



Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

Oct. 27, 2005

Briefs . . .



Daylight-saving time

It is time again to fall back. Don't forget to turn clocks back an hour Sunday at 2 a.m.

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 Monday 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. See Halloween safety tips on Pages 18 and 19.

Costume contest

Lincoln Military Housing Office will sponsor a children's Halloween Costume Contest Monday at Building 367, Stanley Road, from 4 to 5 p.m. For more information, call the housing office at 270-7638.

Retiree Appreciation Day

The Fort Sam Houston Retiree Council and Transition Services office will host the annual Retiree Appreciation Day Saturday 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. For more information, see related story on Page 2.

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.

USARSO change of command

U.S. Army South will conduct a change of command ceremony Friday 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.

BAMC entrance closure

The Brooke Army Medical Center bed tower entrance will close Nov. 11 from 6:30 a.m. to 8 p.m. Patients, visitors and staff will not be allowed to enter or exit during this time. Extra shuttle runs will be available to transport individuals to and from the facility during the closure.

See BRIEFS on Page 3



Photo by Elaine Wilson

A new policy prohibits the use of wireless communication devices, both hand-held and hands-free, while driving on Fort Sam Houston and Camp Bullis. The policy includes employees as well as visitors to the post.

Hang it up

Post bans driving while using communication devices

By Elaine Wilson
Fort Sam Houston Public Information Office

A new safety policy is the talk of the post, but drivers will have to limit their discussions to their office water cooler. They are no longer allowed to talk on a cell phone while driving on Fort Sam Houston and Camp Bullis.

The policy also bans drivers from using any other wireless communication device, both hand-held and hands-free, while driving on post.

"We are making a statement that the safety of our Soldiers and workforce is paramount," said Guadalupe Gomez, Fort Sam Houston safety manager.

Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commanding general, established the policy to place more emphasis on the safety of pedestrians and motor vehicle drivers on Fort Sam Houston. The policy became effective Oct. 13.

"Sustaining a safe environment is the foundation of our quality of life as a military community," Weightman said. "Drivers who are distracted from the business of operating a vehicle are a potential safety hazard."

The policy affects any driver on post — military or civilian, employee or visitor — and applies to all vehicles, whether privately owned, government owned or Government Service Administration. Drivers must either hang up, or, if unable to wait, safely stop and put the car in park before they start dialing.

The only exceptions to the policy are for emergency responders using cell phones and hand-held radios, or range safety personnel operating radios on active ranges.

If a post military or civilian employee is caught violating the policy, a Fort Sam Houston Police officer will issue the driver a DD Form 1408 citation, said Ray Acuna, deputy provost marshal. The citation will be processed at the Provost Marshal Office and then forwarded to the driver's commander, chief, activity chief or director. Repeat incidents can lead to revocation of driving privileges on the installation, Acuna said.

For military or civilian visitors to the post, the police officer will issue a citation, and the information will be recorded at the Provost Marshal Office. Repeat offenders will be barred from the installation for noncompliance with installation policies, Acuna said.

See HANG IT UP on Page 4

New personnel system rewards employees for excellence

By Elaine Wilson
Fort Sam Houston Public Information Office

Getting paid for what you are worth is a common concept in private industry, and the goal of most American workers. The idea is simple — the harder you work, the more you can earn.

However, in the civil service system, pay has been dictated by seniority and grade level for decades, no matter what the job or how well the employee performs it. But that is all about to change.

The Department of Defense is implementing a new "pay for performance" personnel system, called the National Security Personnel System, that officials say will transform the civil service sys-

tem of the past into a cutting edge, competitive workforce.

"This is a major change in the way we do business," said Jo Ann Robertson, Army Medical Department director of civilian personnel at a town hall meeting Friday.

Robertson hosted a series of town hall meetings at Fort Sam Houston last week to decipher NSPS for post employees.

NSPS is a mission-driven, performance-based system that motivates, recognizes and rewards excellence, she said. The system will affect almost every level of the old system, changing everything from job descriptions to annual pay raises.

The most visible, and talked about change, Robertson said, is the end of grades, such as GS-9 or 11, and step pay

increases. In the current system, for example, GS-9 employees receive the same basic pay as every other GS-9 in the Defense Department, no matter what their career field or performance level. Pay increases, or steps, are automatic as employees accrue time in service.

That will all change with NSPS. In the new pay for performance system, the focus will shift from seniority to the employee's ability to get the job done, Robertson said.

Career groups and pay schedules will replace GS levels and step increases. But, while the GS grades will disappear, people will still retain their job series and job title. "It's the classification structure that is changing," Robertson said.

See PERSONNEL SYSTEM on Page 4

Retiree Appreciation Day is Saturday

The Fort Sam Houston Retiree Council and Transition Services office will host the annual Retiree Appreciation Day Saturday 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.

A program starts at 7 a.m. with several speakers including the installation commander, U.S. Army Garrison commander and a TRICARE representative.

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. Powers of attorney will also be provided, as well as appointment scheduling for retirees who want to

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)

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Briefs cont. . . .

Legal office closure

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

SJA closure

The Fort Sam Houston Office of the Staff Judge Advocate, to include the Claims Division and the Legal Assistance Office, will close Nov. 4 at 12 p.m. through close of business in observance of Organizational Day. The office will reopen Nov. 7 at regular duty hours. For emergencies, contact the on-call officer at 393-3531. For more information, call 221-0484.

Green to Gold briefing

The Fort Sam Houston Education Center will provide monthly Green to Gold briefings for Soldiers interested in Green to Gold ROTC scholarships. Capt. Chez Barela, from St. Mary's University, will be available to answer questions. Briefings will take place Nov. 7, Dec. 5 and Jan. 23 at 11 a.m. and 12 p.m. at Building 2247, next to the Education Center, in the training room. For more information, call 221-9881.

Practical Nurse Course graduation

The graduation ceremony for the Brooke Army Medical Center Practical Nurse Course, 91WM6, Class 04-2, will be Tuesday at 9 a.m. at Evans Auditorium. The Practical Nurse Course, Building 2635, will be closed for the day due to graduation activities. For more information, call Nancy Long at 295-4050.

323rd Army Band's fall recital

The Sam Houston Club will host the 323rd Army Band's "Fall Recital Spectacular" Nov. 9 starting at 11:30 a.m. The performance will feature various instrumentalists and small groups from the 323rd Army Band. The recital is open to the public, and the band will entertain throughout lunchtime. For more information, call Staff Sgt. Jeremy Brown at 221-9641.

Accident Avoidance Training

A privately owned vehicle Accident Avoidance Training class will be offered Nov. 3 and 17 and Dec. 1 and 15 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.

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.

Camp Bullis User's Conference

Camp Bullis will host its fifth User's Conference Nov. 16; registration will be from 7:30 to 8 a.m. at the Camp Bullis theater, Building 5900. The conference will be from 8 a.m. to 5 p.m., ending with a bus tour of Camp Bullis, ranges and training areas. Classes include wetbulb, risk assessment, scheduling, range control briefing and a range certification class. For more information, call Ron Lane, Camp Bullis operations, at 295-7592 or 295-7633 or e-mail ronald.lane@samhouston.army.mil.

Guardisman awarded Purple Heart

By Michael Dulevitz
Brooke Army Medical Center Public Affairs

Staff Sgt. Rufus B. Hicks, a native of El Dorado, Ark., and a member of the Kansas Air National Guard, was honored Oct. 14 at a Purple Heart ceremony at Brooke Army Medical Center for wounds he received while serving in Iraq.

Hicks, a heavy construction equipment supervisor, is assigned to A Company, 891st Combat Engineer Battalion in Pittsburg, Kan. He was injured May 1 while on routine patrol 20 miles south of Baghdad. His vehicle was attacked by a vehicle bearing an improvised explosive device. The resulting blast injured Hicks and took the life of his gunner. Hicks sustained a broken femur, tibia, fibula and foot on his right leg, a compound fracture on his left leg and burns.

Col. Carlos Angueira, BAMC's deputy commander for clinical services and acting commander, presided over the ceremony.

Maj. Gen. Tod M. Bunting, Kansas Air National Guard adjutant general, was the speaker. He presented Hicks with the Purple Heart.

Bunting directed his initial comments to Hicks and his family. He thanked them for their service to the nation and to the Kansas Air National Guard. He likened Hicks' enlistment to a family affair as it is not just the service member who joins a military organization, but the family as a whole that enlists. Looking directly at the family, Bunting said, "You have been with Rufus all along, and mom, you are just incredible. Rufus is a great American, but so are you."

Bunting said that it is the mothers and family members who are the backbone of the service members and the military organizations to which they belong.



Photo by Kelly Schaefer

Maj. Gen. Tod M. Bunting, Kansas Air National Guard adjutant general, applauds Staff Sgt. Rufus B. Hicks after presenting him with a Purple Heart during an Oct. 14 ceremony at Brooke Army Medical Center. Hicks received the medal for injuries sustained while supporting the Global War on Terrorism in Iraq.

Bunting then turned his attention and gratitude to the command and staff of BAMC. "You saved one of our Soldiers and you will always hold a special place in Kansas."

He said the care Hicks received at BAMC was second to none and that no one could ask any more from the BAMC health care providers than what they give to the injured on a daily basis. Bunting closed by expressing heartfelt gratitude to BAMC on behalf of the governor of Kansas and its citizenry.

Hicks plans to go back to school to become an occupational therapist following his rehabilitation.

AMEDD Center and School to reaffirm institutional accreditation

By Bruce Nelson
Department of Academic Support and Quality Assurance

During the week of Dec. 5, the Army Medical Department Center and School will undergo a site visit by members of an institutional accreditation team from the Council on Occupational Education, a national institutional accrediting agency.

The COE accredits military, federal agency, public, private career and non-profit training institutions. It currently accredits the AMEDD Center and School, U.S. Army Training and Doctrine Command schools and the U.S. Navy Bureau of Medicine and Surgery.

Accreditation is the status granted to

an educational institution or program that has been found to meet or exceed established levels of educational quality. The process has two fundamental purposes: to assure the quality of the institution or program and to assist in the institution's improvement.

