary. Every bugler had to learn the "fire call." When it sounded, the troops would form bucket brigades to throw water on the fire. Fire drills were required and had



During the construction of Camp Travis in 1917, more than 1,400 wooden buildings were constructed, including the main fire station at Camp Travis. By the end of World War I, there were several fire stations in the camp with six horse-drawn engines.

to be recorded along with any occurrence of a fire. Every private who pulled guard duty had to know the General Orders, which included sounding the alarm in the event of a fire.

At the start of the 20th century, the post's fire department consisted of detailed Soldiers and some wheeled equipment. Each of the major garrison units had a "fire detachment." During the construction of Camp Travis in 1917, more than 1,400 wooden buildings were constructed. Civilian employees from the construction company provided a fire department with help from detailed Soldiers. Equipment consisted of one horse-drawn engine borrowed from the city of San Antonio. By the end of World War I, there were several fire stations in the camp with six engines. There were also 36 hose reels distributed throughout the camp. The Soldiers who staffed the fire department performed fire inspections as well as fought fires.

The danger of fire was serious in Camp Travis, and several buildings were lost to fire, as was the post laundry in 1922. But the method for sounding the alarm had improved. Every phone book had the number of the fire department on the cover. In 1932, people dialed "10" to call the fire department. There were also fire call boxes where the caller was directly connected to the fire house by simply lifting the receiver. The post had a civilian fire chief who lived in the fire house, which is now the Rocco Dining Facility. The firemen were Soldiers.

World War II brought more wooden buildings with a serious risk of fire. Each building was equipped with butt cans, painted red with 1 inch of water in the bottom to extinguish cigarettes. There were rakes, fire beaters and shovels,



Courtesy photos

Members of the M Company Fire Detachment sit on their ladder wagon at Infantry Post in 1908.

along with buckets of sand or barrels of water. Often, there were soda-acid fire extinguishers available. At posts in the northern part of the country, salt had to be added to the water barrels in the winter to keep the water from freezing. At night, a Soldier was detailed as fire guard to keep the fire in the furnace going in cold weather and to sound the alarm in the event of fire. He was also tasked to make sure the fire lights were turned on.

In the years since World War II, there have been many improvements in fire prevention: automatic fire detection and suppression systems, pull alarms which sound at the fire station and report the location of the fire, and improved fire extinguishers. The fire department was gradually turned into an all-civilian, full-time force. But units and individual Soldiers still played an important role.

The number to dial in the event of a fire is still on the cover of phone books, on bulletin boards and on stickers for phones. Fire marshals must still check the extinguishers, the fire exits and cabinets with flammable materials. The first line of defense against fire is still an individual who makes sure that fire doesn't have a place to start.

Domestic violence

Continued from Page 8

at an earlier age and they commit about twice the number of offenses as children who do not witness the violence.

The effects of violence in the home are not limited to childhood. Studies have shown that these children are more likely to suffer from morbid obesity, depression, alcoholism, drug abuse and suicide attempts. Men are also more likely to perpetuate the cycle of abuse with their partners, and the women are more likely to be in abusive relationships.

Children exposed to domestic violence are often the forgotten victims. Child welfare, law enforcement and domestic violence agencies are progressively growing more aware of the correlation between domestic violence and child abuse, as well as understanding the social costs of this abuse. The U.S. Advisory Board on Child Abuse and Neglect suggests that domestic violence may be the single major precursor to child abuse and neglect fatalities in this country. Departments and agencies are collaborating prevention efforts as well as services for the victims in an effort to reduce the problem in the future; however, this problem is not theirs to solve alone. Victims are not responsible for the perpetrator's behavior; however, they are responsible for the safety and well-being of children in their care.

If you are in an abusive relationship, ask for help as soon as possible — for yourself and your children. Agencies available to assist include:

- The Texas Department of Family and Protective Services – 1-800-252-5400
- The Bexar County Family Justice Center – 208-6800
- Department of Social Work (Brooke Army Medical Center) – 916-3020
- Victim Advocates – 221-0600, 221-1505 or 221-1496

For more information, call the Family Advocacy Program at 221-0349.

SPORTS BRIEFS . . .

Cole invites Soldiers to football game

Robert G. Cole Jr./Sr. High School will host an evening of football, the Cole Cougars vs. the Jourdanton Indians, Oct. 20 at 7:30 p.m. at Cougar Stadium, 1902 Winans Road, Fort Sam Houston. All active duty and reserve military men and women are invited to attend. Military personnel in uniform will receive free entry into the game and a complimentary hotdog. For more information, call Elizardo Hernandez, Cole assistant principal, at 368-8736.

Adult baseball league forming

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

Intramural basketball

Letters of intent are due Nov. 1. Send letters to the Jimmy Brought Fitness Center or e-mail earl.young@samhouston.army.mil. A coaches meeting will be held Nov. 6 at 1 p.m. at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180.

Men's basketball players needed

The Fort Sam Houston men's basketball team has openings. For more information, call 221-1180.

Boxing at the Brought III

Boxing at the Brought III is coming Oct. 28 at 6 p.m. at the Jimmy Brought Fitness Center. Doors open at 5 p.m. The boxers are ready, and the match-ups are expected to bring about fierce action and competition. Admission is \$3 per person. An after-party at the Jimmy Brought Fitness Center will immediately follow the event's conclusion. Free food will be available. For more information, call the Morale, Welfare and Recreation Sports Branch, Boxing Club at 221-1532 or 221-1342, or e-mail douglas.stanley@samhouston.army.mil.

