



Fort Sam Houston News Leader



Vol. 37, No. 42

Fort Sam Houston – Home of Army Medicine

Oct. 20, 2005

Briefs . . .

Veterans Day ceremony

The Fort Sam Houston Veterans Day ceremony will be Nov. 11 at 10 a.m. at the Fort Sam Houston National Cemetery. The event includes remarks from William McLemore from the U.S. Department of Veterans Affairs, a wreath presentation, a Tribute to Veterans by the Native American community, and music from the Army Medical Command Band and the Texas Children's Choir. The keynote speaker is Maj. Gen. George Weightman, installation commander.

Trick or treat hours

The installation trick or treat hours will be Oct. 31 from 6 to 8 p.m. The Fort Sam Houston Police will patrol the housing areas to monitor motorists and trick-or-treaters. Only authorized Department of Defense ID cardholders and their family members will have access to the installation for trick-or-treating. Non-ID cardholders attending organization and unit functions or private parties will be allowed access. People having a private party should provide the police with a list of visitors at least 12 hours prior to the event. The list should include party address, phone number and name of host.

Mission Thanksgiving

Mission Thanksgiving offers the community an opportunity to open their homes on Thanksgiving to Soldiers training at Fort Sam Houston. The deadline to sign up is Nov. 15. For more information, call 221-3390.

Business closure

The Directorate of Public Works and Engineering and Maintenance Operations Division is closed for regular business today for director's call and organization day activities. Service call will remain open to take care of any emergencies, and regular business will resume Friday. The service call number is 221-3144.

BAMC entrance closures

Two Brooke Army Medical Center entrances will be closed for exterior building maintenance. Medical Mall entrance will be closed through Saturday at 8 a.m., and the bed tower entrance will close Nov. 11 from 6:30 a.m. to 8 p.m. Patients, visitors or staff will not be allowed to enter or exit areas during these times. Extra shuttle runs will be available to transport individuals to and from the facility during this period.

Legal office closure

The Fort Sam Houston Legal Assistance Office, 1306 Stanley Road, Building 134, will be closed Wednesday and Oct. 27 for furniture installation. For emergencies, contact the on-call officer at 393-3531.

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.

Retirement ceremony

The Fort Sam Houston consolidated retirement ceremony will be Oct. 27 at 7:45 a.m. at the MacArthur Parade Field. In the event of inclement weather, the ceremony will be at Blesse Auditorium.

See BRIEFS on Page 4



Photo by Kathrine Maple

Up to the challenge

Soldiers participate in a litter race Saturday at the 32nd Medical Brigade Challenge. Other events included push-ups, tug-of-war and a relay race. E Company, 187th Medical Battalion, took best company honors, the 232nd Medical Battalion won for best battalion and the Commander's Cup went to D Company, 187th Med. Bn.

Army Reserve company returns from Iraq

By Phil Reidinger
Fort Sam Houston Public Affairs Office

Family members and friends began arriving late Saturday afternoon to welcome home Soldiers assigned to the 340th Quartermaster Company returning from Iraq.

The 128 Soldiers assigned to the unit bid farewell to their families Oct. 28, 2004, during a ceremony at the Roadrunner Community Center.

The community center filled with the voices of children and a constant hum of conversation among parents, spouses and extended family members as the anticipated arrival time of 7:30 p.m. drew closer.

Many family members took advantage of the Fall Fest activities across the street as a way of entertaining children and decreasing anxiety surrounding the long anticipated arrival of their Soldiers following nearly a year of service in Iraq.

Installation Chaplain (Col.) Gil Richardson made the announcement that the arrival was delayed by 45 minutes.

U.S. Army Garrison Commander Col. Wendy Martinson,

Command Sgt. Maj. Pedro Class and post operations director Dale Roth received periodic updates for arrival, equipment check-in and transportation advisories from transportation coordinator Clarence Anderson at the airport. The Houston Astros baseball game playing on the stage screen kept the adults entertained, and the community center staff provided cookies, refreshments and a small television for the children to watch their favorite programs.

Finally, at 8:15 p.m., the word spread via cell phone that the Soldiers were on their way and the community center because a standing room-only venue.

Family and friends cheered as the Soldiers, followed by Brig. Gen. Phillip Hanrahan, 90th Regional Readiness Group commanding general, entered the community center and stood in formation on the stage. As the Army Medical Command Band played traditional patriotic music, company commander Capt. Mark Braswell and 1st Sgt. Ernesto Rubio stood at the front with the unit guidon.

"These Soldiers are our latest combat veterans," Hanrahan said. "They answered the call as citizen Soldiers and did their jobs well."

See photos on Page 4

Fort Sam hosts Retiree Appreciation Day Oct. 29

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

Brooke Army Medical Center will offer flu shots beginning at 8 a.m. Other services include oral cancer screening exams, grip strength testing, blood pressure screenings and digital rectal exams. BAMC specialty clinics will provide informational handouts and answer questions. BAMC will also have health benefits advisers, patient representatives and TRICARE representatives to assist with questions.

The Office of the Staff Judge

Advocate will provide short classes on estate planning, including tax consequences of various forms of gifting acts, the probate consequences of different forms of property ownership and the significance of medical directives. Powers of attorney will also be provided, as well as appointment scheduling for retirees who want change estate documents.

The ID card section, 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, as applicable.

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

accounts for allotments, addresses, taxes and bank changes. Personnel will be available to answer questions about retirement benefits and entitlements.

Additionally, 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 Houston clubs and various service organizations will be available.

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

(Source: Retirement Services)

Cell phone use prohibited while driving on post, Camp Bullis

Vehicle accidents remain a leading cause of Army fatalities. An increasing number of these accidents are attributed to driver distractions, particularly cell phone use. Current research indicates that any kind of cell phone use, and the cognitive engagement needed, is what impairs a driver's decision-making ability.

Vehicle drivers will not use hand-held or hands-free communication devices such as cell phones, two-way radios or electronic devices such as personal data assistants, or PDAs, while driving a vehicle. Vehicle drivers will operate these devices only once the vehicle has been safely stopped and the vehicle placed in park. This policy applies to all military and civilian personnel who operate privately owned motor vehicles, government owned vehi-

cles or Government Service Administration vehicles on Fort Sam Houston and Camp Bullis.

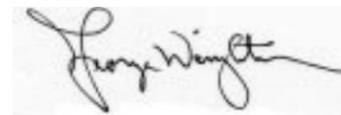
There will be two exceptions to this prohibition:

- Emergency responders using cell phones and hand-held radios: military police, firefighters, emergency maintenance personnel, Public Works maintenance personnel, hazardous material handlers operating in immediate clean up situations.

- Safety and emergency personnel using hand-held radios: range safety personnel operating radios on active ranges.

The Provost Marshal's Office will have the authority to stop vehicle operators who fail to comply with this policy and issue a DD Form 1408, Armed Forces Traffic Citation.

Any activity a driver engages in, besides the task of driving, has the potential to distract. We must remind our drivers that their primary responsibility is to drive safely!



GEORGE W. WEIGHTMAN
Major General, MC
Commanding

(Note: Fort Sam Houston police will begin enforcing this policy as of Nov. 1. For more information, call the Fort Sam Houston Safety Office at 221-3866.)

Fort Sam Houston News Leader

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Johnson urges team building as he departs IMA

By Ned Christensen
Installation Management Agency Public Affairs

WASHINGTON, D.C.—The Installation Management Agency said farewell in an Oct. 6 ceremony to outgoing director Maj. Gen. Ronald L. Johnson as he leaves IMA to take over as deputy chief of engineers and deputy commanding general of the U.S. Army Corps of Engineers.

Johnson, who thought of himself as the IMA quarterback, “passed the football” to IMA principal deputy director Philip E. Sakowitz in an Arlington, Va., ceremony hosted by Lt. Gen. David W. Barno, assistant chief of staff for installation management. Sakowitz will serve as acting director until incoming director Maj. Gen. Michael D. Rochelle assumes the post in late October.

Johnson assumed the directorship of IMA Aug. 9, 2004, and leaves following a year that saw dramatic growth and promise for the future in IMA, despite being filled with the turbulence of changing times and sustaining an Army at war.

“Ron Johnson probably had the toughest 2-star job in our Army during his 14 months here in IMA,” said Barno. “If you look at what we’ve asked him to do, leading 78,000 people across 110-plus installations, scattered literally across the globe, with increasing missions and decreasing people – that’s about as tough a sledding as you can get and he has done that magnificently well.”

“We’ve got more folks under ... this organization than we have in just about any corps-level fighting force in the Army. That’s remarkable and the breadth and scope of your responsibilities is immense,” Barno continued.

The Army’s principal deputy assistant secretary for installations and environment, Geoffrey D. Prosch, talked about the short, but eventful, history of transforming installation management, the many responsibilities installations have, and enumerated the many IMA accomplishments of Johnson’s tenure.