The AMEDD Center and School last completed an in depth COE self-study and accreditation site visit in 1999. Continued accreditation for the years between COE evaluation visits is determined by the submission of annual reports for approval by the Commission on Occupational Education Institutions, the COE's governing board and decision-making body.

The primary purpose of the visiting team is to determine whether or not the

AMEDD Center and School is in compliance with the criteria and standards required for accreditation by the COE. The self-study provides the organization with an opportunity to assess the overall quality of its instructional programs in accordance with civilian standards. The document is used by course directors to prepare reports required for specific program accreditation.

The evaluation team scheduled to visit will consist of occupational educators who have acknowledged expertise in specific areas to include: vocational-technical concepts, educational programs and administration, business and finance, learning resources, student personnel services and the specialized program areas that relate to the AMEDD Center and School's mission.

Security involves more than just classified information

In today's technologically based Army and in light of the recent Operational Security training mandated by the chief of staff of the Army, it is apparent there is a need to pay particular attention to the management of national security information.

Security includes not only the safeguarding of classified information, but also unclassified, sensitive but unclassified information, and OPSEC vulnerabilities.

It is critical for media such as briefing slides, notes and e-mails to be appropriately marked, transmitted and handled according to classification and sensitivity. Portion markings are required for both hard copy and electronic (e-mail and files) classified or unclassified documents with control markings, such as for official use only. Everyone is responsible for accurately applying the proper classification, security handling and control, and classification and declassification markings on all materials generated, to include ensuring the document is posted on the appropriate system.

With the increased use and availability of the Internet, documents must be reviewed for sensitivity and classification of the information prior to posting on the Internet. The author will ensure the document or file is current, properly classified and bears all security control markings each time the file is created, changed, modified or updated.

Hand carrying classified and sensitive information or

sending it through a courier presents vulnerabilities because the information is susceptible to loss, theft or compromise while in transit. Hand carrying classified information when traveling is discouraged unless there is a clear reason why the material cannot be transmitted electronically. If hand carrying classified information within the United States, its territories and Canada has been approved by the appropriate security manager, care must be taken to ensure that the need to hand carry information has been balanced against the risk of potential loss of the information, and that the couriers understand the appropriate procedures to be followed while they are carrying out this important duty.

Lastly, remember the prohibition against conducting classified meetings in public facilities. Classified meetings are not to be held in "uncleared" commercial facilities, such as hotels. Classified meetings are only to be held at appropriately cleared U.S. government or U.S. government contractor facilities.

For more information, call Frankie J. Hail, chief, U.S. Army Garrison Security Office, at 221-1906; Marcie Loya, assistant chief, at 221-1859; or the Information Security Section at 221-9500 or 221-9611.

(Source: U.S. Army Garrison, Directorate of Plans, Training, Mobilization and Security, Command Security Office, Security Education, Training and Awareness)

Army leaders show support for military families

By Tim Hipps
U.S. Army Community and Family Support
Center Public Affairs

WASHINGTON, D.C. — Military leaders stressed the importance of supporting Soldiers and their families during the Association of United States Army's annual meeting in October at the Washington Convention Center.

"Too often we focus exclusively on those of us wearing uniforms, but I will tell you that all of you in this room recognize full well that it's much, much more than that," said Lt. Gen. Franklin L. Hagenbeck, deputy chief of staff, Army G-1. "We need in many instances to do a better job than we do today in recognizing all the families, spouses and supporting agencies that reside inside our Army and all their components."

Hagenbeck, one of numerous speakers during a three-day family forum, said \$43 billion has been earmarked this year for Army family programs.

"We've been pushing this for years and it's gotten better and better every year," he said. "Our family readiness groups are going to be fully funded by the United States Army beginning this year, (fiscal 2006.)"

Hagenbeck said the Army is counting on families' feedback to help ensure the money is properly allocated.

Col. Dennis Dingle, director of the Army's human resources policy directorate, oversees programs including alcohol and drug abuse, rest and recuperation leave, sexual assault, mentorship and redeployment and retirement. He encouraged people to visit Web sites such as www.army.mil/well-being, www.sexualassault.army.mil and www.mentorship.army.mil.

"There's so much to click on your wrist may grow tired," said Dingle. "There are some great initiatives out there in the field that we're going to take advantage of in the coming fiscal year. We're going to take more trips out to see what those programs and services are and get the feed-

back on those programs so that we know how to make them better."

Dingle said that about 40,000 Soldiers have used the Rest and Recuperation Leave Program, instituted in 2003, but only about 4,000 have sought reimbursement for air fares they purchased out-of-pocket.

"We want those (other) Soldiers to come in," he said. "We owe them the reimbursement."

Brig. Gen. John A. Macdonald, commander of the U.S. Army Community and Family Support Center, outlined how the multi-component family support network and virtual family readiness groups provide support and information to assist Soldiers and families before, during and after deployments.

Macdonald said surveys indicate that 87 percent of enlisted families have a computer in their home and 93 percent of officers' homes are computer-equipped, thus explaining the Army's creation of more and more Web sites to

spread the wealth of its programs.

"You can't expect the industrial age of leaving personal lives at the fence," he said. "We did that for a while and we had baby carriers on the bleachers during (physical training). We've gotten smarter than that. You can't hire part of the person. We have a group of people that we can't afford to let go."

Macdonald touched on refining Operation Ready, the next phase of Army Family Team Building, family readiness groups, Military OneSource and the Web site, www.MyArmyLifeToo.com, among other programs provided by CFSC.

Everything discussed in the forum is designed to simplify life for Army families.

"We want to make every Soldier and every family feel that they can do anything that they want to do," said Brig. Gen. Russell L. Frutiger, deputy chief of staff, G-1, adding that the Army views deployment as a family affair. "It's just a totally new way of doing business."

Hang it up

Continued from Page 1

The policy follows a trend of cell phone bans for drivers cropping up throughout the country and other Army posts. Fort Dix, N.J., prohibits the use of cell phones while driving to comply with a state law. In Texas, teenagers are prohibited from using wireless communication devices for the first six months after they get their driver's license. Bus drivers with minors on board are also unable to use them unless there

is an emergency or the bus is stopped.

"We either make a difference or we don't," said Gomez. "Not everyone agrees with the policy but we feel safety is a serious issue."

The nation's top safety agencies agree. Numerous studies support the dangers of talking or text messaging while driving.

The risk of having a traffic accident while using a cell phone is the same as that while driving drunk, cites a New England Journal of Medicine study. And,

the National Highway Traffic Safety Administration estimates that driver distraction from all sources contributes to 25 percent of all police-reported traffic crashes. Research also indicates that whether hands-free or hand-held, the cognitive distraction is significant enough to degrade a driver's performance, which can cause a driver to miss key visual and audio cues needed to avoid a crash.

These cues will gain in importance at Fort Sam Houston as the population grows due to the

looming base realignment and closure changes, Gomez said.

If approved, BRAC will double the student population at Fort Sam Houston and add an additional 7,000 employees, which "equates to additional traffic and pedestrians," Gomez said.

"With a large population on Fort Sam Houston of both drivers and pedestrians, we don't want motorists to have additional distracters," Gomez added.

Post leaders hope this early focus on safety will prevent future accidents.

"Each day thousands of Soldiers, families who live on post, members of our civilian work force, contractors and visitors to the installation travel on our streets or cross roadways as pedestrians with an expectation of courtesy and responsible behavior by vehicle drivers," Weightman said. "Using a cell phone or any type of communication device interferes with the safe operation of a vehicle."

For more information about the policy, call the Installation Safety Office at 221-3857.

Personnel system

Continued from Page 1

Employees will first be assigned to one of four broad career groups: medical, standard, engineering and scientific, or investigative and protective services. Within the career group, employees will be given a pay schedule, such as professional and analytical or technical and support. The employee's group and schedule will be determined by the nature of work, mission, career patterns and competencies, according to the NSPS Web site.

Employees will then be placed into one of three pay bands depending on their position and level of expertise: Level 1 - entry/developmental, Level 2 - full performance level or Level 3 - senior expert.

"Initially, the pay bands will be comparable to current GS pay ranges," said Randy Gibson, Civilian Personnel Advisory Center director. "This will ease the transition. As the system evolves, so will the pay bands, and they will become driven by the market rates."

"We want to stay competitive with the private sector," Robertson added. "We cannot retain top scientists and doctors, for example, if their salary isn't in line with the current market."

The pay schedule, however, will only determine an employee's basic pay. Currently, employees receive basic pay plus special rate pay (limited to certain hard-to-retain career fields such as medical) plus locality pay, which is dictated by geographical region. Under NSPS, the special rate pay and locality pay is combined and called a local market supplement. The local market supplement for those not eligible for special rate pay is only geographically dictated.

Additionally, employees will no longer receive an annual pay increase; however, they will still have opportunities for similar increases through rate range adjustments.

"As people are put in a pay group and pay schedule, experts will look at their salaries periodically and can decide to increase part or all or part of the pay band, or not, depending on the market," Robertson said. "The range can be decreased, as well."

Employees have another opportunity for a pay increase each year through their performance ratings. An employee's appraisal will be directly tied into a potential salary increase as the employee has the opportunity to earn a pay raise or bonus, or both.

"If you are an unacceptable performer, you will not get a salary increase or bonus," Robertson said. "But, if you are doing a good job, you should expect to be rewarded."

Integral to this process is the employee/supervisor relationship, Robertson said. Together, the employee and supervisor determine clear, measurable, sustainable and obtainable objectives at the beginning of the rating cycle. A midpoint counseling and ongoing feedback should ensure the employee is on the right track, Robertson said.

At the end of the rating cycle, the supervisor will render a rating based on

"Bottom line is NSPS offers more opportunities for salary increases . . . It offers a lot more flexibility than in the past."

Jo Ann Robertson
Army Medical Department
director of civilian personnel

how well the employee met the objectives. A "pay pool" will then review the rating to ensure fairness and equity throughout the organization or career field. A pay pool is a group of people assigned to quality control the rating system, and can be organizationally or functionally aligned.

Robertson said that while many are apprehensive about the change in pay determination, they should not be concerned since "almost every employee will see a salary increase when converted to NSPS."

"Bottom line is NSPS offers more opportunities for salary increases, including performance-based raises, rate range adjustments and local market supplements," Robertson said. "It offers a lot more flexibility than in the past."

