



Briefs . . .

Fort Sam Fall Fest

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

Breast cancer awareness luncheon

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

Business closure

The Directorate of Public Works and Engineering and Maintenance Operations Division will be closed for regular business Oct. 20 for a director's call and organization day, which starts at 11 a.m. Service call will remain open to take care of any emergencies, and regular business will resume Oct. 21. The service call number is 221-3144.

Town hall meeting cancellation

The U.S. Army Garrison Town Hall meetings for Fort Sam Houston and Camp Bullis have been cancelled until further notice.

OCSC luncheon

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

Disability employment seminar

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

USARSO change of command

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

See **BRIEFS** on Page 3



Photo by Esther Garcia

Family reunion

Four-year-old Euclid Linder is all smiles as he is greeted by his brother, Cpl. Richard Ekhaguere, Oct 6 at the welcome-home ceremony for the Marines at the Navy Marine Reserve Center. "It's good to be home. When I stepped off the bus, it felt like a weight had come off my shoulders," said Ekhaguere. See related story and photos on Pages 16 and 17.

Saints raise spirits of wounded warriors

By **Andricka Hammonds**
Brooke Army Medical Center Public Affairs

Brooke Army Medical Center's wounded warriors sat center field Friday, watching the New Orleans Saints practice for the ill-fated game Sunday against the Green Bay Packers.

The New Orleans Saints invited Brooke Army Medical Center's amputee care patients to attend practice at San Antonio's Alamodome. Saints owner Tom Benson extended his thanks by inviting the wounded warriors to the next home game Sunday, against Buffalo.

With the Alamodome empty, the Soldiers had an up close and personal view of the work that goes into game day. In the empty Alamodome, each play during the practice scrimmage was accompanied by the intercom simulating the noise and music that would be heard during a real game.

"Game day is exciting enough, but it was interesting to see the preparation that goes into the game show," said Sgt. Kortney Clemons. "As a football fan, being on the field is as close as you can get."

On the sidelines, the Soldiers were able to hear calls being made and directions given. While in the stands, a stray football flew past them while a player came to retrieve it. In the relaxed

atmosphere, Soldiers joked with players about not giving the football back.

A hanging cheese hat, hung from the goal post as a reminder of the Green Bay Packers, was frequently swatted by the Saints throughout the Friday practice. Sgt. Justin Hollenbach had the pleasure of taking the cheese home at the end of practice.

During the practice, Benson greeted the Soldiers and thanked them for their sacrifices. On behalf of the wounded warriors, Spc. Andrew Soule presented a BAMC hat autographed by the patients attending the practice.

After practice, players came over to greet the heroes. They signed autographs and chatted with the Soldiers.

"Seeing these players makes our jobs seem like a piece of cake," said Jammal Brown, a tackler who was the top offensive lineman in the 2005 National Football league draft.

"Our jobs aren't half of what they are going through. They are heroes." The 313-pound 6-foot-6 Saint grew up in a military family. His dad retired from the U.S. Army.

BAMC Amputee Care Center staffers appreciated the Saints' interest in the warriors.

See **SAINTS** on Page 4

SWRO engineers help Fort Polk recover

By **Ron Joy**
Southwest Region Installation Management Agency Public Affairs

The devastation inflicted by Hurricanes Katrina and Rita in the Gulf Coast region upset the lives of hundreds of thousands of people who once lived in that area.

What isn't as widely publicized is the fact that U.S. military installations, including Fort Polk, La., also suffered damage.

In support of the recovery efforts at this major training post, the Southwest Region Installation Management Agency sent six senior public works experts from Fort

Sam Houston to Fort Polk to perform a full assessment of the damage and develop cost estimates for necessary repairs to the facilities.

The engineers include Qaiser Toor, Gregg Chislett, Gustavo De Jesus, Francisco Velazquez, Ernesto Ortiz and Tom Uncles. All the SWRO team members are Army experts with a variety of engineering and construction skills and a broad experience base.

The team arrived at Fort Polk Oct. 3 and immediately began assessing the structural damage. The assessment of more than 700 facilities, completed on

Oct. 6, showed that about 20 percent suffered some storm damage.

The team got back last weekend.

Having the SWRO engineers focus on damage assessment allowed the local garrison staff to concentrate on addressing life, health and other safety concerns.

"The additional help provided a lot of relief to the garrison Directorate of Public Works personnel in an effort to return to normal operations," Chislett said. "As part of the team, it was an honor to help the installation recover and we stand ready to continue to serve our great nation in all their future endeavors."

Retiree Appreciation Day features health fair, information

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

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

The Office of the Staff Judge Advocate will offer short classes on estate planning, to include tax consequences of gifting acts, significance of

medical directives and long term care insurance, as well as on-the-spot powers of attorney and appointment scheduling.

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

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

questions pertaining to retirement benefits and entitlements.

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

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

(Source: Retirement Services)

Ethics training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units will take place Oct. 21 and Nov. 2 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

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BAMC entrance closure

The Brooke Army Medical Center Medical Mall entrance will close Tuesday from 6:30 p.m. until Oct. 29 at 8 a.m. for

safety reasons due to exterior building maintenance. Patients, visitors and staff will not be allowed to enter or exit during this time. Extra shuttle runs will be available to transport individuals to and from the facility during this period.

Ammunition supply closures

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

Briefs cont. . . .

Newcomers' Extravaganza

The Newcomers' Extravaganza will be Oct. 25 at 9 a.m. at the Roadrunner Community Center, Building 2797, on Stanley Road. The event is mandatory for permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival. Commanders and supervisors are encouraged to give 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.

Accident Avoidance Training

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

Town hall meetings address new civilian personnel system

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

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

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

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

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

Disability Employment Awareness Month

Employees with disabilities deserve equality

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

Cecilia Johnson was the "new kid on the block" at her new job. It was 1984, and she had just entered civil service as a secretary at Kelly Air Force Base, Texas.

One day soon after she started, her boss approached her frazzled; he was coming up on a deadline and needed copies made quickly. Johnson immediately offered to take care of it. She was eager to prove herself and the copier was just down the hall. But, he took one look at her, particularly her wheelchair, and said, "I'll do it."

Johnson, like many times before in her life, had a choice – keep silent or take action. She chose the latter and insisted on making the copies.

"He saw how fast I was," said Johnson, now an office automation assistant for the Army Medical Department and School's Department of Nursing Science. "I had to earn his trust and prove that I didn't need a babysitter."

Johnson was born with spina bifida, a neural tube defect that can cause mobility impairments and varying degrees of neurological damage.

The biggest hurdle she's had to overcome in her 21-year career is battling against assumptions, Johnson said. "Don't assume because your co-worker can't move his arm that he can't type. He may have worked out a solution for himself. Just let him try; he may surprise you."

Johnson's message is echoed in the many ceremonies and events held throughout National Disabilities Employment Awareness Month, a time dedicated to celebrating the accomplishments of individuals with disabilities and ensuring employment opportunities are available and accessible to them.

