



# Fort Sam Houston News Leader



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Fort Sam Houston – Home of Army Medicine

Nov. 9, 2006

## Briefs . . .

### Mission Thanksgiving

Families can invite 32nd Medical Brigade Soldiers into their home for a family-style Thanksgiving dinner through the "Adopt a Soldier" holiday program. For more information or to register, call the Army Medical Department Regimental Chapel at 221-4362 or 221-3390.

### Gas pump closure

The gas pumps at the shoppette across from the Walters Street gate are closed so new pumps can be installed.

### Car registration required

Phase III of the Vehicle Registration Campaign will run through Sunday. Phase III is the enforcement phase. Drivers who were issued a citation and have exceeded the 10-day period will have to register at the gate or be denied access. Newly assigned personnel will be issued a citation and will have 10 days to register their vehicles.

### Silver Caduceus Society luncheon

The Silver Caduceus Society will host a membership and mentorship luncheon today at 11 a.m. at the Picante Grill on the corner of Broadway and Pershing roads. The guest speaker will be Col. Robert Thompson, branch chief of the Medical Service Corps from the Human Resources Command. The Silver Caduceus Society, open to Medical Service Corps officers, is dedicated to professional and personal development. For more information, call Col. Bradley Freeman at 221-6075.

### Museum closure

The Fort Sam Houston Museum will be closed Saturday in observance of Veterans Day. The museum will be open Friday and Sunday. For more information, call 221-0019.

### ID Card Section closures

The ID Card Section in Building 367 (Welcome Center), the ID Card Section in Building 1290 (Student Personnel Center), and the In and Out Processing Section in Building 367 will be closed Friday and Monday. All sections will resume service Tuesday at 7:30 a.m.

### Health benefits open season

The open season for the Federal Employees Health Benefits Program, Flexible Spending Accounts and the new Federal Employees Dental and Vision Insurance Program will be held Monday through Dec. 11. For comparison booklets, visit [http://apps.opm.gov/rates/non\\_postal.cfm?year=2007](http://apps.opm.gov/rates/non_postal.cfm?year=2007). To make open-season enrollments, changes or cancellations, visit the Army Benefits Center-Civilian Web site at <https://www.abc.army.mil> or call toll-free 1-877-276-9287.

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Photo by Esther Garcia

## You won't feel a thing

Sgt. Brandon LeMay administers the flu shot to Air Force retired Sgt. Wayne Byers at the annual Retiree Appreciation Day Saturday at Willis Hall. More than 3,500 retirees and their family members visited over 60 booths and exhibits that offered literature on nutrition, health care and health benefits. See related article on Page 14.

## Honoring veterans

# Soldier receives medals 40 years later

By Esther Garcia  
Fort Sam Houston Public Affairs Office

It may have taken 40 years, but Army retired Sgt. 1st Class Frank De La Rosa, a Vietnam veteran, finally received the recognition he deserved.

Brig. Gen. Jose Mayorga, deputy commander, U.S. Army South, pinned the long-awaited Bronze Star with V Device and the Purple Heart medal on De La Rosa Oct. 20 at a ceremony in the Army Medical Department Museum.

"This brings closure for me. It tells

where I've been and what I've done," said De La Rosa.

"We spend a lot of time these days preaching the seven Army Values to our Soldiers and we even have a dog tag with those values, which I carry close to my heart, to remind us of those values. They are loyalty, duty, respect, selfless service, honor, integrity and personal courage," said Mayorga.

But Mayorga believed De La Rosa didn't have a dog tag at that time inscribed with the Army Values. "Your actions spoke louder than your words," said Mayorga.

"The Army Values were your values. Through your acts of bravery and heroism, you have truly lived and embodied the highest values of this nation and of our Army that will truly inspire future Soldiers for a long time to come," said Mayorga. "The men and women who wear these two medals are an elite few among whose ranks you will officially join forever."

"Thank you for your distinguished service, patience and perseverance in receiving these awards," concluded Mayorga.

See VETERAN on Page 4



Photo by Elaine Wilson

Members of military, veteran and civic organizations, including a Native American contingent, participate in the presentation of wreaths and banners at the Veterans Day ceremony Nov. 11, 2005, at the Fort Sam Houston National Cemetery.

### Veterans Day ceremony at Fort Sam

The community is invited to Fort Sam Houston's Veterans Day ceremony Saturday at 9:30 a.m. at the Fort Sam Houston National Cemetery. The keynote speaker will be Navy Cmdr. Bradley Lee, commanding officer of the USS San Antonio. The event will include a wreath and banner presentation, gun salute, a tribute to veterans from the Native American community, and music from the U.S. Army Medical Command Band and the Texas Children's Choir.

### Pow Wow to honor veterans

In honor of Veterans Day and Native American Indian Heritage Month, the community is invited to the seventh annual Pow Wow Saturday from 10 a.m. to 9 p.m. at the 32nd Medical Brigade Central Gym, Building 961. The event will include intertribal and exhibition dances, vendors and food. For more information or to request reasonable accommodation for a disability, call Glennis Ribblett at 221-9401.

# Be safe, vigilant during holiday weekend

By **Maj. Gen. Russell J. Czerw**  
Commander, AMEDDC&S and Fort Sam Houston

The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude. On this, our nation's 53rd annual Veterans Day observance, we celebrate and honor the patriots who have fought to protect the democratic ideals that are the foundation of our country.

I ask commanders, directors and supervisors to include the following in their holiday safety briefings: adherence to posted speed limits, wearing of seat belts, defensive driving, drinking and driving, motorcycle safety, and ensuring sufficient rest prior to and during long trips. Leaders can use the Preliminary Loss Reports located on the Combat Readiness Center Web site (<https://crc.army.mil>) as a tool to train and discuss mishaps with their Soldiers and employees.

This holiday is also synonymous with the start of hunting season. The primary reason for Texas hunting accidents remains "swinging on game" outside a safe

zone of fire. This happens when a person points a firearm at another hunter while following a moving target, such as a flying game bird. Careless firearm handling remains another primary factor in many accidents. If you enjoy hunting, you must comply with local laws, regulations and licensing. Take every precaution when using firearms.

Remember, leaders must emphasize sexual assault risks, prevention and response in their holiday safety briefings; guidance is available at [www.sexualassault.army.mil](http://www.sexualassault.army.mil).

I thank the Soldiers and civilians of the Army Medical Department Center and School for their dedicated service. Take care of each other. Be vigilant, be safe and have a great Veterans Day.



**Maj. Gen. Russell J. Czerw**

## Cell phone policy

### *Drivers must use hands-free devices or park*

As stated in Army Regulation 190-5, vehicle operators on a Department of Defense installation and operators of government-owned vehicles will not use cell phones unless the vehicle is safely parked or drivers are using a hands-free device. Other hands-free devices, such as portable headphones, earphones or any other listening device (except for hands-free cellular phones) while operating a motor vehicle are prohibited.

Use of those devices impairs driving and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles and human speech.

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

Russell J. Czerw  
Major General, DC  
Commanding

## Fort Sam Houston News Leader

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# Veterans urged to wear medals on Veterans Day

By Donna Miles  
American Forces Press Service

WASHINGTON — With National Veterans Awareness Week under way and the national Veterans Day observance Nov. 11, the Veterans Affairs secretary is urging all veterans to show their pride by wearing their military medals.

R. James Nicholson's "Veterans Pride" initiative calls on veterans to wear the medals they earned while in uniform this Veterans Day to "let America know who you are and what you did for freedom," he said.

The campaign is modeled after a tradition in Australia and New Zealand, countries that honor the Australian and New Zealand Army Corps, or ANZAC, every April 25. The observance originally commemorated more than 8,000 Australians killed during the battle of Gallipoli during World War I, but now honors all Australian and New Zealand veterans.

Last year, while attending ANZAC ceremonies in

**"Let America know who you are and what you did for freedom."**

R. James Nicholson  
Veterans Affairs secretary

Sydney, Nicholson said he was struck to see all the veterans and surviving family members wearing their military medals and campaign ribbons.

"It focused public pride and attention on those veterans as individuals with personal histories of service and sacrifice for the common good," he noted in a message to veterans. "That is why I am calling on America's veterans to wear their military medals this Veterans Day, Nov. 11, 2006."

Nicholson and leaders of major veterans groups announced the initiative during an Oct. 18 ceremony here at the VA headquarters.

Wearing their medals, he said, "will demonstrate the deep pride our veterans have in their military service and bring Veterans Day home to all American citizens."