Instructors needed

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

Intramural Fall Softball Standings

Oct. 5 (corrected copy)

Team	Win	Loss
ARNORTH	5	0
USARSO	5	2
264th Med Bn	6	3
BAMC	5	4
STB Renegades	2	5
MEPS	1	5
470th MI	1	6

Intramural Flag Football Standings

Sept 30

Team	Win	Loss
264th Med Bn	4	0
187th Med Bn	3	2
BAMC	2	1
DENTAC	2	2
BNCOC	1	2
232nd Med Bn	2	4
201st MI	1	3

Smoke-free, courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your "wings." Visit the Health Promotion Center, Room L31-9V, Brooke Army Medical Center, or call 916-3352 or 916-5538.



Sailor earns 'Combat V' for bravery under fire

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

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

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

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

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

Struckmeyer serves at DMRTI as a primary instructor and



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

squad leader for the Combat Casualty Care Course at Camp Bullis, where he trains junior officers in Tactical Combat Casualty Care and basic combat field skills.

Troop Salute



187th Medical Battalion



Soldier of the Week

Name: Pvt. Eric Cleaver
Unit: D Company
Career Field: 91V respiratory specialist
Time in service: Eight months

Future Goals: To complete Phase II training and become an active duty Soldier

Reason for joining the Army: To receive training and discipline that will benefit me in the civilian world

Latest accomplishment: I won first place in squad level drill and ceremonies competition.

Army Community Service

October Financial Readiness Class Schedule

Class Title	Date	Class Time
Identity Theft	Today	2 to 4 p.m.
Checkbook Maintenance	Tuesday and 19	2 to 4 p.m.

Identity Theft – The class consists of information on how not to become a victim, how to recognize and what to do if you become a victim of identity theft.

Checkbook Maintenance – This class is offered for personnel referred by the command for abusing and misusing check cashing privileges. All personnel can attend this class.

Classes are held at the Roadrunner Community Center, Building 2797, 2010 Stanley Road, Room 1. Everyone is invited. Class space is limited. To register or for more information, call 221-1612.

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. - 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

RELIGIOUS HAPPENINGS . . .

Catholic religious education registration

Registration for Catholic religious education for first holy communion and confirmation classes are now in progress. To enroll a child or for more information, call Brian Merry at 221 5006 or e-mail brian.merry@samhouston.army.mil.

Catholic Women of the Chapel

The Catholic Women of the Chapel will meet Friday with a rosary at 8:30 a.m., mass at 9 a.m. and a program on making rosaries at 9:30 am. Childcare is provided. For more information, call Kate Schupbach at 212-7842.

Protestant Women of the Chapel

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



Fall Bible studies for OCF

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

Musician, choir director needed

The U.S. Army Contracting Agency, Southern Region Contracting Center - West is soliciting a musician and choir director for the 8 a.m. Catholic service at the Army Medical Department Regimental Chapel. For more information or to obtain a copy of the solicitation, call Christina Sylvester at 221-5367 or Donna VanGilder at 221-5586.

Fort Sam Houston Independent School District

Weekly Calendar - Monday through Oct. 21

National School Bus Safety Week

Robert G. Cole Jr./Sr. High School

Monday

UIL Band Marching Contest at Alamo Stadium, TBA

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

Tuesday

Grades 11 and 12 TAKS exit level English language arts retest exam, TBA

Junior varsity/varsity volleyball vs. Hawkins at Cole, 5 and 6 p.m.

Wednesday

Grades 11 and 12 TAKS exit level math retest exam, TBA

Grades 10 and 11 PSAT

Oct. 19

Grades 11 and 12 TAKS exit level science retest exam, TBA

Junior varsity football at Jourdanton, 7:30 p.m.

Oct. 20

Grades 11 and 12 TAKS exit level social studies retest exam, TBA

Pep rally schedule

Pep rally, TBA

Volleyball vs. Jourdanton at Cole, 4 and 5 p.m.

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

(Note: Texas Assessment of Knowledge and Skills tests are state-mandated exams.)

Fort Sam Houston Elementary School

Monday

Begin second nine weeks

PTO book fair, 8 a.m. to 3 p.m.

Tuesday

PTO book fair, 8 a.m. to 3 p.m.

PTO family night hometown heroes event, 6 to 8 p.m.

Wednesday

PTO book fair, 8 a.m. to 3 p.m.

PBS Artist's Alley celebration

Early dismissal

Pre-kindergarten through fourth grade, 2

Oct. 19

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

Oct. 19

PTO book fair, 8 a.m. to 3 p.m.

Report cards sent home

PTO family night build a book event, 5 to 7 p.m.

Oct. 20

PTO book fair, 8 a.m. to 3 p.m.

Spirit day

FSH Elementary to host book fair

Fort Sam Houston Elementary library will host a scholastic book fair on Monday to Oct. 20 from 8 a.m. to 3 p.m. On Tuesday the books will be on sale from 6 to 8 p.m. and Wednesday from 5 to 7 p.m. The school is located at 3370 Nursery Road. The book fair will offer specially priced books and educational products, including new releases, award-winning titles, children's classics, interactive software, adult books, and current bestsellers from more than 150 publishers. For more information, call Bobbi Jo Bowser at 824-1932.



Courtesy photo

A good read

Angela Jolivette, Cole reading teacher, addresses members of the Hispanic Heritage Book Study Club. (From left) Danielle Montoya, Jocelyn Rios and Elizabeth Rangel read "The House On Mango Street" by Sandra Cisneros, a famous award-winning Mexican-American author who lives in the historical King William neighborhood in San Antonio.

Cole students devour reading club

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

Proving that all aspects of learning can be fun, Robert G. Cole Jr./Sr. High School students immersed themselves in a new book club. With the idea of creating a community of readers through the celebration honoring Hispanic Heritage Month, the club was the brain-child of Cole reading teacher, Angela Jolivette.

Although it began slowly with only 15 students attending the first meeting, the club has taken off like wildfire.

"The students have generated much excitement," said Jolivette. "They are extremely engaged with the reading of the novels, as well as meeting to discuss the connections they've discovered."