Glennis Ribblett, Fort Sam Houston's Individuals with Disabilities program manager, hopes to put the emphasis this month and year-round on "awareness."

"The more people are exposed to disabilities and understand how to relate to people with them, the better it will be for everyone in the workplace," Ribblett said. "Most problems I've seen can be prevented with education, awareness and good communication skills. Awareness is important because disabilities do not discriminate; they attack without regard to race, color or gender."

In her sensitivity training, Ribblett teaches people proper eye contact, verbal skills and body language. For example, "Don't say someone is disabled, say the person has a disability," she said. "It's a subtle difference but with potential to cause bad feelings if expressed in the wrong way."

Ribblett has seen multiple problems resulting from communication gaps.

"I had a client who was losing his eyesight," Ribblett said. "He asked his supervisor for a bigger monitor. When the supervisor asked why he needed it, he only said he couldn't see the smaller monitor but didn't explain why. Not realizing it was due to a medical condition, the new monitor fell to the bottom of the supervisor's priority list. The employee felt slighted and ignored. They just needed to communicate."

Untimely delays in approving or denying reasonable accommodation requests, especially simple ones such as providing a monitor or raising a desk to fit a wheelchair, can cause an



Cecilia Johnson, office automation assistant for the Army Medical Department Center and School's Department of Nursing Science, discusses class scheduling Friday with co-worker Idline Williams.

employer to be found in violation of the Rehabilitation Act.

"Reasonable accommodation is not special treatment," Ribblett said. "It's done to allow qualified employees an opportunity to perform the duties of the job at the same level as their co-workers. These requests must be dealt with quickly and with priority."

Johnson's supervisor, Col. Pat Patrician, said the key to good workplace relations is honesty.

"If you have a question about your employees' capabilities, just ask," said Patrician, director of the Department of Nursing Science. "Also, try to look at the workplace from their perspective. I didn't notice a lot of areas that lacked in accessibility until Cecilia came to work here."

Ribblett said another area that can cause potential problems is job interviews.

"It sometimes makes people nervous to interview someone with a disability if they have not had any previous exposure in communicating with persons with disabilities," she said. "The most important thing is to ensure the building is accessible. If it's not, and you don't have time to fix the problem, then do the interview somewhere else. If there is any doubt or concern, then ask for help."

As service members with disabilities enter the workforce in increasing numbers, Ribblett said knowledge and awareness bear even more importance.

"I've had an increase in sensitivity training requests," she said. "If people are unsure how to treat their co-worker or customer with a disability, they should seek guidance. I emphasize good communication skills and, above all, just be normal."

"Just like any other customer or new co-worker, look them in the eye and ask what they need. Offer a cup of coffee," Ribblett said. "Don't avoid the person out of fear or uncertainty. Dealing with an individual with a disability shouldn't be different than dealing with anyone else. They deserve the same opportunity to do a good job as everyone else."

For more information or training, call Ribblett at 221-9401, or visit <http://www.samhouston.army.mil>, and click on "Installation Support" then "Equal Employment Opportunity."

Officials stockpile vaccine, drugs against avian flu

By Jim Garamone
American Forces Press Service

WASHINGTON, D.C. — Health officials estimate the Spanish flu epidemic of 1918 killed 50 million people worldwide — more than died in World War I. Now President Bush is concerned that a strain of avian flu that has killed millions of birds in Asia could mutate and cross over to humans.

"I am concerned about what an avian flu outbreak could mean for the United States and the world," Bush said during an Oct. 4 news conference. "I have thought through the scenarios of what an avian flu outbreak could mean."

The Department of Defense is preparing in case the worst happens. DoD is stockpiling vaccine to combat the so-called avian flu and amassing antiviral drugs.

The avian flu has killed millions of domesticated and wild birds in Asia — mostly in Southeast Asia and China. At least 116 humans have caught the virus.

Roughly half of them have died.

"This information, combined with what we know about influenza viruses and avian influenza viruses, gives us cause for concern for the possibility of a widespread outbreak of this virus in humans," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

Right now the virus is not easily transferred between birds and humans. But, if the virus genetically mutates, it may more easily pass from birds and humans and more easily pass from human to human, Winkenwerder said. "We have to prepare for the possibility of an outbreak," he said.

The doctor said it is important for DoD to take precautions to protect service members and their families. It is also important because "in event of an outbreak, we may well be called in to assist with civil authorities in the United States or to assist in evacuations of personnel from overseas."

He said there are a number of ways where the medical and logistical expertise

of DoD could be called upon by lead federal agencies in the event of a pandemic.

DoD has tasked combatant commands to develop emergency influenza preparedness and response plans. The U.S. Pacific Command, which dealt with severe acute respiratory syndrome, commonly called SARS, in 2003 and has dealt with the current avian flu, has completed their plans. The other combatant commands are finishing theirs, Winkenwerder said.

The doctor said the National Institutes of Health has developed a vaccine for the H5N1 avian flu strain. DoD currently has about 200,000 doses.

"As we speak, that vaccine is being mass produced. By the end of this year we will have a few million doses of that vaccine," he said. "By the end of 2006 we will have tens of millions of doses of that vaccine."

"The step we have taken for the military is that we obtain the first amounts of that vaccine," he continued. "I expect that by the end of this year we will have suffi-

cient supplies of this vaccine."

DoD is also stockpiling an antiviral medication called Tamiflu. "DoD is quickly moving to a good state of preparedness for the avian flu," Winkenwerder said.

But the avian flu isn't the only threat out there, nor is it even the most likely. DoD is also accepting delivery of 3.5 million doses of the "regular" flu vaccine.

The regular flu hits yearly in winter months. Older people, those with compromised immune systems, and young children are most at risk of serious complications. Yet, all Americans should avail themselves of the vaccine.

"We're advising people to take the vaccine," Winkenwerder said. "We do not expect shortages of the vaccine like we experienced last year."

DoD will begin to vaccinate military personnel and family members and retirees for the regular flu shortly. The department will not begin vaccination for the bird flu until there is a threat, Winkenwerder said.

Domestic Violence Prevention Month

Men suffer abuse at home in silence

By Barbara Rogers
 Army Community Service Family Advocacy Program

There is no denying that many women are battered around the world every day, even every hour. Public awareness and education encourage women and children to report incidents of domestic violence, and battered women's shelters are cropping up throughout the country.

Society has recognized domestic violence as a major issue with a profound impact on families from all races, ethnicities and socioeconomic backgrounds; however, the major focus of the attention is on women and children. There is very little, if any, emphasis placed on issues of male abuse.