"We expect Americans will see our decorated heroes unite in spirit at ceremonies, in parades and elsewhere as a compelling symbol of courage and sacrifice on Veterans Day, the day we set aside to thank those who served and safeguarded our national security," Nicholson said at the ceremony.

Nicholson and the veterans group leaders hope to start a new tradition in which U.S. veterans wear their military medals every Veterans Day, Memorial Day and Fourth of July.

More information about the Veterans Pride campaign is posted on the VA Web site, at [www.va.gov](http://www.va.gov). The site also helps veterans determine where to go to replace lost medals or to confirm which decorations they're entitled to wear.



Photo by Nelia Schrum

## CNN covers combat care

CNN's health reporter Dr. Sanjay Gupta tries out the Army's tourniquet while interviewing the commander of the Institute of Surgical Research, Col. John Holcomb. Every Soldier deployed to the Global War on Terrorism now carries a tourniquet. Gupta visited Brooke Army Medical Center, the Institute of Surgical Research and the Army Medical Department Center and School Friday for a piece covering advances in combat medical care that will air Monday evening on CNN.

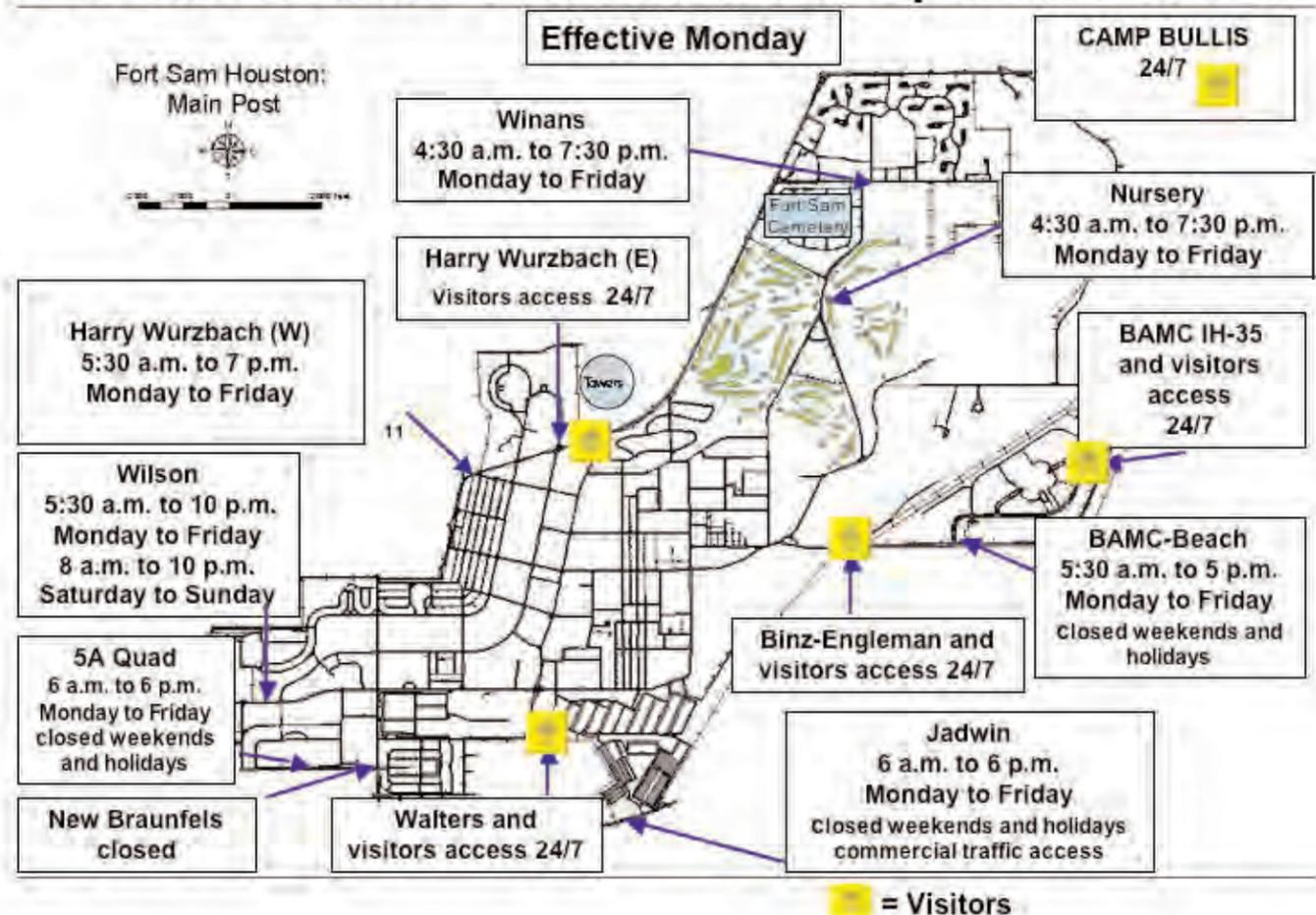


Photo by Cheryl Harrison

## Army strong

In an award ceremony held Tuesday, Command Sgt. Maj. Timothy Burke (left), of the Army Medical Department Center and School, and Maj. Gen. Russell Czerw (right), AMEDDC&S and Fort Sam Houston commander, were presented a plaque by Lt. Gen. Kevin C. Kiley, Army surgeon general, for having the highest number of retained Soldiers in the Army. The annual Commanding General's awards are presented to the commands that are successful in retaining the highest amount of Soldiers on active duty and in the reserve component as directed by the Department of the Army. Four different commands received the awards, including the Southeastern Regional Medical Command, the Europe Regional Medical Command, the Pacific and the AMEDDC&S.

## Fort Sam Houston's New Hours of Operation at ACPs



## Fort Sam to change gate hours

Fort Sam Houston has changed the hours of two access control points and closed one due to a Department of the Army funding reduction of the contract security program. The Winans and Nursery ACP hours are now 4:30 a.m. to 7:30 p.m. weekdays and closed on weekends and holidays. The New Braunfels gate is closed permanently. All other ACPs will maintain their current hours of operation. For gate hours, see the map at left.

## Briefs cont. . . .

### Health benefits fairs

The Civilian Personnel Advisory Center will sponsor two health benefits fairs: one for Brooke Army Medical Center employees and one for all other civilian employees. The BAMC health fair will be held Monday from 10:30 a.m. to 3:30 p.m. in the Medical Mall. The main post fair will be held Wednesday from 10:30 a.m. to 3:30 p.m. at the San Antonio Credit Union conference room, Building 2750, Stanley Road. For more information, call 221-2526.

### Library dedication

The Fort Sam Houston Library will be dedicated as the Spc. Keith A. Campbell Memorial Library Tuesday at 8 a.m. Campbell, a medic, died Feb. 8, 1967, while providing care to a Soldier wounded by sniper fire. He was awarded the Distinguished Service Cross for his valor. The library is located at Building 1222, on the corner of Harney and Chaffee roads. For more information, call Ron Stills at 221-8455.

### Legal office closure

The Fort Sam Houston Garrison Staff Judge Advocate, to include Client Services, the Legal Assistance Office and the Claims Division, located in Building 134 on Stanley Road, will be closed Wednesday from 12 to 3 p.m. for a Thanksgiving celebration. The offices will reopen from 3 to 4 p.m. For emergencies, call the on-call officer at 393-3042. For more information, call 221-0484.

### Legal assistance office closure

The Fort Sam Houston Legal Assistance Office will close Nov. 17 for training. The office will resume normal operations Nov. 20. For more information, call 221-2353 or 221-2282.

### Vehicle registration closure

The Directorate of Emergency Services' Vehicle Registration Office, located in Building 367, and the Provost Marshal Office, located in Building 2250, will be closed for an organizational day Nov. 17 from 11 a.m. to 4 p.m. For more information, call 221-1404.

### 2006 Holiday Ball

The Fort Sam Houston 2006 Holiday Ball will be held Dec. 8 from 6 p.m. to 12 a.m. at the Sam Houston Club. Dress is formal attire. Tickets are \$25. For more information or tickets, visit <https://www.cs.amedd.army.mil>.