The synergy of all the excitement prompted Jolivette to make the book club an ongoing activity throughout the school year by hosting one book club meeting per month. The book for October is "Living up the Street" by Gary Soto.

To join the book club, students need to have permission slips signed by their parent or guardian. Interested parents or community members are invited to join the book club in the months ahead.

Along with Jolivette, other teachers and faculty involved are Cole librarian, Kathleen Beierle;

Junior High English teacher, Pat Feola; and communications teacher, Angela Knight.

School board meeting

The Fort Sam Houston Independent School District Board of Trustees will hold its regular meeting Oct. 26 at 11 a.m. in the FSHISD Professional Development Center, 1908 Winans Road.

Play-scape garden connects children with nature

Story and photo by Kathy Maxwell
Fort Sam Houston Elementary School

In the fall of 1998, a special area was set aside on the Fort Sam Houston Elementary School campus for students with special needs. The play-scape garden was designated as an area for special needs children to relax, grow and enjoy nature.

The project, undertaken by Dolly Jo Johnson, was initiated in memory of her mother with the help of the International World of Play Conference at the University of the Incarnate Word. Many others contributed their time, energy and funding to this task over the years. Among the contributors are Donna Dryden, Loretta Sledge, George Vasquez, Sherry Gould, Sabina Mello, Kathy McKinney, Fort Sam Houston Independent School District Co-op, Room 45 students and Bexar County Master Gardener Classroom P.

Within the fenced, play-scape garden is a wheelchair path and wheeled-toy-track to accommodate tricycles and wagons. A large, non-functioning concrete water fountain serves as a colorful display for flowers. Other adornments in the garden are flower-pot-people, scarecrows, hummingbird feeders, hand-made birdfeeders, awning-covered picnic tables, swings, a water-scape, child-sized and adult-sized gardening tools and spouted watering cans. With the variety of green and flowering plants, the garden is a sight to behold.

On any given day, 30 or more children use this area to study or learn about some aspect of nature. If a child arrives at school in an emotionally stressed state, the garden provides a respite. The special needs children or mobility-impaired children often come to the play-scape garden to commune with nature.

The garden also is used by hundreds of children for science scavenger hunts, egg rolls, collecting signs of autumn or spring, and releasing various insect hatchings such as praying mantis or butterflies on Earth Day.

Kara Bagg, a sixth grader, said, "I remember going there to let our praying mantis babies go and our butterflies. We were running all over the garden."

Over the course of eight years, trees, perennials and bushes were planted as memorials and marked with plaques.

Jayne Hatton, Fort Sam Houston elementary school principal, said, "Many of the trees growing here were donated by staff members and parents in memory of relatives, friends or students. Each of the trees holds a special meaning."

The play-scape garden allows for discovery learning and for the special connection children have with the natural world through exploration, observation and interaction.



Fort Sam Houston Elementary teacher Dolly Jo Johnson and student Bridgett Hawkins enjoy watering the plants in the play-scape garden along with teacher's aide George Vasquez, and students Rachel Groover, Hunter Mathis and Javier Washington. The play-scape garden provides an area where special needs children can learn and enjoy the benefits of nature.

Thanks to the vision, determination and hard work of Johnson and Dryden, the elementary school's "living classroom" embodies the teachings of early childhood theorists while providing a natural learning link for children.

Sisters Natalie (left) and Naomi Huerta perform traditional Mexican dances to entertain people Saturday after they completed the Buddy Walk at Fort Sam Houston.



National Down Syndrome Awareness Month

Buddy Walk celebrates people with Down Syndrome

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

Hundreds of people from throughout Texas walked a lap around the track near MacArthur Parade Field Saturday in honor of the more than 350,000 people in the United States with Down Syndrome.

The sixth annual San Antonio Buddy Walk, held for the first time at Fort Sam Houston, is designed to celebrate people with Down Syndrome, showcase their many talents and abilities and increase awareness and acceptance.

"Fort Sam Houston was a great location for the walk," said Janice Troy, Buddy Walk chairperson from the Down Syndrome Association. "It was heartwarming to see the hundreds of people walking around the track at one time.

"It's a day for people with Down Syndrome," she said. "It makes them feel special, and is truly their day to shine."

At 9 a.m., the track quickly packed with Buddy Walkers, led by "Honorary Buddy" Sam Pestello and his mother, Delancey. Sam was honored during a pre-walk

ceremony for his commitment to the Down Syndrome Association. "Sam and his mother were very involved with the Buddy Walk," Troy said.

Delancey said she was thrilled with the location. "I'm really enjoying the walk this year," she said. "Fort Sam is a perfect place for the walk."

People of all ages, some with a loved one with Down Syndrome, and others out just to support the cause, walked around the track at least once.

Dr. Matthew Nicola, a family practice doctor from Smithson Valley, Texas, walked for a co-worker's son – literally. He hoisted 5-year-old Christopher Brown to his shoulders when he got tired.

"The Buddy Walk is a great way to support a good cause," he said.

Other people had a shorter trip to make for the walk. "This is the first time I've done the walk," said Robert Delagarza, a civilian employee from Fort Sam Houston. "It's really amazing."

Robert walked alongside his wife, Diane, and his 24-year-old daughter, Stephanie, who has Down Syndrome.

"It's wonderful to see all of the babies here and how they react to different things," he said.

Valerie McDonald and Fiona Pitch walked because "it's a good support system for families," McDonald said. "It's a good event."

As the Buddy Walkers left the track, they were treated to a free show, mostly performed by people with Down Syndrome.

As a growing crowd cheered, sisters Naomi and Natalie Huerta, one with Down Syndrome, one without, danced traditional Mexican dances with intricate footwork and brightly colored dresses billowing with each quick turn. While their appearance differed, their big smiles and graceful moves did not.