When someone mentions that a man is being abused by his wife, the usual reaction is laughter or comments, such as "You're kidding! What kind of man gets beat up by a woman? What kind of wimp is he?" Many people have visions of cartoons or comic strips where the husband is being chased through the house by his wife bearing a rolling pin because he's been out carousing, drinking or looking at other women. Mention to a woman that a man was beaten, murdered or otherwise injured by his wife or girlfriend and the reaction is often, "Well, he probably had it coming. He probably did something to provoke her." Or, another reaction might

be, "Well, she was probably just defending herself. He was probably beating her first and she just got fed up."

While these might seem to be legitimate reasons for male battering, they are not.

Whether society wants to accept it or not, male abuse is a reality, and it happens more often than most statistics reflect. While current literature promotes the belief that about 95 percent of abuse is caused by men against women, there is much information to support the belief that there is nearly as much abuse caused by women against men. So, why don't we hear as much about it?

Men are not as likely to report abuse. It is embarrassing to admit to being beaten up by a female, who is very likely a great deal smaller than the male. What a number of people do not consider is that women are much more likely to use weapons when they are being abusive in order to compensate for their smaller size. Even a large, physically fit man is no match for an enraged female of any size armed with a baseball bat, a cast-iron frying pan, a butcher knife or a gun.

Women who abuse men are very often abusive to their children as well. Reporting the abuse will many times result in the man having to leave the house rather than the female perpetrator. This would leave the children alone with the abuser. Rather than risk injury to their children and realizing that women most

often gain custody of children in a divorce situation, many men will not report the abuse and will remain with the abusive wife to protect their children.

Men often have nowhere to go if they leave. Yes, there are shelters for battered women, but there are very few, if any, for men. Unless the man has family or friends who are supportive and understand his situation, or unless he has the means to live elsewhere, he has no options.

Men endure abuse for the same reasons as women – power and control. Women are just as capable as men of exhibiting controlling behavior such as belittling, manipulation and verbal abuse. Men are just as susceptible to demeaning comments and attacks to their self-esteem as women.

When men do report the abuse, they are often not believed. If the police even respond, they often do not make a report or they do not arrest the women. There are even reported cases where the man is the obviously abused person and yet he is arrested or is forced to attend anger management classes.

The cycle of violence isn't unique to men, women who abuse go through the same range of emotions. The tension builds, they abuse and then there is a period of remorse when things appear to be better. Abused men, just as abused women, continue to hope that the abuse will stop and their lives will improve.

Men won't hit back or leave because

society has placed its stamp of approval on women's abuse of men. Movies and television show women slapping men or beating them up and that is viewed as the man just getting what he deserved. Girls are even encouraged to "slap a man if he gets too fresh." However, from the time a little boy is born, he is told, "don't hit girls." This belief is ingrained in many men and they often will not hit back, even to defend themselves.

Domestic violence by definition does not refer just to women or children, but rather a social and legal concept that, in the broadest sense, refers to any abuse that takes place among people living in the same household. It is only in recent years that male battering has come to the attention of society, but awareness is not accomplishing the task.

The only way to stop this discrimination is for the men who are subjected to battering to come forward and report incidents of abuse. Lobbying for shelters and providing support groups will allow battered men relief from their stressful situations. Law enforcement and the court system should discourage the stigma that is attached to male battering. Men should not feel embarrassed about coming forward and reporting. There is no shame in being a victim; there is only shame in being an abuser.

If you are a victim of abuse and need help, call the Victim Advocacy Program at 221-2148.

Saints

Continued from Page 1

"I'm very grateful our sports heroes spent the time and effort to chat with our nation's heroes," said Heather Soto, community reintegration coordinator at BAMC. "It makes me happy to see them (Soldiers) happy."

Troy Hopkins, physical therapist technician at BAMC, said attending practice was a sure motivator for those patients going through physical therapy.

Mike Karney, fullback, said it was awesome meeting everyday heroes. He spoke from the heart in an emotional conversation about the sacrifices that military service members make.

"What we do on Sunday takes a backseat to what these guys do for our country," Karney said.

Deuce McAllister talked about his high school days with wounded warrior Clemons. He and Clemons played against each other in high school in Mississippi. Clemons was a ninth grader when McAllister was a senior.

As they reminisced, Clemons recalled how his team lost against McAllister's team during a football game, but joked about how his team beat McAllister's team in basketball.

After entering the football game Sunday without a win to their name, the Green Bay Packers romped the Saints 53-2. Unfortunately, McAllister suffered a knee injury midway through the third quarter.

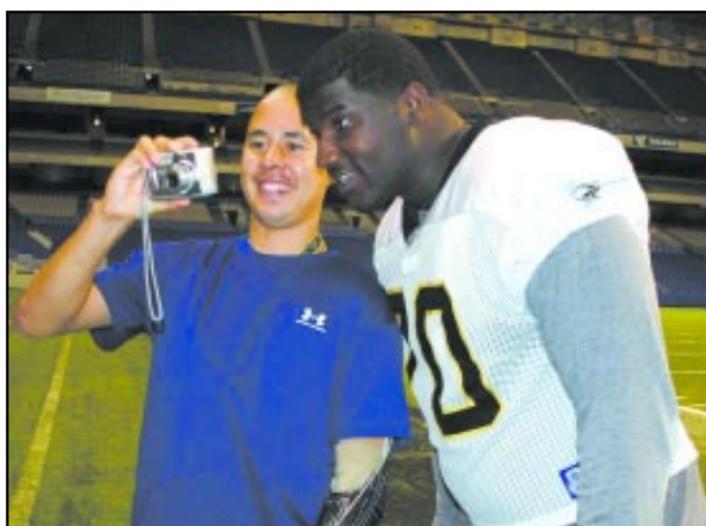
Nevertheless, when the Saints left the field for the locker room Friday, Soldiers had a chance to goof-off on the NFL field. Mimicking players and posing with a Saints helmet, Soldiers took pictures and made memories of the day they were on an NFL field, up close and personal.



Sgt. Kortney Clemons and New Orleans Saint Deuce McAllister reminisce about high school days where they both played against each other when Clemons was a high school freshman and McAllister was a senior. McAllister's high school football team won that gridiron event.



Photos by Andricka Hammonds
 New Orleans Saints owner Tom Benson thanks wounded warrior Master Sgt. Tom Carpenter, from Brooke Army Medical Center, for his sacrifices and welcomes him to the practice Friday.



Sgt. Juan Arredondo, Brooke Army Medical Center wounded warrior, and New Orleans Saint Jammal Brown view a picture they have just taken together after Brown autographed Arredondo's book.

Crime watch

Constant vigilance can keep people out of harm's way

By Linda Furlow
Provost Marshal Office

People need to be aware of their safety, not just when traveling long distances, but in their everyday lives.

When people are on vacation, they are more aware of their surroundings and are subsequently more cautious. However, when in a familiar area, like a neighborhood or a frequently visited place, people tend to let their guard down and don't pay as much attention to their surroundings as they should. The following personal safety tips can help keep people safe.

When walking ...