### Leave donation for Katrina victims

Many federal employees in the Gulf Coast regions of Louisiana and Mississippi remain affected by Hurricane Katrina and its aftermath. A government-wide program was established in September that enables interagency transfer of annual leave donated under the Emergency Leave Transfer Program. An emergency leave donor may donate a minimum of one hour of annual leave and a maximum of 104 hours of annual leave. The donor may not donate annual leave for transfer to a specific emergency recipient. Civilian employees who would like to donate to the ELTP must complete OPM Form 1638; visit [www.opm.gov/forms/html/emerg.htm](http://www.opm.gov/forms/html/emerg.htm). Fax the completed form to the Civilian Personnel Advisory Center at 221-9328. For more information, call Lena Boutelle at 221-0639.

### Weapons training simulator

The Engagement Skills Trainer 2000 weapons training simulator is now ready for use by any military unit located on Fort Sam Houston or in the San Antonio area. The system provides realistic training on all Army small arms. The system is versatile and can be used for basic zeroing and grouping, practicing record fire, firing from defensive positions and realistic "shoot, don't shoot" scenarios. For more information, call Edmund Martin at 295-0509.

## Veteran

Continued from Page 1

De La Rosa was first wounded Feb. 6, 1966, in Vietnam when his squad was attacked by enemy fire. When a member of his squad fell in an exposed area, then Spc. De La Rosa, with complete disregard for his own safety, jumped up and fired heavy machine gun fire at the enemy's emplacements until his wounded comrade was evacuated to safety.

Later in the month, De La Rosa was wounded while assigned to the Recon Platoon, Headquarters Headquarters Company, 2nd Battalion, 35th Infantry, 25th Infantry Division, 3rd Brigade Task Force, in Vietnam. De La Rosa was stabbed in the right forearm by a North Vietnamese soldier he encountered inside the unit's base camp. After being treated and returned to action, he again was wounded on the same day with a gunshot wound to the leg when he jumped into a foxhole.

De La Rosa retired with 21 years and six months of distinguished military service. He has been married to his wife, Mary, for 39 years. They have three children and 10 great-grandchildren.



Brig. Gen. Jose Mayorga, deputy commander, U.S. Army South, presents the long-awaited Bronze Star with V Device and the Purple Heart medal on retired Sgt. 1st Class Frank De La Rosa. Assisting Mayorga is (center) retired Lt. Col. Frank Brennan, De La Rosa's commander in Vietnam.



Photos by Esther Garcia

(From left) Sgt. 1st Class Bernadette Henderson, 187th Medical Battalion; Tech Sgt. Jarvis Wiggins, Lackland Air Force; and Sgt. Mossaab Benhammou, Great Plains Regional Veterinary Command, perform the national anthem at the opening ceremony for Celebrate America's Military Week luncheon. The luncheon kicked off a weeklong celebration of a variety of activities celebrating the contributions of the military, past and present.



## Celebrate America's Military events

### San Antonio Symphony concert

The San Antonio Symphony will perform today from 6:15 to 9 p.m. at the Municipal Auditorium, 100 Auditorium Circle. The U.S. Army's Old Guard Fife and Drum Corps will perform outside the Municipal Auditorium. The event is free and open to the public; however, a ticket is required for the event. Tickets for military personnel are available at the ticket office in the Sam Houston Club. For more information, call the San Antonio Symphony Box Office at 554-1010.

### Buffalo Soldier commemorative ceremony

A Buffalo Soldier commemorative ceremony will be held Saturday from 1:30 to 2:30 p.m. at the San Antonio National Cemetery, 517 Paso Hondo St. The guest speakers for the event are retired Maj. Gen. Irene Trowell-Harris, director of the Veterans Affairs Center for Women Veterans, and retired County Judge Edward Harrison, of Brenham, Texas. The event is free and open to the public.

### Veterans Day parade, wreath laying ceremony

A Veterans Day parade and wreath laying ceremony will

be held Saturday at 11 a.m. at the Alamo, 300 Alamo Plaza; the parade will begin at 1 p.m. Grand Marshalls for this year's parade are Brig. Gen. P.K. Keen, commanding general of U.S. Army South; Adm. John B. Nathman, commander, U.S. Fleet Forces Command; Lt. Gen. Dennis Larsen, vice commander, Headquarters Air Education and Training Command; and Lt. Col. Marc L. Magram, U.S. Marine Corps.

### Freedom Fest

A Freedom Fest will be held Saturday from 3 to 7 p.m., at the Milam Park, 500 West Commerce St. There will be exhibits, food booths and musical entertainment by the Navy Rock Band and local musician, Jay Perez. The event is free and open to the public.

### San Antonio Zoo military discount

On Sunday, the San Antonio Zoo, located at 3903 N. Saint Mary's St., will offer military personnel and their immediate families a 50 percent discount on admission tickets. Patrons must show a military ID card to receive the discount.

# Physical therapy proves effective for LSS patients

By Master Sgt. Kimberly Spencer  
59th Medical Wing Public Affairs

When everything hurts, and what doesn't hurt doesn't work right any more, it might not just be a sign of aging.

Lumbar spinal stenosis is a narrowing of the spinal canal most often caused by the aging process. Symptoms of LSS may include numbness, weakness, cramping or pain in the legs, feet or buttocks; stiffness in the legs and thighs; low back pain; and, in severe cases, loss of bladder and bowel control. A diagnosis of LSS often results in spinal surgery in patients over age 65, costing the nation's health care system \$1 billion annually.

Fortunately, now there is hope for those who suffer one or more of these symptoms. A recent study conducted at Brooke Army and Wilford Hall Medical Centers found that patients with LSS reported significant improvement after physical therapy, with the greatest gains occurring in patients who received manual physical therapy, exercise and a progressive body weight-supported treadmill walking program.

The study results were published in the October 2006 issue of "Spine" medical journal, an international journal recognized as the leading journal in its field, according to medical officials.

"Until now, there has been very little information regarding the best non-surgical treatment options for patients with LSS," said Maj. (Dr.) John Childs, assistant professor and director of research, U.S. Army-Baylor University Doctoral Program in Physical Therapy, Army Medical Department Center and School. "Given the high

prevalence, cost and disability associated with LSS in the military health care system, the results of this study can be used to improve the non-surgical management of beneficiaries with this condition."

Lead researcher, Dr. Julie Whitman, began working on the study while assigned to Wilford Hall Medical Center as an active duty physical therapist. She has since separated from the Air Force and is now with the Department of Physical Therapy, Regis University, Denver, Colo.

"Given the prevalence, cost and disability associated with LSS and the lack of studies being conducted on non-surgical care for these patients, we must make it a priority to explore non-surgical treatment options," said Whitman.

Whitman and colleagues found that patients treated with two forms of noninvasive physical therapy programs reported improvements in disability and satisfaction after just six weeks.

Fifty-eight patients with LSS were randomly selected to receive one of two six-week physical therapy programs. One program included manual physical therapy (both thrust and non-thrust manipulation of the spine and lower extremity joints, manual stretching and muscle strengthening exercises) to the thoracic and lumbar spine and lower extremities, body weight-supported treadmill walking and exercise. The other program included lumbar flexion exercises (30-second sets of single- and



Photo by Elaine Wilson

Maj. Matthew Garber, physical therapist, demonstrates lumbar manipulation on 2nd Lt. Nichole Mooney, a student of the U.S. Army-Baylor Doctoral Program in Physical Therapy at the Army Medical Department Center and School. Garber participated in a study that found physical therapy is effective in relieving symptoms of lumbar spinal stenosis.

double-knee-to-chest exercises), a progressive treadmill walking program and sub-therapeutic ultrasound.

"To our knowledge, this is the first randomized clinical trial comparing noninvasive intervention programs for patients with LSS," Whitman said. "Our results demonstrate that patients receiving physical therapy programs achieve clinically important improvements at six weeks and one year post-therapy."

## Smoke-free, courageous forever

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



# Combat Casualty Care Course evolves to meet wartime needs

By Navy Lt. Brian Haack  
 Defense Medical Readiness Training Institute

The tri-service staff at the Defense Medical Readiness Training Institute has taught tactical combat casualty care in one form or another for more than 25 years.

Over time, the Combat Casualty Care Course has evolved to meet the changing needs of the services and to reflect the military objectives of the times. Despite the changes that have taken place since the inception of C4 in 1980, one fact remained essentially unchanged — the United States was at peace.

Since September 11, 2001, the nation has been at war; and fittingly, the nation's involvement in a lengthy ground war has required sweeping changes in the way the C4 is taught and how DMRTI's C4 teaching staff conducts training.

