



Briefs . . .

Veterans Day ceremony

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

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.

Groundbreaking ceremony

The U.S. Army Medical Department Center and School will host a groundbreaking ceremony for the Department of Nursing Science's Dunlap Hall Nov. 15 at 9:30 a.m. on the open field adjacent to the Sam Houston Club.

Health fair

The Fort Sam Houston Health Fair for civilian employees will be Nov. 16 from 10:30 a.m. to 3 p.m. at the San Antonio Credit Union conference room, Building 2750, on Stanley Road. Various health insurance representatives will be available to hand out information and answer questions. For more information, call the Civilian Personnel Advisory Center employee services division at 221-2526.

Health benefits open season

The next Federal Employees Health Benefits and Federal Flexible Spending Account open seasons are from Nov. 14 through Dec. 12. Employees can make open season enrollments, changes or cancellations through the Army Benefits Center-Civilian Web site at <https://www.abc.army.mil> or by calling (877) 276-9287. Comparison booklets are available at <http://www.opm.gov/insure/health>.

New cell phone policy

Drivers are no longer allowed to use hand-held or hands-free communication devices such as cell phones and two-way radios or electronic devices such as data assistants while driving a vehicle. People can view the policy at <http://fsh-intranet.amedd.army.mil>, click on "Cell Phone Policy." For more information, call the Fort Sam Houston Safety Office at 221-3866.

4th Recon. Bn. change of command

The Headquarters 4th Reconnaissance Battalion, U.S. Marine Corps Reserve, at Fort Sam Houston will host a change of command ceremony Saturday at 9 a.m. in the Quadrangle.

Defensive driving online

Military defensive driving will no longer be offered in a classroom setting. Instead, Soldiers who require a military driver's license can meet the course requirement online at www.transchool.eustis.army.mil/training/nonresident/driveweb.html. Soldiers can print a certificate of completion for the installation motor pool to satisfy the requirement for defensive military driver's training. For more information, call 221-9631 or 221-9884.

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Photo by Elaine Wilson

Pvt. Roderick Evans, from C Company, 232nd Medical Battalion, learns the fireman's carry as part of combat medic training.

See **230 POUNDS** on Page 6

Soldier loses 230 pounds to enlist in Army

By Elaine Wilson
Fort Sam Houston Public Information Office

When a recruiter stopped by to talk to his son, Roderick Evans was the one sold on the military. A home health care specialist in Detroit, Mich., Evans had a passion for helping others and a desire to make a difference. A military medical career sounded like a perfect fit.

The recruiter, on the other hand, saw a different picture. He took one look at Evans and said, "You're just too big."

At 5 feet, 7 inches and 418 pounds, Evans could hardly disagree.

But instead of easing the rejection with his usual overdose of comfort foods, the self-proclaimed Snickerholic "went on a crusade." Fueled by sheer willpower and a determination to join the military, the 36-year-old finally conquered a lifelong battle with his weight. Three years and 230 pounds lighter, Evans again saw a recruiter. This time, he was met with a much different reception.

"He had me come down to his office for a (fitness) test," said Evans, now 39 years old and a svelte 165 pounds. "I passed with flying colors and signed up for the Reserves on the spot."

Task Force Warrior gains realism at Camp Bullis

By Phil Reidinger
Fort Sam Houston Public Affairs Office

The monthly 187th Medical Battalion field training exercise for students attending battalion courses moved to Camp Bullis this month to provide a more realistic training environment. Previously, the training was conducted in the Salado Creek area.

Task Force Warrior challenges the tactical and medical skills of battalion Soldiers during military operations in urban terrain, dismounted combat patrols and convoy operations. Soldiers also are required to zero weapons and qualify on basic marksmanship ranges.

"This training provides a more relevant training opportunity

for the battalion's Soldiers. It is more scenario driven and complies with Training and Doctrine Command requirements for training warrior tasks and battle drill training," said Lt. Col. Patricia Darnauer, 187th Medical Battalion commander.

Soldiers attending several medical specialty technical courses such as pharmacy, food, veterinary and laboratory completed the training Friday.

"Our Soldiers assigned to D Company with prior combat service participated as the opposing force. It was important to have their experience to provide a realistic training environment," Darnauer said.

See **TASK FORCE WARRIOR** on Page 4

Keen assumes command of U.S. Army South

By Kevin W. Sieling
U.S. Army South Public Affairs

Maj. Gen. Jack D. Gardner relinquished command of U.S. Army South Friday to incoming commander Brig. Gen. Ken Keen at the parade grounds of the old Brooke Army Medical Center.

"This command has the responsibility of over 26 million square miles including Central and South America and the Caribbean," said host Gen. Dan K. McNeill, commanding general of U.S.

Forces Command. "There can be no doubt that the region is vital not only in terms of national security, but in terms of global importance."

McNeill joined Command Sgt. Maj. Daniel Wood in passing the USARSO colors between the incoming and outgoing commanders. Following the official ceremony, Keen officially assumed command of USARSO.

"My wife Mary Ellen and I are truly blessed and fortunate to be apart of the USARSO team and we are excited to be

here," said Keen. "You have my 100 percent commitment in executing our mission, taking care of our Soldiers, civilians and families."

"Brig. Gen Keen steps up today assuming command and brings with him not only a wealth of command experience, but also a unique set of qualifications," said McNeill.

Keen most recently served as the assistant division commander (maneuver) for the 7th Infantry Division (Light),

See **KEEN** on Page 4

DoD announces recommended holiday mail dates

WASHINGTON, D.C. — The Department of Defense announced Monday the recommended mailing dates to ensure holiday cards and packages for service members arrive overseas in time for the holiday season.

“To ensure delivery ... to military APO/FPO addresses overseas and to international addresses, we suggest mail be sent by the recommended dates provided by the U.S. Postal Service,” said Mark DeDomenic, the assistant deputy director and chief of operations for the Military Postal Service Agency. “Beat the last-minute rush by bringing your mail to your post office by these suggested dates.”

• Parcel post: Nov. 12

- Space-available mail: Nov. 26
- Parcel airlift mail: Dec. 3
- Priority and first-class letters and cards: Dec. 10 (Dec. 5 for APO 093)
- Express Mail military service: Dec. 19 (Not applicable for APO 093)

The Defense Department requests people who send mail to use the service member's full name, with or without rank or rating; unit and APO/FPO, Air/Army Post Office or Fleet Post Office; address with the nine-digit ZIP code, if one is assigned; and a return address. For packages, mailers are asked to print on one side only with the recipient's address in the lower right portion.

Packages must not be mailed in boxes

that have markings related to any type of hazardous material, such as bleach, alcohol or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed. Instead, they will be handled as non-mailable matter — regardless of the contents or what is listed on the U.S. Customs form.

While there are specific restrictions for each five-digit military post office ZIP code (APO/FPO), it is prohibited to mail the following items to the Central Command region: obscene articles such as prints, paintings, cards, films, videotapes, etc.; pork or pork by-products; alcoholic beverages; any matter depicting

nude or seminude people, pornographic or sexual items; or unauthorized political materials. Although religious materials contrary to the Islamic faith are prohibited in bulk quantities, items for the personal use of the addressee are permissible.

There may be size restrictions and customs declaration form requirements to some locations as mail going through the mail system can be subject to the host country customs requirements. The time to deliver varies depending on the category of mail and the country of destination. Delivery may also take longer when armed forces are on the move during periods of heightened activity.

(Source: DoD news release)

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Soldiers honored at BAMC Purple Heart ceremony

By Michael S. Dulevitz
Brooke Army Medical Center Public Affairs

Seven heroes were honored Oct. 27 at a Purple Heart ceremony at Brooke Army Medical Center. All seven Soldiers were injured while deployed in support of the Global War on Terrorism.