Always be aware of your surroundings and the people around you;

Avoid walking alone and stay in well-lit 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 you are walking to your car in a parking lot and anything makes you feel uncomfortable, trust your instincts and go back into the store. Get someone to walk with you; and

Have your keys in your hand, ready to unlock your door. When approaching your vehicle, check under the car and in the back seat. Once inside, lock your doors and drive away. Don't sit in the car and check packages or count your money.

When driving ...

Keep your doors locked and your windows rolled up at all times;

Keep your car properly maintained and be sure you have enough fuel;

Never pick up hitchhikers;

Look 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 you or exit the freeway as soon as you can. Drive to a public place or call the police;

If your car breaks down, open the hood, turn on the flashers and get back into the car and lock the doors; and

If someone stops to help, crack your window and ask the person to phone for help.

When working ...

Don't leave valuables or keys lying in the open, always lock them in a secure place;

Engrave personal items, such as radios that you bring to work, with your driver's license number;

If you notice suspicious objects, people or vehicles in the area, notify your supervisor or the police; and

If you work late, move your vehicle near the entrance before it gets dark and make sure all doors and windows are locked.

When out ...

If you drink alcoholic beverages, be very cautious about where you drink and who you are with;

Never leave clubs or nightspots with strangers; and

In an elevator, you should 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, call the Crime Prevention Section of the Fort Sam Houston Directorate of Emergency Services at 221-9686.



Photo by Esther Garcia

Helping hand

(From left) Robb Wood, chaplain adviser for Holiday Helping Hands, assists NCO Academy Sgt. Maj. Sherry Lex, Master Sgt. Edward Oswald and Sgt. Alfredo Monarrez in presenting a check for \$500 to Staff Sgt. Stephen McFarlane, president of HHH. Lex encourages other units to donate. The academy raised the money with projects such as bagging at the commissary and internal fundraisers. The donations to the HHH will be used to help Soldiers, Department of Defense civilians and their families with food and toy assistance during the Thanksgiving and Christmas holidays. For more information, call McFarlane at 221-3667 or Wood at 221-5428.

Residents share lawn care responsibilities

Lincoln Military Housing contracted Gratr Landscape to provide family housing areas with lawn maintenance. The company only mows areas free of lawn furniture, trampolines, pools, toys and other outdoor items. If there are items left on the lawn, workers mow at a sufficient distance to ensure belonging will not be damaged. Additionally, fertilization and watering are not included in the lawn maintenance scope of work.

Other lawn maintenance services and guidelines include:

- Mow and edge all unfenced yards;
- Blow clippings from sidewalks and driveways;
- Mow, edge and blow clippings from all common areas within Fort Sam Houston Family Housing, which include the housing areas but may exclude adjacent vacant lots and building areas;
- Provide shrub maintenance during the spring and fall to maintain the integrity of the shrub. Residents are encouraged to maintain if they require a more manicured appearance in between shrub pruning;and
- Provide tree trimming; this service is under a separate contract provided on a large scale as the budget allows. Tree trimming earlier in the year was to trim trees away from rooflines, elevate canopies and remove deadwood and dead trees.

For more information, call Lincoln Military Housing at 270-7638.

(Source: Residential Communities Initiative)

**WOULD YOU LIKE TO LIQUIDATE
YOUR CREDIT CARD DEBT?
IT CAN HAPPEN.**



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

TROOP SALUTE



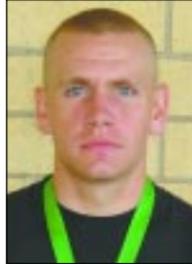
187th Medical Battalion



Officer of the Week

Name: Second Lt. Lawrence Lauridsen
MOS: 70B, health services administration
Hometown: Logan, Utah
Time in service: Four years
Future goals: To attend medical school
Reason for joining: Sept. 11 influenced me to serve my country
Latest accomplishment: Completed a bachelor's degree in biology from Utah State University

232nd Medical Battalion



Soldier of the Week

Name: Pvt. Benjamin Mathewson
Unit: A Company
Hometown: Sierra Vista, Ariz.
Plans for the future: Continue my medical education
Reason for joining: Obligated as a citizen



Junior Leader of the Week

Name: Spc. Levi Hoffman
Unit: A Company
Hometown: Parshall, Colo.
Plans for the future: Attend veterinary school
Reason for joining: Wanted to serve and a change of scenery



Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail news.leader@samhouston.army.mil or stop by the office in Building 124 (second floor).

SPORTS

SPORTS BRIEFS . . .

Fort Sam Houston Golf Club Championship

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

Free SBC Championship admission

Active duty military, police, fire department personnel, people with an active government-issued ID and children ages 18 and under will receive free admission to the SBC Championship Friday, Saturday and Sunday. The event is Monday through Oct. 23 at the Oak Hills Country Club in San Antonio. The SBC Championship is a PGA Champions Tour event, managed by Pro Links Sports. For more information, call Colby Callaway, tournament director, at 698-3582.

All-Army Bowling Trial Camp

Army Sports and Fitness is now accepting applications for the 2006 All-Army Bowling Trial Camp. Applications should be submitted on DA Form 4762-R. Information on the form should detail all accomplishments in the sport (attach extra sheets if needed). Candidates will be ranked based on experience and accomplishments in the sport, including such factors as recent (last three years) levels played, achievements such as "All-American" or "All-State," and other factors. All experience should be detailed. To review application information, sports standards and selection criteria, visit <http://www.armymwr.com/portal/recreation/sportsandfitness/application/>. All application documents must be faxed (or scanned and e-mailed) with header sheet from local sports director to: Betty Raveill at (703) 681-7245, or DSN 761-7245. Any application packet that arrives without all required documents will be considered incomplete. National Guard and Reserve personnel are authorized and encouraged to apply; however, there are additional documents that they need to submit along with their application packet.

Intramural fall softball all-star game

The intramural fall softball all-star game was played Oct. 5 with teams made up of players from all the league teams. Team No. 1 soundly defeated Team No. 2. The final score was 25-8. Team No. 1 forced Team No. 2 into numerous errors leading to the lopsided score. The league playoffs start Oct. 24.

Intramural basketball

Letters of intent are due Nov. 14 and a coaches meeting is Nov. 16 at 1 p.m. at the Jimmy Brought Fitness Center. League play starts Nov 28. Send letters of intent to Earl Young, 1212 Stanley Rd. Ste. 20, Fort Sam Houston, Texas, 78234-5020, or e-mail earl.young@samhouston.army.mil. For more information or to register, call 221-2280.

See **SPORTS BRIEFS** on Page 11

Sports briefs

Continued from Page 10

Armed Forces Women's softball team

The Armed Forces Women's softball team was selected to represent the West in the "Hooter's National Championship" in Oklahoma City, which they won to take National Champion honors. This team was coached by Staff Sgt. Rob Bailey from Fort Leonardwood, Mo., who was assisted by Shirley Wickery of Fort Sam Houston. Several All-Army players were instrumental in the team's success. Army Sgt. Tammy Baldwin from Fort Riley, Kan., was named the tournament MVP.