DMRTI Commanding Officer Air Force Col. Courtney Scott said that the most recent changes were not merely changes at all, but a complete "transfor-

mation" of the course designed to reflect changes in the operational environment and to encourage individual services to state their needs and take ownership for what is taught in C4.

"We felt it was time to convene senior representatives from our primary customers (Army, Navy and Air Force) and scrub the course from top to bottom," Scott said. "Our customers gave us a great product that each of the services has ownership in."

Scott said the individual services were instrumental in developing new practical training objectives for the course. "We are introducing more and more hands-on activities where we give the students information but then require them to use it in a practical sense — they have to process it and make meaningful decisions," Scott said.

"Most importantly, all this is being done within the big-picture concept of where we fight today; the joint environment. This general vector should hold for

quite some time to come."

Through the process of changing C4, Scott and his staff decided that it was not enough to change the C4 alone. The organization of DMRTI had to change to support the new needs, a difficult task.

Scott had high praises for his staff at DMRTI.

"The critical element that I think everyone should appreciate is the difficulty of doing this transition on the fly. Our cadre is doing amazing things to keep the courses coherent in the middle of all these changes. This is a testament to their leadership, their skill and their sense of dedication. My hat is off to all our combat medicine folks and the people throughout the institute that enable their mission."

In transforming C4 and DMRTI's organizational structure for operating in the joint environment, Scott said his command's mission for the foreseeable future can best be summed up by borrowing a quote from hockey great Wayne Gretzky, "We are skating to where the puck is going to be."



Courtesy photo  
 Students at the Combat Casualty Care Course gain practical experience in trauma management techniques using state-of-the-art Human Trauma Patient Simulators.

## Troop Salute

### 264th Medical Battalion



#### Soldier of the Week

**Name:** Staff Sgt. Willie Henard  
**Unit:** A Company  
**Career Field:** Drill sergeant and dental specialist  
**Time in service:** Nine years  
**Future goals:** To complete my bachelor's degree and to become a first sergeant of A Company  
**Reason for joining the Army:** To provide a better life for my family, travel the world and follow in my father's steps  
**Latest accomplishment:** Drill Sergeant of the Year for the 264th Medical Battalion



## Army Community Service

### November Financial Readiness Class Schedule

Class Title	Dates	Class Time
Financial Planning	today	2 to 4 p.m.
Identity Theft	Tuesday	2 to 4 p.m.

**Financial Planning** – Information on savings, credit and establishing budgets.  
**Identity Theft** – Information on how not to become a victim, how to recognize when it happens and what to do if it does happen.

All classes are held in Building 2797, 2010 Stanley Road, Room 1. Everyone is invited to take advantage of these classes. Class space is limited. To register for class or for more information, call 221-1612.

# Public meeting explains Fort Sam expansion

Story and photo by Edward Rivera  
Fort Worth District Public Affairs

**SAN ANTONIO** — The Fort Sam Houston Environmental and Natural Resource division presented the draft Environmental Impact Statement for on-post Base Realignment and Closure actions Oct. 24 during a public meeting at St. Patrick's Church in San Antonio.

The presentation detailed the new missions and construction projects totaling \$1.5 billion, necessary for the more than 12,000 new members and 5,000 family members moving into the community in the next five years.

The public meeting was held in accordance with provisions from the National Environmental Policy Act, which requires federal agencies to analyze the potential environmental impacts of proposed actions and alternatives and consider the impacts before making a decision. It also requires public input.

"This meeting is one method of presenting information about the potential environmental impacts of a pending federal decision and provides a forum for receiving comments from individuals," said Phil Reiding, Fort Sam Houston public affairs officer.

According to Col. Wendy L. Martinson, U.S. Army Garrison commander, Fort Sam Houston will increase as a result of BRAC actions, not only in personnel numbers and expanded missions, but also in new construction, renovation and adaptive reuse of existing buildings.

"The next five years will be very exciting for us as new missions ... Army, Air Force and Navy begin, and traditional missions expand," Martinson said.

Martinson said the NEPA process is a planning tool which incorporates comments provided during the comment period. This allows for community input in the final product, the Record of Decision.

Lt. Col. Barbara Holcomb, chief of the Base Transformation Office, described the focus of the envi-

ronmental analysis, where they are in the analysis process and summarized the contents of the DEIS.

There are four sub-areas affected under the proposed alternative plan: Patient Care; Medical and Other Research, Development, Testing and Evaluation; Medical Training; and Headquarters and Administrative Support. Areas of analysis include land use, aesthetics and visual resources, air quality, noise, geology and soils, water resources, biological resources, cultural resources, socioeconomics, transportation, utilities, hazardous materials and waste management, and cumulative effects.

Due to NEPA requirements, federal agencies must explore alternatives where possible with the objective of eliminating or lessening environmental impacts. It also requires the analysis of the no action alternative, which essentially provides a baseline of potential impacts of the status quo versus any changes.

According to Holcomb, the alternatives to accommodate the influx of people and missions are dependent on the availability of suitable land. Considerations include current use of the land, impacts on historic properties, relationships between activities and other factors.

"After spending considerable time and effort in developing a workable facilities-development plan, the preferred alternative is the only reasonable alternative," Holcomb said.



Col. Wendy L. Martinson, U.S. Army Garrison commander, speaks with public meeting attendees Oct. 24 at St. Patrick's Church in San Antonio. At the meeting, the post Environmental and Natural Resource division presented the draft Environmental Impact Statement for on-post Base Realignment and Closure actions.

The two alternatives included in the DEIS for analysis were the no action alternative and the preferred alternative that would accommodate the BRAC, Army Modular Force and other non-BRAC-related moves. Martinson's hope was that attendees left with a better understanding of the proposed action and the focus of the environmental analysis.

"This action will invest billions in the local economy, create thousands of clean jobs and do so with no significant impact on the environment," she said.

People can view or download an electronic version of the DEIS at [http://www.hqda.army.mil/acsim/brac/nepa\\_eis\\_docs.htm](http://www.hqda.army.mil/acsim/brac/nepa_eis_docs.htm).

## Native American Indian Heritage Month

# November celebrates contributions throughout history

**Sgt. 1st Class Brian R. McCoy**  
32nd Medical Brigade Equal Opportunity Adviser

Native Americans have participated and served with distinction for more than 200 years in the United States military.

George Washington and many other military officials recognized Native American Indians for their honor, courage, fighting spirit and determination. Washington was quoted as saying, "I think they can be made of excellent use, as scouts and light troops."

This skill of scouting was used during the War of 1812. The U.S. Army officially established the Indian Scouts in 1866. The Scouts were very active during the late 1800s and early 1900s throughout the American West and even assisted with the pursuit of Pancho Villa in 1916. In 1947, the U.S. military deactivated the units and their last member retired at a ceremony held at Fort Huachuca, Ariz.

During World War I, more than 12,000 American Indians served in the U.S. military. This number nearly quadrupled during World War II. Considering that the Native American population was around 350,000, the fact that more than 44,000 chose to help defend their homeland demonstrated an

intense desire to contribute significantly to the nation's military.

An additional 40,000 Native Americans left the reservations to work as skilled laborers to support the war effort. To date, there are more than 190,000 Native American military veterans, making them the highest record of service per capita in comparison to other ethnic groups. Native Americans' distinctive cultural values, such as a proud warrior tradition, are believed to be a contributing factor in their desire to serve.

The warrior tradition displays a willingness to engage the enemy in battle and has been demonstrated on several occasions by the courageous deeds in many of the nation's military operations. Some of the many other qualities inherent in most Native Americans, such as honor, devotion, wisdom, honor, physical and mental strength, match perfectly with military tradition.

Warriors have exhibited extraordinary bravery and military heroism throughout the long history of service



Photo by Carl Gaston  
Sgt. Sinew L. Riley teaches his son, Larrie, Indian wood lore April 1, 1942, at Fort Huachuca, Ariz.

with the United States military, some going "above and beyond the call of duty." During the 20th century, there were many Native American Medal of Honor recipients to include Navy Cmdr. Ernest Edwin Evans, a Cherokee Indian; Capt. Raymond Harvey, a Chickasaws Indian; 1st Lt. Jack C. Montgomery, a Cherokee Indian; 1st Lt. Ernest Childers, a Creek Indian; 2nd Lt. Van

Barefoot, a Choctaw Indian; Cpl. Mitchell Red Cloud Jr., a Winnebago Indian; Pfc. John N. Reese Jr., a Cherokee Indian; and Pfc. Charles George, a Cherokee Indian.