The recipients are Sgt. John Housenick and Spcs. John Chrzanowski, Ernesto Godoy, Christopher Lively, Derek Mancilla, James McCormick and Venasio Sele.

Brig. Gen. James Gilman, BAMC commander, presided over the ceremony and awarded six of the Purple Hearts. Distinguished guest Lt. Gen. Glynn Mallory, former commander of the 6th Army, Presidio of San Francisco, presented Spc. John Chrzanowski's Purple Heart at his request.

At the beginning of the ceremony, Gilman commented on the sad milestone of 2,000 deaths in the Global War on Terrorism saying it had generated significant news coverage. "It is important to talk about this milestone because the 2,000th death means no more or no less than the first death experienced," he said.

Gilman said there are things that military members feel are more important than life itself. "It doesn't matter if you die at the hand of the enemy or in an accident. It doesn't matter if you die in Iraq, Afghanistan or Texas," he said. "The Soldier's family is tragically affected by this death."

Mallory, who presented Chrzanowski his Purple Heart, thanked the BAMC staff for the wonderful job they are doing in caring

for the Soldiers recuperating at the hospital.

"The BAMC staff treats their patients like they are their own," Mallory said.

Mallory looked at all the recipients and said, "... all of you, when you receive your Purple Heart, wear it proudly, for indeed it is a badge of courage."

Housenick, a National Guardsman and cannon crewmember assigned to A Battery 1/151st Field Artillery, Olivia, Minn., was injured Sep. 14 in Iraq when attacked by a vehicle-borne improvised explosive device. He suffered inhalation burns and burns to his hands and face.

Chrzanowski, an infantryman assigned to the 3rd Infantry Division, Fort Benning, Ga., was injured June 17 near Beuhriz, Iraq. Chrzanowski's vehicle was struck by a rocket-propelled grenade. He suffered third degree burns over 62 percent of his body. Chrzanowski wants to stay in the Army and make it a career.

Godoy, a fire support specialist and forward observer parachutist, is a member of the Battle Company, 2nd 503rd, in Vicenza, Italy. Godoy was serving in Afghanistan when he was injured by an IED Aug. 21 while in the Daychopan District. Godoy suffered amputation of both legs, a broken left femur and elbow, left eardrum damage and burns to his neck, face and left hand.

Lively, a National Guardsman, is a military policeman assigned to the 860th Military Police Company in Phoenix. Lively was injured July 30 in Taji, Iraq, when he fell victim to two roadside bombs and suffered hearing loss and injuries to his



By Kelly Schaefer

(From left) Sgt. John Housenick and Spcs. John Chrzanowski, Christopher Lively, Ernesto Godoy (seated front), Derek Mancilla, Venasio E. Sele and James M. McCormick proudly wear their Purple Hearts received for wounds sustained in the Global War on Terrorism. The seven Soldiers were honored in a Purple Heart ceremony Oct. 27 at Brooke Army Medical Center.

hip and neck. Lively hopes to continue his military career.

Mancilla is a National Guard infantryman assigned to the A Company, 3rd 156th Infantry from Louisiana. Mancilla was injured July 15 near Baghdad when attacked by a suicide bomber driving a 750 pound car bomb. Mancilla sustained severe degree burns to his face, neck and hands.

McCormack, a National Guard military policeman, is a member of the 860th Military Police Company from Polk, La. McCormack was injured Sept. 26 near

Baghdad. He suffered shrapnel wounds to his fingers, knees and right tricep, as well as a broken left wrist.

Sele, a concrete and asphalt equipment operator, is assigned to the 94th Combat Engineers in Vilsek, Germany. Sele was injured April 25 while returning vehicles to Camp Anaconda, Iraq. Sele's vehicle was hit by an IED and a vehicle-borne IED. As a result of the blasts, he was thrown from his vehicle and his unit members searched for him for 30 minutes before locating him. Sele was burned on the left face, hand and leg.

New personnel system's final regs sent to Congress

By Jim Garamone
American Forces Press Service

WASHINGTON, D.C. — Ending a nearly two-year process, the Defense Department has presented the final National Security Personnel System regulation to Congress.

Acting Deputy Defense Secretary Gordon England said at a Pentagon news conference Oct. 26 that Congress has 30 days to review the final regulations.

The regulations will take effect Nov. 25. The changes ultimately will affect 650,000 of the 750,000 DoD civilian employees.

Once adopted, the labor-relations portion of the system will take effect immediately. "The human resources portion — the new pay bands, the pay-for-performance system, etc. — is scheduled to progressively begin in February," England said.

Some 60,000 employees are in the first group, or "spiral," to come under the new program, officials said. But human resources officials will be very deliberate in how the program goes, England said. In fact, the system will go through a six-month "mock period" before becoming effective.

"That is, at the end of six months, we will evaluate," England said. "We will act as if this was for real, but it will be a mock exercise in terms of the results that we can learn."

During the mock period, DoD employees will receive pay raises as in the past. It isn't until January 2007 that the pay-for-performance portion of the system kicks in for real, officials said. "So we have all of next year to implement the system before it really counts," England said. "And we will then progressively put people in, and each time learn from those experi-

ences and improve the system."

The deputy secretary said that if problems arise, DoD will halt the program and adjust it. "We want the system to work right for everyone," he said.

Setting up the system is enormously complicated, said Mary Lacey, program executive officer for the system. Training is a large part of the system, and DoD has been training human resources people and supervisors how the system should work.

"It also involves the training of line managers who are actually going to operate the system and have an increased role in the

system than they've had in the past in making determinations and decisions, as well as every employee," Lacey said.

All DoD employees will receive training in the system, Lacey said.

Office of Personnel Management Director Linda Springer said the system protects the principles that protect federal workers: merit systems principles, due process and veteran's preference. "I can tell you today that all of those have been preserved and have been adequately maintained in these regulations," she said.

New finance database to help Soldiers wounded in action

By Sgt. Ken Hall
Army News Service

WASHINGTON, D.C. — A new pay tracking system for Soldiers wounded in action is now in place to head off potential financial woes for Soldiers under transition from the combat zone to the rehab zone.

A conference in Indianapolis in October focused on explaining the WIA database to finance officers.

"The Army has a headquarters-level team working all aspects of improving the personnel administration and support for Soldiers wounded in action with pay being a piece of that action," said G. Eric Reid, director of the U.S. Army Finance Command.

This new program features triggers that will keep current the names and status of all Army Soldiers wounded in action who have departed Southwest Asia for treatment in Germany and other health treatment facilities. In a prepared statement, Reid

explained several procedures being taken to counteract pay and service debt mishaps:

- This past summer, the Wounded in Action database came online, pulling information from numerous medical systems and comparing it to pay system records. Memos and entry flags are now posted on the pay system to alert and update the servicing finance office for medical treatment facilities, and provide them an initial baseline for audits and reviews of WIA Soldier pay accounts.
- A detailed standing operating procedure was jointly published by the Defense Finance and Accounting Service and the Army for actions to be taken by finance activities. These actions include using and updating the WIA database, providing face-to-face support for WIA Soldiers hospitalized in medical treatment facilities and verifying correctness of all pay and entitlements. The SOP also seeks to ensure that debts are suspended, validated

and processed through correct channels for cancellation, remission or waiver.

- A central team run by the Army National Guard administers pay for all Guard and Army Reserve Soldiers assigned to the Civilian Based Health Care Organization. This includes some new automated tools for the regional command offices providing overall command and administrative support for these Soldiers. CBHCO is a program for Soldiers to return home but remain on active duty while receiving treatment for injuries within the local community. This team also ensures continuity of pay and entitlements while on active duty, as all medical retention orders issued by the Army Human Resources Command are processed in the pay system.
- Reviews of pay accounts for WIA and non-battle injury Soldiers are conducted to guard against out-of-service debts and suspension of debts through centralized actions.