Fall Fest parade route

The Fort Sam Fall Fest Parade will be Saturday from 10 to 10:30 a.m. The parade will travel along Dickman, Worth and Stanley roads and, as a result, these roads will be closed for a short time. The parade kicks off the Fort Sam Fall Fest, which will be held at the MacArthur Parade Field from 10 a.m. to 8 p.m.

32nd Medical Brigade Challenge

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



Courtesy photo

Artillerymen of the 3rd Field Artillery practice crew drill on the west side of their mess hall in the early 1900s. The building is now 100 years old and home to the Fort Sam Houston Museum.

Museum building reaches century mark

The community is invited to a birthday party for a 100-year-old member of the Fort Sam Houston community. The staff of the Fort Sam Houston Museum will cut a birthday cake for Building 123 Oct. 20 at 11 a.m. at the building on Stanley Road.

Completed in 1905 as a two-company mess hall, Building 123 has been home of the Fort Sam Houston Museum for the last 30 years.

"This year marks the 100th anniversary of the construction of Building 123," said John Manguso, museum director. "So, we are giving the museum building a birthday party to kick off the centennial of the Cavalry and Light Artillery Post addition and the grand opening of our new exhibit about this historic neighborhood. Most museum exhibits are kicked off with a ribbon-cutting, but we thought a cake-cutting would be more appropriate."

Construction of the Cavalry and Light

Artillery Post was accomplished between 1905 and 1912. It included the barracks and support buildings along Stanley Road, the family quarters along Artillery Post Road and Connell Road, the Station Hospital (2000 area) and the post bakery (now the police station). When this program was completed, Fort Sam Houston was the largest Army post in the country.

The museum's centennial commemoration of the Cavalry and Light Artillery Post is planned to run through 2012.

"The new exhibit focuses on the first two decades of the neighborhood's existence," Manguso said. "In the future, we expect to highlight some of the key events which took place here and some of the distinguished Soldiers who served here."

For more information about the exhibit or cake-cutting, call 221-1886.

(Source: Fort Sam Houston Museum)

Smoke-free and courageous forever

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

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



HIGH SCHOOL NEWS

Three Cole seniors receive national recognition

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

Dr. Roland Rios, principal of Robert G. Cole Jr./Sr. High School, recently announced that Cole seniors Amanda Bray, Caitlin Gresenz and Amy Rarig have received recognition from national academic achievement programs.

Gresenz and Rarig were named Commended Students in the 2005-2006 National Merit Scholarship Program, meaning they scored in the top 5 percent of more than 1 million students who took the 2004-2005 Preliminary SAT/National Merit Scholarship Qualifying Test.

Bray scored in the top 5 percent of more than 130,000 African American students considered in the 2005-2006 National Achievement Program on the same test.

"It is important to acknowledge the attainments of academically talented students and to credit schools for the key role they play in their development," a spokesperson for the National Merit Program said. "We hope the recognition received by these able young men and women who are commended in this rigorous, nationwide



Photo by Roland Rios

(From left) Caitlin Gresenz, Amy Rarig and Amanda Bray were named commended students in the 2005-2006 National Merit Scholarship Program. Only 5 percent of students in the United States qualify for this national recognition.

competition will encourage them to take advantage of opportunities for higher education and to diligently pursue their professional goals."

Letters of commendation were presented to each of the girls when they received news of their achievements.

"The difficulty of earning this type of recognition cannot be understated," Rios said. "We are extremely proud of their accomplishments."

Cole presents annual fall play

Cole High School's annual fall play, "Murder at the Banquet" by Robert LaVohn, will be performed Nov. 8, 9 and 10 at 7 p.m. in the Moseley Gym. The play is directed by Barbara Lien, English and drama teacher. Lien's theater production class, in conjunction with Nancy Hildenburg's family living cooking classes, will be working together to provide the audience a dinner theater atmosphere where participation is part of the action. The production dinner will be served at 6 p.m. The \$5 admission includes dinner and the play. The admission fees will be donated to Cole scholarship funds.

Cole sports update

Cougars prevail in district opener

The Cole varsity football team used a balanced running attack and solid defense to shut down the Johnson City Eagles 22-7 in district 27-2A action Friday at Johnson City. Sha Cameron led the Cougars with 104 yards on the ground, one touchdown, and superb defense. Quarterback Matt Newcomer continued his fine season with a touchdown pass to Damon Grant and a rushing touchdown of his own. The team is now 5-1 overall and 1-0 in district play.

The Cole Cougars play Friday against their archrival, Randolph Field Rohawks, at 7:30 p.m. at Cougar Stadium.

“The Randolph Field Ro-Hawks are our biggest rival in football. It is always a big game. It is a very important district game this year,” said Larry Ransom, Fort Sam Houston Independent School District athletic director and varsity football coach.

Junior varsity team remains undefeated

The Cole Cougar junior varsity football team defeated Johnson City Oct. 6 with a score of 44-6. Scoring touchdowns for the Cougars were Chauncey Holmes, Reggie Garnett, Emerson Weber, Will Vega, Freddie Polite and Marcel Nanton. The Cougars are undefeated with a record of six wins and zero losses.

“The junior varsity football team has continued to play very well. The defense has been outstanding, recording four shutouts so far and the starting defense has only given up one touchdown,” said Coach Eric Boehme.

Fort Sam Houston Independent School District Weekly Campus Activities October 17 - 22, 2005

National School Bus Safety Week

Fort Sam Houston Elementary School

Oct. 21
Pumpkins due to library for Literary Pumpkin contest
Spirit day

Robert G. Cole Jr./Sr. High School

Monday
UIL Band Marching contest at Alamo stadium, TBA

Tuesday
Grades 11 and 12 Texas Assessment of Knowledge and Skills exit level English language arts retest exam, TBA
Senior panoramic photo during advisory
Volleyball at Blanco: freshman at 5 p.m., junior varsity at 6 p.m. and varsity at 7 p.m.

Wednesday
“Stairway to the Sky” drug education assembly, 9:50 a.m.
Grades 11 and 12 Texas Assessment of Academic Skills exit level writing exam and TAKS exit level math retest exam, TBA

Oct. 20
Grades 11 and 12 exit level TAAS reading exam and TAKS exit level science retest exam, TBA
Junior varsity football vs. Navarro at Cole, 6 p.m.

Oct. 21
Grades 7 through 12 photo retakes by grade level in gym
Grades 11 and 12 TAKS exit level social studies retest exam, TBA

Swim meet at Palo Alto
Volleyball at Navarro: freshman at 4 p.m., junior varsity at 4 p.m. and varsity at 5 p.m.
Varsity football at Navarro, 7:30 p.m.

Oct. 22
Fall play weekend rehearsal in gym, 1 to 3 p.m.
Swim meet at Palo Alto

(Note: The TAAS and TAKS are state-mandated exams.)