Evans, Red Cloud and George made the ultimate sacrifice in service for their country.

Native American service members continue to serve in the nation's military in support of the Global War on Terrorism. Each year, the month of November is recognized by presidential proclamation as Native American Indian Heritage Month.

Fort Sam Houston will celebrate with a Native American Pow Wow Saturday from 10 a.m. to 9 p.m. in Building 961. The event will feature traditional Native American dancers, food and craft vendors. Come out and enjoy some of the traditions that have been passed down from generation to generation and help honor the contributions made to the nation by Native Americans throughout history.

## LMH invites residents to fall events

Lincoln Military Housing will host several free events in the upcoming weeks for family housing residents. Residents are asked not to bring guests.

### November

- LMH representatives will offer residents a "Breakfast on the Go" Wednesday from 7 to 8 a.m.
- Along with a November Yard of the Month, LMH will judge homes for Fall Décor of the Month. The winning residents will receive a \$50 gift certificate for

Home Depot. The four winners will be notified by Dec. 5.

- Residents can enter their name in a Turkey Giveaway to win one of five turkeys through Tuesday. The winners will be notified Wednesday. Submit entry forms at the housing office in Building 367 or e-mail name and address to [questions@samhoustonlpc.com](mailto:questions@samhoustonlpc.com).

For photos and upcoming activities, visit [www.samhoustonlpc.com](http://www.samhoustonlpc.com). For more information, call LMH at 270-7638.

# Post Pulse: What do you think about the military and would you join?



*"I would want to help my country by joining, and because I like the way the uniforms look with the names on it."*

**Steven Coleman**



*"I would graduate from high school and college then join the Army."*

**Nicole Hardeman**



*"I think of the military as learning how to use a weapon."*

**Tyrus Mathis**



*"Yes, I will join because my grandpa was in the military, and when he died I got to keep his badge."*

**Armeshia Williams**

## Halloween at Canyon Lake

The winners of a Halloween costume contest show off their costumes Oct. 28 during the first annual Haunted Halloween event at the Canyon Lake Recreation Area. Nearly 100 people attended the party, which included hay rides down to a witch's cottage, a witch with spells and treats, and a haunted house. The costume contest winners received gift certificates to Wal-Mart.



Courtesy photo

## Military-style tour

Staff Sgt. Anika Height, of U.S. Army North, calls cadence as students from West Avenue Elementary School in San Antonio march to the Fort Sam Houston Museum Friday for a guided tour. Each year the San Antonio Conservation Society Foundation sponsors an annual tour of historical sites. About 2,600 fourth grade students from 29 schools participate in bus tours during the month of November. This year Fort Sam Houston was chosen as one of the historical sites to visit. The society furnishes transportation and admission to various historical locations.



Photo by Minnie Jones



Photo by Sgt. Jarrett Sangerine

## Making a difference

Spc. Nicole Campbell (left), A Company, Brooke Army Medical Center, and Spc. Cassandra Buzian (right), Army Medical Department Center and School Preventive Health Services, present a blanket to Jennifer Craig and her husband, William, signed by Fort Sam Houston Soldiers as a way to cheer the family and recognize Jennifer's struggle with Gardner's Syndrome, a rare genetic disease.



Photo by Michael Dulevitz

## Chillin' out

Brooke Army Medical Center Command Sgt. Maj. Craig A. Layton hands out ice cream Oct. 31 at an ice cream social in the BAMC Medical Mall. The purpose of the social was to raise awareness within BAMC about the ongoing Combined Federal Campaign.

**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.



# Army increases weight limit for females, standards remain same

By Michelle L. Gordon  
Army News Service

WASHINGTON — Weight limits for female Soldiers have changed to incorporate current research regarding differences between male and female body types.

The change allows most females to weigh 5 to 19 pounds more under Army Regulation 600-9, "The Army Weight Control Program," which establishes guidance for body-fat standards within the Army.

The previous version of the regulation was last updated 17 years ago.

"Training NCOs were telling us they had been needlessly taping female Soldiers," said Hank Minitrez, public affairs officer for the Army G-1 Human Resources Policy Directorate. "It seems women were failing the weight portion of the test, but they were well under the maximum body-fat percentage allowed for their age group. In fact, we found that more than half of all female Soldiers who were taped did not need to be."

A team of Army and civilian physicians and scientists was appointed to find a better way to measure body fat in women, who carry weight differently than males, Minitrez said.

"We took their findings and changed the screening weight table for female Soldiers. The screening table weight

is the maximum you can weigh before you have to be taped or tested for body-fat percentage," he said.

Instead of being taped at the wrist, forearm, neck and hips, females will now be taped around the abdomen, neck and hips.

"Measuring the abdomen will give a more accurate portrayal of a female Soldier's body-fat percentage," Minitrez said. "We don't want fat Soldiers, we want fit Soldiers. The tape test is still going to help determine body-fat and fitness levels compared to lean muscle-mass levels."

Repercussions for Soldiers failing to meet Army weight standards remain unchanged. They will still be enrolled in the Army Weight Control Program, through which Soldiers seek counseling from a nutritionist on eating properly and incorporating exercise into their daily routines. They must also receive a blood test from their local military treatment facility to rule out medical problems.

Enrollment in the program does not prohibit a Soldier from deployment, but it does prevent positive actions such as awards or attendance at professional development schools.

"The program is designed to assist Soldiers in creating a healthy, fit lifestyle that the Army requires in a time of war," Minitrez said. "We want all of our Soldiers to be Army Strong."

"We don't want fat Soldiers, we want fit Soldiers. The tape test is still going to help determine body-fat and fitness levels compared to lean muscle-mass levels."

Hank Minitrez

Army G-1 Human Resources Policy Directorate

The revised AR 600-9 was published Sept. 1 and implemented Oct. 2, but Army leaders decided to give active-duty and reserve-component Soldiers a six-month transitional period. March 31 is the mandatory effective date.

"This revision didn't happen overnight," Minitrez said. "Researchers have been working for at least a decade to determine if current systems of measuring body fat were the best systems out there. Research is always ongoing and the Army, just like any other agency, has to keep evolving and using the latest data available — whether it's with equipment, technology or, in this case, medicine."

To view AR 600-9 online, visit <http://www.army.mil/usapa/epubs/>.

## SPORTS BRIEFS . . .

### Neanderthal Trail Run

The Training Support Company will sponsor a Neanderthal Trail Run Nov. 17 starting at 7 a.m. at TSC, Building 5130, Camp Bullis. The course is 5.2 miles of rugged, off-road terrain with challenging trails. Unit T-shirts and guidons are welcome; personal hydration systems are authorized. The event is open to military members and Department of Defense employees. For more information or to register, call Staff Sgt. Timothy Ragina at 295-7620 or e-mail [timothy.w.ragina@amedd.army.mil](mailto:timothy.w.ragina@amedd.army.mil).

### Tough 'Ombre 10K Run

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

### Women's basketball tournament

Sign up by Dec. 4 for the 10th Annual Rangerette Classic women's basketball tournament Dec. 9 and 10 at the Jimmy Brought Fitness Center. The double-elimination tournament will follow National Collegiate Athletic Association rules. There is an eight team and 12 player limit. Awards will be given to the top three individual and team winners. Entry fee is \$225 per team. For more information, call Earl Young at 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

### Intramural bowling

Letters of intent for intramural bowling are due by Dec. 5. Letters should be mailed to Earl Young at 1212 Stanley Road, Suite 20, Fort Sam Houston, Texas, 78234-5020 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil). A coaches meeting will be held Dec. 12 at 1 p.m. at the Fort Sam Houston Bowling Center. The season begins Jan. 9. For more information, call 221-1180 or 221-1234.

### Basketball players needed

The Fort Sam Houston men's basketball team is in need of players. If interested in trying out for the team, call 221-1180.

### Basketball coach needed

The Fort Sam Houston women's basketball team is in need of a coach. If interested or for more information, call Earl Young at 221-1180.

### Play prohibited on Salado Course

Play is prohibited on the Salado Course at the Fort Sam Houston Golf Course until the conclusion of the growth season, which will facilitate the healthy growth of the greens and tees. People who violate this directive will be subject to having their playing privileges revoked. The course is expected to open in January 2007; however, people should wait until an official announcement

is made concerning the opening of the Salado Course. The golf course staff apologizes for any inconvenience this causes to valued patrons. Golf patrons are welcome to use the Lomas Course until the reopening of Salado. For questions or concerns, call 221-5863.