The new WIA database pay tracking system may still have a few bugs to iron out before the dust settles for at least a few Soldiers now undergoing rehabilitation stateside. In the case of one WIA Soldier featured in recent news headlines, Spc. Robert Loria was billed for equipment lost in Iraq, for combat pay he received while in the hospital and for travel costs associated with follow-up medical care at Walter Reed Medical Center, Washington, D.C., totaling several thousand dollars. Loria was also being pursued by a private collection agency for indebtedness to the government-contracted housing firm at Fort Hood, Texas.

"Unfortunately," said Reid, "a housing office or a travel computation office may not always be aware of a WIA Soldier's circumstances so they simply process billing actions like any normal ones. This is in part why the WIA database was developed."

Briefs cont. . . .

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.

SJA closure

The Fort Sam Houston Office of the Staff Judge Advocate, to include the Claims Division and the Legal Assistance Office, will close Friday at 12 p.m. through close of business. The office will reopen Monday 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 Monday, 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.

323rd Army Band's fall recital

The Sam Houston Club will host the 323rd Army Band's "Fall Recital Spectacular" Wednesday 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. 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 ron.lane@samhouston.army.mil.

Task Force Warrior

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During the training, 95 Soldiers formed three platoons. E Company unit cadre participated as Task Force Warrior headquarters, and officers and NCOs from other units served in platoon leader and platoon sergeant positions as well as observer-controllers who served as teachers, coaches and mentors to the student leadership.

"The organization of the three companies with various missions gives our battalion junior officers and NCOs an opportunity to practice troop leading procedures during the exercise," said Command Sgt. Maj. Stephen Paskos.

The exercise included equipment and redeployment inspections, deployment to a forward operating base, issue of the operations order, discussion of rules of engagement and combat drill rehearsals. The battalion exercise observer-controller staff took notes as the Soldiers moved along a four-mile main supply route named Eagle toward a local village. During the movement, they encountered improvised explosive devices and were required to prepare a tactical entry into the MOUT training site. At the MOUT site, the Soldiers encountered both friendly and hostile situations with the occupants.

Darnauer said the new training was made possible with the support of the dean, Academy of Health Sciences and the Department of Academic Standards and Quality Assurance.

"This is a more realistic learning opportunity for the Soldiers," she said. "The training gets the entire unit involved in both planning and execution, to include tactical troop leading skills for the battalion's NCOs."



Photos by Phil Reidinger

Soldiers meet villagers along the road on the way to the military operations on urban terrain site that served as an Iraqi village. During Task Force Warrior, Soldiers conducted a presence patrol along the main supply route in cooperation with Iraqi authorities to provide humanitarian assistance.



(Above) Soldiers encounter a hostile villager during a sweep of military operations on urban terrain site buildings.



Soldiers assigned to D Company, 187th Medical Battalion, who had previous experience in Iraq and Afghanistan, acted as villagers. Soldiers moving through the village to provide medical assistance encountered these villagers burying dead relatives.

Keen

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Fort Carson, Colo., and deputy commander (central) for Fifth Army.

Gardner relinquishes command after two years with USARSO and will assume command of Task Force 134 in Iraq.

"One of the lessons I have learned while commander of USARSO is the future of our country, and Central and South America and the Caribbean are intricately linked and we will succeed, or fail together," said Gardner.

"For the past two years, Gardner has welcomed the responsibility for meeting the challenges and he has succeeded in superb fashion," said McNeill. "He has masterfully orchestrated Army National Guard, Reserve and active component participation in support of U.S. Southern Command's theater engagement plan."

"I would like to thank everyone in USARSO and best wishes as you continue to work in a region that's central to the future of the United States," said Gardner.

USARSO, as the Army component of U.S. SOUTHCOM, conducts security cooperation activities, executes military operations and supports the Global War on Terrorism to promote democratic values and prosperity throughout the region, enhance regional stability and deter and defeat transnational threats to the United States. On order, USARSO executes contingency operations in support of US SOUTHCOM.



Courtesy photo

In a time honored tradition, Brig. Gen. Ken Keen passes the U.S. Army South colors back to USARSO Command Sgt. Maj. Daniel Wood during a change of command ceremony Friday at the parade grounds of the old Brooke Army Medical Center.

230 pounds

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As a 91W combat medic student at the Army Medical Department Center and School, Evans now serves as a motivator for his fellow Soldiers, a role he never anticipated when growing up on the streets of Detroit.

“It was rough,” Evans said. “You had to either be the big guy so no one messed with you or you had to know how to fight. I was the big guy.”

Evans’ mother, a single mother of four, worked at two jobs to keep a roof over their heads. Evans became “papa” at home, cooking and cleaning for his siblings.

As a teen, his size was an advantage in football. That and his passion for the marching band kept him fairly fit and out of trouble, he said. He continued with both in college at Grambling University, La., then signed on as a trombone instructor and vocal teacher at his alma mater. Evans taught there for 14 years.

Over the years, a love of sweets turned the 260-pound teen into a 418-pound man.

When his brother became sick, Evans and his wife, La Tanya, moved back to Michigan to help with his brother’s three children. Evans took a job as a sales manager at a clothing store and a night job in home health care.

Despite his weight, Evans was healthy but frustrated by his physical condition. At 36, “I couldn’t walk from the couch to the door without sitting down,” he said. “But I didn’t want to push back from the table.”

Although he worked in a clothing store, his own shopping trips were a dreaded nightmare. When he went shopping, he didn’t ask the salesman to show him where the jeans were or for a style tip, he asked for the largest size in the store. Sometimes even the largest size wouldn’t fit.

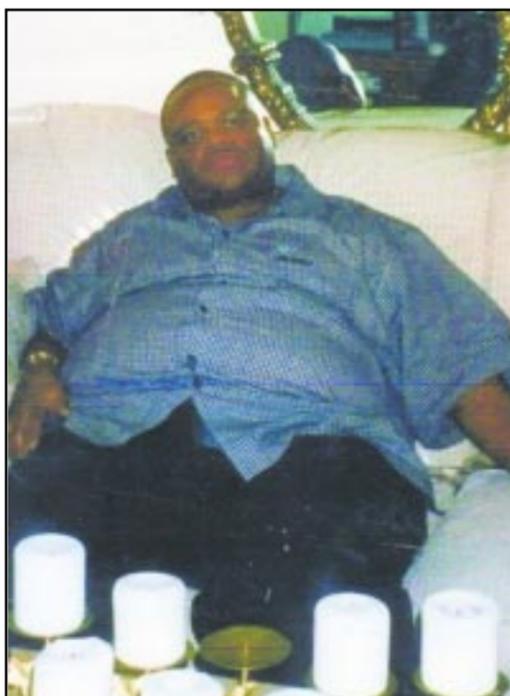
“That’s when my wife would turn to me and just say, “It will be OK,”” Evans said. “She knew how bad I felt.”

But it wasn’t until the recruiter walked in that Evans pushed his plate away. He got up from the couch and started walking, then running. With smaller portions and a steady diet of gym trips, the weight flew off.

“I never lost sight of my goal (joining the Army),” Evans said. “Even at 418 pounds I never gave up. That’s just who I am.”

A much slimmer Evans enlisted in July and traveled to Fort Sam Houston to start combat medic training. He is once again a father figure, but this time for the younger Soldiers, who call him “pops.”

“I watch over them and try to keep them motivated,”



Courtesy photo

Pvt. Roderick Evans carries a picture of himself at 418 pounds to remind himself to never give up. “When people saw me, they always saw me smile,” he said. “This picture shows the hurt I felt on the inside.”

Evans said. “I’m up early and running and yelling and keeping the Soldiers going at PT.”