“There’s no way we could have mobed and demobed 300,000 Soldiers in the last two or three years without IMA,” Prosch commented. “There’s no way we could have cross-leveled all these critical parts through the CIS.

“The 101st Air Assault Division deployed to Iraq with the body armor of the 25th Infantry Division. In the old days we never would have had visibility of that,” Prosch observed.

Prosch also attributed to IMA the promise of 90 percent funding for installations, the development of common standards for installation services and the creation of the Installation Management Board of Directors, which brings the Army senior leadership together twice a year to discuss installation issues.

“This is hard — this is really hard,” Johnson said as he took the podium for his parting remarks. He spoke of the exhilaration of looking forward to a new assignment, but also of regret at work undone due to being called away early in his term. As he often has, Johnson used the framework of a true story to sum up the importance of what IMA does.

He told the story of Spc. Micheaux Sanders, who deployed to Iraq as a new recruit in 2003 and distinguished himself when his tank unit responded to an Iraqi insurgent attack on a cavalry patrol. Sanders received the Silver Star for exposing himself to enemy attack, shooting until he ran out of ammunition and throwing rocks after that, despite being wounded in the shoulder. Johnson said Sanders, when asked why he fought so hard, replied that he fought to uphold the warrior ethos and because he wasn’t distracted by concerns for his family back home on an Army post.

“Why? Because he knew that you, all of us, the Army’s city mayors, were taking care of business,” Johnson said. “Remember, we support all the Spc. Sanders and all of the Soldiers around the world. If that doesn’t motivate you – if you’re not thinking about how you contribute to that Soldier’s ability

to fight, then I encourage you to start doing so right now.”

Johnson was a tireless advocate for IMA’s mission of improving Soldiers’ wellbeing by standardizing the services on installations. He often cited the examples of corporate giants The Home Depot and McDonald’s, who meet customer expectations by offering the same predictable look and products everywhere in the world they are located, while still accounting for the variations made necessary by demographics or geography.

He was particularly passionate about Common Levels of Support, which for the first time quantifies the cost of running installations and shows what happens when funding lags. He credited CLS with providing the solid data to sell the Army leadership on funding installations to 90 percent of required funding levels. At the same time, he decided to hold implementation back a year to make sure it was right when fully deployed. And, he actively pushed business process redesign and the Lean Six Sigma model to find efficiencies and improve processes.

Johnson compared the February decision to fund installations at 90 percent of base operations and 90 percent of facility maintenance and sustainment requirements to the Army College Fund in terms of significance to sustaining Army recruiting and retention.

“The wellbeing and quality of life that you (the IMA workforce) deliver in enhancing the facilities where our Soldiers live, work and play will be the edge that sustains this world-class, all-volunteer



Courtesy photo

Outgoing Installation Management Agency director Maj. Gen. Ronald L. Johnson receives the IMA Stalwart Award from principal deputy and acting director Philip E. Sakowitz. The Stalwart Award recognizes the highest level of commitment to the IMA mission.

Army. It is your work alone that will cause other Americans to answer their call to duty,” Johnson said, echoing the theme of the Association of the United States Army convention that concluded the day before the departure ceremony.

“(The) 90-90 (funding for installations) is a huge decision and I encourage each and every one of you to use the very best judgment and professionalism in figuring out how to deliver to our people the very best without wasting a single dime,” Johnson said. “I’m encouraged by what we’ve done and I’m even more inspired by what you have yet to do.”

“This is not really about Ron Johnson, this ceremony here today. It is indeed about the great service of a wonderful organization,” Johnson said. “It is my belief that at sometime in the future — someone in the very near future as we look back at what we’ve done here with IMA, someone will say that this was the single most important decision that the Army made — to stand up this organization.

232nd, DCMT complete redesign of training

By Maj. Roberto Cardenas
232nd Medical Battalion

In December 2004, the commanding general of the United States Army Training and Doctrine Command issued specified training guidance to implement warrior tasks and battle drills.

The Army Medical Department Center and School and 32nd Medical Brigade have worked hard to meet this guidance.

The 232nd Medical Battalion and Department of Combat Medic Training immediately redesigned their curriculum and

field training exercise, or FTX, in February to ensure Soldier medics were trained in basic principles of military operations on urbanized terrain and convoy operations.

The battalion then initiated a Drill Sergeant Certification Program for jiu-jitsu in March to begin teaching Soldier medics fundamental principles of the Modern Army Combatives Program. The final warrior task was achieved during D Company, 232nd Med. Bn.’s, Warrior Core Skills FTX Oct. 2 and 3 at Camp Bullis, where 201 Soldier medics zeroed and quali-

fied with an M-16 rifle.

The commitment of the AMEDD Center and School and 32nd Medical Brigade to ensure ammunition was available allowed the battalion to plan, prepare and execute the range operations which will now constitute a regular portion of the program of instruction.

“The weapons range was not only critical training for the individual Soldier, but it provided me the opportunity to develop my own NCOs as we planned and executed this company collective task,” said Capt. Martha Curtis, D Co. commander.



Courtesy photo

Soldier medics from D Company, 232nd Medical Battalion, qualify with M-16 rifles during the Warrior Core Skills field training exercise Oct. 2 and 3 at Camp Bullis.

Service members who bought gear can claim reimbursement

By Jim Garamone
American Forces Press Service

WASHINGTON, D.C. — Some service members who bought their own protective gear will get reimbursed for the purchase under a new policy approved Oct. 4.

David S.C. Chu, the undersecretary of defense for personnel and readiness, approved the directive that allows service members to be reimbursed “for privately purchased protective, safety or health equipment.”

The order covers the period between

Sept. 10, 2001, and Aug. 1, 2004. Pentagon officials said “relatively few” service members are affected by the order.

In the early days of the war on terrorism, there was a shortage of interceptor armor. The services issue body armor to those most in need of it; however, some service members — both active and reserve component — bought their own protection.

Legislation passed by Congress earlier this year authorized the services to reimburse service members for the expenditures. The legislation applies to a specified

set of personal protection equipment and can be claimed “by either the member or by another person on behalf of the member for the member’s personal use in anticipation of, or during, the member’s deployment for operations Noble Eagle, Enduring Freedom or Iraqi Freedom.”

Reimbursement is limited to the actual purchase price, plus shipping, of the equipment, and service members must have the receipts. Under the legislation, those claiming reimbursement must turn in their privately purchased gear. The services will destroy the equipment, as it

may not meet government standards. Under the policy, reimbursement cannot exceed \$1,100 for any one piece of equipment.

The services can request to add items to the list. The list includes the complete outer tactical vest or equivalent commercial ballistic vests. The components of the vest — the groin protector, throat protector, yoke and collar assembly, collar protector, ballistics inserts and small arms protective inserts — are covered individually. The list also includes the Kevlar helmet, ballistic eye protection and hydration systems.

Briefs cont. . . .

Newcomers' Extravaganza

The Newcomers' Extravaganza will be Tuesday at 9 a.m. at the Roadrunner Community Center, Building 2797, 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 today 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.

Safety awards

The deadline for the fourth quarter fiscal 2005 safety award nominations is Wednesday. For more information, call Guadalupe Gomez, safety manager, at 221-3866 or e-mail guadalupe.gomez@samhouston.army.mil.

Mandatory OPSEC training

The deadline for people to view the mandatory Operations Security training has been extended to Dec. 16. The training is required for active duty military personnel, Department of the Army civilians, government contractors and contracting company employees. The training is available at <https://OPSEC.1STIOCMD.ARMY.MIL>; an Army Knowledge Online user ID and password are required. Click on the link "click here for required training," then, at the link, click on "required Army OPSEC training." People should inform their unit training coordinator when they have completed the training. For more information, call the garrison security office at 221-1906, 221-1859, 221-9500 or 221-9611.