Regular board meeting

The Fort Sam Houston Independent School District board of trustees will meet for a regular meeting Oct. 27 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.



Maj. Douglas Gardner, ground force combat element executive officer for the 3rd Battalion, 25th Marine Regiment, meets his 3-month-old baby girl, Addison. When asked how he felt seeing his child for the first time, he said, "Indescribable. My life has changed forever."



Marine reservists home from duty

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

Family and friends displaying handmade signs and American flags gathered alongside the Navy Marine Reserve Center Oct. 6 to welcome home their loved ones from Iraq.

Fifty Marines returned home to the 4th Reconnaissance Battalion following a seven-month deployment in support of Operation Iraqi Freedom.

"I am bursting with joy," said Herlinda Martinez, mother of Pfc. Gilberto Martinez. Joining her were numerous relatives and friends celebrating her son's safe return. "I talked with him yesterday, and he wants to stop and eat at Bill Miller (Barb-B-Q) with the family before going home," said Martinez.

"Elated," was how Teresa Vela, mother of Lance Cpl. Anthony Vela, described her feelings. "It has been a long seven months. We are blessed to have him home. I am very proud of him."

The Marines augmented 1,000 Marines from the 3rd Battalion, 25th Marine Regiment. The unit, a reserve infantry battalion, is headquartered in Brook Park, Ohio.

"We were in a combat situation with an infantry battalion

in some of the the Marines," bat element ex Marine Regim

The Marine and conducted enemy insurg cities in the A

Specializin combat comm and operate pr activity in thei without risks.

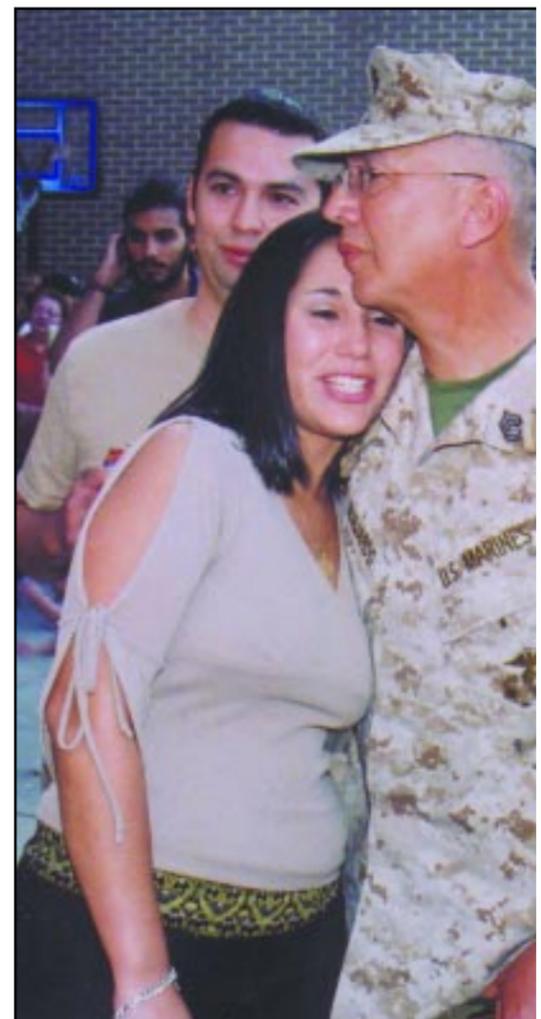
Amid the c members of th the returning I

"It was thei Elan Flores. C for those who Some Gave A

"We have t who didn't ma them," said M



Fifty Marines are welcomed home following a seven-month deployment to Iraq in support of Operation Iraqi Freedom.



Gunnery Sgt. Frank Guarardo visits with h Fernando, at the welcome home ceremony. he is here, and not there," said Manlapza.



ts return in Iraq

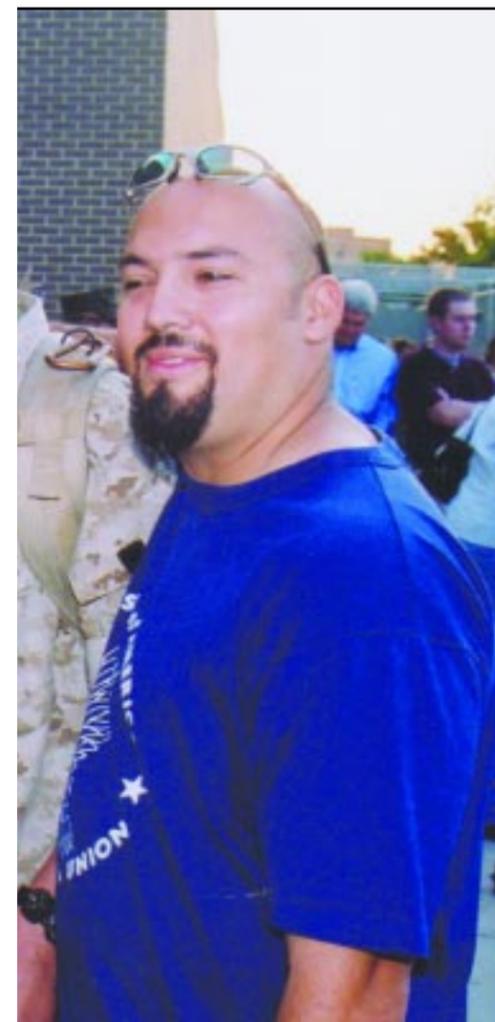
ottest spots in Iraq. It is good to bring back
id Maj. Douglas Gardner, ground force com-
mutive officer for the 3rd Battalion, 25th
it.

aided in the training of Iraqi security forces,
tability and security operations to prevent
is from gaining a foothold in and around the
nbar province.

in being the eyes and ears of infantry ground
iders, the Marines insert via air, sea and land
arily behind enemy lines, reporting enemy
assigned area. This type of combat is not

ebration for those who returned home, family
se who didn't return home were greeted by
arines.

wish to have them here," said Lance Cpl.
i the wall inside the Reserve Center, a tribute
dn't make it home reads "All Gave Some and
" with the names of the deceased underneath.
remember the good times for the Marines
e it home. We don't want to forget about
tinez.



daughter, Annette Manlapza, and son,
I missed him so much. It's good to know



Hundreds of family members and friends wave signs, American flags and balloons as the bus carrying Marines assigned to the 3rd Battalion, 25th Marine Regiment arrives Oct. 6 at the Navy and Marine Reserve Center after being deployed to Iraq for seven months.



Theresa Vela hugs her son, Lance Cpl. Anthony Vela. Vela comes from a military family, with a brother, Cpl. Jimmie Griffe, also in the Marines. Vela's father, Abel Vela (far left), and grandfather are retired Air Force.