“Pvt. Evans motivates me every time I see him in front of the company,” said 1st Sgt. Armand Fermin, C Company, 232nd Medical Battalion first sergeant. “His performance and attitude are phenomenal. He energizes me and the cadre and provides the younger Soldier medics a positive role model.”

Evans said his fellow trainees always ask him where he gets his energy. “I tell them I do it because I couldn’t at one time,” he said. “If I could fly, I’d fly.”

Right now he is flying through training, and his leadership is helping him to obtain a few other goals – become an active duty officer and a nurse.

“I feel like a different person,” Evans said. “I’m the same on the inside, but now my energy level matches my inner drive. I have the energy to do what I want to do.”

Regarding his surgery- and prescription-free weight



Photo by Elaine Wilson

Pvt. Roderick Evans went from 418 pounds to 188 to enlist in the Army. He is now a slim 165 pounds.

loss, “If you get it in your head that you can and will beat this, you will,” he said. “Say today, not tomorrow. I won’t cut off, but cut back. Try not eating sweets for a week, anything that will motivate you.”

Evans still avoids Snicker bars and most sweets, but doesn’t give them a second thought. His primary focus is on his military future. “I’m aiming for 20 years in the Army,” he said. “It took me a long time to achieve this goal and I’m going to keep going until I can’t.”

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.



Need an ID Card?

The ID Card Office, located in Building 367, accepts appointments from 12:45 to 3 p.m., Monday through Friday. Walk-in hours are from 7:15 to 10:30 a.m. and 12:45 to 2:30 p.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID card by appointment only at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.



Donor, recipient benefit from leave donation program

By Elaine Wilson
Fort Sam Houston Public Information Office

The Thanksgiving and too-soon Christmas decorations packing the shelves serve as a reminder that the end of the year is swiftly approaching. For some civilian employees, it is a time to take that long-awaited week's vacation.

For others, whose leave has accrued into the triple digits, a mere week is not going to cut it. Keeping the calendar in mind, they must scramble to make a choice about their annual leave — use it or lose it.

However, before people submit a last minute three-month leave request or resign themselves to a total loss, there is another option. The Voluntary Leave Transfer Program allows federal civilian employees to donate annual leave to a colleague in need.

"It's a great program that I don't think people use enough," said Lena Boutelle, Civilian Personnel Advisory Center human resources assistant.

The Voluntary Leave Transfer Program allows federal employees to donate their annual leave directly to another federal employee with a medical emergency or a federal employee who has a family member with a medical emergency. The medical emergency, whether planned or unexpected, is defined by regulation as one that will cause an extended absence from work and will result in a substantial loss of income due to lack of leave time. Only annual leave can be used; sick leave is not allowed to be donated.

In most cases, an employee without available sick or annual leave and facing at least 24 hours of unpaid leave qualifies as a recipient, said Jerry Hines, human resources specialist. For part-time employees or employees with an uncommon tour of duty, the requirement is at least 30 percent of the average number of hours in the employee's biweekly scheduled tour of duty.

"The program is for people with a medical emergency that will result in a financial hardship," Hines said. "Even just a day out of work without pay can constitute a hardship."

The applicant can directly ask a colleague or friend in federal service to donate, and the donor can then designate that person as a recipient on the donation form, OPM Form 630-A or OPM Form 630-B. Employees who would like to donate leave but do not have a specific person in mind can contact the Civilian Personnel Advisory Center, ask for a list of approved leave

recipients and choose from the list. Donors must be appropriated fund employees and can only give to the same, Hines said. Whether asked or not, the donor remains anonymous.

While the program has significant benefits for employees in need, it is not without benefits for the donor.

Nelia Schrum, a third-year donor, said she plans to donate a week of leave to a close friend with a serious illness. "Otherwise, my friend wouldn't get paid," she said. "People need their salaries to pay their bills. I'd lose the leave otherwise, so I'm glad I can use it to help a fellow employee."

The program is a great way for employees to use up some of their accrued annual leave, Hines said; however, employees who stockpile leave year round in the hopes of passing it on at year's end are in for a disappointment. Donors can only give half of the annual leave they can accrue within the leave year, according to the regulation. For those employees with "use or lose" leave, which is annual leave over their allowable balance (typically 240 hours), donors can give the lesser of two options: one half of the annual leave they can accrue within the leave year or the number of hours remaining in the leave year (as of the date of contribution) for which the donor is scheduled to work and receive pay. Jan. 7 is the last day of the leave year for 2005.

"I had someone wanting to donate a large portion of her annual leave, but she waited until the end of December to use the program," Boutelle said. "Unfortunately, she lost a large number of hours."

Boutelle's hands, however, were tied since the program is bound by federal, not local, regulations. The moral of that story is not to wait until the last minute, Boutelle said. "If you are carrying more than 240 hours of annual leave, you need to make a plan before it gets too late."

The best way to manage annual leave is to make it a year-round process, Hines said.

"I always advise managers to counsel their employees about good stewardship of leave," Hines said. "You never know when you may experience a catastrophic illness. Don't bankrupt yourself. While people are generous here, you don't want to have to depend on others for your financial survival."

For more information about the Voluntary Leave Transfer Program, call 221-0639 or reference the Code of Federal Regulation, Title 5, Part 630, Subpart I.

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.

Housing office works to resolve residents' concerns

Lincoln Military Housing recently completed its first overall resident satisfaction survey. Several surveyors' comments and suggestions targeted a common concern — lawn maintenance. The survey also indicated that pest control, road maintenance, playgrounds and tot lots need improvement.

Lawn maintenance

To address the lawn maintenance issue, Gratr Landscape and LMH have reviewed Gratr's processes and will implement the following changes:

- To reduce scalping of uneven lawns, mower heights will be raised to 4 inches instead of 3 to 3 and a half inches. The Marvin R. Wood area will be raised to 5 inches until modifications can be made to uneven terrain.
- Deviations in scheduled mowing days will not occur unless prior notice is provided to residents or in the event of inclement weather.
- Lawn maintenance to any house will be started and completed on the same business day. This includes mowing, edging and blowing sidewalks, weather permitting.
- Gratr's full time supervisor will inspect each village the day following the scheduled mowing. All discrepancies will be corrected that same day.
- A Gratr's supervisor and LMH representative will drive through each village weekly to review status and make corrections as needed.

Pest control

Worldwide Pest Control is the pest control provider for housing. The company has a full time technician assigned to Fort Sam Houston and provides quarterly exterior pest control treatment covering a 3-foot perimeter around each home to include under eaves, around windows and exterior doors.

Interior pest control is on an as needed basis. Service requests for interior treatment of roach-

es, ants, termites, mice, rodents and small non-domestic animals should be called into "Lincoln at Your Service" at (888) 578-4141. If residents are experiencing a continued problem, they should contact the LMH office directly for a more in depth evaluation.

Along with regular pest control treatments, the tree trimming provided earlier this year aided in controlling rodent and pest problems. There has been a decline in the rodent and pest activity within neighborhoods; however, pest control is not always an overnight success. Pest control is a team effort. LMH can better ensure success if residents keep LMH informed of improvements or ongoing problems.

The pest control schedule is on the LMH Web site at www.samhoustonlpc.com, in the quarterly newsletter, and will be published in the Resident Guide.

Road maintenance

LMH is only responsible for road maintenance within the villages. LMH is budgeted to address smaller repairs; larger repairs will be completed during renovation. Road repair is an ongoing project and LMH conducts weekly reviews.

Playgrounds and tot lots

Over the past few months, LMH has inspected the playgrounds and tot lots. Most areas have been repaired or removed due to lack of replacement parts or liability concerns. LMH will continue to update and upgrade the current areas as its budget allows. The renovation scope includes the installation of 18 new play areas during the next five years, and LMH is currently reviewing plans to accelerate the installation of new equipment.

LMH appreciates all feedback. For more information or to express a concern, call LMH at 270-7638.