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:

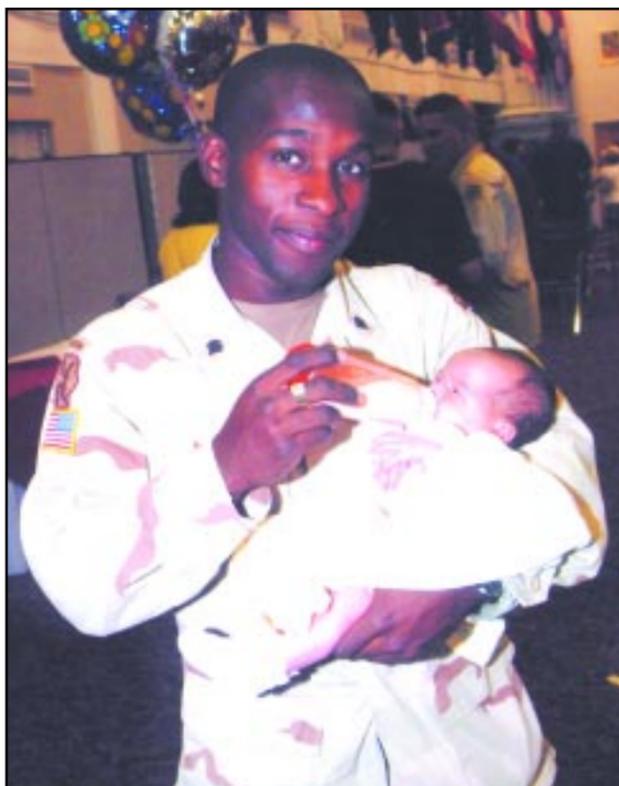
- Today, 8 to 10 a.m. at Evans Theater, Building 1396
- Today, 1 to 3 p.m. at Blesse Auditorium, Building 2841
- Friday, 8 to 10 a.m. at Evans Theater, Building 1396
- Friday, 1 to 3 p.m., at Evans Theater, Building 1396



Photos by Ed Dixon

Texas-size welcome

Soldiers assigned to the 340th Quartermaster Company look for and wave to found family members as they arrive on stage at the Roadrunner Community Center Saturday. The unit returned from a one year deployment to Iraq.



(Above) Jane Turner with daughter, Contessa, in her arms gets ready to welcome Staff Sgt. Brian Turner home.

(Left) Spc. Steven Garcia assumes fatherly duties, feeding daughter, Thayla, for the first time.



(Above) Spc. Reynaldo Lara gets a warm welcome from family members Reynaldo Lara Sr., Julian Gallegos, Rose Lara and Eliza Gallegos.



(Right) Amanda Avila eagerly waits for her father, Sgt. Tomas Avila, to arrive at the Roadrunner Community Center.



Gary Rich welcomes his son, Sgt. Mike Rich, home. The Rich family is from Avondale, Ariz.

BAMC Soldiers score Saints tickets



Photos by Nelia Schrum

Texas Governor Rick Perry visits with Brooke Army Medical Center patients at the Alamodome before the Saints game Sunday.

San Antonio Mayor Phil Hardberger greets Spc. Domino Soto-Santana in the Alamodome Sunday before the kickoff.



Photo by Norma Guerra

(Above) Patients from the Brooke Army Medical Center Amputee Care Center and their families stand at attention during the national anthem. The Soldiers were honored Sunday by the New Orleans Saints in the pre-game show before the Saints faced off with the Atlanta Falcons. The Saints were defeated by one goal for a painful 31-34 loss.

(Left) Atlanta Falcon linebacker Ike Reese visits with Spc. Domingo Soto-Santana, Spc. Leondrae Rice and Sgt. Rufus Hicks Sunday at the Alamodome before the start of the Falcons vs. New Orleans Saints game. Tom Benson, Saints owner, invited the Soldiers to the game.

Post Pulse: How often do you do a breast self-examination?



"I haven't done one in a year, but I just had a mammogram."

Belinda Robinson



"I don't do it; I just do my physical."

Jeri Ardolino



"I have it done once a year at my annual. I'm actually going to my physical today."

Diana Watson



"I do it every month."

Lucy Rivera

A monthly breast self-examination can help women detect changes in their breasts, according to the National Cancer Institute.

Breast Cancer Health Awareness Month

Cancer survivor inspires others with story of survival

Story and photo by **Andricka Hammonds**
Brooke Army Medical Center Public Affairs

Three-time cancer survivor, Dr. Marlena Vegas, spoke at the sixth annual Tell-A-Friend Breast Health Awareness luncheon Friday at the Sam Houston Club.

Wearing a pink feather boa, Vega began her speech with a performance of "I Will Survive." Making her way around the room, she gave hugs and sang to the audience, encouraging them to survive.

Vega teaches the Macarena Dance as a tool for learning self-examination to encourage early detection of breast cancer. Almost the entire room was up dancing in a conga line, laughing and learning the importance of self-examination.

Vega delivered her message of "survivorship through self-empowerment." She shared her history and hardships to help support and inspire others to continue to hope. She dedicated the day to survive or "A will to live," one of her 13 tenants of survivorship.

The luncheon began with a video with personal testimony by people she helped from around the world. Many testimonies were tear-filled and spoke to life-changing advice and support Vega provided.

"Bad things happen, but it's how you survive, not how long, that is important,"

Vega said. She emphasized the importance in the quality of life one lives while fighting cancer.

Sisterhood was demonstrated as people gave each other hugs and kisses on the cheek as everyone fellowshiped together in the name of cancer survivorship.

This luncheon was not limited to breast cancer survivors and patients. A 10-year cancer survivor gave his testimony describing his survival after having prostate cancer.

One theme rang throughout the entire luncheon — togetherness. Vega lives by the "co-madre" principle. Co-madre is having the support of family, friends and community. She said going through an illness cannot and should not be done alone.

"Tell people you need help," said Vega. She said that family and friends tend to pull back when a loved one is sick. "They don't know what to do," said Vega, "it's your job to tell your loved ones what you need."

Vega also introduced the audience to meditation and visualization as a form of stress relief. She said meditation is, "how one gets into the mind-set of allowing your body to heal."

Vega visited the Brooke Army Medical Center chemotherapy clinic to inspire cancer patients who couldn't attend the luncheon.



Dr. Marlena Vega, a three-time cancer survivor, talks to Rose Marie Nunez, a cancer patient at Brooke Army Medical Center as she receives chemotherapy.

The patients received her with open arms.

"It's very encouraging to see her here," said Rose Marie Nunez, BAMC cancer patient. She had cancer three times; knowing that gives me hope."

Vega spoke in detail about her experience when she was sick. One patient said she was very impressed with her. "She's

such a survivor," said Connie Lindsay.

"It's nice to see someone who makes a difference."

Lindsay said a lot of women are afraid when they find out they have to have chemo. "But with God, you can leap, and a net of safety and security will catch you," she said.

Blood is the fluid of life

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

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



USO San Antonio reaches out to military families affected by Hurricane Katrina

The United Service Organizations Council of San Antonio and Central Texas is once again responding to the needs of military members by reaching out to those military families now temporarily calling Fort Sam Houston home as a result of Hurricane Katrina.

With help from groups such as the Disney Corp. and cash donations from concerned citizens, the local USO will donate 13-inch televisions, DVD players, movies, books, games and gift cards to the military post exchange to families having fled the hurricane.

"Many military families have difficulty dealing with the separation during the extended deployment of a loved one. Following the tragedy of Hurricane Katrina, an even larger burden has been placed on these Gulf Coast families," said Ray Holmes, executive director of the USO. "Our goal at the USO is to make sure that not only are our deployed military men and women cared for, but also their family members so that our armed forces can have peace of mind and focus on the task at hand."

"The families staying at Fort Sam as

a result of Katrina have been through so much and comforts like those donated by the USO help to make their situation a little more bearable. We are grateful to them for their continued support," said Laurence Hunter, Soldier and family assistance manager for the 5th Army Recruiting Brigade at Fort Sam Houston.

The USO is committed to enhancing the morale and quality of life of military members and their families through social, recreational and informational activities. Each year the USO serves more than 104,800 military personnel across the United States by providing all branches of the military with assistance, from family support to entertainment. The USO Council of San Antonio and Central Texas is a nonprofit organization and is dependent on the generosity of individual, civic, corporate, and United Way/Combined Federal Campaign donations. To find out more information about the USO Council of San Antonio and Central Texas, call Ray Holmes at 227-9373, ext. 17, or visit www.alamouso.org.

(Source: USO press release)

More Soldiers eligible for eArmyU programs

WASHINGTON, D.C. — Changes in reenlistment criteria broaden eligibility for Soldiers to participate in the eArmyU laptop enrollment option, officials said, and extend the program's no-laptop option to all officers.

Under the new requirements, the majority of active-component Soldiers in the rank of private first class and higher may be eligible to sign up for online college courses and receive a laptop computer to use in the program, officials said. Laptop enrollees will be required to successfully complete at least 12 semester hours of coursework in three years.

"Soldiers have greater access and flexibility with the eArmyU program than they do with the traditional programs, where they've got to go and sit in the classroom every Monday and Wednesday evening, or at lunchtime, or over the weekend, at a very structured kind of pace," said Dian Stoskopf, director of the Army Continuing Education System.

The laptop option is available to Soldiers in the rank of specialist to staff sergeant with less than 10 years of service, and staff sergeants to sergeants major with more than 10 years of active service in an indefinite status, with more than three years to their retention control point, officials said. Active-duty privates first class, with less than 24 months time in service

(those Soldiers who entered on a 15-month-plus training enlistment option) may also be eligible.

The number of Soldiers approved for the laptop enrollment will be constrained based on program funding, officials said.

The eArmyU "no laptop" enrollment, now called "eCourse enrollment," will also be extended to all officers beginning this month, officials said.