The Kinetic Kids, a therapeutic recreation group for special needs children, also per-



Members of "Team Layla" proudly show their support of people with Down Syndrome.

formed, signing to "You are beautiful" by Christina Aguilera.

"The kids who performed were wonderful," Troy said. "It was an incredibly heartwarming program."

Along the track, organizations set up booths and distributed information about everything from developmental milestones to dental care. Dr. Shannon Savage-Cerna, of Auburn Dental, provided free dental screenings to people with Down Syndrome. "I have a daughter with Down Syndrome. I decided to do this in support of her."

Down Syndrome, a genetic condition, occurs in one of every 733 births, according to the National Down Syndrome Society, affecting people from all ages, races and economic levels. Thanks in part to events like the Buddy Walk, which raise money and awareness, people with Down syndrome are active members of the community.

"This is the biggest event of the year for us," Troy said. "It's a wonderful opportunity to meet new people, people with Down Syndrome and their teachers, therapists, friends and families."

Buddy Walks first started in October 1995 in 17 locations throughout the United States. Since then, about 1.5 million people have participated in a Buddy Walk. In 2005, more than 260 walks took place in locations throughout the world, with \$5.5 million raised for the cause, according to the National Down Syndrome Society.



Raymond Blackstone helps his granddaughter, 10-year-old Rachel Blackstone, make a sign for the Buddy Walk.

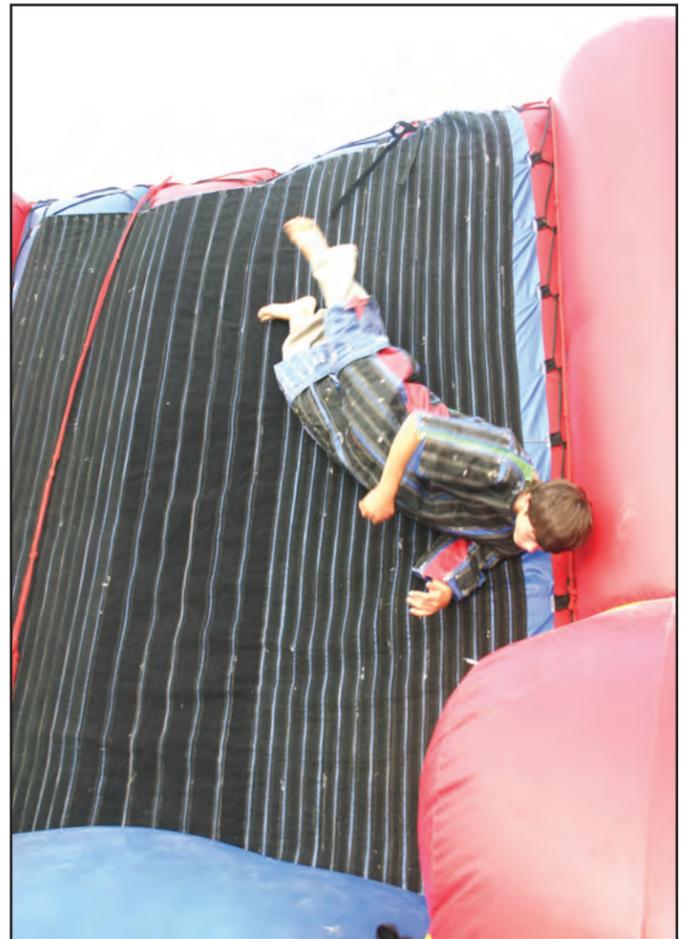


(Above) Jessica Kay sings the national anthem during the opening ceremony of the Buddy Walk with assistance from her brother, Billy, and a few friends with Down Syndrome.

(Left) Dr. Matthew Nicola carries 5-year-old Christopher Brown toward the finish line. Nicola, a family practice doctor from Smithson Valley, Texas, made the walk in support of Christopher and his mother, Amanda Brown, who is Nicola's co-worker.



(Above) Dr. Shannon Savage-Cerna shows 7-year-old Travis Looney brushing techniques with assistance from his mother, Diane. Cerna volunteered to give free dental screenings at the Buddy Walk partly in support of her daughter, who has Down Syndrome.



(Right) Bodie Bookout back flips against a Velcro wall at the Buddy Walk. The event also featured a moonwalk, face painting, informational booths and free train rides.



(From left) Nina Swallows, Tehya Walkingstick and Hayley Walkingstick give a rousing cheer for the Buddy Walkers. The girls are from the Kinetic Kids, a therapeutic recreation program for special needs children.



The Little Red Choo-Choo carries children on a free ride around MacArthur Parade Field.

Harlequin actors get rave reviews in theater competition

By Shasta Bell
Morale, Welfare and Recreation

The Harlequin Dinner Theatre received top honors in two categories from the San Antonio Guild of Theatres Sept. 24 at the 16th Annual Alamo Theatre Arts Council Globe Awards.

Joel Crabtree won in the category of Best Lead Actor in a Comedy for playing the part of John Barrymore in "I Hate Hamlet," and Mary Bowlin-Brand won Best Lead Actress in a Comedy for the role of Mrs. Semple in "London Suite."

Crabtree is a carpenter by trade but has been an actor at the Harlequin since 2002. His wife, Yvette, shares his passion for theater. She has made costumes for several Harlequin productions and is the recipient of two awards from the Army Festival of Performing Arts for her past work.

Crabtree's acting talent has been recognized

by the ATAC before. Last year, he won in the same category for his performance in "Harvey."

This year's honor was a surprise to Crabtree since there are few opportunities for him to obtain key roles.

"I only do one show a year. The last two years I have been fortunate enough to get choice prominent roles. Most of the time I have been a part of ensembles in which all of the cast members share equal time," Crabtree said.

Crabtree is most interested in playing characters that are not completely fictitious, such as his role as John Barrymore, which included some real-life circumstances.