(Source: Residential Communities Initiative)

Emergency numbers



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

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

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

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



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.

OCSC event



Photos by Phil Reidinger

(Left) Kim Edgar, president of the Officers and Civilian Spouses' Club and wife of Lt. Col. Erin Edgar, 264th Medical Battalion commander, welcomes retired Col. Frank Berlingis, husband of Col. Wendy Martinson, U.S. Army Garrison commander, as a new member of the organization. The next luncheon meeting is Nov. 15 at 11 a.m. at the Sam Houston Club. To learn more about the organization and for luncheon reservations, call Sigrid Reistetter at 226-8806.

(Right) Cole Jr./Sr. High School Junior ROTC members (from left) Jennifer Gibson, Caitlin Gresenz, Katy Stonecipher and Allison Lauten present the national and state colors during the October meeting of the Officers and Civilian Spouses' Club. During the program, the cadets also described the meaning of each of the 13 folds employed to retire the national color following retreat.



Program offers scholarship money to military children

By **Bonnie Powell**
Defense Commissary Agency

Money for college is "what's cooking" at 268 military commissaries worldwide as the Scholarships for Military Children program begins its sixth year of rewarding academic excellence.

Applications are available at the Fort Sam Houston Commissary and must be returned to the commissary by close of business Feb. 22, 2006, according to store director Martin J. Jackson.

Since its inception in 2000, the program has awarded \$1,500 scholarships to nearly 2,500 military children through the generosity of manufacturers and businesses that sell groceries in commissaries.

At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

Applications include an essay on why the applicant admires a great military leader (past or present). They must be returned by mail or

in person; fax or e-mail applications are not accepted.

The program is open to unmarried children under the age of 21 (23 if enrolled in school) of active duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already attending, an accredited college or university full time in the fall term of 2006, or enrolled in a program of studies designed to transfer directly into a four-year program.

Applications, eligibility and other information for the 2006 SFMC program are available online at <http://www.militaryscholar.org> or through a link at <http://www.commissaries.com>, the Defense Commissary Agency's customer Web site.

Ethics training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston U.S. Army Garrison units will take place Nov. 15 at 2 p.m. and Dec 1 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.

Post Pulse: A new post policy bans talking on cell phones while driving.
Do you think the new policy is a good safety measure?



"It's a good thing if it prevents accidents."
Dan Bay-Asen



"Yes, I've seen a lot of moms dealing with kids and talking on the phone. This will make it safer."
Rosie Morales



"Good - I'm for it. I wish it was more widespread."
Barry Beasley



"I think it's OK; it ensures safety. I support it."
Sgt. 1st Class Petrina Wilson



Photo by Ed Dixon

Honorable service

(From left) Col. D. Stephen Carter, Master Sgt. Shirley Givens, Lt. Col. Angela Ross, Sgt. Maj. Blanca Ramirez, Sgt. 1st Class John Warren and Staff Sgt. Richard Crawford were recognized for their service to the Army and the nation during the October retirement ceremony and parade sponsored by the 232nd Medical Battalion. Installation commander Maj. Gen. George Weightman was the reviewing officer.

TROOP SALUTE



232nd Medical Battalion



Soldier of the Week

Name: Spc. Nicholas Saladino

Unit: B Company

Hometown: Chicago, Ill.

Plans for the future: To max the Army physical fitness test and score high on exams; serve our country proudly; work with the Red Cross in third world countries; and become a teacher in an inner city junior high school.

Reason for joining the Army: To continue a family tradition; my father was in the Army.



Junior Leader of the Week

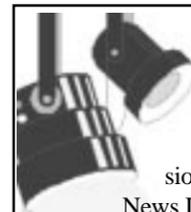
Name: Spc. Tameka Evans

Unit: B Company

Hometown: Tampa, Fla.

Plans for the future: Go to medical school and become a pediatrician

Reason for joining the Army: To continue a family tradition; my father was in the Army.



Spotlight your unit

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

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

SPORTS BRIEFS . . .

Military appreciation night at UT

The University of Texas Athletic Department invites Fort Sam Houston Soldiers and their families to attend military appreciation night at the men's UT vs. Lenore-Rhyne basketball game Wednesday at 7 p.m. 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 and click on TX V. Lenoir-Rhyne.

Boxing at the Brought

Fort Sam Houston Morale, Welfare and Recreation and USA Amateur Boxing present "Boxing at the Brought." The event is Dec. 10 in the main gymnasium on Wilson Road. The competition is open to military and civilian boxers, sub-novice, open and men and women registered with USA Boxing. For pre-match registration, call the USA Boxing coordinator at 923-0025 by Nov. 10. For more information, call 221-1342.

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. For more information, call 221-4388.

SPORTS



Photos by Nelia Schrum

BAMC basketball

(Above) Brooke Army Medical Center Soldiers are honored at center court with BAMC Commander Brig. Gen. James Gilman presenting the game ball Oct. 25. The game was designated the Brooke Army Medical Center Night at the Spurs. The recurring event honors Soldiers recovering at BAMC, as well as the health care specialists taking care of them.

(Right) The Brooke Army Medical Center Color Guard presents the colors Oct. 25 during the Spurs vs. Pacers game. The Spurs faced off with the Indiana Pacers in front of more than 15,000 fans at the SBC Center. The Pacers bruised the Spurs in the pre-season contest 97-86.



TRICARE extends blanket referrals for some beneficiaries

FALLS CHURCH, Va. — Temporary authorized blanket referrals for most TRICARE Prime enrollees from Hurricane Rita-affected areas ended Monday. Usual TRICARE Prime policies will resume for these enrollees including referral requirements and point of service cost shares and deductibles.

For some Hurricane Rita and all Hurricanes Katrina and Wilma-affected enrollees, the temporary authorization for blanket referrals is extended until Nov. 30. TRICARE Prime enrollees from the hurricane-affected areas, where homes were destroyed on a large scale and military treatment facilities are still nonoperational or limited in their capabilities, are included in the Nov. 30 extension of the authorization for blanket referrals.

Beneficiaries may call Humana Military Healthcare Services, the TRICARE regional contractor, at (800) 444-5445 or check the TRICARE Web site to see if they live in an area covered by the authorization for blanket referrals. The following TRICARE Web sites provide the ZIP codes for these areas: for authorizations that ended Monday, visit www.tricare.osd.mil/Hurricane/Oct31.cfm; and for authorizations that end Nov. 30, visit <http://www.tricare.osd.mil/Hurricane/Nov30.cfm>.

TRICARE Prime enrollees whose authorized blanket referrals ended Monday, who relocated to a new area for more than 30 days or whose primary care manager will continue to be unavailable after Monday, should transfer enrollment, if TRICARE Prime is available, or disenroll and use TRICARE Standard. Prime

enrollees whose authorized blanket referral ends Nov. 30 should transfer their enrollment or disenroll no later than the end of November. This also applies to enrollees in TRICARE Prime Remote for active duty family members.

Enrollment transfers in the six months following the hurricane disasters will not count against the transfer limits that normally apply to the enrollment period. For Hurricane Katrina the effective dates are Aug. 29, 2005, through Feb. 28, 2006; for Hurricane Rita the effective dates are Sept. 21, 2005, through March 20, 2006; and for Hurricane Wilma Oct. 21, 2005, through April 18, 2006. Members should pay their enrollment fees when due unless they make other arrangements with their TRICARE regional contractor.

The temporary authorized blanket referrals allow TRICARE Prime beneficiaries to receive nonemergency, nonmental health care from providers other than their assigned primary care manager without having to ask for a referral. TRICARE beneficiaries covered by the temporary blanket referrals will not be charged point-of-service deductibles and cost shares for these services.