With eCourse enrollment, Soldiers use their personal computers to participate in the program on a course-by-course basis and receive all the same benefits as laptop enrollees as part of tuition.

eArmyU tuition includes textbooks, Internet Service Provider, 24/7 technology support, a "boot camp" tutorial, and online academic tutoring and mentoring.

Officers and commissioned warrant officers incur a two-year active-duty service obligation beginning upon the ending date of the last class for which tuition assistance was received.

There is no service remaining requirement with the eCourse option; however, Soldiers must have sufficient time in service remaining to complete the eArmyU course in which they are enrolling.

For more information, visit www.eArmyU.com under "View Eligibility Checklist."

(Source: Human Resources Command Public Affairs)

Yard, survey of the month

Fort Sam Houston Family Housing, managed by Lincoln Military Housing, conducts a Yard of the Month event where each winner receives a \$25 gift certificate. Fort Sam Houston Family Housing is divided into four areas:

Area 1 - Patch, Chaffee and Marvin R. Wood

Area 2 - Watkins Terrace

Area 3 - Wheaton, Graham, Dickman and Gorgas Circle

Area 4 - Infantry Post, Artillery Post, Staff Post and Hancock

Residents who return survey cards for maintenance, move-in and move-out will be entered into a drawing for a \$30 dinner gift certificate.

Residents can log onto LMH's interactive Web site, www.samhoustonlpc.com to view photos.

For more information, call LMH at 270-7638. (Source: Residential Communities Initiative)



September Survey of the Month
1st Lt. Francella Smoker

September Yards of the Month
116 Artillery
1011 Gorgas Circle
2700 Marvin R. Wood
6761A Meeks

Ethics training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units will take place Friday 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.

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.

Domestic Violence Prevention Awareness Month

Love, respect foster emotionally healthy children

By Bob Harry
Army Community Service Family Advocacy Program

Domestic Violence Prevention Awareness Month is traditionally focused on the issues of spouse abuse; however, if the issues between spouses are witnessed by children there can be significant ramifications. Misbehavior may arise and parents may feel the need to punish or discipline the children.

There are people who feel their hands have been tied by legislation concerning their right to discipline their children as they see fit. Because of the legislative zeal to protect children from extreme child abuse, some feel their ability to provide discipline through spanking has been hindered. Furthermore, because of the Information Age and the amount of exposure regarding abuse, today's youth are more informed and may be quick to proclaim abuse when threatened with corporal punishment.

This may be true, to a point. Children are more informed on abuse issues. Legislation has tied the public's hands in

regard to the level of discipline that is allowed; however, spanking is still allowed in Texas, with limits. There is a "strike zone" that is no higher than the waistline and no lower than the bottom of the buttocks. The spanking cannot leave marks such as welts, bruises or object impressions from belts, chords, hands, etc. These "restrictions" were imposed to protect children from parents who cannot control themselves when it comes to physical punishment. Lack of control often leads to abuse that ranges from emotional scars to physical impairments to death.

Physical punishment is not the best means of steering a child to improved behavior. Physical punishment teaches that it is "OK" to hit another person. It also often develops resentment which breeds a revenge attitude, fear of the parent (as opposed to respect) and power struggles. People often use the terms "discipline" and "punishment" interchangeably, but there is a distinction between the two. Webster's II New College Dictionary defines punishment as, "To inflict a penalty on a wrongdoer for an offense. To handle harshly: injure." Webster's goes on to

define discipline as, "Training expected to produce a specific type or pattern of behavior, esp. training that produces moral or mental improvement; a systematic method to obtain obedience."

The Systematic Training for Effective Parenting program specifies that discipline is a process which entails respect, cooperation, choices and consequences. For parents to maintain respect from their children they must show children respect as well. Children need to feel they have worth and that their ideas matter. When they are shown respect they are more likely to cooperate. Choices, or options, are important so children have some control of their lives and further develop a sense of responsibility. They need to be able to select from options with identified consequences, preferably options and consequences they helped identify. Once a choice is selected, the consequences need to be consistently upheld. For consequences to be effective they must show respect for both parent and child; fit the misbehavior; be about now, not the past; be firm and friendly; and allow choice.

Parents should guide children so they

can make sound choices in life, which can be accomplished with love and respect, not fear and intimidation.

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

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.

Fort Sam Houston Soldier vies for Military Idol

By Ben Paniagua
Hacienda Recreation Center

The stage is set and the Soldier is ready. Staff Sgt. Jeffrey Vanderlin of C Company, 264th Medical Battalion, will represent Fort Sam Houston in the Army-wide Military Idol finals this week in Fort Gordon, Ga.

He is one of 36 competitors who will vie for the first Army Military Idol title. The winner has a shot at appearing on the American Idol television series and \$1,000 in cash.

In preparation for this prestigious honor, Vanderlin appeared in the U.S. Army Festival of the Performing Arts in June to compete for the title of Best Male Vocal Solo in the Better Opportunities for Single Soldiers program variety show called BOSS Supermodel Search. He is currently waiting the announcement of the winners.

Vanderlin also appeared as a military contestant in the San Antonio Parks and Recreation Department "Our Part of Town" finals in the military category, where he won first place and received a trophy and a \$1,000 savings bond.

"All I want to do is have fun with my performance and entertain the audience. I love performing," said Vanderlin, as he prepared to depart for the big competition finals.

"I would like to win, but just being Fort Sam Houston's Military Idol is great for me."

The semi-finals of the Military Idol will continue through Friday at Alexandria Hall in Fort Gordon, Ga., and will be broadcast via westream on Army Knowledge Online. The finals broadcast will be Saturday and Sunday. Saturday, at 1 p.m. CST, viewers will be able to vote online up to two hours after the finals. All AKO users are eligible to vote and may sign up guests with a temporary

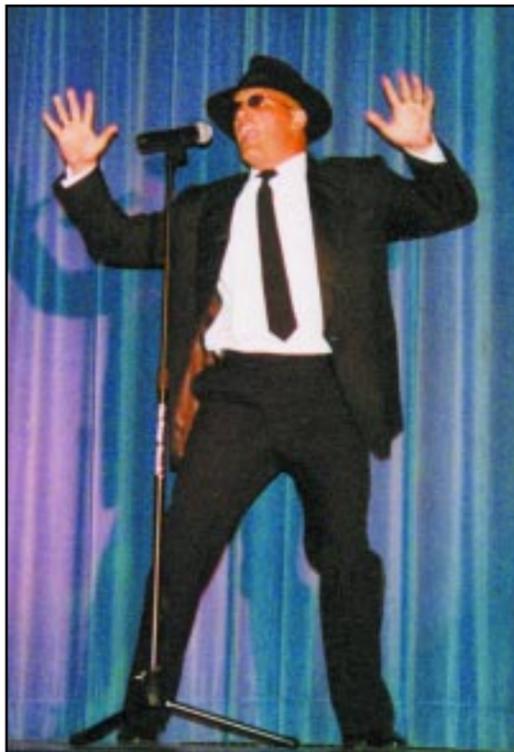


Photo by Alexandra Nordeck

Staff Sgt. Jeffrey Vanderlin, C Company, 264th Medical Battalion, performs a number that earned him the title of Fort Sam Houston's Military Idol. He is currently competing in the Army-wide Military Idol finals at Fort Gordon, Ga., Saturday at 1 p.m. The audience will have to opportunity to vote for Vanderlin through the Army Knowledge Online, Military Idol icon.

user account by logging on <https://us.army.mil>. Once on the site, click on the Military Idol button in order to vote. Remember the name to vote for is Staff Sgt. Jeffrey Vanderlin.



Photo by Phil Reidinger

Warrior citizens

Staff Sgt. Leonard Coronado was one of more than 50 local members of the 217th Transportation Company, U.S. Army Reserve, presented the Welcome Home Warrior-Citizen award by Brig. Gen. Philip Hanrahan, 90th Regional Readiness Group commanding general, Saturday during a ceremony at the Roadrunner Community Center. Families and friends joined the unit to congratulate the Soldiers for successfully accomplishing their missions during a deployment in support of Operation Iraqi Freedom from Feb. 14, 2003 to April 14, 2004. The heavy equipment transport system company was stationed at Taji, Iraq.

TROOP SALUTE



187th Medical Battalion



Officer of the Week

Name: 2nd Lt. Gordon Falvey

MOS: 66H, medical surgical nursing

Hometown: Conroe, Texas

Time in service: 18 years (commissioned July 29)

Reason for joining: I have over 18 years of service in the U.S. Air Force and Texas Air National Guard. I have always wanted to get a degree in the medical field and return to active duty as a commissioned officer

Latest accomplishments: Graduated with a bachelor's degree in nursing at Midwestern State University with a 4.0 grade point average

232nd Medical Battalion



Soldier of the Week

Name: Pvt. Matthew Easley

Unit: A Company

Hometown: Santa Paula, Calif.