In memory of those who didn't make it home, a sign that reads, "All Gave Some and Some Gave All" with the names of those killed in Iraq hangs inside the Navy Marine Reserve Center. Lance Cpl. Jeremiah Kinchen and Cpl. Steven Gill served with E Company, 3rd Reconnaissance Battalion, which returns next week. Lance Cpls. Lance Graham and Roger Castleberry, and Sgt. Aaron Cepeda, served with the 3rd Battalion, 25th Marine Regiment.

POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic services:

4:45 to 5:15 p.m. - Confessions - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - weekdays

Protestant services - Sundays:

8 a.m. - Traditional Protestant
11 a.m. - Traditional Protestant

Jewish services: 379-8666 or 493-6660

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

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

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

Protestant services:

10:30 a.m. - Collective gospel Protestant - Sundays
9:30 to 11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, child care is provided.

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

Catholic services:

8:30 a.m. - Mass - Sundays
11 a.m. - Mass - Sundays
11 a.m. - Mass - weekdays

Protestant services:

10 a.m. - Worship service - Sundays
Noon - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass: Sundays:

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

Troop Protestant gospel service:

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

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

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

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

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

1:30 p.m. - Jumma - Fridays

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

Evans Auditorium, 221-5005 or 221-5007

Mormon service: 9:30 to 11:30 a.m. - Sundays

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

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

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

INTERFAITH CALENDAR . . .

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

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

20 - Installation of Scriptures as Guru Granth - Sikh

25 - Shemini Atzeret * - Jewish completion of the annual cycle of reading of the Torah.

26 - Simchat Torah * - Jewish day to celebrate the reading of the Law. Synagogue services involve readings, processions and blessing of the children.

30 - Lailatul-Qadr - Islamic Night of Destiny; first revelation of Quran to Prophet Muhammad. Observed during the last 10 days of Ramadan; prayers to Allah for a good destiny.

31 - All Hallows Eve - Christian celebration combining prayers and merriment involving children and families. It is a prelude to All Saints Day. observed.

* Usually begins at sundown the day before this date.

Jewish Congregation High Holy Day Service

**Today - Yom
Kippur at 9 a.m.**

The service will be held at the Main Post Chapel.

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

MWR

Recreation and Fitness

Fort Sam Fall Fest

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

Fall Fest Arts and Crafts Fair

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

Fall Fest 5K run/walk

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

Natural body building show

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

Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the student's level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

Water aerobics

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

Free morning aerobics

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

Aerobathon

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

Senior fitness

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

New Latin dance class

Get your heart going early in the morning with the new Latin dance class, a fun and aerobic workout at the Jimmy Brought Fitness Center Tuesdays and Thursdays from 6 to 6:45 a.m. For more information, call 221-2020.

Salsa and merengue classes

Join the Latin dance craze by learning these popular dances for fun and exercise. Classes are Mondays and Thursdays from 6:30 to 7:30 p.m. at the Jimmy Brought

Fitness Center aerobics room. The cost is \$2 per class or \$24 for a 16-class pass. For more information, call 221-2020.

Cycling class

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

Yoga, pilates teacher needed

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

Dining and Entertainment

Sam Houston Club, 224-2721

Bingo

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

Lunch buffet

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

Bowling Center, 221-3683

Join fall bowling leagues

New leagues are forming now at the Fort Sam Houston Bowling Center. Leagues include men's, mixed, senior ladies' majors, youth and officers' wives. For more information, call the Bowling Center at 221-4740.

Unlimited bowling

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

Family bowling day

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

Cyber bowl

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

Golf Club, 221-4388

Pro Shop sale

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

Golf lessons

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

Around the Corner Frame Shop

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

Harlequin Dinner Theatre

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

MWR Ticket Office

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

MWR CHILD AND YOUTH SERVICES

Youth Happenings

Youth Center closure

The Youth Center will close Friday at 8 p.m. for the Cole Jr./Sr. High School football game, Saturday for the Fort Sam Fall Fest at MacArthur Field and Oct. 28 at 8 p.m. for the high school football game. For more information, call 221-4882.

Trip to Six Flags

The Youth Center will take a trip to Six Flags Fright Fest Oct. 22 from 3:30 to 9:30 p.m. All middle school and teens registered with Child and Youth Services are eligible to participate. The cost will be \$12.99, and space is limited to 10 for this trip. For more information, call 221-3502.

Children's mini marathon

Youth Sports will host a children's mini marathon Saturday at the Fort Sam Fall Fest. Children from preschool age to 12-years-old and special needs youth of all ages are welcome to sign up. Pre-registration will take place at the Youth Center, Building 1630, and race day registration will begin at 8 a.m. The race starts at 11 a.m. with awards to follow. The cost will be \$7 for the first child, \$6 for the second child and \$5 for the third child. Each participant will receive a T-shirt and a participation medal for running in the race.

Race times:

Special needs elementary	11 a.m.
Special needs Jr./Sr. high	11:10 a.m.
4 and under	11:20 a.m.
5- and 6-year-olds	11:30 a.m.
7- and 8-year-olds	11:40 a.m.
9- and 10-year-olds	11:50 a.m.
11- and 12-year-olds	12 p.m.

For more information, call 221-3502.

Youth Services volunteers

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

Free after-school program

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

Cheer registration

Cheer registration for the football season is ongoing at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. for youth ages 5 to 12. The cost for cheerleading is \$50 for the first child and \$45 for the second. Youth must be registered with Child and Youth Services. A birth certificate and proof of a physical are required to cheer. Space is limited. For more information, call 221-3502 or 221-5513.

Cooking classes

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

Saturday open recreation

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

IMPACT recreation

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

Parent News

PAC meeting

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

ArmyFCC Online

Fort Sam Houston Family Child Care Program is now on ArmyFCC Online, a Web-based information and referral tool for parents interested in FCC. The Web site includes both a public and a private section describing each installation's program and more information on providers. Soldiers

and qualified civilians must be registered through Child and Youth Services to benefit from any CYS programs to include FCC. For more information, call Central Registration at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

PCI enrollment opportunity

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

Part-day preschool program

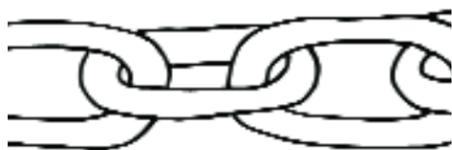
Patrons interested in the part-day preschool program at the Child Development Center can contact Central Registration to register at 221-4871 or 221-1723. Preschool is from 9 a.m. to 2 p.m. Monday through Friday. Fees are based on total family income.

Home-based child care

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

Check wait list

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



COMMUNITY LINK



Happenings

Big Band Hangar dance, silent auction

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

Our Kids SA education showcase

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

The Rainbow Kids

Fort Sam Houston's Youth Services sponsored group, The Rainbow Kids, announces upcoming performances for October. Friday, the group performs at the Alamo beginning at 6 p.m. Saturday, the group performs its oldies show at the Fort Sam Fall Fest at 1 p.m. and its country show at 3 p.m. Oct. 22, the group performs at Heartland of San Antonio, 1 Heartland Drive, at 3 p.m. For more information or to schedule a free performance, call Ron Joy at 348-8014 or 295-2093, or e-mail rj96707@yahoo.com.