For more information or to find a provider, beneficiaries should call a regional contractor: Humana Military Healthcare Services (South region), (800) 444-5445; HealthNet (North region), (877) 874-2273; or TriWest (West region), (888) 874-9378.

(Source: TRICARE news release)

Army Community Service Family Advocacy Program November Class Schedule

Class	Date	Time
Anger Management I and II	Monday and 14	11 a.m. to 12:30 p.m.
Basics of Breastfeeding	16	10 to 11:30 a.m.
Building Effective Anger Management Skills Series (6)	Today	11 a.m. to 12:30 p.m.
New Series (1 and 2)	10 and 17	11 a.m. to 1 p.m.
Evening Class (2 to 4)	Today, 10 and 17	5:30 to 7 p.m.
Commander's Training	17	8 to 9:30 a.m.
Getting Ready for Childbirth 1 and 2	10 and 17	9 a.m. to 12 p.m.
Girl Talk!		
Ages 6 to 8	30	10 to 11 a.m.
Ages 9 to 11	Wednesday	10 to 11 a.m.
Healthy Pregnancy	21	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	21	9 to 11 a.m.
S.T.E.P. Program for Parents of School Age Children	Today, 10 and 17	1 to 3:30 p.m.
S.T.E.P. Program for Parents of Teens	Tuesday, 15, 22 and 29	11 a.m. to 12:30 p.m.
Stress Management I and II	15 and 22	1 to 2:30 p.m.
Truth or Consequences?	Tuesday, 15 and 22	4:30 to 5:30 p.m.
You and Your Baby	Wednesday and 30	8 a.m. to 12 p.m.
Saturday Marathon	19	9 a.m. to 5 p.m.

Class space is limited. To register for classes or for more information, call the Army Community Service Family Advocacy Program at 221-0349 or 221-2418.

Health Promotions November Class Schedule

Class	Date	Time	Place
Asthma Management (adult)	Tuesday, 15, 22 and 29 Today, 10 and 17 Friday	2 to 3:30 p.m.	BAMC Health Promotions lower level, Room L31-9V
Breast and GYN Cancer Support Group	Wednesday	9:30 to 11 a.m.	Roadrunner Community Center
Diabetes Management	Monday, 14 and 21 Tuesday, 15, 22 and 29	12:45 to 4:30 p.m.	BAMC nursing administration conference room third floor, Room 313-11
Diabetes Management (pre-diabetes)	Wednesday	9 a.m. to 12:30 p.m.	BAMC Department of Medicine conference room third floor, Room 344-3
Living with Fibromyalgia	Wednesday, 16, 23 and 30	1 to 4 p.m.	BAMC radiology conference room, Room 129-13A
Weight for Health (weight management)	Friday and 18	12 to 1:30 p.m.	BAMC Health Promotions lower level, Room L31-9V
Yoga	Wednesday, 16, 23 and 30	12 to 1 p.m.	BAMC occupational therapy clinic

To register for classes, call Brooke Army Medical Center Health Promotions at 916-3352. For Diabetes Management, call 916-0794.



Courtesy photo

Showing appreciation

Protestant Women of the Chapel volunteers carve turkeys for the Chapel Appreciation Lunch Oct. 26 at Dodd Field Chapel. More than 100 chaplains, chaplain's assistants and their family members were recognized for their important service to the military community at the lunch. For more information about PWOC, call Lois Griffith at 226-1295 or visit www.samhouston.army.mil/chaplain/womensministry.

For the chapel services schedule, visit 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. 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.

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. Participants are studying "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 . . .

November

Today or Friday - Eid al Fitr - A three day Islamic fast marking the close of Ramadan. It is a festival of thanksgiving to Allah for enjoying the month of Ramadan. People wear their best clothing, say prayers and foster understanding with other religions.

12 - Birth of Baha'u'llah * - Baha'i celebration of the birth of their founder and teacher. Refrain from work.

24 - Thanksgiving - Interfaith USA (American holiday for thanksgiving proclaimed by president)

27 to Dec. 24 - Advent - Christian time of preparation for observing the birth of Jesus Christ

* Usually begins at sundown the day before this date.



Breast cancer survivor Connie Cummings (left) teaches Carmen Sanchez how to do a breast self-examination Saturday during the Fort Sam Houston Retiree Activity Day at the Army Medical Department Center and School's Willis Hall.



David Dauer, from American Medical and Rehab, instructs Nativida Garcia on the use of a multibraking walker. As for Retiree Activity Day, Garcia said she "got some great information and the flu shot. I try to come every year."



Lt. Col. Jose Dehoyos, Brooke Army Medical Center cardiologist, discusses cardiac risk factors with Paul Miller. Cardiologists also talked with retirees about heart disease prevention and determined their 10-year cardiac risk projection.



(Above) Capt. Elizabeth Cameron, attorney from the Fort Sam Houston Office of the Staff Judge Advocate, reviews estate planning procedures with Dianne Ebeling after a legal briefing. The legal office also issued on-the-spot powers of attorney for retirees and their family members.



J.B. Crowther, from the Association of the U.S. Army, discusses his organization with retiree Frank Alvarado.

(Right) Margaret Martinez, from Homecare Dimensions, discusses the latest homecare equipment with Ralph and Connie Newberg.





Photos by Elaine Wilson

Sgt. Alan Funk measures Kasha Zilka's hand strength during a grip strength test at the occupational therapy booth during Retiree Activity Day. Retiree Activity Day also featured flu shots, a health fair and a variety of health-related and private organization booths.

Retiree Activity Day offers wealth of information, services

By Phil Reidinger
Fort Sam Houston Public Affairs Office

More than 2,000 retirees and their family members from the San Antonio and the south Texas area visited the Army Medical Department Center and School's Willis Hall Saturday for Retiree Activity Day.

The annual event, sponsored by the Fort Sam Houston Retiree Council, offers an opportunity to deliver a wide range of information to retirees in one central location, said Salvador Toscano, chief of Fort Sam Houston Retirement Services. The event featured information from numerous sources, such as private organizations, health care companies, TRICARE and finance.

Health care representatives from 24 Brooke Army Medical Center departments, both clinical and health promotion, filled Willis Hall with displays and exhibits. Under the supervision of Staff Sgt. Anthony Smith, 32nd Medical Brigade, 20 Soldiers helped set up displays and escort retirees who needed assistance.

"This is my third year coordinating the event, and today the participation by retirees and family members is larger than the previous years," said Lt. Col. Suzanne Jardine, who was responsible for classroom and equipment support in Willis Hall.

Flu shots drew a large crowd at the event. Col. Barry Sheridan, chief of BAMC's Department of Primary Care, talked with many retirees waiting in line for a flu shot.

"We brought 1,000 flu shots and the

experience talking with retirees is always great as they patiently wait in line, talk to staff members giving the shots and complete administrative paperwork," Sheridan said. "The process went well under the direction of Lt. Col. Shaun Kueter and her staff."

The Staff Judge Advocate offered classes on estate planning, probate, medical directives and powers of attorney, and scheduled legal assistance appointments for consultations. A line began to form shortly after 7:30 a.m. at the In/Out Processing Center. The ID card section and the vehicle registration office opened from 8 a.m. to 1 p.m. for retiree services.

In Blesse Auditorium, Maj. Gen. George Weightman explained the latest on planning for the anticipated growth of more than 15,000 new members to the community at Fort Sam Houston as a result of the base realignment and closure 2005 decisions. Weightman said the Army's success today is founded on the history of the veteran's service.

"You represent an era of our history," he said. "Our Army, that has never been stronger than it is today, is built on your shoulders."

Brig. Gen. James Gilman, BAMC commander, outlined the restructuring of Army and Air Force medical facilities due to BRAC. Referring to the closure of Wilford Hall at Lackland Air Force Base,



Ellie Martinez, from Brooke Army Medical Center pre-admission, checks Sulema Torres' blood pressure.