Plans for the future: Continue college and earn a degree in sports medicine

Reason for joining: To get extra money for college



Junior Leader of the Week

Name: Pfc. William Gudzak

Unit: A Company

Hometown: Clearwater, Fla.

Plans for the future: Pilot

Reason for joining: To serve my country



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).

Calling all unit commanders

Do you have new Family Readiness Group and key personnel in your unit?

Have your FRG leaders and unit liaisons attended Family Readiness Group training?

When was your last unit ongoing readiness briefing?

OpReady has the information your Soldiers' families need for success in the military.

To schedule your briefings at the unit or Army Community Service, or to reserve space in FRG leader training, call Jutta Aviles at 221-0946.

SPORTS

Cougars render RoHawks defenseless

Story and photo by Air Force
Master Sgt. Lee Roberts
12th Fighter Wing Public
Affairs

RANDOLPH AIR FORCE BASE, Texas – It only took three plays for the Randolph RoHawks' junior varsity defense to make its first tackle here at Mickler Memorial Field Oct. 13 against cross-town rival Cole.

The RoHawks appeared defenseless, however, as the Cougars led 14-0 after scoring on their first two plays from scrimmage. In the opening barrage, Cougars' running back Chauncy Holmes sprinted untouched on a 52-yard touchdown scamper and fullback Emerson Weber followed him into pay dirt on the team's next play from 80 yards out.

The RoHawks' offense tried to outflank their Army foes from Fort Sam Houston, but even with two touchdown runs by Aaron Applewhite, Randolph couldn't withstand Holmes' three TDs and his personal 200-yard ground attack, losing 46-12.

Holmes, who also scored on 98- and 58-yard runs, thanked his offensive line and fullback after the game for opening up "big holes" for him to run through on his groundbreaking night.

Cougars Head Coach Larry Ransom, whose team now stands unbeaten at 7-0, complimented his team's and Holmes' performance.

"It was an offensive show for us tonight," he said. "It's also a good stepping stone for Holmes. He had a big night!"

Holmes also graciously complimented the



The Randolph RoHawks defense gives chase to Cole Cougar running back Chauncy Holmes, 40. Holmes scored three touchdowns and ran for more than 200 yards in leading Cole to a 46-12 win over Randolph High School in junior varsity action Oct. 13.

effort of his counterpart Applewhite who had a third touchdown called back during the game on a holding call and left the game in the fourth quarter suffering from leg cramps.

Applewhite, who scored on 17- and 2-yard runs, said the RoHawks played with heart, but the Cole Cougars were "pretty good." He also reciprocated with mutual kind words for Holmes.

"He's a great back. He made it tough for our defense to stick it to him. Our offense couldn't get it going either because we had too many costly penalties and a turnover," Applewhite explained.

RoHawks Offensive Coach Jerry Gonzalez said the RoHawks were missing seven starters and fought hard nonetheless, he said.

"I'm proud of the kids," Gonzalez said.

"They did their best and that's all I ask for. They are still winners.

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



SPORTS BRIEFS . . .

Fort Sam Houston Golf Club Championship

The Fort Sam Houston Golf Club will sponsor its annual Club Championship Nov. 19 and 20. 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.

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 basketball

Letters of intent for intramural basketball 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.

Golf association seeks new members

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

Opportunity for volleyball players

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

Football officials needed

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

Hand washing prevents colds, diseases

By Kelsey Pendell
U.S. Army Center for Health Promotion and Preventive Medicine



The Centers for Disease Control and Prevention estimates that one out of three people do not wash their hands after using the restroom. Women wash their hands nearly 75 percent of the time, while men only wash their hands about 60 percent of the time.

It has also been estimated that proper hand washing could eliminate half of all cases of foodborne illnesses. Hand washing also prevents the common cold and serious diseases such as hepatitis A, meningitis and infectious diarrhea.

Since hands are the part of the body most exposed to micro-organisms, it is important to keep them clean. To minimize foodborne illness, frequent hand washing is necessary and should be part of people's daily routine. If this process does not become a routine, germs spread, contaminating food and people.

There is a proper hand-washing technique. It is recommended that people wash their hands for 20 seconds with hot, soapy water, scrubbing fingers, wrists, fingernails and between the fingers. People can sing the ABC's, "Happy Birthday to

You" or "Old McDonald had a Farm" to ensure hand washing lasts long enough to be effective.

Since the naked eye cannot see germs, it is important to wash hands often. Germs hide in the cracks, crevices and wrinkles of hands. It is very important to wash hands before, during and after preparing food, which prevents cross-contamination between uncooked meats and other foods. Other times to wash hands include before eating, after using the restroom, after touching animals, when hands are dirty, and most importantly, when someone is sick.

If no water is available, other methods are available. Hand gel sanitizer will kill germs because of the alcohol content. Another option is to use disposable wipes. These products are easy to find and inexpensive.

Brooke Army Medical Center Health Promotions October Class Schedule

Class	Dates	Time	Place
Asthma Management (pediatric)	28	2 to 3:30 p.m.	BAMC Health Promotions, Room #L31-9V, lower level
Asthma Management (adult)	Tuesday today and 27	2 to 3:30 p.m.	BAMC Health Promotions, Room #L31-9V, lower level
Body Fat Testing	Friday	8 to 11 a.m.	BAMC Health Promotions, Room #L31-9V, lower level
Cholesterol Management	Monday	9 to 11:30 a.m.	BAMC, nursing administration conference room, Room #313-11, third floor
Diabetes Management	Monday and 31 Tuesday	12:45 to 4:30 p.m.	BAMC, nursing administration conference room, Room #313-11, third floor
Weight Management Winning Combinations	today and 27	8 to 9:30 a.m.	BAMC Health Promotions, Room #L31-9V, lower level
Yoga	Wednesday	12 to 1 p.m.	BAMC Occupational Therapy Clinic

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



Have feedback for a post customer service provider?

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

Health systems course deciphers medical information systems

For clinical or administrative experts responsible for designing, implementing or managing a medical information system, the Health Systems Functional Proponent Course at the Army Medical Department Center and School is a must.

The intensive two-phase course, developed by the staff at the AMEDD C&S, extends across the full spectrum of fixed and field operations. Participants leave with the ability to assist AMEDD in identifying and assessing requirements throughout the life cycle of a medical information system. More than 150 students have already successfully completed the course.

History reveals the significance of the course. It was not too long ago when medical information systems throughout the world evolved from paper and pencil to electronics. Army hospitals began to develop their own individual information systems, each operating in isolation, unable to share information.

The solution to this critical problem came along when then Army Surgeon General Lt. Gen. James Peake published the findings and recommendations of an extensive examination of AMEDD information management business processes called Task Force Mercury. Among those recommendations was a mandate to minimize the number of medical information systems and establish standard procedures for specifying and acquiring new systems.

The key element to the success of the operation was, and still is, education. This elaborate and complex system can only function if all personnel responsible for designing, purchasing or managing a medical information system thoroughly understand all aspects of the corporate processes. What makes this task even more daunting is the fact that the responsible personnel generally have medical or administrative backgrounds, with little or no training or experience in information management and information technology.

The task force solved this piece of the puzzle by calling for the establishment of an intensive course of instruction, mandatory for all AMEDD functional proponents, which would take people into the world of information management and the corporate medical information system.

“The intent was to develop a course that would bring functional personnel — like clinicians, doctors, nurses, dietitians and administrators — into the IMIT community and provide them with an understanding of the processes that

were involved in the AMEDD to implement information systems, plan information systems and integrate those information systems into AMEDD processes,” said Lt. Col. Bonnita Wilson, Army nurse.

Upon acceptance into the course, attendees enter Phase I, a six-week distance learning phase, which covers fundamental materials using such online facilities as the Defense Acquisition University and Army Knowledge Online. Successful completion of Phase I will qualify people to participate in Phase II, the more intense two-week classroom portion of the course, held twice a year at the AMEDD C&S at Fort Sam Houston.

During Phase II, people will participate in seminars, dynamic discussions and practical exercises conducted by government and civilian experts in the fields of corporate strategy, business process reengineering, information architecture and acquisition management.

People will learn to identify needs, develop metrics and participate in life-cycle management decisions.

Areas of emphasis include Medical Command and Military Health System corporate strategy, information architecture, business planning, information management linkages, acquisition management and information security.

“The HSFPC provides an opportunity to meet people who work IM system development, deployment and sustainment at every level of the organization,” said Wayne Barth, medical systems integrator.

HSFPC is available twice a year to senior military personnel and civilians from all services.