Barbershop Harmony Society

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

Czech Heritage Society

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

Gifted education conference

The Texas Association for the Gifted and Talented will hold its annual conference, "Marvel of the Mind," Nov. 2. The four-day event, which runs through Nov. 5, will be held at the Henry B. González Convention Center. Nationally recognized authority on gifted education, Dr. Carol Ann Tomlinson, will provide a keynote address Nov. 3. Jason Dorsey, entrepreneur and speaker, will present a keynote address Nov. 4. The Exhibit Hall will host 175 vendors. Of special note this year is the Family Day Nov. 5. This new event features sessions on robotics, drama, science, art and more, for children and adults. For more information, call (512) 499-8248, ext. 202 or visit www.txgifted.org or sleake@txgifted.org.

Bandera Honors Veterans

The Bandera, Texas, community will honor America's veterans and active duty military personnel under the banner of "Bandera Honors Veterans" Nov. 12 at 9:30

a.m. in front of city hall. Special guests from Fort Sam Houston and survivors of the Bataan Death March will be honored. A patriotic parade down Main Street will start at 10:30 a.m. The public is invited.

U.S. Army's eCYBERMISSION

The U.S. Army's eCYBERMISSION is a Web-based science, math and technology competition that allows students to compete for regional and national awards, while working to solve problems in their community. Registration for eCYBERMISSION's competition runs through Dec. 12. The eCYBERMISSION competition is open to students in grades sixth through ninth across the United States and to students enrolled in Department of Defense Education activity schools throughout the world. eCYBERMISSION is also looking for volunteers to help spread the word and encourage students of diverse backgrounds and proficiency levels to get involved in the competition. For more information, visit www.ecybermission.com.

Buddy Walk

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

Texas Wanderers walk

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

San Pedro Springs Park Walk

The Trinity Trekkers Volksmarch Club will sponsor a 10K (6.2 miles) and 5K walk Oct. 22 beginning at the San Pedro Public Library on 1315 San Pedro (across from San Antonio College). For more information, call David Toth at 521-8684 or e-mail dntoth@sbcglobeal.net.

Lazy Hills Ranch Walk

The Kerrville Trailblazers Volksmarch Cub will host two 10K (6.2 miles) walks and a 5K walk Oct. 22 and 23 at the Lazy Hills Ranch in Ingram, Texas. For more information, call Robert Theis at (830) 896-3550. To view the Lazy Hills Ranch, visit www.lazyhills.com.

Volunteer

Periodontics seeks patients

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

BAMC needs volunteers

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

SAMM volunteer opportunity

San Antonio Metropolitan Ministry, a nonprofit organization that runs the largest homeless shelter and transitional housing program in San Antonio, seeks volunteers for its various charity missions. For more information on upcoming projects, call Betty Schwartz at 340-0302, extension 224.

Professional Development

Army Reserve opportunities

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

Blue Force Tracking digital training

Digital training on Force XXI Battle Command Brigade and Below/Blue Force Tracking will be conducted Monday through Wednesday. This training is the vital link that provides "Situational Dominance" for leaders in the battlefield. BFT system also provides the means to make graphical overlays, stop reports, navigation and text messages for units out of FM radio range. For more information, call 221-2216 or 221-2205.

Master of arts program

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

Resume and interview workshops

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

Free computer training

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

Financial workshop

KLRN will host a financial literacy workshop for families with children ages 6 to 12 Oct. 25 from 6:30 to 7:30 p.m. at the Carver Library, 3350 E. Commerce. For more information, call KLRN at 270-9000, ext. 2246, or visit klm.org.

Free workshops

St. Philip's College will offer students and the community a series of free miniworkshops this fall covering a broad range of self-improvement tips and focusing mainly on developing effective study skills. Although classes are free, donations of canned goods for the college Equity Center are accepted. All workshops will be presented on the main campus of St. Philip's College, 1801 Martin Luther King Drive, in the Norris Technical Building, Room 117, Mondays, Tuesdays or Thursdays. For more information, call 531-3544.

ESL classes

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

Meetings

Retired Officers' Wives, Widows Club

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

Federally Employed Women meeting

The Fort Sam Houston Federally Employed Women Chapter seeks members for its organization. The chapter meets the second Wednesday of the month. FEW enhances career opportunities for women, maintains a unified and diverse membership and provides opportunities for professional growth through leadership development, education, mentoring and networking. For more information, call Arcelia Longoria 658-4046 or 823-6344.

Cloverleaf Club of ITC

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

Vietnam Veterans of America

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

Caribbean American Association

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

BOSS seeks single Soldiers

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

FORT FREEBIES



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

For Sale: Whirlpool side-by-side refrigerator with ice and water dispenser, 25 cubic feet, almond, \$450; over the stove vent hood, almond, \$25. Call 521-0379.

For Sale: Bassett double dresser with mirror, about 50 years old and in excellent condition, all wood with laminated pecan top, cedar and poplar drawers, \$150; Magnavox console stereo with AM/FM radio and turntable, from the late 1960s, manual included, \$125; Pioneer five-shelf stereo rack with glass doors, light wood veneer, \$30. Call 455-3146.

For Sale: Wooden entertainment center

with locking storage area, glassed display area and two-door storage area in addition to the usual TV/VCR areas, 48 inches high, 60 inches long, and 17 inches wide, \$35; framed 36 inches by 26 inches oil painting reproduction of Gainsborough's "Blue Boy," \$125; stainless steel Italian-made pasta machine with all accessories, \$25. Call 945-2906.

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

For Sale: JL audio four-channel amplifier, \$250; General Electric dryer,

almond, \$100; Eddie Bauer car seat and booster \$100; king-size bed includes mattress, box spring and frame, \$400; double toddler bike trailer (no-tip), \$75. Call 421-2982.

For Sale: Pingpong table, \$90. Call 412-7124.

For Sale: Queen-size bed made by Farmers' Furniture, \$100 obo; Panasonic microwave, \$25 obo; nice black entertainment center, \$50; two book shelves, \$20 each. Call 393-2864.

For Sale: Port-a-crib, \$25; rats, \$5 each; guinea pig, \$10. Call 393-2864.

For Sale: Asbestos-style siding cutter with punch and nipper, \$85; six bundles of cedar singles, \$200; 35-gallon drum, steel rack with wheels, \$60; telescoping antenna, 8-foot to 25-foot range, \$40; commercial aluminum extension ladders, 32 foot and 40 foot. Call 655-7417.

For Sale: Dining room table with four chairs, \$75; multicolor sofa, \$475. Call 824-0592.

For Sale: Health Rider elliptical crosstrainer, like new; paid \$600, \$275 obo. Call 481-5258.