Texas, and the creation of the regional military medical center at BAMC, Gilman said, "We have been a joint hospital for a long time as part of our patient care mission. BAMC will focus on trauma and inpatient medical care that is reflective of the original scope and design of the medical center. We will be a primary surgical site and also provide labor and delivery, neonatal and pediatric intensive care that is currently at Wilford Hall."

Gilman said a large ancillary care facility focused on primary care with clinics for services such as ophthalmology; ear,

nose and throat; dermatology; podiatry; gastrointestinal; and oral surgery will be constructed at Lackland Air Force Base.

"We are consolidating and integrating services without reducing quality and availability of medical care," he said.

Gilman also reminded people of alternate locations for medical services in the area, such as clinics at Randolph Air Force Base and Camp Bullis, and the future joint Air Force and Veterans Administration clinic at Stone Oak.

For more information on retiree services, call Toscano at 221-9004.

ELEMENTARY SCHOOL NEWS

Elementary school hosts Physical Education Night

Story and photo by Dr. Kathy Maxwell
Fort Sam Houston Elementary School

Fort Sam Houston Elementary School hosted the seventh anniversary of Physical Education Night Oct. 25.

The family event is sponsored by the Fort Sam Houston Elementary School physical education teachers, Amy Chichon and Michelle Smith, and school nurse, Robin Harvel.

A record number attended the event at the elementary school. More than 700 participants visited the games and booths with more than 300 of the participants being elementary students.

Under new state and federal guidelines, the event has become even more significant as the school has moved toward local wellness policies that stress proper diet, nutrition education and exercise. Fort Sam Houston Elementary School has gone beyond simply serving a healthy breakfast and lunch. The school remains involved in nutrition education and teaching lifelong physical activities and conditioning since research has shown that a healthy, physically active child is more likely to be successful academically.

The physical education department, along with faculty volunteers and the sixth grade physical education classes, set up physical activities, including a beanbag toss, sack relay, football toss, jump rope and bean bag toss.

Volunteer faculty and staff manned all of the physical activi-



Photo by Kathy Maxwell

Fourth grader Eric Ramos and his mother, Bridgette, hold the jump rope while Sgt. 1st Class Larry Ramos jumps during Fort Sam Houston Elementary School's Physical Education Night. This was one of the many physical activities for parents and students.

ties and registration and sign-in tables. The Fort Sam Houston Elementary School Parent Teacher Organization set up, provided and served beverages.

Along with the physical activities, Robin Harvel coordinated the participation and organized booths sponsored by the American Red Cross, Army Community Service Family Advocacy Program, Army OneSource, Poison Help, Texas Poison Center Network, South Texas Poison Center, The Bureau for At-Risk Youth, Fort Sam Houston Military Police, National Crime Prevention, American Dietetic Association and the National Sleep Foundation.

Fort Sam Houston Independent School District

Weekly Campus Activities
 Monday to Nov. 12

Celebrate Freedom Week

Fort Sam Houston Elementary School

Wednesday
 Progress reports go home
 Early dismissal – kindergarten to fourth grade, 2 p.m.
 Early dismissal – fifth and sixth grade, 2:30 p.m.
Nov. 11
 Veterans Day/student holiday

Robert G. Cole Jr./Sr. High School

Monday
 Fall play technical/dress rehearsal in gym, 4 to 7 p.m.
Tuesday
 Girls' basketball vs. Holy Cross, Waelder at Cole, 5 and 6:30 p.m.
Wednesday
 Fall play performance – "Murder at the Banquet" in Moseley Gym, dinner at 6 p.m. and show at 7 p.m.
Nov. 10
 Fall play performance – "Murder at the Banquet" in Moseley Gym, dinner at 6 p.m. and show at 7 p.m.
Nov. 11
 Veterans Day/student holiday
 Girls' basketball at Falls City, 5:30 and 7 p.m.
Nov. 12
 Regional 2A Cross Country Meet at Round Rock TBA
 Academic decathlon practice meet at Sinton, all day

■ HIGH SCHOOL NEWS ■

Cole Sports Update

Lady Cougar volleyball finishes season on high note

The Cole ladies' varsity volleyball team finished out the 2005 district 27-2A season Oct. 25 with an exciting match against Johnson City. The Lady Cougars defeated the Eagles in five games. Outstanding performers were Beatrice Langford with 13 aces, 11 digs and 23 kills; Jaimie Siegle with 19 assists; Vazia Graham with 19 assists; Alisha Saddler with four blocks; Lindsey Saddler with three blocks; Bethany Langford with 11 digs; and Alisha Saddler with 12 kills.

"Thanks to all of the Lady Cougar supporters; it was a fun season," said Coach Joella Allen after the last game. "The coaching staff is truly sad to say goodbye to all of the outstanding seniors, Alisha Saddler, Jaimie Siegle, Leah Morris and Beatrice Langford. Good luck to all of them as they start their next journey in life."

Varsity football team lose tough one

The Cole varsity football team lost a tough defensive struggle to the Blanco Panthers 21-7 Friday at Cougar Stadium. "The line play for both teams was the best I have seen all season," said Cole head coach Larry Ransom. "Our team has come a long way. Even with all the injuries, we were only a few breaks away from making the playoffs. I am extremely proud of this team."

The Cougars finish off their season Friday at 7:30 p.m. at Comfort, Texas.

Cougar JV football is still undefeated

The Cole junior varsity football team continued their steam-rolling efforts as they defeated Blanco 24-20 Oct. 27. Emerson Weber scored two touchdowns and Patrick Newcomer added another. The defense held on with a goal line stand in the final seconds to preserve the victory. The Cougar record now stands at 9-0. The team finishes the season against Comfort today at 6 p.m. at Cougar Stadium.

Cross country season starts

Cole High School boys' and girls' cross country teams performed well at the District 27-2A meet Oct. 26 at Hermann Sons Youth Camp in Comfort. Nearly every runner recorded a personal best in the race.

The boys' team finished second, losing to Navarro by a margin of only four points. The girls' team finished third. Both teams qualified for the regional meet at University of Texas at San Antonio Saturday.

Individual medalists for the boys' three mile race were Kyle Adams, second with a time of 17:09; Taylor Richardson, sixth with a time of 17:42; and Tim Fletcher, eighth with a time of 18:05.

Individual medalists for the girls' two mile race were Martha Brown, fifth with a time of 13:06; and Brittany Maas, eighth with a time of 13:55.

The boys' junior varsity cross country team finished second, losing by a single point to Comfort. Individual medalists for the junior varsity boys were Nathan Eggers, fourth with a time of 20:03; Brad Kelley, sixth with a time of 20:19; Travis Brown, seventh with a time of 20:20; and Frank Thompson, ninth with a time of 20:57.

(Source: Retired Lt. Col. Robert Hoffmann)

Cole presents annual fall play

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

MWR

Recreation and Fitness

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.

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.

Neanderthal Trail Run

The Neanderthal Trail Run will be Nov. 18 at Camp Bullis beginning at 6:30 a.m. Staging area will be at the E Company, 264th Medical Battalion. The course is 5.2 miles. T-shirts will be available for sale prior to the run. Cost is \$10. For more information or to register, call Staff Sgt. Brooks at 295-7620 or e-mail Jason.brooks@amedd.army.mil.

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.

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 more. Participants who wish to have a cholesterol screening must fast 12 hours before the screening. For more information, 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

Bowl-A-Jam

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

Ritger Bowling Clinic

Learn basic to advance bowling skills at

the two day clinic Nov. 26 and 27. Clinic will be taught by John Fryman, Ritger level three coach and Ritger Camp staff member. The clinic is open for all averages and cost is \$100. Deadline to register is Nov. 23. To register, call 221-3638.