### Intramural flag football standings

Nov. 3

Team	Win	Loss
264th Med Bn	8	0
BAMC	4	2
DENTAC	2	5
201st MI	2	5
187th Med Bn	2	6

## Retiree Appreciation Day

# Fort Sam shows appreciation for retirees

Story and photos by Esther Garcia  
Fort Sam Houston Public Affairs

More than 3,500 retirees and their family members attended the annual Retiree Appreciation Day Saturday at Willis Hall and more than half had the opportunity to receive the flu shot, the highlight of the event.

"This was the best retiree day we've had in five to seven years. I want to thank the commander of Brooke Army Medical Center for providing the vaccine," said Salvador Toscano, rehabilitation services officer, Human Resource Center, and coordinator for the event. Toscano said the vaccine is what draws the crowd and, without the support of BAMC, retiree day would not have been as successful.

After receiving the flu shot, retirees visited numerous booths and exhibits from BAMC offering blood-pressure checks, cholesterol-level checks, information and literature about nutrition, pharmacy, cardiology, dermatology and optometry, just to name a few.

The basement contained booths that offered a variety of information from veterans' organizations on health benefits including TRICARE and dental.

The Staff Judge Advocate Office was on hand

offering information about wills and trusts, probates and tax.

Retirees also had the opportunity to register their vehicles and renew their ID cards in Building 367.

In a briefing held at Blesse Auditorium, Maj. Gen. Russell Czerw, installation commander, thanked the retirees for their military service.

Brig. Gen. James Gilman, commanding general, BAMC, provided an update of the upcoming changes at BAMC due to the 2005 Base Realignment and Closure.

Col. Wendy Martinson, commander, U. S. Army Garrison, talked about the new construction and organizations that will move to the post due to BRAC.

Lt. Gen. Robert T. Clark, commanding general, U.S. Army North, and guest speaker, spoke about the new mission of U.S. Army North. Clark announced to the retirees his upcoming retirement in about a month. "I will shortly retire and join your ranks. I will do what I can for the retiree population and active-duty population because I was born and raised in the Army, and I will always be a Soldier in the United States Army, whether I wear a uniform or not," he said. Clark also presented a video that announces the new slogan for the Army, "Army Strong."



Dr. Mark Gleisner, from Brooke Army Medical Center, screens the mouth of a retiree for precancerous signs as Col. Robert Lutka, chief, Dental Specialty Branch looks on. The dental science division also offered screenings for retirees and provided appointments for teeth cleaning if they qualified.



(Left) Nancy Khan, a registered nurse with cardiology at Brooke Army Medical Center, takes a blood pressure reading on Air Force retired Lt. Col. Walter McGinnis.



Retiree Appreciation Day offered a variety of exhibits and booths for retirees. American Medical and Rehab offered the chance for retirees to win a basket full of goodies.



Col. Robert Lutka, chief, Dental Specialty Branch, shows Master Warrant Officer Marina Roberge, Canadian Armed Forces, the equipment and supplies their students use during training for the dental hygiene class. Roberge visited the Dental Science Division to explore the possibility of Canadian Armed Forces attending training here in the future.

**Fort Sam Houston  
Independent School District  
Weekly Calendar  
Monday to Nov. 18**

*American Education Week*

**Fort Sam Houston Elementary School**

**Wednesday**

Thanksgiving feast for pre-kindergarten, kindergarten and first grade

Early dismissal - pre-kindergarten through fourth grade, 2 p.m.; and fifth and sixth grade, 2:30 p.m.

**Nov. 16**

Thanksgiving feast for second through sixth grade

KENS 5 EXCEL Award aired

**Nov. 17**

PTO board meeting, 8:30 a.m.

Spirit day

**Robert G. Cole Jr. / Sr. High School**

**Monday**

Senior class panoramic photos, advisory

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

**Tuesday**

Girls' basketball at Somerset, 6:30 and 7:30 p.m.

Fall play in mall area, 7 p.m.

**Wednesday**

Fall play in mall area, 7 p.m.

**Nov. 16**

Dual swim meet, TBA

Fall play in mall area, 7 p.m.

Girls' junior varsity basketball tournament at Devine, TBA

**Nov. 17**

Girls' varsity basketball at Pleasanton, TBA

Dual swim meet, TBA

**Nov. 18**

Girls' varsity basketball tournament at Pleasanton, TBA

Girls' junior varsity basketball tournament at Devine, TBA



Courtesy photo

**Principal's students of the month**

Each month Cole Jr./Sr. High School recognizes one student from each grade level for outstanding attitude, citizenship and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The recipients for October are (front row, from left) Casey Gresenz, 10th grade; Shantal Goodwill, eighth grade; and Molly Gresenz, seventh grade; and (standing, from left) Roy Aviles, 12th grade; Josiah Brown, ninth grade; and Nate Cox, 11th grade.



Photo by Kathy Maxwell

**Fun fair**

A performance trainer leads a competitive game for parents and students during the Health Fair and Family Physical Education Night at the Fort Sam Houston Elementary School. More than 200 parents and children participated in a variety of exercises, games and activities.

***Cole Junior ROTC turkey shoot Friday***

The Robert G. Cole High School Junior ROTC Battalion will host the 39th Annual Turkey Shoot Friday from 3 to 7 p.m. at the Cole Rifle Range. Prizes will be awarded in eight categories. Tickets are \$1 for three shots and can be purchased from any JROTC cadet or at the door. For more information, call the battalion at 368-8730, ext. 7018 or 7019.

***Cole dinner theater, Tuesday through Nov. 16***

The Cole Jr./Sr. High School fall play will be presented at the school mall Tuesday through Nov. 16. The "Clown's Play," by Reginald F. Bain, will be performed by members of Barbara Lien's high school drama class. The dinner theater extravaganza will include audience participation and clowns. Dinner starts at 6 p.m. and the play begins at 7 p.m. Tickets can be obtained from any cast or crew member at school during lunch period for \$5. For reservations, call 368-8730, ext. 7500. All proceeds go toward senior theater, speech and family living scholarships.



Photo by Gloria Davila

Julie Coffey, high school counselor, reads the obituary of a student taken by the grim reaper during the living dead scenario. The living dead represented students who died in alcohol-related deaths.



Photo by Gloria Davila

Representing death, the grim reaper, played by Joseph Hubbard, selects a student to remove from the class. The grim reaper took students who died in alcohol-related deaths while drinking and driving.

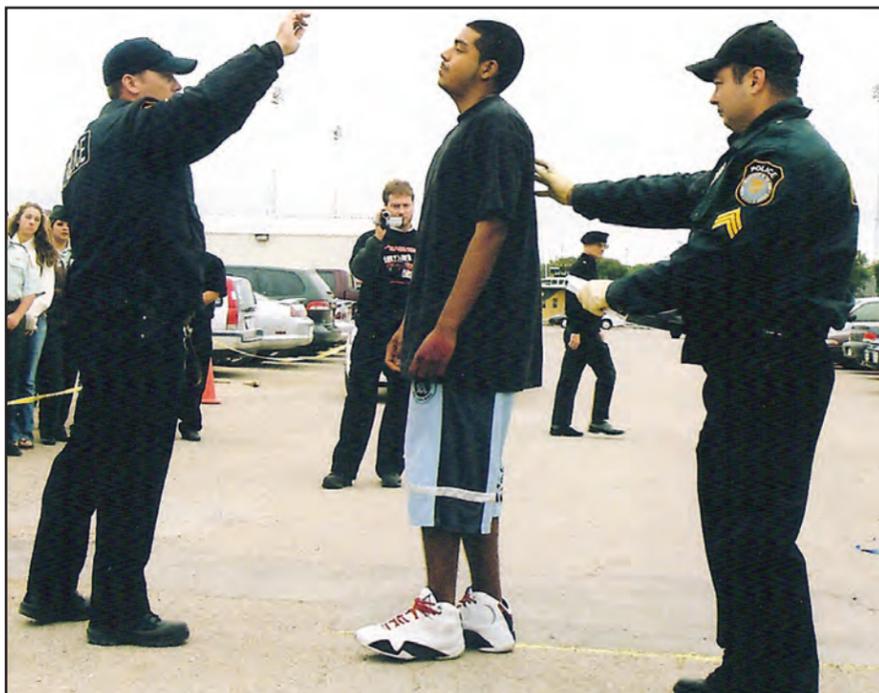


Photo by Esther Garcia

Students from Cole Jr./Sr. High School observe the Fort Sam Houston Police conduct a field sobriety test on Angel Ramirez, who played the part of an underage intoxicated driver.