While much will change, there are a few areas that will remain the same under NSPS. A few of the untouched areas include veterans' benefits, benefits such as health and life insurance, training, leave and work schedules, and allowances and travel subsistence.

NSPS is being implemented DoD-wide in "spirals," with different organizations included in each spiral. Spiral One includes most GS and GM employees in the United States and will occur in three phases: Spiral 1.1, 1.2 and 1.3. Spiral 1.1 includes thousands of employees throughout the Army. At Fort Sam Houston, however, the only ones on tap

for the conversion in Spiral 1.1 are 23 employees at CPAC. The conversion is scheduled for January or February, said Gibson.

Spiral 1.2 does not affect the Army. But, in Spiral 1.3, scheduled for October 2006, all of the Medical Command activities on post will convert to NSPS, including Brooke Army Medical Center, Dental Command and the Army Medical Department Center and School.

Spiral One is only for GS employees, and does not include Wage Grade workers, Gibson said.

In Spiral Two, civilian employees from the U.S. Army Garrison, U.S. Army South, Fifth Army and 5th Recruiting Brigade will convert to NSPS. Spiral Two includes WG and non-appropriated fund employees. The conversion will take place sometime in fiscal 2007.

Spiral Three, scheduled for fiscal 2009, includes laboratory demos, which are demonstration projects that experimented with pay bands and pay for performance. Some are 25 years old.

"These demos broke the ground by testing pay for performance systems and provide real-world proof they work," Gibson said.

The system is scheduled for full implementation by November 2009. When complete, nearly 250,000 employees will have converted to NSPS.

Robertson urges people to be flexible as NSPS continues to evolve and adapt to real-world situations and feedback.

"Training is critical," she said. "This is our system and you need to understand it to work effectively within it."

For more information, visit www.cpmosd.mil/nsps and www.cpol.army.mil.

Mailing deadlines approach for holiday shipping

AAFES programs offer options for showing OIF, OEF troop support

DALLAS – According to guidelines issued by the Military Postal Service Agency, Americans who want to send support to troops spending the holidays supporting Operations Iraqi Freedom or Enduring Freedom are running out of time.

Mailing deadlines issued by the MPSA range from Nov. 12 for parcel post to Dec. 10 for first-class mail.

Besides deadlines, there are many regulations and guidelines on what can or cannot be sent to troops in the contingency theater. Each country has customs regulations that apply to all mail coming into that country. These may include prohibitions on certain kinds of food or entertainment products. Also, some military units may have additional restrictions imposed by the theater commander, such as size and weight restrictions, to ensure logistics support can handle the mail without delays. What is or is not “allowed” is such a confounding issue that the U.S. Department of Agriculture even publishes guidance that focuses exclusively on food items.

Size can also be a costly concern as military postal rates are based on the weight of the addressed piece.

“Depending on how many sports drinks, magazines, phone cards and toothbrushes are thrown in, you could pay anywhere from \$7.70 up to \$129.95 for shipping alone,” said Lt. Col. Debra Pressley, Army and Air Force Exchange Service chief of corporate communications.

Along with logistical and financial challenges, current Department of Defense regulations make it difficult for Americans who don’t know a particular service member’s name and address to contribute to deployed troops’ morale. As the MPSA’s Web site advises, “The general public can’t send care packages to deployed service members as they did during past conflicts. Families and friends may still send packages to service members if they have a name and address ... MPSA can’t provide names and addresses of service members.”

While AAFES also cannot divulge personal information, it has set up two DoD-recognized support efforts to facilitate and streamline support from the American pub-

lic to troops fighting overseas.

An AAFES phone card campaign, dubbed “Help Our Troops Call Home,” is an affordable way to connect service members on the front lines with family back home. Military Exchange Global Prepaid Phone cards ranging from \$14.99 to \$39 can be sent to an individual service member (designated by the purchaser) or distributed to “any service member” through the American Red Cross, Air Force Aid Society, Fisher House or United Service Organizations.

“Shipping charges for one of these phone cards, regardless of denomination, is only .37 cents,” said Pressley. “Once the Military Exchange Global Prepaid Phone card is delivered, it offers the best value when calling from any of 69 phone centers in Operations Iraqi and Enduring Freedom. Other than the cost of the stamp, ‘Help Our Troops Call Home’ maximizes nearly every cent of support received with phone cards that can provide more than two hours of talk time.”

Lightweight and flexible, AAFES “Gifts from the Homefront” is another affordable troop support option that lets the receiver choose what “care package” items they prefer. Started in March 2003, this gift certificate effort makes it easy for troops to pick up items normally included in a “traditional” care package at more than 55 exchange facilities in theater.

Reports from Iraq indicate “Gifts from the Homefront” gift certificates are being redeemed for soft drinks, snacks and the latest movies and music.

“For only \$4.95 shipping anyone could send up to \$5,000 worth of ‘Gifts from the Homefront,’” said Pressley. “At .78 cents a bottle, that would be the equivalent of 6,410 20 ounce bottles of Gatorade.”

People can log on to aafes.org or call (877) 770-4438 to show their support for America’s deployed troops through “Gifts from the Homefront.” “Help Our Troops Call Home” phone cards are available at aafes.org or (800) 527-2345.

(Source: AAFES News Release)

New portal offers access to education anytime, anywhere

The Army Continuing Education System is undergoing a transition that will put college education at Soldiers’ fingertips anytime, anywhere through the use of a new ACES portal.

This change is being driven by a dual need to reduce manpower at Army education centers while improving access to education for an increasingly mobile Army.

Starting April 1, active duty Soldiers will be able to use the Internet to register for courses at most of the colleges and universities commonly attended by Soldiers. Soldiers will be able to use their tuition assistance benefits to pay for courses without visiting an ACES counselor prior to each course enrollment. The ACES portal will have self-service features, such as the ability to search an integrated course catalog and class schedule to register for classes from any computer with Internet access.

The self-service features will help Soldiers identify courses that will advance them toward their degree and view their TA balance for the year. They will also be able to review their individual degree plan, student record, course history, grades and other information necessary to reach their educational goals. In addition, the ACES portal will enable students to withdraw from classes or to request military withdrawals, resolve recoupments and holds, and request reimbursements for those courses not offered through the portal.

Students who do not wish to enroll in eArmyU courses can continue to pursue a degree with their home institution and obtain TA for classes as normal.

eArmyU offers more than 2,900 online courses from 29 colleges and universities. Textbooks, Internet Service Provider and online tutoring services are included in the cost of tuition for eArmyU courses. Through eArmyU, Soldiers have the opportunity to earn a certificate, associate, bachelor or master’s degree from a home institution while taking courses from multiple colleges and universities.

For more information, visit <http://www.eArmyU.com>.

(Source: ArmyU Student Support Services)

'Virtual Commissary' opens for business

By **Bonnie Powell**
Defense Commissary Agency

FORT LEE, Va. — Commissary shoppers looking for a different kind of gift for friends or family at home or abroad can let their "fingers do the clicking" at the new Virtual Commissary.

Located under the shopping link at <http://www.commissaries.com>, Virtual Commissary will open up a whole new world of Internet shopping for authorized users of the commissary benefit.

"We're excited about (the Defense Commissary Agency's) first adventure into the world of Internet shopping," said Patrick B. Nixon, chief executive officer and acting director for DeCA.

Initially, one of DeCA's business partners, Kraft Foods, Inc., is kicking off Internet shopping with a selection of gift baskets. "But the number of vendors and manufacturers participating will continue to increase — along with the variety of products," Nixon said.

All of the products in the gift baskets at the Virtual Commissary can be found on the shelves of "brick and mortar" commissaries, but the unique packaging of products into gift and special occasion baskets adds a new

twist. With titles like "Camouflage," "Drill Sergeant" and "Touch of Home," the baskets offer assortments of crackers, canned cheeses, cookies, candies and even beverages and coffee packs.

To access the extended commissary, shoppers must pass through a secure portal found under the shopping link at <http://www.commissaries.com>. Personal information entered by the customer is validated to ensure the customer is an authorized shopper. Access is dependent on whether the customer is entered in the Defense Enrollment Eligibility Reporting System. Military exchanges use a similar method to check for authorization before permitting access to exchange Web sites or online shopping.

DoD civilians stationed overseas who are otherwise authorized to shop at commissaries may not be able to access Virtual Commissary until changes are made to the DEERS database by the Defense Manpower Data Center, said DeCA officials. DMDC is targeting completion of the changes for late November.

Virtual Commissary customers can make selections and fill in their payment and shipping information in one easy and secure step, before being transferred to the manufactur-

er's site where they can get total cost for the product (including the shipping) and finalize their purchase.

Shipping and handling charges are paid by the customer, just as at most other Internet shopping sites, and charges will vary depending on the method of shipping selected, location and the speed of delivery requested. Customers can check for availability of delivery to APO and FPO addresses as well as get more information on what is in the gift baskets by clicking on the image of the gift basket online. Payment for orders can be made with any credit card accepted in "real" commissaries, and customer information is not archived by DeCA.

"We're certainly energized by the possibilities offered to our customers through this partnership with industry," Nixon said. "The future of online commissary shopping is unlimited."

Down the road, Virtual Commissary expansion could include making a wide variety of commissary products available, a feature that would allow deployed military service members, retirees and other authorized shoppers to order items they want and need at commissary savings — no matter where they live.



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.

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

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



Crime Watch

Safeguard personal information, leave 'phishers' empty-handed

By Linda Furlow
Provost Marshal Office

The Internet is an effective tool for finding out information about anything and everything; however, information can just as easily be found about the person on the Internet.

Most people use the Internet everyday for work, school, shopping, banking or for keeping in touch with loved ones far away. Every minute, it seems, a "pop-up" arrives with various messages such as "your account will be closed unless you respond immediately" or "click here to claim your \$100 gift card" or another attention-getting headline.

While some of these are legitimate, most are not. These messages link to Web sites, and those who run them hope people will fall for their "official" looking Web site and enter personal information, such as name, date of birth, Social Security number, credit card and bank account information. This is called "phishing" or "fishing" for information. The site creators hope someone will take the bait. They then quickly use or sell the information and, before people know it, their identity is stolen and someone is racking up credit card debt in their name.