Bowlin-Brand is employed as an office manager. Her first performance at the Harlequin was in "The 1940's Radio Hour" in 1995. Her husband is also an actor at the Harlequin.

See HARLEQUIN on Page 21

FCC provider earns child care credential

By Donna Williams
Family Child Care

Karolyn Simmons, a Family Child Care provider at Fort Sam Houston, has been awarded a Child Development Associate credential in recognition of outstanding work with young children. The credential was awarded by the Council for Early Childhood Professional Recognition in Washington, D.C., which represents the Early Childhood Profession.

Simmons joins several other FCC providers at Fort Sam Houston who have received the CDA. The CDA is the only major national effort to improve childcare by evaluating and recognizing the skills of individuals providing care. The majority of the states and the District of Columbia include CDA in childcare licensing regulations.

Every candidate for the CDA credential is observed working with young children and is evaluated by a team, which includes early childhood experts and parents. The candidate must demonstrate the ability to work with families to develop children's physical and intellectual capabilities in a safe and healthy learning environment.



Photo by Ruth Mitchell

Paul Matthews, director, Directorate of Morale, Welfare and Recreation, presents Karolyn Simmons her Child Development Associate credential in recognition of outstanding work with young children.

For more information on becoming an FCC provider, call 221-3828 or stop by the FCC Office, 1630-A Sultan Road (behind the Youth Center).

Harlequin

Continued from Page 20

Bowlin-Brand considers several factors when selecting acting roles for which to audition. However, she almost always chooses productions from her favorite playwrights, such as Neil Simon's "London Suite."

"This was the first time I had done anything like this role," Bowlin-Brand said. "It was a stretch. By that, I mean it had a lot of substance. It did not feel like a caricature. It felt like playing a real person."

Although this is the first time Bowlin-Brand has



Christopher Dean (left) and Joel Crabtree perform a scene in the comedic production of "I Hate Hamlet" at the Harlequin Dinner Theatre. Crabtree played the role of John Barrymore, which earned him his second consecutive Alamo Theatre Arts Council Globe Award for Best Lead Actor in a Comedy.

received a Globe Award for a performance at the Harlequin, she has been honored in the past by the Army Festival of Performing Arts competition for her role in "Postmortem."

Both actors mentioned their love of acting as the reason they have continued performing theatrically for so many years. Credit was given to the Harlequin's staff for contributing to their successes.

"The people at the Harlequin are wonderful. They know how to bring out the best in you as an actor. They are like family. They are friends," Bowlin-Brand said.

Bruce Shirky, artistic director at the Harlequin Dinner Theatre, shared a similar sentiment about the staff and crew.

"Mary and Joel gave exceptional performances in the roles they are honored for. However, it was a great season with wonderful performances by many of our actors and technicians. We are proud of each and every one," Shirky said.

In addition to acting accolades, each theater was allowed to present an award in a special category called "Honor One of Your Own" to a cast member who has been exceptionally helpful during the year.

The Harlequin Dinner Theatre presented its award to Barbara Fuchs in recognition of her hard work, dedication and support of the program. Fuchs has served in many capacities at the Harlequin including rehearsal secretary, props designer and stage manager.

Theaters compete in about 25 categories each year at the ATAC Globe



Photos by Bruce Shirky

Mary Bowlin-Brand (left) and Zana Olson perform in the Neil Simon production of "London Suite" at the Harlequin Dinner Theatre. Bowlin-Brand received an Alamo Theatre Arts Council Globe Award for Best Lead Actress in a Comedy for her role as Mrs. Semple.

Awards for excellence and achievement in live San Antonio and Bexar County theater.

Awards for the 2006 Army Festival of Performing Arts will be announced in November at a ceremony in Seattle. "I Hate Hamlet" was Fort Sam Houston's entry in the comedy/drama theater production category.

MWR hotline

Information about MWR events, activities and programs is available 24 hours a day at 295-3697 or visit www.fortsamhoustonmwr.com.

COMMUNITY RECREATION

2006 Combat Medic Fest

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

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

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

For more information on event activities, call 221-3003.

BOSS Halloween Bash

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

Haunted Halloween Party at Canyon Lake

The Fort Sam Houston Recreation Area at Canyon Lake will host a "Haunted Halloween" party Oct. 28 from 6 to 9 p.m. Spook yourself on the haunted hay ride, in the witch's cottage and in the ghost house. The first and second place winners of the costume contest will get to ride on the warlock's wagon. For more information, call 830-226-5357.

Boxing at the Brought III

Boxing at the Brought III will be held Oct. 28 at 6 p.m. at the Jimmy Brought Fitness Center. Doors open at 5 p.m. The boxers are ready and the match-ups are expected to bring about fierce action and competition. Admission is \$3 per person. An after-party at the Jimmy Brought Fitness Center will immediately follow the event. Free food will be available. For more information, call the MWR Sports Branch, Boxing Club at 221-1532 or 221-1342, or e-mail douglas.stanley@samhouston.army.mil.

DINING AND ENTERTAINMENT

Sam Houston Club, 224-2721

Lunch on the run

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

Family-style Sunday brunch

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

Sam Houston Club closed on Mondays

Effective Nov. 1, the Sam Houston Club will not operate on Mondays. The facility will continue to be open for special events that are reserved through the Sam Houston Club's catering office. However, the "All-You-Can-Eat lunch buffet will only be offered Tuesday through Friday from 11 a.m. to 1 p.m. The club staff apologizes for any inconvenience this may cause to valued patrons. For more information, call James Lancaster at 224-2721.

Super TGIF

Celebrate Oktoberfest with the Sam Houston Club Oct. 27 at Super TGIF - "A Taste of Germany" starting at 5 p.m. Sample German food and try German drink specials while listening to music provided by the evening's disc jockey. For more information, call 224-2721.