Photo by Esther Garcia

Joseph Hubbard, as the grim reaper, leads the living dead, Amber Bocanegra, Christopher Casey, Bethany Langford, Thomas Leeds, Brittany Maas, Gabriella Ruiz, Yaritsis Sepulveda-Loza, Lukas Sheridan, Katherine Teeter and Gregory Washington, to the mock crash site. The living dead represent students who died in alcohol-related deaths while drinking and driving.

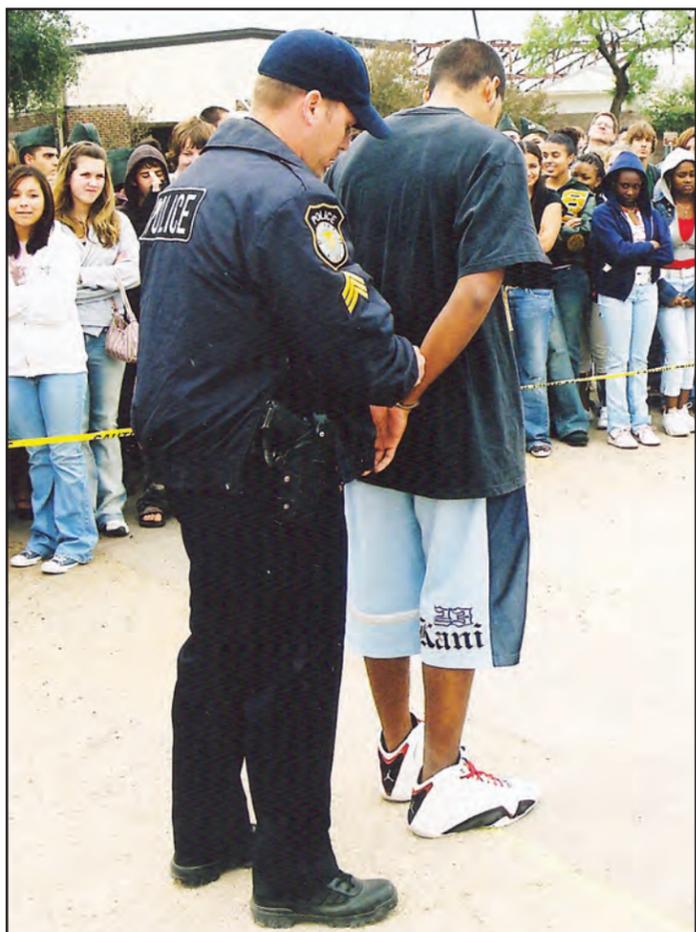


Photo by Esther Garcia

Once it was determined he was under the influence while driving, Cole Jr./Sr. High School students watch as Angel Ramirez is handcuffed and taken away by the Fort Sam Houston Police in a patrol car,



Photo by Esther Garcia

Pronounced dead at the scene of the mock crash, Fabian Rodriguez is transported from the scene in a hearse provided by a local funeral home.

Playing a role in the "Shattered Dreams" scenario, Lt. Col. Andrew Lucke and his wife, Lisa, remind themselves over and over "it's not real" as they identify the body of their son, Cameron. Lucke was transported to Brooke Army Medical Center with serious injuries, but was later pronounced dead by doctors, all part of the dramatization. A cameraman videotaped the drama to educate students about the consequences of underage drinking and driving.



Photo by Michael Dulevitz



Photo by Esther Garcia

Fort Sam Houston firefighters remove Paul Parker from a wrecked vehicle. The mock crash, played out in front of Robert G. Cole Jr./Sr. High School Nov. 1 for high school students, was part of a two-day, school-based program called "Shattered Dreams." The program promotes responsible decision-making among high school students regarding underage drinking and impaired driving.



Photo by Esther Garcia

Wounded victims at the scene of the mock crash are transported by ambulance to Brooke Army Medical Center for treatment.



Photo by Esther Garcia

Fort Sam Houston firefighters use the jaws-of-life to safely remove victims from inside the car.

# Drinking, driving shatters dreams

By Esther Garcia  
Fort Sam Houston Public Affairs Office

First responders from Fort Sam Houston converged in front of Robert G. Cole Jr./Sr. High School Nov. 1 in response to a severe two-car crash that left one teenager dead and several others severely wounded. The driver of one of the vehicles was intoxicated and had no visible injuries.

Fort Sam Houston firefighters used the jaws-of-life to remove several of the severely wounded teenagers from the cars. One teenager had to be airlifted by helicopter to Brooke Army Medical Center for treatment; others were transported by ambulance.

One teen, who died at the scene, was covered with a sheet and taken away in a hearse provided by a funeral home.

The teenager under the influence was interrogated by the Fort Sam Houston Police and given a field sobriety test. When it was determined he was under the influence, he was handcuffed, placed in a patrol car and taken away.

Although realistic, the above scenes were actually part of a two-day, school-based program dubbed "Shattered Dreams." The program promotes responsible decision-making among high school students regarding underage drinking and impaired driving (driving after drinking or riding with a drinking driver) by showing them how irresponsible choices can end all dreams.

"This is the first one in the country held on a federal installation," said Christina Guerra, with the Texas Alcoholic Beverage Commission.

The scenario, played out in front of high school students at Cole High School, was part of an attempt to reduce underage drinking and impaired driving among teens.

"Coming out and seeing people lying on the ground, it gave me a chill down my spine," said Cshakenah Fisher, a senior at Cole High School. "You drink, you drive, you die."

"Driving under the influence is number one in fatal crashes. Even if we make a small dent in that, then it is good," said Senior Trooper Paul Wagener, with the Texas Highway Patrol, referring to the program.

The mock crash, a realistic portrayal of an alcohol-related crash, is just one way of increasing awareness of the consequences of underage drinking and driving. The two-day program also included parent-student workshops, the living dead, mock death notifications to the parents, mock obituaries, student retreat and a mock memorial celebration.

The living dead, portrayed by student volunteers, represented students who died in alcohol-related crashes. In the scenario, a student was removed from the class every 15 minutes by the grim reaper. The purpose of the living dead is to increase awareness of the number of people dying in alcohol-related crashes to the student body.

"One person dies every 33 minutes in an alcohol-related crash," said Guerra.

Once a student was removed by the grim reaper, a faculty member reads the student's obituary in the classroom. The obituaries were written by the students themselves.

The mock memorial is designed to teach about the consequences and laws of underage drinking and impaired

driving. The memorial provides a second chance at life and an opportunity to commit to being alcohol-free.

A student retreat, held the last day of the program, is an opportunity to create lasting changes in a youth's behavior.

"If we could save one alcohol-related death, it will be well served," said Gloria Davila, associate superintendent, Fort Sam Houston Independent School District.

"This is an opportunity for the students to see the after effects of an alcohol-related accident. We don't want them to make the choice that causes accidents like the one demonstrated," said Gail Siller, superintendent for the FSHISD.

"A lot of hard work was put into it. Our goal was achieved if we got the message across to the kids, even if we made a difference in one student, that is a lot," said Elizardo Hernandez, assistant principal for student services, Cole High School.

The two-day program was put together with the support of the University of Texas Health Science Center, the Texas Alcoholic Beverage Commission and the San Antonio Council on Alcohol and Drug Abuse. Other agencies supporting the program included the Fort Sam Houston Police, Fort Sam Houston Fire Department, Department of Safety, BAMC, Department of Public Safety and the Texas Highway Patrol.

"This is good training for us, excellent, and very visual for the kids. It's great for the kids to see so much, as close as possible, to see what we have to do as first responders," said Devin Gonzalez, firefighter, Fort Sam Houston Fire Department.

## Post Worship Schedule

**Main Post Chapel**, Building 2200, 221-2754

**Catholic Services:**

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

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

**Protestant Services** - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

**Jewish Services:** 379-8666 or 493-6660

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

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

**Catholic Service:** 12:30 p.m. - Mass - Sundays

**Protestant Services:**

10:30 a.m. - Collective Gospel Protestant - Sundays

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

**Samoan Protestant Service:** 8:30 a.m. - Sundays

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

**Catholic Services:**

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

**Protestant Services:**

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

**AMEDD Regimental Chapel**, Building 1398, 221-4362

**Catholic Mass:** 8 a.m. - Sundays

**Protestant Service:** 9 a.m. - Sundays

**Christian education:** 10 a.m. -Sundays

**Gospel Service:** 11 a.m. - Sundays

**Church of Jesus Christ of Latter Day Saints:**

9:30 a.m. - Sundays at Evans Auditorium

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

10:30 a.m. - Children's Religious Education - Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious Education - Thursdays

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

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

**Web site:** [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)

## RELIGIOUS HAPPENINGS . . .

### *Catholic religious education registration*

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

### *Catholic Women of the Chapel*

The Catholic Women of the Chapel meet Fridays at 9 a.m. for fellowship and enrichment studies. Childcare is provided. For more information, call Kate Schupbach at 212-7842.