People may not even know it until they are declined for credit or a loan. Others, using this high-tech tool, try to lure children into chat rooms by being their friend and ultimately try to convince them to meet in person. Unfortunately, this scenario is on the news several times a month.

Tips for avoiding trouble from Internet predators include:

Keep children safe

Agree on a list of rules and post these by the computer. The rules should cover how long children can spend on the Internet, when they can surf the Web, what sites they may or may not visit and whether or not they are allowed to make purchases on the Internet. Have everyone in the household sign an Internet Pledge. Download

a copy at www.safekids.com/kidsrules.htm.

Parents should talk to their children and explain that people they have "met" online may not be who they say they are. Remind children not to give out personal information over the Internet. They should use an online name (not their real name) and never reveal their address, telephone number or any identifying information. They should not exchange pictures, letters or telephone calls with online acquaintances without approval. If someone sends an e-mail that causes discomfort or is obscene, teach children to tell a parent immediately.

Shopping safely online

Try to limit shopping to familiar companies. If the merchant is unfamiliar, ask for a paper catalog before making an online purchase. Check with the Better Business Bureau to see if there have been any reports about the merchant.

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

Contact the credit report agencies (Equifax, Experian and TransUnion are the most common) and request that an alert be placed in your file; they will notify you anytime that a new credit account is being established in your name. This could, however, slow approval for credit accounts.

People should keep credit information secure and not carry all of their credit cards. Take only the ones that will be needed. Keep a list of account numbers and contact information for each credit card in a safe place, in case a wallet or credit card is lost or stolen.

Even if an avid follower of the prevention tips, people can still be victims of Internet crime. If people feel they are a victim of fraud, identity theft or any other crime, they should contact their local police department as soon as possible.

Fire safety

Take time Sunday to swap out batteries in smoke alarms

As people change turn their clocks back Sunday, the Fort Sam Houston Fire Department wants to remind residents to make another change that could save their lives — changing the batteries in their smoke alarms.

To save lives and prevent needless injuries on Fort Sam Houston, the Fort Sam Houston Fire Department has joined forces with Energizer and the International Association of Fire Chiefs for the 18th year of the "Change Your Clock, Change Your Battery" campaign. The program urges all Americans to adopt the simple, life-saving habit of changing smoke alarm batteries when turning clocks back to standard time each fall.

"The peak time for home fire fatalities is between 10 p.m. and 6 a.m. when most families are sleeping," said Assistant Chief Terry Davis. "Smoke alarm maintenance is a simple, effective way to reduce home fire deaths. Children and senior citizens are most at risk, and a working smoke alarm can give them the extra seconds they need to get out safely."

Additionally, Davis recommends residents use the "extra" hour they save from the time change to test smoke alarms by pushing the test button, planning "two ways out" and practicing escape routes with the entire family. Families should also prepare a fire safety kit that includes working flashlights and fresh batteries.

Communities nationwide witness tragic home fire deaths each year. An average of three children per day die in home fires and 80 percent of those occur in homes without working smoke alarms. Nonworking smoke alarms rob residents of the protective benefits home fire safety devices were designed to provide. The most commonly cited causes of nonworking smoke alarms are worn or missing batteries.

Changing smoke alarm batteries at least once a year is one of the simplest, most effective ways to reduce tragic deaths and injuries. In fact, working smoke alarms nearly cut in half the risk of dying in a home fire. Additionally, the International Association of Fire Chiefs recommends replacing smoke alarms every 10 years.

For more information about fire safety, call the Fort Sam Houston Fire Prevention Office or the "Change Your Clock, Change Your Battery" hotline at (314) 995-3939, ext. 104.

(Source: Fort Sam Houston Fire Department)

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.

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.



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.

SPORTS

Local soccer league encounters teamwork, good sportsmanship

Story by Kristine Greiner
Special to the News Leader

Parents are always looking for ways to help their children develop both mentally and physically, but in a world where competition is often taken to the extreme, some may be weary of organized sports. One local league offers parents and children an environment where poor sportsmanship and cutthroat play is not the name of the game.

For more than 30 years, the Alamo Heights Fort Sam Houston Youth Soccer League has been dedicated to pro-



Emmy Henshaw, of the Fighting Soccer Eagles, closes in on one of the players from the Kicking Ponies team during an Alamo Heights Fort Sam Houston Soccer League game in October.

viding children a quality soccer experience, where they learn the fundamentals of soccer and the value of teamwork and good sportsmanship.

"Regardless of whether a child is playing on one of our competitive or recreational teams the message is the same," said Ray Bissmeyer, president of the AHFSH board of directors. "It's not all about winning – it's about playing as a team and increasing skill levels."

For AHFSH parents, Robert and Donna Steele, AHFSH is exactly the type of league they were looking for. With three children playing competitive soccer, they wanted to find a league with experienced coaches that supported a positive learning and playing environment.

"The coaches in the other two leagues we participated in were usually parents with no prior soccer experience and they had this win-at-all-cost mentality," said Steele. "They were burning kids out and not helping them develop correct soccer skills."

In keeping with their goal to increase skill levels, AHFSH recently embarked on a partnership with Challenger Sports to introduce professional trainers into the league.

"We want to provide our players with the necessary resources to develop their skills to whatever level they desire," said Bissmeyer. "Making the decision to integrate professional trainers just seemed like a step in the right direction."



Photos by Maj. Clint Schreckhise
Riley Henshaw, of the Sidekicks, dribbles out of trouble during an October game against the Stingrays.

Trainers were provided to Fire (competitive traveling teams) and Burn (recreation plus) teams who requested them. One of the teams included the Fire '90 Girls team, coached by Steve Brauer; they are the Division II Girls defending state champions in their age group. Parents with children participating on the recreational side of the league are also noticing the benefits of playing on an AHFSH team.

"We had our daughter enrolled in another league where coaches showed favoritism and children didn't have equal play time," said Diane Greiner, an AHFSH U-5 parent. "When kids are this young (4 years old) it is important to encourage them and make them all feel like winners."

Games are held Saturday mornings on post, with practices scheduled throughout the week. The league also offers Sunday skill-training sessions led by the trainers. No matter what you're looking for from an organized soccer league, AHFSH is bound to have it. For more information, visit www.ahfsh.org.

SPORTS BRIEFS . . .

Military appreciation night at UT

The University of Texas Athletic Department invites the Soldiers at Fort Sam Houston and their families to attend military appreciation night at the men's UT vs. Lenoire-Rhyne basketball game Nov. 9 at 7 p.m. The Longhorns are setting aside the evening to show their appreciation to the men and women in the armed services. For instructions on how to purchase tickets, visit www.texasboxoffice.com, click on Texas Men's Basketball, click on promotions on the menu on the left side of the page, type in Military in the box, click on TX V. Lenoire-Rhyne and fill in how many tickets needed and follow through with payment information.

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 start 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.



Photos by Olivia Mendoza



Disability awareness

(Above) From left, keynote speaker Col. Leonard I. Cancio, chief of occupational therapy at Brooke Army Medical Center, introduced special guests, Staff Sgt. Brian Neuman, Sgt. Jason Leisey and Sgt. 1st Class Michelle Mitchell. They spoke about their disability and achievements during the Disability Employment Awareness Month Training Conference Oct. 19 at the Radisson Market Square Hotel.

(Left) Michael Young, manager of the Department of Defense Computer/Electronic Accommodations Program's Technology Evaluation Center, provided CAP training. The conference theme was "Workers with Disabilities: Ready for Tomorrow's Jobs Today," and included seminars on reasonable accommodation procedures, disability etiquette, diversity and emergency evacuation preparedness.

Housing surveys indicate residents are satisfied with LMH services

Recently, Lincoln Military Housing completed its first overall resident satisfaction survey. The survey was e-mailed to 50 percent of the current Fort Sam Houston Family Housing residents. Survey participation was high with responses received from 46 percent of those surveyed.

Along with reviewing the overall satisfaction results, LMH reviewed all comments and suggestions, and will use the survey and feedback to cor-

rect problem areas, fine-tune processes and thank employees for their hard work. The surveys are also used as a tool to monitor LMH's performance.

LMH will continue to address residents' common concerns and offer solutions in upcoming issues of the News Leader. For more information, call LMH at 270-7638.

The following results indicate that the majority of residents surveyed are satisfied with LMH:

Category	Aspect	Index Score	Category Average
Interaction with Lincoln Military Housing	It is easy to contact Lincoln Military Housing when questions arise	4.30	4.26
	I am treated with respect and courtesy when I contact Lincoln Military Housing	4.40	
	Lincoln Military Housing is competent in addressing my concerns and questions	4.13	
	Follow up by Lincoln Military Housing is prompt	4.11	
	Lincoln Military Housing staff is professional	4.34	
Maintenance Issues (Apartment Unit)	Lincoln Military Housing is responsive to maintenance requests	4.30	4.32
	The maintenance technicians are courteous	4.53	
	Maintenance staff provides quality work	4.25	
	Clean up after repairs is satisfactory	4.21	
Maintenance Issues (Common Areas)	Pest control	3.58	3.68
	Lawn care of unfenced areas within your yard	3.67	
	Weekly trash collection (Excludes bulk)	4.25	
	Condition of tot lots and play areas	3.26	
	Maintenance of roads	3.41	
	Tree trimming and pruning	3.52	
	Lawn maintenance of common housing areas	3.94	
Overall condition of your community	3.80		
Satisfaction with Staff	Lincoln Military Housing staff	4.33	4.27
	Lincoln Military Housing maintenance staff	4.32	
	Level of overall quality of service provided to you	4.17	
Overall Index Score			4.13

Index score = average of index points for a question (maximum 5.00)

(Source: Residential Communities Initiative)

Post Pulse: Who would you notify if you suspected spouse abuse?



"I would call the police."
Sgt. Liela Aguilar



"I would call the local police."
Pvt. Scott Burns



"I would call the police."
Capt. Steven Stovall and wife, Shelly



"I would call the San Antonio police department."
Dr. Marilyn Ward



"I would call the police."
Josie Soliz

For other domestic violence contact numbers, see the shaded box below.