For more information, visit <https://ke2.army.mil/imtb>. (Source: HSPFC)

Army Community Service Family Advocacy Program October Class Schedule

Class Title	Dates	Class Time
Anger Management I and II	Monday	11 a.m. to 12:30 p.m.
Building Effective Anger Management Skills (series 4 to 6)	today and 27	11 a.m. to 12:30 p.m.
Getting Ready for Childbirth 1 and 2	today and 27	9 a.m. to 12 p.m.
Girl Talk! Ages 9 to 11	Wednesday	10 to 11 a.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
Single Parent Course (series 5 and 6)	Friday	11 a.m. to 12:30 p.m.
S.T.E.P. Program for Parents of School Age Children	today and 27	1 to 3:30 p.m.
S.T.E.P. Program for Parents of Teens	Tuesday	11 a.m. to 12:30 p.m.
Stress Management I and II	Tuesday	1 to 2:30 p.m.
Truth or Consequences?	Tuesday	4:30 to 5:30 p.m.
You and Your Baby	Wednesday	8 a.m. to 12 p.m.

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

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

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

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

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



Music, food, fun ab



Photo by Kathrine Maple

The Special Troops Battalion caisson participates in the parade to open the Fort Sam Fall Fest Saturday. The unit also had a static display and provided information about the history of the caisson. The Fort Sam Fall Fest brought in more than 3,000 people from the Fort Sam Houston and San Antonio communities.



Photo by Kathrine Maple

The city of Schertz and the queen's court display their patriotic float during the Fall Fest parade. Other floats included the Polynesian dancers and Fort Sam Houston float.

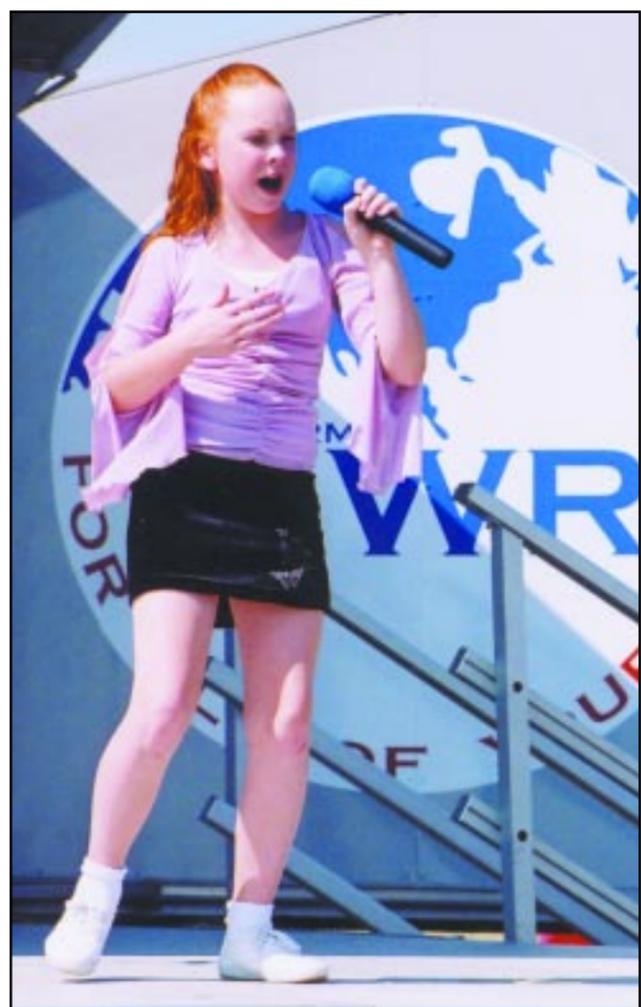


Photo by Alexandra Nordeck

Lana Dvorak, a member of the Rainbow Kids performing arts group, sings on the stage during the Fall Fest.



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Photo by Alexandra Nordeck

Francesca Lopez makes a necklace while she learns about the food pyramid at the Brooke Army Medical Center nutrition care booth. Each color represents a food group on the pyramid. BAMC nutrition care was one of the many community agencies that participated in the Fall Fest.



Photo by Alexandra Nordeck

Lancelyn Barbee feeds Sheba Saturday at the Fort Sam Fall Fest. The Fort Sam Houston Morale, Welfare and Recreation Equestrian Center offered pony rides, hay rides and treats for horses at the event.



Photo by Kathrine Maple

Sgt. Jon Ota helps his daughter, Rose Marie, build a bird house at The Home Depot tent. Others worked on wood projects including bird houses, squirrel feeders and shelves. The Fall Fest was sponsored by Fort Sam Houston Morale, Welfare and Recreation, The Home Depot, Army and Air Force Exchange Service, Cathy Austin of Remax and First Command.



Photo by Kathrine Maple

Prison Commander Col. Wendy [Name obscured] is one of the chili entries from [Name obscured] chili cook-off. E Company, 187th [Name obscured], took first place; D Co., [Name obscured], took home second place; [Name obscured] Medical Department Center took third place. The teams won their unit fund.



Photo by Alexandra Nordeck

The Fort Sam Fall Fest at the MacArthur Parade Field included a parade, arts and crafts fair, 5K run, chili cook-off, moon bounces, live entertainment and more.

RELIGIOUS HAPPENINGS . . .

PWOC daytime Bible study

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

Contemporary service

The 11:01 Crossroads Contemporary Service meets every Sunday at 11:01 a.m. in the Installation Chaplain's Office, Building 2530, Funston Road. Sunday school for grades kindergarten through 12th and adult class will meet before worship time at 9:30 a.m. Childcare for infants through preschool is available on site with certified child development caregivers. For more information on class topics, volunteer opportunities or worship, call Chaplain Yvonne Hudson at 295-2096 or e-mail yvonne.hudson@samhouston.army.mil.

Officers' Christian Fellowship

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

POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic services:

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish services: 379-8666 or 493-6660

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, childcare 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

Samoa 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 . . .

Today - 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.

Today - Installation of Scriptures as Guru Granth - Sikh

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

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

* Usually begins at sundown the day before this date.

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.

HIGH SCHOOL NEWS

New Cole Junior ROTC leaders prepare for busy year

By Cadet 2nd Lt. Xiomara Martinez
Cole Cougar Battalion Public Affairs Officer

The Junior ROTC leadership for 2005-2006 promises an exciting year for the Cole Cougar Battalion. Along with the normal, everyday activities of a Cole Jr./Sr. High School student, like waking up early, eating cafeteria food and attending classes, a JROTC cadet expects to do much more.

For 2005-2006, the JROTC battalion has scheduled quarterly blood drives, assistance at the sports concession stands at home games, color guard and rifle team meets, PT team and drill competitions, burial detail and coordination of the Military Ball.

The following cadets have battalion staff positions for 2005-2006: Cadet Lt. Col. Caitlin Gresenz, battalion commander; Cadet Command

Sgt. Maj. Roy Aviles, battalion command sergeant major; Cadet Maj. Elizabeth Bagg, battalion executive and operations officer; Cadet 2nd Lt. Tommy Leeds, battalion S-1; Cadet 2nd Lt. Allison Erickson, battalion supply officer; Cadet 2nd Lt. Xiomara Martinez, battalion public affairs officer; Cadet Staff Sgt. Jennifer Gibson, assistant S-1; and Cadet Staff Sgt. Brent Bentley, assistant S-4.

Company commanders are Cadet 2nd Lts. Todd Bentley, Zachary Sheridan, James Bills and James Raymond.

Company first sergeants are Cadet 1st Sgts. Frank Thompson, Allison Lauten, Lukas Sheridan and Paul Parker.

Cole High School JROTC is under the direction of retired Lt. Col. Bob Hoffmann and retired Sgt. 1st Class John Clinton.

Cougar Pride Club announces new fundraiser

By Dr. Gloria Davila
Fort Sam Houston Independent School District

The Cougar Pride Club of Cole Jr./Sr. High School has begun a new fundraising program involving the use of scrip. When parents purchase scrip, or substitute money, from the Pride Club, they purchase negotiable gift certificates that can be used just like cash. Scrip is accepted by local and national retailers where many families shop.

The Cougar Pride Club benefits when the bulk of the discount it receives — from 2 to 15 percent or more — is retained as

revenue. Scrip can be used by parents to purchase everyday items like food, clothing and other essentials. With every purchase, parents can earn revenue for the Cougar Pride Club.

"The reason for the effectiveness of scrip is simple: families generate revenue through purchases they would make anyway. Groceries, clothing, toys, gifts and even gasoline can be purchased with scrip," said Kris Rarig, Cougar Pride Club representative.

"Please support the club with this new fundraising opportunity. Make the money you spend now benefit the students at Cole."

Order forms can be obtained

at Cole Jr./Sr. High School or through Sonja Bruce at 212-3972 (home) or 445-4421 (cell), e-mail Bruce at huah89@hotmail.com. People can also visit the Web site at <http://www.glscrip.com>.

The Cole Cougar Pride Club is a nonprofit organization dedicated to the present and future education of the students at Cole. Its mission is to support the school in academics, athletics, band and other community school-affiliated organizations. All funds raised by the club go to school events, ceremonies, scholarships and Project Graduation, a chem-free event for graduating seniors.