Comedy Show

It's comedy night at the Sam Houston Club Nov. 3 from 9 to 11 p.m. MWR and Top Bananas Entertainment present comedians Cleto Rodriguez, Olivia Arrington and Patrick DeGuire for an evening of non-stop humor. Tickets are \$12 in advance; and \$15 at the door. Tickets purchased in advance will include a free dinner with the show. Sports attire is not permitted. Show's content may not be appropriate for individuals under 18 years old. An after party will immediately follow the conclusion of the event. For more information, call 224-2721. Cleto Rodriguez has appeared on Telemundo's "Loco Comedy Jam" and opened shows for comedians Wayne Brady, Tommy Chong and Carlos Mencia. Olivia Arrington has appeared on Black Entertainment Television's "Comic View" and the "Latino Laugh Festival" and toured with comedians Steve Harvey and Charlie Murphy. Patrick DeGuire has appeared on Comedy Central, Galavision's "Que Loco" and Telemundo's "Loco Comedy Jam" and toured with George Lopez, Paul Rodriguez and Tommy Davidson.

Bowling Center, 221-3683

Rent-A-Lane Bowling Special

The Fort Sam Houston Bowling Center offers a Rent-A-Lane special Tuesdays from 5 to 8:45 p.m. The cost is \$20

per lane which includes unlimited bowling and shoe rentals. The offer is available to groups up to eight people. For more information, call 221-3683.

Unlimited bowling Friday nights

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

Eighties Day

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

Golf Club, 221-4388

Junior golf lessons

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

Club Championship returns

The Fort Sam Houston Golf Club will host the annual Club Championship Nov. 4 and 5. The 36-hole stroke play event will be held on the championship golf course, La Loma Grande, with an 8 a.m. shot-gun start time on both days. The Club Championship will be flighted by handicaps. There will be a championship flight and open flight as well as seniors, super-seniors, ladies and junior flights. Interested golfers should register in their respective flights at the Pro Shop from 7 a.m. to 7 p.m. daily. Registration deadline is Nov. 2. Participation is open to all Fort Sam Houston Golf Council members, active duty military members and their family members, Department of Defense employees and contractors assigned to Fort Sam Houston. The registration fee is \$50 for members and \$70 for nonmembers. Fee includes golf carts, green fees (if applicable), prizes and an awards banquet Nov. 5 immediately following the tournament. For more information, call the Pro Shop at 222-9386.

Harlequin Dinner Theatre, 222-9694

"Wait until Dark," a thriller by Frederick Knot, will play at the Harlequin Dinner Theatre through Nov. 4. Performance tickets are \$24.95 on Wednesdays and Thursdays and \$27.95 on Fridays and Saturdays. The house opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. For more information or reservations, call 222-9694.

MWR ticket office, 226-1663

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

CHILD AND YOUTH SERVICES

Fee increase

Effective Nov. 1, childcare fees for the Child Development Center and School Age Services will be increased. The increase is necessary to ensure ongoing quality childcare services for the community. The Child and Youth Services fee policy is based on DoD policy and must be implemented consistently within and across Installation Management Agency regions. This ensures consistency and predictability of the CYS fee structure and procedures for Army patrons as they move from installation to installation. For more information, call Central Registration at 221-4871 or 221-1723.

Total Family Income change

Childcare fees are based on Total Family Income. Effective Nov. 1, Total Family Income will be based on W-2 forms from spouses and civilians instead of pay stubs. Soldier's will still continue to provide current leave and earnings statement, updated child's shot records, two local emergency designees, physical and/or sport physical within the last year, child's Social Security number and an \$18 registration fee.

Before and after school registration

Register youth for the before and after school program for middle school and open recreation. Participants must have a Child and Youth Services membership. To register for membership, patrons will need to provide

a leave and earnings statement or pay stub, two local emergency designees, \$18 registration fee and youth's Social Security number.

Pre-K before and after school care

The Child Development Center offers before and after school care for the Fort Sam Elementary pre-kindergarten program. Children must be enrolled in the elementary Pre-K program. Patrons must be registered with Child and Youth Services. Spaces are limited. For more information, call Central Registration at 221-4871 or 221-1723.

Basketball registration

Basketball registration will be held Nov. 4 and Dec. 2 from 9 a.m. to 2 p.m. at the Youth Center. All other dates in between for registration will be at Central Registration, Building 2797, from 8 a.m. to 5 p.m. The last day to register for basketball will be Dec. 2. Participants must be registered with Child and Youth Services. To register, patrons must bring a current leave and earnings statement or W-2 form, current shots for kindergarten through fifth grade, a sport physical within the last year, two local emergency designees, \$18 registration fee and activity fee.

Basketball coach needed

The sports program is seeking volunteers to coach basketball. Those interested must consent and clear a background check. For more information, call Central Registration at 221-4871 or 221-5513.

Parent Advisory Council meeting

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

Care packages for Soldiers

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

Headstart seeks applicants

Parent Child Incorporated is seeking applicants for the Headstart program. This is a free childcare program designed to help Soldiers, E-5 and below, and low income Department of Defense civilian employees. Applicants must meet federal guidelines,

and entry is based on annual income. For more information, call 221-3788.

Off-post childcare options

The Army Child Care in Your Neighborhood program offers military families more childcare options in the local community. There are two childcare centers and 25 civilian providers in areas surrounding Fort Sam Houston for use by local Army families. The centers and providers are monitored to ensure they meet Army standards. For more information or to inquire about childcare, call Family Service Association at 299-2480 or Fort Sam Houston Central Registration at 221-4871 or 221-1723.