Victim advocates available to support, aid abuse victims

By Angela M. Swain
 Army Community Service Family Advocacy Program

Millions of people deal with violence at home, and it is more common than what people might think. Domestic violence affects people from all walks of life. It is usually hidden from outsiders and considered the "family secret."

Regardless of what people may have been led to believe, nothing someone says or does is cause for a partner to behave violently. It is impossible for someone to prevent assaults by being the perfect spouse. Some people think using violence is the best way to solve problems, and that it is acceptable to hit, push, choke or kick. No one has the right to physically harm someone; this kind of behavior is against the law.

Domestic violence is defined as a pattern of coercive or forced control, characterized by the use of physical, sexual or psychological abusive behaviors. Violence rarely goes away by itself. The truth is that domestic violence can and usually does get worse, and can result in death. People need to know they have choices. They do not have to live in an environment that degrades or physically afflicts them.

Research has shown that a person's mental health risk analysis includes the consideration to either stay or leave the relationship. Victims of domestic violence analyze risks to themselves and their children daily. One day a woman may believe that her greatest risk is not having a place to live; the next day she may believe her greatest risk is that she could be killed. The decision to leave can increase the risk factor, and the number of risks. Yet, for others, making and having a plan to leave can lessen the risk, and increase emotional and family stability.

There are victim advocates at Fort Sam Houston who will walk with victims of abuse through the various stages of an abusive relationship. A victim advocate is someone who takes up the cause for victims of domestic violence, acting as their voice in the system. The victim advocate and client work together to address needs and safety concerns. Clients get tools that can help them through a very difficult time. Advocates work to provide a number of services to support clients.

The Victim Advocate Program provides encouragement and emotional support. Victims are reminded they have the right to be treated with fairness, dignity and respect. The victim advocate educates

clients about their rights and entitlements as military spouses, and equips clients with additional tools. They can intervene on behalf of victims with military organizations: command, Department of Social Work, legal, the case review committee and other helping agencies.

Victim advocates operate on the premise that the client will have the opportunity to make decisions about their needs. The focus is on the client's perspective as well as their thoughts, feelings, opinions and dreams. The goal is to empower the client, and remind them they are the decision maker.

Advocates also inform victims about the eligibility criteria for transitional compensation. This benefit provides temporary financial assistance for eligible family members while they re-establish their lives.

The victim advocate coordinates with the Department of Social Work, 916-3020, which provides treatment; Military Police, 221-2222; and Victim Witness Liaisons, legal-221-1488. The victim advocate can accompany a client to pre-trial and trial, and offer post-trial support.

For more information about the Victim Advocate Program, call 221-0600, 221-1505, 221-1496 or 221-0349.

Domestic Violence Awareness Month

'It takes a Community to Prevent Domestic Violence'

October is Domestic Violence Prevention Awareness Month.

The following are contacts to report suspected or alleged domestic violence on Fort Sam Houston:

Military Police	221-2222
Brooke Army Medical Center Department of Social Work	916-3020
Army Community Service Family Advocacy Program	221-0349
ACS FAP Victim Advocacy Program	221-0349

The following community contacts are available to report domestic violence:

- Bexar Family Justice Center, 208-6800, ext. 116 or 117
- Dial 9-1-1 and ask for the San Antonio Police Department to report off-post incidents.
- The National Domestic Violence Hotline (800) 799-SAFE (7233)
- The local Battered Women's Shelter, 733-8810 or 930-3669
- For the hearing impaired (TTY), (800) 787-3224

Share these important phone numbers with someone dealing with domestic violence. Help save lives!



Photo by Bart Keyes

AMEDD Museum upgrade

Post leaders and Army Medical Department Museum Foundation officials break ground Friday for a new aircraft pergola as part of an upgrade project at the AMEDD Museum. The groundbreakers include: (from left) retired Brig. Gen. Charles V. L. Elia, emeritus member of the board of the Army Medical Department Museum Foundation; J.T. Michael, general contractor; Maj. Gen. George W. Weightman, installation commander; retired Lt. Gen. Quinn H. Becker, chairman of the board, Army Medical Department Museum; Col. Wendy Martinson, U.S. Army Garrison commander; Tom Sokol, architect; and Scott Schoner, museum curator.

Harlequin Dinner Theatre garners annual awards

By Alexandra Nordeck
Morale, Welfare and Recreation

The Fort Sam Houston Morale, Welfare and Recreation Harlequin Dinner Theatre received recognition from the Alamo Theater Arts Council.

The council presented awards in 25 categories for acting, directing, overall productions and technical achievements last month during the 15th annual Globe Awards show, a San Antonio-based recognition ceremony for local theater companies.

The Best Actor in a Comedy award was presented to Joel Crabtree for the role of Elwood P. Dowd in the Harlequin's production of "Harvey," while the Best Actress in a Comedy award was given to Sherrie Shirky as Grace in "Grace and Glorie." Additionally, the award for Best Production of a Comedy was given to the Harlequin for "Grace and Glorie."

In a special category called "Honor One of Your Own," theaters were allowed to present



Courtesy photo

Sherrie Shirky (Grace) and Sharon Beasley (Glorie) perform in the Harlequin Dinner Theatre Production of "Grace and Glorie." The play received two awards in the 15th annual Globe Awards show, Best Actress and Best Production of a Comedy.

awards to people who have been especially helpful to them throughout the year. Harlequin Dinner Theatre presented the award to 1st Lt. Dylan Brainard, who has worked on every Harlequin production since she was transferred to Fort Sam Houston last October.

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.

TROOP SALUTE



187th Medical Battalion



Officer of the Week

Name: 2nd Lt. Saibatu Mansaray-Peay

MOS: 65D, physician assistant

Hometown: Alexandria, Va.

Time in service: 10 years (commissioned May 20, 2005)

Future goals: Emergency medicine physician assistant

Reason for joining: I have 10 years of enlisted service time being led by outstanding officers, and now I want to be that outstanding leader. I have also always wanted to take care of Soldiers and their family members.

Latest accomplishment: Graduated with a masters in physician assistant studies through the Interservice Physician Assistant Program affiliated with University of Nebraska



Soldier of the Week

Name: Spc. Carla D. Brown

Unit: B Company

AOC: 91K

Hometown: Fairchild Air Force Base, Wash.

Time in service: Nine months

Future goals: Graduate 91K, Laboratory Technicians Course, with honors and become an emergency room doctor

Reason for enlisting: To be an emergency room doctor

Latest accomplishment: Currently ranked No. 1 in my class



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).

Smoke-free, courageous forever

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

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





Photo by Phil Reidinger

Outstanding service

Col. Bradley D. Freeman, commander, 32nd Medical Brigade, recognized 12 Department of the Army civilians Tuesday for outstanding contributions and service to the brigade. Each received a service certificate and pin that ranged from 10 to 30 years of service, totaling 275 years. Anna Prescott (back row, third from left), from the brigade's student detachment, also received the Achievement Medal for Civilian Service for serving as both the enlisted program manager and program manager supervisor from March 2003 through October 2004.

Answer the challenge, donate blood

By Richard Willis
Akeroyd Blood Donor Center

It's time for another blood drive in your unit. At the morning meeting the first sergeant asks everyone present if they can give blood. You're healthy, motivated and want to do your part. You're a regular donor and have been donating blood for a number of years. Why would anyone ask, "Can you give blood?"

Currently, about 43 percent of U.S. military personnel are deferred from donating blood for one reason or another. This places a greater burden on the military blood supply. Each year more than 100,000 units of blood are collected from military members and their families for exclusive use by the Armed Services Blood Program. The Armed Services Blood Program is administered by military personnel for military personnel and is the primary provider of blood supplies to the military, in peacetime and wartime. The task of maintaining this supply level of military blood becomes the responsibility of the remaining 57 percent not affected by the restrictions.

Since Oct. 29, 2001, individuals who have been stationed in Europe for a period of six months or more; or have been stationed in Great Britain for three months or more since 1980 have not been permitted to donate blood to the Armed Services Blood Program or the American Red Cross.

People stationed overseas anywhere in Europe since 1980 may have been exposed to variant Creutzfeldt-Jakob disease or vCJD and might be ineligible to donate blood. Several news stories about Mad Cow disease were published during that timeframe. vCJD is the human form of Mad Cow disease.

While there has not been any reported cases of vCJD transmitted through blood donations, nor has any scientific study provided such a link, the Food and Drug Administration officials recommend that anyone, military or civilian, who traveled or resided in the United Kingdom and Europe for specific periods of time, may be pre-

vented from donating blood.

The risk of vCJD transmission from human blood is theoretical only, and the DoD standard is precautionary only and a very conservative approach. It is designed to ensure the safety of all service members and their families, and reassure all members that the DoD blood supply is the safest in the world.

The challenge to maintain the necessary levels of blood supplies remains. Trained military and civilian technicians are readily available to assist and answer questions. Healthy donors can donate regularly, about five times a year. And, donating blood is easy. It only takes about 15 minutes after the initial interview, and can be done at a time when it's convenient for you. Americans are giving people and together we can guarantee our military men and women have the blood supplies they need.

Criteria restricting blood donors

The following criteria restrict individuals from giving blood:

- People who traveled or resided in the United Kingdom from 1980 through 1996 for a cumulative period of three months or more;
- People stationed in Europe from 1980 through 1996 for a total period of six months or more;
- People who traveled or resided in Europe from 1980 through 1996 for a total of six months or more;
- People who traveled or resided in Europe from 1980 to the present for a cumulative period of five years; and
- Anyone who received a transfusion in the United Kingdom since 1980 or received bovine insulin produced in the United Kingdom since 1980.
- For recent assignments to Europe, beginning in 1997, military members can continue to donate blood until they have accumulated a total of five years in Europe.
- People who have served in Afghanistan or Iraq will also be deferred for one year upon returning to the United States because these areas are malaria zones.

VA warns of telephone prescription scam

WASHINGTON, D.C. — The Department of Veterans Affairs warns veterans not to give credit card numbers over the phone to callers claiming to update VA prescription information.

"Some unscrupulous scammers have targeted America's veterans, especially our older veterans," said the Honorable R. James Nicholson, secretary of Veterans Affairs. "VA does

not call veterans and ask them to disclose personal financial information over the phone."