Cole Sports Update

The Cole varsity football team suffered a tough loss this past Friday night against arch-rival, the Randolph Ro-Hawks. After a sluggish first half, which saw the Cougars fall behind 14-0, Cole played a spirited second led by Erin Simmons' two touchdowns. The rally came up a little short, however, as missed extra points and a late Randolph touchdown sealed the game at 28-12. The Cougars are now 5-2 overall and 1-1 in district 27-2A play. They next meet Navarro this Friday night at 7:30 p.m. at Navarro.

Fort Sam Houston Independent School District Weekly Campus Activities — Monday to Oct. 29

Red Ribbon Week

Fort Sam Houston Elementary School

Monday

Literary pumpkins judged, all day

Tuesday

Literary pumpkin winners announced

Wednesday

Early dismissal – kindergarten through fourth grade, 2 p.m.

Early dismissal – fifth and sixth grades, 2:30 p.m.

Oct. 27

Fort Sam Houston ISD school board meeting in Professional Development Center, 11 a.m.

Oct. 28

Take home Literary Pumpkin Spirit day

Robert G. Cole Jr./Sr. High School

Tuesday

Art history field trip, all day

Volleyball vs. Johnson City at Cole: freshman at 5 p.m., junior varsity at 6 p.m. and varsity at 7 p.m.

Senior parents' night

Wednesday

District 2A cross country meet at Hermann Sons Camp (Comfort), 2 p.m.

Oct. 27

Fort Sam Houston ISD school board meeting in Professional Development Center, 11 a.m.

Academic decathlon field trip to Renaissance Festival

Junior varsity football at Blanco, 7 p.m.

Oct. 28

Pep rally bell schedule

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

Dual swim meet at SAISD natatorium, 5 p.m.

Oct. 29

Fall play weekend rehearsal in gym, 1 to 4 p.m.

ELEMENTARY SCHOOL NEWS

Animal ambassadors visit Fort Sam Houston Elementary School

By Dr. Kathy Maxwell
Fort Sam Houston Elementary School

Imagine the school mascot, a cougar, sitting close by, a hawk swooping within inches of your head or two South American penguins walking in a line close enough to touch.

The Sea World Adventure Park and "Zoo to You" ambassadors made that possible at Fort Sam Houston Elementary School recently when they brought live wild animals to the school. The "Zoo to You" organization rescues, rehabilitates and then releases wild animals.

The menagerie of animals included a North American mountain lion named Canyon; Bob the American alligator; Loopus the Harris' hawk; a North American porcupine; an African crested porcupine; two 6-month-old warthogs; a Burmese python; and Pete and Penny, the South American penguins.

"To date, we have rescued and released more than 1,000 previously injured animals back into the wild," said animal ambassador David Jackson. "The animals brought to visit were unable to be released into the wild due to damage of one sort or another that might prevent them from having a successful life in their previous habitat."

Shrieks and claps of sheer excitement were heard from the students as each animal was introduced and presented.

"The students were spellbound," said Brenna Howell, a fifth grade teacher.

"I can't believe those students actually held that huge python," said Mary Harrell, Alternative Learning Center teacher.



Courtesy photos

(Above) Students at Fort Sam Houston Elementary grimace as they hold a Burmese python. The snake was part of the "Zoo to You" traveling wild animal display.



(Left) "Zoo to You" animal ambassador David Jackson introduces Bob the American Alligator to the students at Fort Sam Houston Elementary.

Fort Sam Houston Elementary celebrates Hispanic contributions

By Dr. Kathy Maxwell
Fort Sam Houston Elementary School

Students at Fort Sam Houston Elementary School celebrated Hispanic Heritage Month, which was Sept. 15 to Oct. 13, by learning about the contributions of Hispanic Americans and their cultures, as well as the ethnic diversity that is a vital part of the United States.

According to "Multicultural Education: Issues and Perspectives," "Integrating the cultures in the social studies classroom helps develop 'ethnic literacy' in all students. Developing ethnic literacy fosters

pride in one's own culture and a respect and appreciation for the uniqueness of others."

San Antonio is especially steeped in the Hispanic culture. Fort Sam Houston Elementary School is no exception with 22 percent of the student population being of Hispanic descent.

Many military parents visited classrooms to share their backgrounds, experiences and culture with the children. Their presentations were in Spanish, and they also read stories to the children in Spanish. Special objects, traditional clothes and artifacts from parents' homelands were displayed.

The celebration also included Consuelo Samarripa, a bilingual story-

teller from Austin, Texas. Samarripa shared legends and folk tales while skillfully interweaving the Spanish language and artifacts into her presentation. A few of the stories she shared with the children were "The Drake's Egg," "How the Cardinal Got Its Color and Song," "Lim the Watercarrier," "Isla Romolas de los Muertos" and a ballad called "The Moth People."

Andrea Garcia, art teacher, conducted special classes where the students created special art pieces for display. The students learned about the art from Mexico, Latin American folk art and the process of creating related projects. Projects included papel amate (bark paintings), paper flowers and various drawing and relief projects using

images from the Aztec codex. Materials for the projects included paint, crayon with India ink resist, foil and tissue paper.

The celebration ended with a Hispanic Heritage luncheon for parents Oct. 13. More than 100 parents visited the school to share a Mexican lunch with their children. The luncheon was prepared entirely by food supervisor Janet Daniel and her cafeteria staff.

Fort Sam Houston Elementary School resembled an "Institute of Hispanic Culture" with classrooms, the library, halls, cafeteria and lobby filled with artifacts, artworks, books, special objects, costumes, posters and other pictures representing the Hispanic culture.

Use your head . . .

Children on post are required to wear safety helmets when riding a bike, skateboard or scooter.



MWR

Recreation and Fitness

2005 Turkey Bowl

Stop by the Bowling Center at Building 2521, Schofield Road, through Nov. 3 for a chance to win a weekend getaway to Orlando, Fla. After filling out a free entry form, bowl a turkey during a game for three more chances to win. The weekend getaway is Nov 11 to 13 and includes two round-trip airline tickets, a two-night hotel stay, \$100 Outback Steakhouse gift certificate, \$50 shopping gift certificate and a \$50 Army and Air Force Exchange Service travel set. For more information, call the Bowling Center at 221-3683. This promotion is sponsored by Fort Sam Houston Morale, Welfare and Recreation, Hertz car rental, Caliber Collision Center, Comfort Suites Maingate, Southwest Airlines and AAFES.

Turkeython

Get ready to work off those turkey and stuffing pounds before the big meal with the Turkeython Nov. 21 from 5 to 7 p.m. at the Jimmy Brought Fitness Center. Cost is \$10. To register, call 221-2020.

Auto Craft Shop

Get your car winter ready with a free winterization check at the Auto Craft Shop. Check includes anti-freeze levels, inspection of all belts and examination of the engine. Visit the Auto Craft Shop, Building 2410, corner of Funston and Schofield Roads. Hours of operation are Wednesday to Friday from 1 to 9 p.m. and Saturday and Sunday 9 a.m. to 5 p.m. For more information, call 221-3962.

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 two hours of non-stop fun including step moves, abs and low impact aerobics. The aerobathon is Friday from 5 to 7 p.m. 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

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

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. Laser Quest tickets are available; single for \$6.50 and family fun pack is five for \$32.50. Season passes are available for Sea World and Fiesta Texas. For more information, call 226-1663 or visit www.portsamhouston-mwr.com.

MWR CHILD AND YOUTH SERVICES



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 Fridays from 5 to 6 p.m. For more information, call 221-3502.

Saturday open recreation

The Youth Center sponsors open recre-

ation 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 Nov. 15 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funston. 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 childcare 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 call Central Registration to register at 221-4871 or 221-1723. Preschool is from 9 a.m. to 2 p.m. Monday through Friday. Fees are based on total family income.

Home-based child care

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

Check wait list

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

Youth Happenings

Youth Center closure

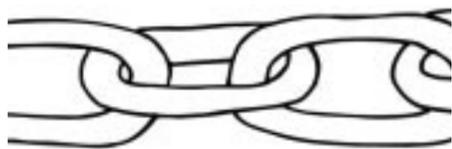
The Youth Center will close Oct. 28 at 8 p.m. for the high school football game. For more information, call 221-4882.

Trip to Six Flags

The Youth Center will take a trip to Six Flags Fright Fest Saturday 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 is \$12.99, and space is limited to 10 for this trip. 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.



COMMUNITY LINK



Happenings

The Rainbow Kids

Fort Sam Houston's Youth Services sponsored group, The Rainbow Kids, will perform its country show at 3 p.m. Saturday at Heartland of San Antonio, 1 Heartland Drive. 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 Saturday 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.