Home-based childcare

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

Hourly childcare

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

Events

'Walk and Roll' challenge

The Alamo Area Council of Governments and San Antonio-Bexar County Metropolitan Planning Organization joined forces to sponsor the "Walk and Roll" challenge. This effort challenges area citizens to log 500,000 "smart" miles of walking, bicycling, busing, carpooling or vanpooling during October. For more information, call Heather Willden at 362-5303 or visit www.walkandrollchallenge.com.

Fall Fun-Fest, Pet Adoption Fair

The Canyon Lake Animal Shelter Society will host a Pet Adoption Fair Saturday from 11 a.m. to 4 p.m. There will be music, food, raffles, crafts, games, face painting and a vaccination clinic. All proceeds will benefit the Canyon Lake Animal Shelter Society. For more information, call 830-905-7387.

McKittrick Canyon hike

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

Navy to celebrate 231st birthday

Celebrate the Navy's 231st birthday with shipmates at the Navy Ball Friday beginning at 6 p.m. at the Gateway Club on Lackland Air Force Base. Cocktail hour and silent auction begin at 6 p.m. and dinner and ceremony at 7 p.m. For ticket information, call Carol Moor at 295-9694 or e-mail moorec@enrc.navy.mil.

'Wait Until Dark' at Harlequin

The Harlequin Dinner Theatre will feature "Wait Until Dark," by Frederick Knott, every Wednesday through Saturday evening beginning Sunday through Nov. 4. The cost is \$27.95 Fridays and Saturdays and \$24.95 Wednesdays and Thursdays. There are discounts for military. The house opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m., and the show begins at 8 p.m. For reservations, call the Harlequin Dinner Theatre at 222-9694. The box office is open from 12 to 5 p.m. weekdays and 1 to 5 p.m. Saturdays.

USO dart tournament

The United Service Organizations in downtown San Antonio will sponsor a dart tournament Sunday at 1 p.m. Active duty and retired military personnel and their families are invited to participate. The entry fee is \$5. The first place winner will take the pot and the second place winner will receive an Army and Air Force Exchange Service gift certificate. To register, call Julie Nichols at 220-9379, ext. 12 or e-mail jnichols@alamo-uso.org.

OCSC silent auction, luncheon

The Officer and Civilian Spouses' Club will host a "Make It, Bake It, Sew It, or Grow It" silent auction and luncheon Tuesday at 11 a.m. at the Sam Houston Club. Members who wish to donate an item for the auction should arrive by 10:30 a.m. The luncheon guest speaker will be Docia Williams, who will talk about "Haunted San Antonio." The cost is \$13. For reservations, call Sigrid Reistetter at 226-8806.

San Pedro Springs Park walk

The Trinity Trekkers Volksmarch Club will host a 10K and 5K walk Oct. 21 starting between 8 a.m. and 12:30 p.m. next to the pond at San Pedro Springs Park, across from San Antonio College on San Pedro Avenue. The walk will finish about 4 p.m. For more information, call David Toth at 521-8684 or e-mail trintrek@sbcglobal.net.

'Newcomers Extravaganza'

The next "Newcomers Extravaganza" will be held Oct. 24 from 9:30 to 11 a.m. at the Sam Houston Club. The monthly newcomers orientation is mandatory for all newly assigned permanent party Soldiers in the rank of lieutenant colonel and below within 60 days of arrival at Fort Sam Houston. Soldiers, civilians and family members will learn about Fort Sam Houston and the San Antonio area. Commanders and supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. Children are welcome. For more information, call the Army Community Service Relocation Assistance Program at 221-2705 or 221-2418.

The Divine Literary Tour

Ten authors from the Divine Literary Tour will be in San Antonio to continue their message of literacy and unity beginning Oct. 26 at the Buena Vista Building located at the University of Texas San Antonio downtown campus. The weekend will continue Oct. 27 with a lunchtime discussion with UTSA students on "Black Voices in Literature." The discussion will take place at the UTSA 1604 campus, and will also include a book signing. Later that day, tour authors will sign books at the Fort Sam Houston Post Exchange from 4 to 6 p.m.

Fisher House, Inc. gala, silent auction

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

Tough 'Ombre Run

The 26th annual Tough 'Ombre Run will be held Dec. 1 at 9 a.m. at McAllister Park, 13102 Jones-Maltsberger Road in San Antonio. The Tough 'Ombre 10K is the oldest certified race in Texas. All registrants will receive a T-shirt. The fees are \$20 for 10K, \$15 for 5K and \$10 for 3K. The four-person team for the 10K is \$70. For more information, call Cheryn at 830-336-4543, e-mail cheryn@gvvc.com or visit www.active.com to register online.

San Antonio Symphony Concert Series

The San Antonio Symphony 2006-2007 concert series consists of 12 classical concerts, six pops concerts and four special events. The concerts are held Fridays and Saturdays at 8 p.m. at the Majestic Theatre. Military discounts are available. For reservations, call Karen Cramer at 554-1000 or e-mail cramer@sasymphony.org. For dates and feature artist, visit www.sasymphony.org.

Meetings

Cloverleaf Communicators Club

The Cloverleaf Communicators Club will celebrate its Founder's Day Wednesday from 11:45 a.m. to 1 p.m. at the Fort Sam Houston San Antonio Credit Union. The club has been on post since 1958 and is open to military, civilians and their family members who are interested in developing and enhancing their leadership and communications skills. The club meets the first and third Thursday of the month in the San Antonio Credit Union's conference room from 11:45 a.m. to 1 p.m. For more information, call Anthony Jones at 221-7835 or e-mail anthony.jones@us.army.mil, Deborah Bowman at 221-6517 or e-mail deborah.bowman@us.army.mil or Mariea Shelton at 916-3406 or e-mail mariea.shelton@us.army.mil.

Hearts-A-Part

People without a family readiness group are welcome to attend Hearts-A-Part Oct. 21 from 10:30 a.m. to 12 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. The event is open to all spouses of deployed Soldiers and the topic of discussion will be "Decreasing holiday stress." Refreshments will be provided. To register or

for more information, call 221-9821 or 221-0946.