The latest scam, currently centered in the Midwest, comes from callers who identify themselves as working for the "Patient Care Group." They say VA recently changed procedures for dispensing prescriptions and ask for the veteran's credit card number.

"VA has not changed its

processes for dispensing prescription medicines," Nicholson said. "And, we've definitely not changed our long-standing commitment to protect the personal information of our veterans."

Veterans with questions about VA services should contact the nearest VA medical center or call toll-free (877) 222-8387.

(Source: VA News Release)

Breast Cancer Health Awareness Month

Breakthroughs improve survival rates for breast cancer patients

By Sandy Terrazzino
Brooke Army Medical Center Hematology and Oncology Department

This has been an exciting year for breast cancer patients and for people involved in their care. Not since the discovery of tamoxifen (nolvadex) for estrogen-receptor positive breast cancer a few decades ago has there been such enthusiasm in the medical community.

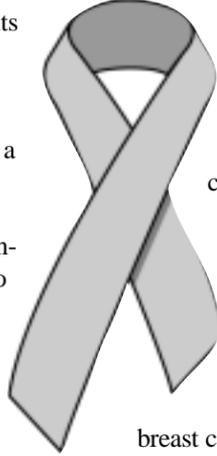
In the past year, there have been some major breakthroughs in the treatment of breast cancer resulting in improvements in survival. The excitement in the oncology community stems from the results of a clinical trial for women with HER2-positive breast cancer. HER2 is a protein that is over-expressed in certain breast cancers and usually means a poorer prognosis.

The study compared women with HER2-positive breast cancer who were treated with chemotherapy and a drug called herceptin (trastuzumab) compared to women who received chemotherapy alone (without herceptin). Herceptin tar-

gets the tumor cells that over-express the HER2 protein. Results of the study indicated that twice as many women who received herceptin along with their standard chemotherapy regimen had a complete disappearance of all tumors. The study was stopped early because of the apparent benefit of herceptin. All women who were not in the herceptin group were given the option to receive it.

Another clinical trial revealed that chemotherapy given more frequently — for example, every two weeks with growth factor support in lieu of every three weeks — results in a reduction in breast cancer recurrence. This is known as dose dense chemotherapy.

Death rates related to breast cancer have decreased by about 2 percent a year



since 1990. This is especially evident in patients diagnosed under the age of 50 where death rates have declined annually by 3.3 percent since 1990. Metastatic breast cancer is becoming a chronic disease, meaning many women who have metastatic breast cancer are living with it longer.

Unfortunately, this data does not translate to all ethnic groups. With about 90 percent of white women diagnosed with breast cancer surviving five years after diagnosis, only 76 percent of African American women are alive at five years. This is due to the advanced stage at diagnosis that is largely the result of inadequate screening programs and a disproportionate number living in poverty without the benefits of health care.

Although breast cancer survival is improving, it is the second leading killer of cancer deaths in women — lung cancer being the first. It is estimated that 211,000 will be diagnosed with breast cancer and 40,000 will die this year.

Brooke Army Medical Center participates in a number of clinical trials designed to determine the new standards of care. Patients will be offered a clinical trial if one is available that meets their specific cancer diagnosis and stage of disease. Breast cancer treatment and breast cancer survival has been improving as the direct result of clinical trials. It is only through cancer research that the ultimate goal of 100 percent cure rate can be reached.

For more information, people should talk to an oncologist. For more information on breast cancer, visit the American Cancer Society Web site at <http://www.cancer.org>.



Dave Ryks gives Elana Ornelas a hand with her tiara.

Shawn Lowery, Family Child Care provider, and her son, Lionel, pass out c

Tips for tr lead to sp

As Cinderellas and Scooby Doos grab their buckets and bags and head o
in search of Halloween treats, both parents and children need to focus on sa
ty to ensure they will later be able to enjoy their pile of sweets.

The major dangers are not from witches and spirits, but rather from falls
and pedestrian and car crashes, according to the National Safety Council.

To ensure safety, the National Safety Council and Academy of Pediatrics
offer the following tips:

Motorists

- Watch for children darting out from between parked cars.
- Watch for children walking on roadways, medians and curbs.
- Enter and exit driveways and alleys carefully.
- At twilight and later in the evening, watch for children in dark clothing.

Parents

- When trick-or-treating, make sure an adult or a responsible older youth supervises children under age 12.
- Plan and discuss the route trick-or-treaters intend to follow. Know the nam
of older children's companions.
- Instruct children to travel only in familiar areas and along an established
route.
- Teach children to stop only at houses or apartment buildings that are well-
and to never enter a stranger's home.
- Watch out for animals, even familiar neighborhood pets. They might not r
ognize an adult or child in costume.
- Establish a return time.
- Tell children not to eat any treats until they return home.
- Review all appropriate trick-or-treat safety precautions, including pedestri
and traffic safety rules.
- Pin a slip of paper with the child's name, address and phone number insid
pocket in case a child gets separated from the group.
- Teach children how to call 911 (or their local emergency number) if they
have an emergency or become lost.



Photos by Elaine Wilson

ndy Friday at her pre-Halloween party.



Shawn Lowery, Family Child Care provider, gives "Mickey Mouse" a treat.

ick or treat safety ooktacular Halloween

Fort Sam Houston trick or treat hours



The installation trick or treat hours are from 6 to 8 p.m. Only authorized Department of Defense ID cardholders, both military and civilian, and their family members can access the post for trick-or-treating. To ensure a safe and trouble-free evening, the Fort Sam Houston Police will patrol the housing areas, monitoring both trick-or-treaters and motorists.

- When buying special Halloween makeup, check for packages containing ingredients labeled "Made with U.S. Approved Color Additives," "Laboratory Tested," Meets Federal Standards for Cosmetics" or "Non-Toxic." Follow manufacturer's instruction for application.
- If masks are worn, they should have nose and mouth openings and large eye holes.

Accessories

- Knives, swords and other accessories should be made from cardboard or flexible materials. Do not allow children to carry sharp objects.
- Bags or sacks carried by children should be light colored or trimmed with retro-reflective tape if children are allowed out after dark.
- Flashlights will help children see better and be seen more clearly.

Treats

- Give children an early meal before going out.
- Insist treats be brought home for inspection before anything is eaten.
- Wash fruit and slice into small pieces.
- When in doubt, throw it out.

Decorations

- Small children should never carve pumpkins. Children can draw a face with markers, then parents can do the cutting.
- Plan ahead to use only battery powered lanterns or chemical lightsticks in place of candles in decorations and costumes.
- If using candles, lighted pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and should never be left unattended.

For more information, call the Safety Office at 221-3866 or the Provost Marshal Office at 221-9686.

(Sources: Fort Sam Houston Safety Office and the Provost Marshal Office)

Children

- Do not enter homes or apartments without adult supervision.
- Walk, do not run, from house to house. Do not cross yards and lawns where unseen objects or uneven terrain can present tripping hazards.
- Walk on sidewalks, not in the street.
- Walk on the left side of the road, facing traffic if there are no sidewalks.

Costume design

- Only fire-retardant materials should be used for costumes.
- Costumes should be loose so warm clothes can be worn underneath.
- Costumes should not be so long that they are a tripping hazard. Falls are the leading cause of unintentional injuries on Halloween.
- If children are out after dark, outfits should be made with light-colored materials. Strips of retro-reflective tape should be used to make children visible.

Face design

- Masks can obstruct a child's vision. Use facial make-up instead.

HIGH SCHOOL NEWS

Students taught anti-drug message through classic rock

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

Red Ribbon Week is celebrated Oct. 23 through Oct. 31 every year. The Red Ribbon Campaign was initiated in 1985 as a tribute to Drug Enforcement Agency agent Enrique Camarena, who was murdered by drug traffickers.

The tradition of wearing and displaying red ribbons as a symbol of intolerance toward the use of drugs began with the campaign.

At Fort Sam Houston Independent School District, during Red Ribbon Week, students take a visible stand against drugs and show their personal commitment to a drug-free lifestyle through the symbol of the red ribbon.

Cole Jr./Sr. High School kicked off the celebration with a visit from rock musician Marty Breeze. His "Stairway to the Sky"

rock tour hit Cole High School's Moseley Gym like a hurricane. In front of a packed house made up of the student body, staff and faculty, Marty, backed up by his son, Joshua, brought his classic rock message of "Drug and Character Education" to the raucous crowd.

The "Stairway to the Sky" tour originated in Kansas City, and is currently in its sixth year. Through music, Breeze spreads the word to students about working hard and avoiding bad decisions. His life is spent most of the time on the road spreading the message.

"I would like to help instill hope in people. Hope is such a key," said Breeze.

"Music has always been a major part of my life. I remember picking up my sister's guitar as a little boy and just knowing that this



Courtesy photo

Cole senior Kayla Villarreal and Marty Breeze share a laugh at a "meet and greet" in the Cole cafeteria following the morning's concert.

is what I wanted to do with myself. I have been playing music seriously since my early teens. I am living my dream."

For one morning, Cole Jr./Sr. High School shared in Breeze's dream.

Cole Sports Update

Turnovers are costly for Cougars

In a key district 27-2A football game Friday, four Cole turnovers turned a magnificent defensive struggle into a tough 18-7 loss for the Cougars against the Navarro Panthers. Erin Simmons continued a great season by rushing for 115

yards and a touchdown, and the Cole defense held the opponent intact throughout most of the game. A late Panther touchdown with less than a minute to play sealed the Cougars' fate. Cole has two games remaining and will have to win both to advance to the playoffs. Kickoff for Friday's game will be 7:30 p.m. at Cougar Stadium. Cole will play the Blanco Panthers.

Fort Sam Houston Independent School District

Weekly Campus Activities
Monday to Nov. 5

Fort Sam Houston Elementary School

Wednesday

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

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

Nov. 3

Parent-Teacher Organization board meeting, 11:30 a.m.

Nov. 4

Spirit Day

Picture retakes

Robert G. Cole Jr./Sr. High School

Monday

Student of the Month photos in the mall area, 9:50 a.m.

Nov. 3

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

Nov. 4

Pep rally schedule

Pep rally, 3 p.m.