Book signing at AMEDD Museum

Charles "Chuck" Wright will sign copies of his new book (co-authored with Mark Littleton), "DOC, Heroic Stories of Medics, Corpsmen, and Surgeons in Combat," Friday from 11 a.m. to 4 p.m. at the Army Medical Department Museum Gift Shop, corner of Harry Wurzbach and Stanley Roads. The book is a collection of memoirs by those who tended the wounded and sick in combat and includes stories from World War I to the Iraqi war. Proceeds from sales of the book will benefit the building of the National Combat Medical Memorial and Youth Education Center, Inc., which is planned in Kansas City, Kan., as a tribute to the brave individuals who risked their lives to save others. For more information, call Cheryl Musket at 225-0015.

St. Philip's College Play

The St. Philip's College Department of Fine Arts will present "The Royal Hunt for the Sun" by playwright Peter Schaffer. Performances for the general public are Nov. 4, 5, 11 and 12 at 8 p.m. each day, and Nov. 6 and 13 at 2:30 p.m. General admission is \$10, and \$5 for students with a valid student ID. A special performance for high school students will be Nov. 10 at 10:30 a.m.; the cost is \$3. For more information, call 531-3321.

Moms Club gift bazaar

The bazaar to benefit the central downtown Moms Club will be Nov. 5 from 9 a.m. to 1 p.m. at the Northridge Park Baptist Church, 2659 Eisenhower Road, at the corner of Eisenhower and Chevy Chase Roads. The bazaar will offer handmade jewelry for children and adults, personalized stationary, handmade diaper bags and totes, cosmetics, toys, gourmet kitchen food items and much more.

'The Crucible'

The Sheldon Vexler Theater presents "The Crucible" Oct. 27 through Nov. 19 at the theater on Northwest Military Hwy. at Wurzbach Parkway. Performances are Thursdays at 7:30 p.m., Saturdays at 8 p.m. and two Sunday matinees, Oct. 30 and Nov. 13 at 2:30 p.m. Opening preview night is \$5, general admission is \$15, discount tickets for seniors (60 plus), military are \$13, students are \$8. Reservations are required; for tickets, call 302-6835.

'Charlie and the Chocolate Factory'

Vexler Children's Theater presents "Charlie and the Chocolate Factory" Nov. 1 through 20. The theater is located on Northwest Military Hwy. at Wurzbach Parkway. Performances are Tuesdays, Wednesdays and Thursdays at 10:30 a.m. An evening performance is Nov. 8 at 7 p.m. and two Sunday matinees are Nov. 6 and 20 at 2:30 p.m. All tickets are \$5; groups of 10 or more are \$4. Reservations are required; for tickets, call 302-6835.

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. Gonzalez 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.

San Pedro Springs Park Walk

The Trinity Trekkers Volksmarch Club will sponsor a 10K (6.2 miles) and 5K walk Saturday 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@sbcglobal.net.

Lazy Hills Ranch Walk

The Kerrville Trailblazers Volksmarch Club will host two 10K (6.2 miles) walks and a 5K walk Saturday and Sunday 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.

Wurst 5-Mile Run, Walk and Kids' K

The Wurst 5-Mile Run, Walk and Kids' K will be Nov. 5 at 8 a.m. in Landa Park, New Braunfels. All runners receive a T-shirt and one ticket to Wurstfest (for runners 12 years old and up). Cost is \$20 for early registration. For more information, call Scott Wood at (830) 708-2991 or visit www.nbrunclub.com or www.active.com.

San Pedro Springs Park walk

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

Waring Halloween walk

The Hill Country Volkssportsverein Volksmarch Club will host its 26th annual two 10K (6.2 miles) walks and 5K walk Oct. 29 and 30 in Waring, Texas. For more information, call John Bohnert at (830) 995-2421 or e-mail tina.bohnert@comfort.txd.net.

Volunteer

Wurst run seeks volunteers

The New Braunfels Running Club is

looking for volunteers to help with the Wurst 5-Mile Run, Walk and Kids' K Nov. 5 at 8 a.m. at Landa Park in New Braunfels, Texas. Volunteers will receive a free T-shirt and ticket to Wurstfest for that evening. To volunteer or for more information, call Scott Wood at (830) 708-2991 or e-mail www.nbrunclub.com.

Girl Scouts seek volunteers

Girl Scouts of the San Antonio area are looking for adults to lead Girl Scout troops in the community. Help young girls grow up to be strong, confident and compassionate. Volunteers do not have to have a daughter in a troop to help. For more information, call Carla Mendez at 349-2404, ext. 217, or e-mail cmendez@sagirlscouts.org.

Youth mental health PSA contest

KLRN-TV and the Youth Mental Health Council of The Health Collaborative invite youth in grades eight through 12 to participate in a Public Service Announcement contest. A PSA is an announcement that delivers a message rather than a product, and KLRN is searching for young minds to deliver their message about youth mental health. Contestants are encouraged to write about one of three areas: depression, self-injury or binge drinking. The length of the PSA must be 30 seconds. To enter the contest, participants must fill out the Public Service Announcement Proposal Form and return it to KLRN by 5 p.m. Nov. 18. Participants may obtain a form at klrn.org or by calling 270-9000. The three winning PSAs will appear on KLRN-TV. The form may be sent by e-mail to education@klrn.org, by fax at 270-9078, or by mail to: KLRN-TV, Attn: Education Dept., P.O. Box 9, San Antonio, TX 78291-0009.

VA accepting disability claims

The Veteran Administration's Benefits Delivery at Discharge Program takes disability claims from service members who are 90 to 180 days from being released from active duty. The program includes a briefing, a review of service medical records, assistance in completing claim forms, scheduling VA examinations and providing a disability rating 30 to 60 days after the official retirement or separation date. Participation in this program can shorten claim processing time by up to one year from normal processing of a disability claim. To register for a monthly briefing at Fort Sam Houston, call 221-2176 or 221-1539. For more information, e-mail ann.alvarez@vba.va.gov.

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 Veilluex at 916-3862.

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.

AFTB instructor training

The Army Family Team Building will offer fall instructor training classes Nov. 2 to 5 from 6 to 9 p.m. at the Roadrunner Community Center, Building 2797. To register, call the AFTB office at 221-0275 or e-mail amy.amy.malec@samhouston.army.mil. Refreshments will be provided. Training is open to all.

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 job interview skills workshop Wednesday 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.

Financial workshop

KLRN will host a financial literacy workshop for families with children ages 6 to 12 Tuesday 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 klrn.org.

Meetings

Retired Officers' Wives, Widows Club

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

Join Cub Scout Pack 23

Boys in first through fifth grade who are interested in camping, fishing and archery may join the Cub Scouts. The monthly Pack meeting will be Wednesday at 6 p.m. in the Scout Hut, Building 2271, on the corner of Stanley Road and New Braunfels. Lots of fun activities are planned for the upcoming year for the scouts. For more information or to join, call Cindy Mathis at 826-1730 or e-mail Cubscouts23@sbcglobal.net or visit the pack Web site at <http://Pack23.net>.

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 at 658-4046 or 823-6344.

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 or cell 286-8588.

For Sale: General Electric white side-by-side refrigerator, 24.9 cubic feet, brand new, still boxed, will deliver within San Antonio (50 mile radius), \$800. Call 658-1643 after 6 p.m.

For Sale: Hitachi 42-inch big screen television for \$200; cherry armoire has two cabinets with three drawers, \$200. Call Michelle at 381-7644.

For Sale: Light blue wingback chair, in perfect condition, \$65 obo. Call 490-5240 or cell 213-2182.

For Sale: Trampoline, 14 feet, like new, six months old, \$100; girl's white wrought iron twin-size daybed, \$100. Call 271-7197.

For Sale: HealthRider elliptical cross trainer in new condition, \$275 obo. Call 481-5258.

For Sale: Complete wooden baby crib, like new, with complete bedding set, \$120 obo. Call 221-5571 or 434-0131.

For Sale: Panasonic VCR, \$15; glass top dinette, five pieces, \$100; entertainment center, black, \$45; Tappan microwave oven, \$15; computer desk with hutch, \$40. Call Sandy at 241-1291 or 637-7322.

For Sale: Kenmore gas dryer, in excellent condition, \$100. Call 655-0298 or 325-1007 and leave message.

For Sale: 1989 Honda Accord LXI, AC, sunroof, in very good condition, \$1,650 firm; duce-and-a-half ton AC compressor/gas furnace in very good condition, \$350. Call 317-3929.

For Sale: 1986 Dodge Ram custom 250, 80,000 miles, AC, CD player. Call 491-0014 or 286-0192.

For Sale: Sleeper sofa with matching loveseat, blue and green tones, good condition, \$250; oversized chair with ottoman, \$75; red leather recliner, \$50. Call 365-3988.

Free: Rescued 8-month-old male blue healer/beagle mix puppy. Great with kids and other animals; has current shots, blood work, flea and tick medications. Dog house is included; will transport to Fort Sam Houston if necessary. Call 545-9467 and leave a message.