Warrant Officer Association meeting

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

SAMC study group

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

BAMC chess club

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

BOSS seeks single Soldiers

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

Training

Wide Area Workflow training

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

AFTB Level 1

People new to the Army are encouraged to attend Army Family Team Building Level 1 training Oct. 24 and 25. Topics of discussion include military culture, acronyms, the impact of the military mission on family life and many others. For more information or to register, call Sue York at 221-9821

AFTB offers Instructor Trainer Course

The Army Family Team Building Instructor Trainer Course will be held Oct. 27 and 28 at the Roadrunner Community Center, Building 2797 on Stanley Road. The two-day course covers the basics of group dynamics and presentation skills. The class is free and open to public. For more information or to register, call Sue York at 221-9821.

Green to Gold briefings

Fort Sam Houston's Education Center will host Green to Gold briefings for Soldiers interested in the ROTC program. The briefings will be held Oct. 25 and Nov. 22 at 9 a.m. and 1 p.m. in the Army Learning Center, Building 2247, Stanley

Road and New Braunfels Avenue. Army ROTC cadre from local universities and the 12th ROTC Brigade Recruiting Office will conduct briefings and answer questions. For more information, call Maj. Parker at 458-5607 or Amy Gagnon at 295-2005.

English as a Second Language

English as a Second Language classes are held Tuesdays and Thursdays from 6 to 8:30 p.m. at the Roadrunner Community Center, Building 2797. ESL classes are designed to help foreign-born spouses of military increase reading comprehension, vocabulary and pronunciation. Students will participate in beginners, intermediate and advance level classes with individualized group instruction. The ESL classes are sponsored by Region 20 Education Center and the Army Community Service Relocation Assistance Program. For more information, call 221-2418.

Army ROTC Lateral Entry Program

The University of Illinois Army ROTC Lateral Entry Program is looking for individuals with prior military service or members of the National Guard or Reserve who wish to become officers. The Lateral Entry Program allows eligible students to contract into the ROTC as cadets when they are academic juniors, seniors or graduate students with four semesters of coursework remaining before graduation. For more information, call 877-863-4768, e-mail arotc@uiuc.edu or visit <http://www2.uiuc.edu/unit/armyrotc>.

Green to Gold program

The Army ROTC at the University of Illinois at Champaign-Urbana seeks talented enlisted Soldiers who want to earn bachelor's degrees. Enlisted Soldiers with officer potential and with at least two years on active duty are eligible to participate and enroll in Army ROTC through the Green to Gold Program. For more information, call 877-863-4768, e-mail arotc@uiuc.edu or visit <http://www2.uiuc.edu/unit/armyrotc>.

Undergraduate evening studies

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

Computer certification

St. Mary's University and New Horizons Computer Learning Center will have a representative available to discuss computer certifications Tuesdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360 or visit <http://www.stmarytx.edu/continuingstudies/>.

St. Mary's University education office

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

Volunteer

Girl Scouts need volunteers

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

Submission guidelines:

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

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



For Sale: Dachshund purebred puppies, with first shots, one male, \$125, two females, \$150 each. Call 386-2857.

For Sale: Over 60 used moving boxes, three wardrobes, six mirror boxes and many other assorted sizes, in good condition, \$75 obo. Call 852-1617.

For Sale: 2004 Harley Davidson Standard Soft Tail, 1450cc, lots of extras, \$17,000. Call 316-4363, weekends only.

For Sale: 2000 Volvo S70, leather seats, tinted windows, cruise control, front airbags, power seat, stability/traction control, class II frame hitch, cold weather package, in excellent condition, 80K miles, \$8,900. Call 370-3123.

For Sale: 2002 Suzuki 80 dirt bike,

in good condition, \$900. Call 830-980-2940.

For Sale: 2005 Fuji Roubaix pro men's bike, 52 cm, fiber forks, seat stays and stem, Cat Eye 8, \$650. Call 945-7627, leave message.

For Sale: NordicTrack, in good condition, \$50; white under-counter Kenmore refrigerator, \$75. Call David at 221-0660 or 830-755-5228.

For Sale: Purple dish chair, \$20; three piece AM/FM, cassette, CD stereo, \$15; Affinity 60 deg lob wedge, \$15; golf pull cart, \$15; golf swing trainer, \$15. Call 697-9261 or 363-4056.

For Sale: 1990 Honda Accord DX, newly rebuilt engine, new distributor,

AM/FM, cassette, AC, in good condition, \$2,400 obo. Call 313-4371 or 661-7575.

For Sale: 1996 Ford Taurus, silver, four-door, 94K miles, V-6, automatic transmission and locks, remote and keyless entry, power steering, brakes, doors, moon roof, in good condition, \$3,700. Call 764-7089.

For Sale: New P265, 70R17, six-lug tires from a 2007 Chevy Tahoe, \$150. Call 842-2194.

For Sale: Natural oak king-size bedroom set; dresser with mirror, chest of drawers with shelves, nightstands with enclosed shelving connected by headboard with built-in reading lights, storage bins and mirrors, and oak storage chest, mat-

tresses not included, \$1,000. Call 260-9610 for e-mail photos.

For Sale: Eight piece full-size drum set, new in box, \$140 obo. Call 475-9973.

For Sale: Full-size bedroom set, includes, bed, nightstand, dresser with mirror, desk with hutch and chair, and mattress set, \$500; two low, two-drawer chests, \$30 each; refrigerator, in good condition, \$50; Queen Anne dining room table and six chairs, \$450; Sauder entertainment center, like new, \$100. Call 262-5501.

Free: One-year-old female dog, medium-size, mixed breed, short-haired, spayed, housebroken, current vaccinations, dog house included. Call 844-1516.