Golf Club, 221-4388

Beginners ladies golf clinic

A golf clinic will be Tuesdays and Thursdays from Tuesday through Nov. 29 (except Nov. 24) Clubs will be provided, if needed. Learn the basics of playing golf. Cost is \$120. To register, call 355-5429.

Golf lessons

Private customized and personalized instructions 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 Saturday. 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. Free San Antonio Symphony tickets are available for the Nov. 11 show. Season passes are available for Sea World and Fiesta Texas. For more information, call 226-1663 or visit www.fortsamhoustmwr.com.

MWR CHILD AND YOUTH SERVICES

Youth Happenings

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 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

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 taking applications for enrollment. This is a free childcare program. Eligibility is based on federal guidelines. For more information, call 221-3788.

Part-day preschool program

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

Home-based child care

Family Child Care offers home-

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

Check wait list

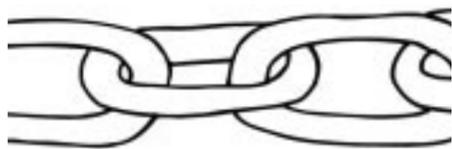
Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.



Photo by Ruth Mitchell

FCC provider earns credential

Paul Matthew, director, Directorate of Morale, Welfare and Recreation, presents Tamera Booze, a Family Child Care provider, with her Child Development Associate Credential in recognition of outstanding work with young children. The credential was awarded by the Council for Early Childhood Professional Recognition in Washington, D.C., which represents the Early Childhood Profession. The CDA is the only major national effort to improve childcare by evaluating and recognizing the skills of care providers. People interested in becoming an FCC provider can call 221-3828 or stop by the FCC office at 1630A Sultan Road.



COMMUNITY LINK



Happenings

Decorating on a budget

The Officers and Civilian Spouses' Club will host a luncheon Nov. 15 at 11 a.m. in the Sam Houston Club. Special guest is Sarah Chadwick of "Rearrangements Custom Interior and Home Design Center" with holiday decorating ideas. Bring a food dish or craft for the silent auction. For reservations, call Sigrid Reistetter at 226-8806 or e-mail sigrid.reistetter@amedd.army.mil. Deadline for reservations is Nov. 11.

Marine Corps Ball

The 230th Marine Corps Birthday Ball will take place Nov. 10 starting at 6 p.m. at the Gateway Club on Lackland Air Force Base, Texas. A history of the Marine Corps re-enactment will be provided by the National Museum of the Pacific War. Dress is formal military or civilian attire. Tickets are \$30 each, and are on sale at the Marine Corps Detachment at Lackland AFB. For more information, call 671-3219.

Cash and carry sale

Morale, Welfare and Recreation will hold a non-appropriated fund property sale Nov. 16 from 9 a.m. to 3 p.m. in Building 407. Cash or personal checks with picture ID will be accepted. All sales are final and must be removed at the time of purchase. Used items available include microwaves, refrigerators, televisions, headboards, mattresses and box springs, wall mirrors, dining tables, carpet tile, desks and chairs, easy chairs, sofas, sleeper sofas, tables, wall art, monitors and armoires. New items include cocktail tables, end tables, commercial dishwasher, refrigerators, six-pan steamer, sound system and more. No prior viewing. All property listed is subject to issue to NAF activities for continued use prior to date of sale. For more information or directions, call the MWR warehouse at 221-4449 or 221-4950.

VFW tribute to veterans

The Veterans of Foreign Wars 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.

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 Friday and Saturday and Nov. 11 and 12 at 8 p.m. each day, and Sunday and Nov. 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 downtown Moms Club will be Saturday from 9 a.m. to 1 p.m. at the Northridge Park Baptist Church, 2659 Eisenhauer Road, at the corner of Eisenhauer 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 Highway 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 Highway at Wurzbach Parkway. Performances are Tuesdays, Wednesdays and Thursdays at 10:30 a.m. An evening performance is Tuesday at 7 p.m. and two Sunday matinees are Sunday and Nov. 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.

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 Saturday 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 Saturday and Sunday 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.

Hyde Park, labyrinth walk

The Colorado Riverwalkers Volksmarch Club will host a 10K walk and a 5K walk with labyrinth at Hyde Park in Austin, Texas, Nov. 12. For more information, call Elayne Barber at (512)834-0492 or e-mail elayne_barber@yahoo.com.

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.

Master's degree programs

A representative from St. Mary's University will be at the Fort Sam Education Center, Building 2248, Room 206, from 10 a.m. to 3 p.m. Twenty master of arts and master of science degrees as well as commu-

nity counseling and international relations online degree programs will be offered. Spring term begins Jan. 18. For more information, call 658-4852.

Military liaison for distance learning

Bob McGough, military liaison for distance learning for National American University, will visit the Fort Sam Houston main education center, Building 2248, Wednesday from 9 a.m. to 1:30 p.m. He will be available to advise students on ongoing program enrollments and Soldiers interested in online bachelor's degree programs. Bring college transcripts, ARTS transcript or other documentation to evaluate for possible college credits.

Meetings

ASMC luncheon

The Alamo Chapter of the American Society of Military Comptrollers will host a luncheon Wednesday from 11 a.m. to 1 p.m. at the La Margarita restaurant, downtown Market Square. Guest speaker is Alexander E. Briseño, former city manager of San Antonio. For more information, call Wayne Wanner at 221-7029.

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 network-

ing. 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.

Volunteer

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.

BAMC needs volunteers

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

Celebrate America's Military Week Today to Nov. 13

Opening ceremonies

Celebrate America's Military Week opening ceremony is today 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 Friday 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 a Veteran's Parade through downtown San Antonio Saturday 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 Saturday and Sunday from 9 a.m. to 5 p.m. The opening ceremony is Saturday 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 Nov. 11 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 295-0512. 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: Sleeper sofa with full-size mattress, beige tweed, \$100. Call 822-7900.

For Sale: Two-person kayak, fiberglass, 13 feet long, with oars and sport utility vehicle roof rack, \$500. Call 277-6909 or 488-6860.

For Sale: 1999 Honda Civic DX, 5-speed, 32 to 40 miles per gallon, 90,000 mile inspection, new Pioneer sound system and interior, \$5,250 obo. Call Joe at 412-5029.

For Sale: Self-cleaning electric range, \$175 obo; Parabody 400 home

gym with 50 pound add-on kit, price negotiable. Call 658-7137.

For Sale: Wicker set, round table with glass top and two barrel back chairs, \$30; slat bench, extends, \$5; TV corner table, \$100; large German-made daybed bolsters, \$20; walking stroller, \$25. Call 656-7840.

For Sale: Set of four rally wheel center caps for 15 inch Corvette rims, \$100; one Goodyear Eagle RH (RWL) tire, P225/70R15. Call Fred at 221-1020 or 494-3401.

For Sale: General Electric white

side-by-side refrigerator, 24.9 cubic feet, new, still boxed, \$800; will deliver within San Antonio. Call 658-1643 after 6 p.m.

For Sale: Seasoned cut mesquite wood, will deliver, \$175 per cord, smaller bundles available. Call 916-1095 or 822-6587.

For Sale: King-size comforter set, yellow and green fern pattern, reversible, with matching sheet and pillow shams, \$35; video chair, maroon, \$10; five framed Disney lithographs, \$10 each; Odyssey white hot three-ball putter, \$25 obo. Call 697-9261.

CAREER CLIPS

Medical assistant, San Antonio - Assist providers with physical examination and patient treatment; perform testing and maintenance of clinical areas and a variety of clerical duties.

Associate information coordinator, San Antonio - Responsible for researching medical claims, dispute resolution, high level data entry and database management; inbound and outbound blend of customer service.

Customer care representative, San Antonio - Analyze and remedy customer problems within established guidelines; reinforce approved bank policy; act as liaison between customers and various Washington Mutual departments.

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.