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

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

Nov. 5

Regional 2A Cross Country Meet at UTSA, TBA

Fall play tech/dress rehearsal in gym, 1 to 5 p.m.

Robert G. Cole Jr./Sr. High School honor roll

Many of the Robert G. Cole Jr./Sr. High School students have attained academic success for the first nine weeks of the 2005-2006 school year. To qualify for the two honor rolls, students must earn the following grades: A Honor Roll – a grade of 90 or higher in all classes; A/B Honor Roll – a grade of 80 or higher in all classes with at least one grade of 90 or higher.

A honor roll

Seventh grade

Jennifer Henry
Carlton Hogan
Connor Kelly
Gretchen Newcomer
Megan Renz
Maxianne Villalon

Eighth grade

Yeralis Cabrero-Rivera
Devante` Dwyer
Troy Griffith
Margaret Manalo
Emily Martin
Adam Shaw
Karen Thompson
Lindsey Wafford
Amber Wessies

Ninth grade

AmberKay Crotts
Casey Gresenz
Kathryn Rarig
Kaitlan Vasquez

10th grade

Carla Cartagena
Jennifer Gibson
Caitlan Mester
Patrick Newcomer
Katherine Teeter

11th grade

Lionel Lowery

12th grade

Amy Rarig
Alisha Saddler

A/B honor roll

Seventh grade

Abigail Abrahamson
Stephanie Aviles
Hayley Benjamin
David Blackwell
Carissa Brown
Ethan Daley
Zackary Darby
Justine Dintelmann
Ashley Erickson
Heather Fonte
William Garza
Shantal Goodwill
Briana Gordon
Steven Griffin
Anysha Harris
Ashton Lagutchik
Rebecca Lavender
Kimberly Loucks
Luamala Mapu
Danielle Najera
Benjamin Pedro
Gabriel Perez
Caitlin Prenovost
Sarah Quick
Nell Simpson
N`dea Spivey

Mollie Starnes
Kayanna Wade
Sean Walker
Madeline Warden

Eighth grade

Melissa Brouillard
Rebekah Brown
Zachary Compton
Marcos DeLaRosa
Tiesha DeVore
Diondra Gardner
Sally Gore

Shaquira Hall
Sarah Heryford
Ariel Huffman
Kristin Hutson
Craig Layton
Ryan McGhee-Coleman

Jamecia Miller
Reid Pesnell
Keira Petty
Hillary Pini

Trevor Richardson
Matthew Rinehart
Michael Rinehart
Daniel Ruiz

Micheal Sees
Kaitlin Sheridan
Meighan Simmons
Brittany Starr

Ninth grade
Breanna Andrews
Coria` Bowen
Alexandria Boykins
Ryan Brock
Clara Buchanan
Trey Campbell
Brandon Carter
Kelsey Charlton
Jeremy Crawley

Catherine Davis
Brandi England
Molly Granai
Derek Jarvis
Corey Liker
Alexandra Mazak
Nicole Norelli
Grace Simpson
Catherine Smith
Lauren Swiger
Alex VanPelt
Gregory Washington

Quintia Watts

10th grade

Jessica Bagg
Daniel Barahona
Samantha Benson
Jeanetta Edwards
Emily Gilman
Samantha Gonzalez
Samantha Goodwin
Daniel Heaney
Jamell Huaracha
Shaniquea Johnson
Jessica Jordan
Bethany Langford
Wesley Lavender
Timothy McCoole
Dustin Reitstetter
Jennifer Sees
Lukas Sheridan
Kassaan Smith
Jacob Stonecipher

11th grade
Roy Aviles
Tierra Boykins
Kathryn Bruce
Kristen Bryant
Anne Cenny
Alexander Dochnal

Allison Erickson
Cshakenah Fisher
Jazmin Huling
Thomas Leeds
Cameron Lucke
Kathryn Marcrum
Whitney Miller
John Millnik
Lisa Nieves
Dianisse Plaza
Judon Roberson
Fabian Rodriguez
Yaritsis Sepulveda
Melissa Velez
Kurt Walker
Jasmine Young

12th grade
Elizabeth Bagg
Owen Black
Amanda Bray
James Bryant
Jake Buchanan
Robert Davis
Brittany Fryson
Caitlin Gresenz
Ann Guymon
Denny Harris
Ashley Hatton
Joshua Heaney
Ivanna Herrera
Shaunteia Johnson
Stephen Lagutchik
Marcos Montes
Leah Morris
Justin Nevels
Matthew
Newcomer
Jason Oswald
James Raymond
Steven Rhodes

Shane Russe
Sara Salisbury
Zachary Sheridan
Jaimie Siegle
Brittany Swiger
David Thompson
Jason West

ELEMENTARY SCHOOL NEWS

Elementary scares up cast of pumpkin characters

By Dr. Kathy Maxwell
Fort Sam Houston Elementary School

Each year, as the students of Fort Sam Houston Elementary School approach the pumpkin harvest season, parents begin the search for the right pumpkin or gourd to be transformed into a character or object from one of the many volumes of published children's literature.

These pumpkins are used to enter the annual Fort Sam Houston Elementary School Literary Pumpkin decorating contest, which was once again a huge success. This year marks the ninth anniversary of the event hosted by Fort Sam Houston Elementary School librarian, Cindy Riggs.

This year, 98 students from kindergarten through sixth grade entered pumpkins for judging. In the contest were pumpkins and gourds of every description and size covered with paint, fur, yarn, fabric and myriad other adornments. Characters from "The Wizard of Oz" to Heathcliff cartoons were on display throughout the library.

"This was an opportunity for families to work together on something special and fun focused on reading and on creating a love of literature," Riggs said.

The winners of the Fort Sam Houston Elementary Literary Pumpkin contest are as follows:

Pre-K: First place, Matthew Gutierrez; second place, Bryant Raymundo; and third place, Alexandra Martin
Kindergarten: First place, Alec Chapman; second place, Giovanni Monarrez; and third place, Roxanne Ramones

First grade: First place, Grayson Bruce; second place, Bree Colbert; and third place, Giovanni Campos

Second grade: First place, Jessie Gamez; second place (tied),



Courtesy photo

Pictured are the winners of the Fort Sam Houston Elementary Literary Pumpkin Contest.

Marta Keen and Joshua Orozco; and third place, Loreany Hernandez

Third grade: First place, Ariel Lopez; second place, Faith Ware; and third place, Mariette Manalo

Fourth grade: First place, D`mia Spivey; second place, Erin Darnauer; and third place, Amer Mitchell

Fifth grade: First place, Daneily Hernandez-Rivera; second place, Grace Wafford; and third place, Jahnee Miller

Sixth grade: First place, Marlene Sloan; second place, Jon Phillely; and third place, Cheyenne Havel

POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic services:

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

5:30 a.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish services: 379-8666 or 493-6660

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

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

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

Protestant services:

10:30 a.m. - Collective gospel

Protestant - Sundays

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

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

Catholic services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant services:

10 a.m. - Worship service - Sundays

Noon - Worship - Wednesdays

AMEDD Regimental Chapel,

Building 1398, 221-4362

Troop Catholic Mass: Sundays:

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

Troop Protestant gospel service:

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

Troop Protestant service:

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

Soldiers

Samoan Protestant service:

Sundays: 12:30 p.m.

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

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

1:30 p.m. - Jumma - Fridays

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

Evans Auditorium, 221-5005 or 221-5007

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

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

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

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

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.

INTERFAITH CALENDAR . . .

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

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

Monday - Reformation Day - Protestant Christian anniversary of its tradition and emphasis on the place of the Bible and religious freedom. Martin Luther posted a belief statement on the Wittenberg Church door Oct. 31, 1517.

Monday - Samhain - Wicca/Neo Pagan celebration of endings and beginnings; revering of elders is observed.

MWR

Recreation and Fitness

Garage sale

Clean out your closets for the next garage sale, Dec. 3 from 11 a.m. to 5 p.m. at the MacArthur Pavilion parking lot. This event is in conjunction with the Christmas Along the Corridor from 1 to 5 p.m. There is no cost; however, a seller must have a valid Department of Defense ID card. To pre-register, call 221-2307 or 221-2601. MWR will provide a space in the parking lot. Participants must bring their own tables or may rent one at the Outdoor Equipment Center, 221-5224.

Spurs military appreciation night

The second annual Spurs military appreciation game is Nov. 15 at the SBC center. To get tickets for this event honoring fallen and injured Soldiers and veterans of war, stop by any MWR facility such as the Jimmy Brought Fitness Center, library or bowling center for a ticket order form. Tickets are from \$23.35 to \$35.35 and all ticket orders receive an exclusive Spurs military coin. For more information, call 444-5707.

Health and wellness fair

This free event is Nov. 16 from 10 a.m. to 2 p.m. at the Jimmy Brought Fitness Center. Highlights include cholesterol screening, diabetes screening, proper weight training, nutritional information, raffle prizes and much more. Participants who wish to have a cholesterol screening must fast 12 hours before the screening. For more information, call 221-2020.

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 from 9 a.m. to 5 p.m. For more information, call 221-3962.

New Latin dance class

The new Latin dance class offers 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

Sunday brunch

The Sam Houston Club will have Sunday brunch Nov. 6 and 20 from 10 a.m. to 1:30 p.m. Brunch includes pastries,

omelets and breakfast meats and is served with complimentary champagne. Cost is \$11.95 for members, \$13.95 for nonmembers, \$6.95 for youth ages 7 to 11, and free for age 6 and under.

Thanksgiving luncheon

The Thanksgiving luncheon is Nov. 24 from 11 a.m. to 3 p.m. Cost is \$14.95 for members, \$16.95 for nonmembers, \$6.95 for children ages 6 to 11 and free for children 5 and under. Reservations are strongly encouraged, call 224-2721.

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.

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.

Bowling Center, 221-3683

2005 Turkey Bowl

Stop by the bowling center through Nov. 3 for a chance to win an Orlando, Fla., weekend getaway. Visit the bowling center at Building 2521, Schofield Road, for a free entry form, and bowl a turkey during a game for three more chances to win. The weekend getaway is Nov. 11 through 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 Services 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.

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.

Bowl-A-Jam

Bowl-A-Jam is Saturdays from 7 to 10 p.m. The cost is \$8 per person, which includes one order of fries per lane. Stop by for music and fun.

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.fortsamhouston-mwr.com.

MWR CHILD AND YOUTH SERVICES

Youth Happenings

Youth Center closure

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

Youth Services volunteers

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

Free after-school program

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

Cheer registration

Cheer registration for the football season is ongoing at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. for youth ages 5 to 12. The cost for cheerleading is \$50 for the first child and \$45 for the second. Youth must be registered with Child and Youth Services. A birth certificate and

proof of a physical are required to cheer. Space is limited. For more information, call 221-3502 or 221-5513.

Cooking classes

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

Saturday open recreation

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

IMPACT recreation

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

Parent News

PAC meeting

The next Child and Youth Services Parent Advisory Council meeting will be 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 child-care program. Eligibility is based on federal guidelines. For more information, call 221-3788.

Part-day preschool program

Patrons interested in the part-day preschool program at the Child Development Center can 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.

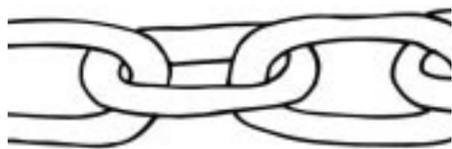
SAS Halloween carnival

A Halloween Carnival for toddlers through fifth grade will be Saturday from 6 to 8 p.m., Building 1705, School Age Services. Children are encouraged to wear a costume and join the fun. Children must be accompanied by parent or other adult. For more information, call 221-4466.

Haunted house

Youth Services will sponsor a haunted house Saturday from 6 to 10 p.m. and Monday from 6 to 9 p.m. in Building 1630A, the Youth Center Annex, located behind the Youth Center in the Dodd Field area. Tickets are \$1 if purchased in advance at the Youth Center, or \$2 at the door. For more information, call 221-3502.





COMMUNITY LINK



Happenings

Czech Heritage Society

The Bexar County Chapter of the Czech Heritage Society will host a Czech Heritage Festival Sunday 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.

VFW tribute to veterans

The VFW Post 7110 will present a special tribute to Vietnam veterans and their families with the award-winning documentary film, "In the Shadow of the Blade," Nov. 19 at 1 and 6 p.m. at the Brauntex Theater, 90 W. San Antonio St., New Braunfels, Texas. The film takes the viewer on a 10,000-mile flight across America on a restored battle-scarred UH-1 "Huey" helicopter to hear the untold stories of the Soldiers who once relied on it for survival and the families who waited for them to come home. Tickets are \$15 and are available at the Brauntex Theater Box Office outlets at (830) 627-0808, Logos To Go at (830) 606-2553 and VFW Post 7110 at (830) 625-9961. A reception will follow each showing at the VFW Post 7110 at 600 Peace Avenue, New Braunfels, Texas. Meet the films producers, participants and pilots while enjoying complimentary food and beverage.

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

A bazaar to benefit the central down-town 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 more.

'The Crucible'

The Sheldon Vexler Theater presents "The Crucible" today 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 matinees, Sunday and Nov. 13 at 2:30 p.m. Opening preview night is \$5, general admission is \$15, military are \$13 and 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" Tuesday through Nov. 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," Wednesday. The four-day event, which runs through Nov. 5, will be

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

Bandera Honors Veterans

The Bandera, Texas, community will honor America's veterans and active duty military personnel under the banner of "Bandera Honors Veterans" Nov. 12 at 9:30 a.m. in front of city hall. Special guests from Fort Sam Houston and survivors of the Bataan Death March will be honored. A patriotic parade down Main Street will start at 10:30 a.m. The public is invited.

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, Texas. 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.

Wurstfest walk

The New Braunfels Marsch-und Wandergruppe Volksmarch Club will sponsor a 10K (6.2 miles) and 5K walk Nov. 5 and 6 in conjunction with the Wurstfest. Start at the Employee Café at the corner of Liberty and North Street in New Braunfels, Texas. For more information, call Helgard Suhr-Hollis at (830) 625-6330, e-mail phollis@satx.rr.com or visit www.muw.walktexas.org or www.wurstfest.com.

San Pedro Springs Park walk

The Trinity Trekkers Volksmarch Club will sponsor a 10K (6.2 miles) and 5K walk 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 Saturday and Sunday in Waring, Texas. For more information, call John Bohnert at (830) 995-2421 or e-mail tina.bohnert@comfort.txed.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.

Meetings

Native Plant Society

The Native Plant Society of San Antonio will meet Tuesday at 7 p.m. at Lions Field Adult Center, 2809 Broadway at East Mulberry in Brackenridge Park. The program will be, "Native Gourds and Other Decorative Plant Materials." Social, seed and plant exchange starts at 6:30 p.m. Visitors are welcome. For more information, call 733-0034 or visit www.npsot/SanAntonio.org.

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.

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 Wednesday to Nov. 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@sam-houston.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.

Celebrate America's Military Week

Nov. 3 to 13

Opening ceremonies

Celebrate America's Military Week opening ceremony is Nov. 3 at 2:30 p.m. at the H.E.B. Arsenal, 646 South Main. The guest speaker will be Lt. Gen. Dennis R. Larsen. The Air Force band will play at 2:40 p.m. Dress code is duty uniform for military and business attire for civilians.

AUSA luncheon

The Association of the U.S. Army will sponsor a luncheon Nov. 4 at 11:30 a.m. at the Sam Houston Club. The guest speaker will be Mayor Phil Hardberger.

Veteran's Parade and Freedom Fest

The U.S. Military Veteran's Parade Association in partnership with Time Warner Cable will sponsor Veteran's Parade through downtown San Antonio Nov. 5 at 1 p.m. and a Freedom Fest following the parade from 3:30 to 6 p.m. in Milam Park. Lt. Gen. Ricardo S. Sanchez will be the parade Grand Marshal. The festival will include a kid's village with free games for children and an opportunity for attendees to write a letter to an enlisted Soldier. All events are free and open to the public. For more information, visit www.twc-sa.com/veteransparade.

2005 Anniversary Air Show

Randolph Air Force Base will host the 2005 Anniversary Air Show Nov. 5 and 6 from 9 a.m. to 5 p.m. The opening ceremony is Nov. 5 at 10 a.m. Entertainment will include the Air Force Thunderbirds, F-16 Demonstration Team; T-6 Texan II Demonstration and Texan Flight; Army Golden Knights Parachute Team; F-16 Eagle Demonstration and Heritage Flight C-17 Globemaster III Demonstration; F/A-18 Hornet Demonstration; F-4 demonstration;

Randolph Aircraft Composite Flyby; Air Force Academy Wings of Blue Parachute Team; Tora, Tora, Tora Pearl Harbor Reenactment; and Warbirds of World War II. The event is free and open to the public.

Veterans Day ceremony

A Veterans Day ceremony will be Nov. 11 at 9:30 a.m. at the Fort Sam Houston National Cemetery. The keynote speaker will be Maj. Gen. George W. Weightman, commanding general, Army Medical Department Center and School. The event is open to the public.

Buffalo Soldiers ceremony

The Buffalo Soldiers, Ninth and 10th U.S. Calvary, 24th and 25th U.S. Infantry, will conduct a commemorative ceremony at the San Antonio National Cemetery Nov. 11 from 1:30 to 2:30 p.m. The speaker will be retired Col. William E. McAtee.

S.A. Symphony Veterans Day concert

The San Antonio Symphony announces "A Salute to Service," a free symphonic salute to the veterans of San Antonio and South Texas on Veterans Day beginning at 7 p.m. at Municipal Auditorium, 100 Auditorium Circle. The Old Guard Fife and Drum Corps from Fort Myer, Va., will make a special appearance at 6:15 p.m. The event is free, however, tickets are required for admission. Ticket booth opens at 5:30 p.m., doors open for seating at 6 p.m. For more information, call the San Antonio Symphony at 554-1000.

San Antonio Zoo day

The San Antonio Zoo will host a military appreciation day Nov. 13. This event is free for all active duty, Guard, reservists and retired military personnel and their families.

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: Hitachi big screen TV (42-inch), \$200; cherry armoire with two cabinets and three drawers, \$200. Call Michelle at 381-7644.

For Sale: General Electric flat top stove and vent hood, almond color, \$275 for both; Whirlpool side-by-side refrigerator, 25 cubic feet, ice and water dispenser, \$450. Call 521-0379 or cell 286-8588.

For Sale: Sauder entertainment center from the Woodberry collection, dark wood, 5 feet by 5 feet, has room for up to 36-inch TV, glass-enclosed area for stereo

equipment, CDs, tapes, records, etc., in excellent condition, \$175. Call 475-9973.

For Sale: Trampoline, in good condition, \$50; girls white iron headboard, \$5; clothes dryer, two years old (needs heating element), \$25; prom dresses, worn once, sizes 9 and 10, \$25 each. Call 221-7478 or 455-5998.

For Sale: Bassett double dresser with mirror, about 50 years old, in excellent condition, all wood with laminated pecan top, cedar and poplar drawers, \$150; Magnavox console stereo with AM/FM radio and turntable with

operator's manual, \$125; Pioneer five-shelf stereo rack with glass doors, light wood veneer, \$30. Call 455-3146.

For Sale: Women's vampress Halloween costume (dress, veil and gloves), size 9/10, \$5. Call 455-5998.

Free: Five-year-old golden retriever and black Lab mix, house broken, up to date on shots and excellent with children; dog feeder, collar and leash are included. Call 229-9435.

Need a car: Need a good dependable car to take children to school. Call Brandy at 310-7900 or cell 632-8417.

CAREER CLIPS

Nutritionist, Women, Infants and Children, San Marcos - Assesses, plans, coordinates, implements and evaluates Woman, Infants, and Children's program; provides nutrition services and breastfeeding support to qualified women, infants and children; completes and reviews accuracy and completeness of certification data; documents nutrition counseling; and ensures compliance with the federal regulations.

Insurance verifier, San Antonio - Insurance verification for a cardiology clinic; must have good organizational skills and be comfortable communicating on the phone.

Property Senior Claims Examiner, San Antonio - Will handle first party commercial property claims including examining reports, reading policy, making final coverage determination, negotiating and settling the claim.

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