### *Protestant Women of the Chapel*

The Protestant Women of the Chapel meet Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m at the Dodd Field Chapel. Childcare is provided for up to age 5. Visitors are wel-

come. For more information, call Lois Griffith at 226-1295 or visit [www.samhouston.army.mil/chaplain/pwoc](http://www.samhouston.army.mil/chaplain/pwoc).

### *Fall Bible studies for OCF*

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

### *Musician, choir director needed*

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

## Mission Thanksgiving 2006

Celebrate this great American holiday with some great Americans -- our sons and daughters in uniform.



If you want to open your home to two of Fort Sam Houston's trainee Soldiers for Thanksgiving Day, call 221-4026 or 221-4362

### 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.

**MWR information hotline**

Access information about MWR events, activities and programs 24 hours a day. Go to [www.fortsam-houstonmwr.com](http://www.fortsam-houstonmwr.com) or call the MWR information hotline at 295-3697.

**COMMUNITY RECREATION****Free Latino Comedy Show tickets**

Free tickets are now available for individuals 21 years and older for the Latino Comedy Show Nov. 25 at 8 p.m. at the Sunset Station, downtown San Antonio. The show will feature comedians Chris Fonseca, Cesar Cervantes and Ray Soto. The doors open at 6 p.m. Tickets can be picked up at various MWR facilities such as the Jimmy Brought Fitness Center, library, Harlequin Dinner Theatre and Sam Houston Club. Tickets are courtesy of Sunset Station. For more information, call 221-2606 or 221-9904.

**Post garage sale**

The next post garage sale will be held in conjunction with Christmas Along the Corridor – Pony Express Dec. 2 from 10 a.m. to 4 p.m. in the MacArthur Pavilion parking lot. Participation is free, but sellers must pre-register by calling 221-2523 or 221-2601. A valid Department of Defense ID card is required to participate. Participants must bring their own tables to the event or can rent them from the Outdoor Equipment Center by calling 221-5225.

**'Read to the Kids' program**

The Fort Sam Houston Library offers a Video Messenger System program to deployed or pre-deployed Soldiers to stay connected with their children while they are away. The service videotapes and records individual Soldiers reading a children's book. The completed copy of the video or DVD is then mailed to their home for their children to view as often as they like while the parent is deployed. Books used in the program are available at the post library. The service is by appointment only. To make an appointment, call 221-4702 or 221-4387.

**Equestrian Center offers trail rides**

One hour trail rides are offered at the Equestrian Center Saturdays and Sundays to individuals over 7 years old. Children younger than 12 years old must be accompanied by a parent. The cost is \$20 per person. The first trail ride begins at 8:30 a.m., and the last ride is at 2 p.m. Pony rides are available to children ages 6 and younger Saturdays and Sundays from 10 a.m. to 2 p.m. with a parent leading the pony. The cost is \$5 per child. For more information, call 224-7207.

**Judo classes**

Free judo classes are held at the Jimmy Brought Fitness Center Saturdays from 10 to 11:30 a.m. For more information, call Carl Johansen at 279-1742.

**DINING AND ENTERTAINMENT****Sam Houston Club, 224-2721****Family-style Sunday brunch**

Brunch is held the first and third Sunday of each month from 10 a.m. to 1:30 p.m. The next brunch will be held Nov. 19 and will feature a kids' meal station, chocolate fondue

station, complimentary champagne and international food station. The cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

**Super TGIF**

This month's Super TGIF, "Home is where the heart is," will be held Nov. 17 at Sam's Sports Bar in the Sam Houston Club at 5 p.m. Free food and live entertainment will be provided. For more information, call 224-2721.

**Thanksgiving Day buffet**

The Sam Houston Club will offer a Thanksgiving Day buffet Nov. 23 from 11 a.m. to 2:30 p.m. Feast on an assortment of menu items to include a traditional holiday meal. Menu selections include Virginia baked ham, sliced roasted turkey, San Antonio chipotle, gourmet mashed potatoes, macaroni and cheese, green bean casserole, candied yams, lemon meringue, pecan pie, apple pie and more. A special treat every year is Ms. Barbara's homemade cranberry sauce. The cost is \$15.95 for members, \$17.95 for nonmembers and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. Seating is limited and reservations are recommended. To make reservations or for more information, call 224-2721.

**Club closed Mondays**

The Sam Houston Club is no longer open for normal operations Mondays. The facility will continue to operate for special events reserved through the Sam Houston Club's catering office. The "All-You-Can-Eat" lunch buffet is Tuesday through Friday from 11 a.m. to 1 p.m. MWR apologizes for any inconvenience this may cause to valued patrons. For more information, call James Lancaster at 224-2721.

**Catering services extended to Roadrunner**

People can make reservations to use the Army Community Service facility for special events and unit functions beginning Dec. 2; reservations are coordinated through the Sam Houston Club's catering office. Reservations will be accepted for the facility's main auditorium and two adjacent meeting rooms. Catering service fees apply. For more information or to make reservations, call 224-2721.

**Bowling Center, 221-3683****QuickPlay Bingo**

QuickPlay bingo units are now available at the Fort Sam Houston Bowling Center. QuickPlay is a personal handheld device that allows patrons to play bingo by using simple touch-screen technology. Choose up to four bingo cards to play at the same time. Each unit is lightweight and easy to use. The devices can be used by bingo enthusiasts who want to play alone at a time convenient to them or by bowling center patrons waiting to bowl. For more information, call the bowling center at 221-3683.

**Free bowling**

The Fort Sam Houston Bowling Center will host the second annual Thanksgiving Turkey Bowl Nov. 18 from 7 to 11 p.m. Free bowling will be offered so bring the entire family. Lanes with bumpers and gutters are available. Listen to popular music or play bingo on a QuickPlay bingo unit in between bowling games. Enter the drawing for a chance to win door prizes. Patrons receive a complimentary ticket if they bowl a turkey during a game. For more information, call 221-3683.

**Friday night bowling fun**

Unlimited bowling is available Fridays from 9 p.m. to 12 a.m. for \$5.95 at the bowling center. For more information, call 221-3683.

**Coushatta Casino Resort trip**

Sign up by Nov. 28 for a trip sponsored by the Morale, Welfare and Recreation Ticket Office and the Sam Houston Club to Coushatta Casino Resort in Kinder, La. The bus will depart the Sam Houston Club Dec. 5 at 7 a.m. and return Dec. 6 at 10 p.m. The cost is \$49 per person and includes roundtrip motorcoach transportation, overnight hotel accommodations, continental breakfast at the hotel and one \$23 coupon from the casino. Must be at least 21 years old and possess a valid photo identification at all times. Make reservations at the ticket office. For more information, call 226-1663 or 224-2721.

**Eighties Day**

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

**Golf Club, 221-4388****Demo Day at the golf club**

The Fort Sam Houston Golf Club will host a golf manufacturers Demo Day Nov. 17 from 9 a.m. to 2 p.m. This is an excellent opportunity for enthusiasts of the sport to test the latest in golf equipment. Major golf manufacturers will be in attendance to give patrons the opportunity to hit with all of the newest golf clubs available on the market. In addition, the golf club will offer a 5 percent discount on all orders made Nov. 17. For more information, call the Pro Shop at 222-9386.

**Golf Pro Shop holiday sale**

Visit the Fort Sam Houston Golf Club Nov. 17 through Dec. 24 for the annual Pro Shop holiday sale. Get up to 15 percent discounts on select items, and a 5 percent discount on all special orders. For more information, call 222-9386.

**Play prohibited on Salado Course**

Play is prohibited on the Salado Course at the Fort Sam Houston Golf Course until the conclusion of the growth season, which will facilitate the healthy growth of the greens and tees. People who violate this directive will be subject to having playing privileges revoked. The course is expected to open in Jan. 2007; however, people should wait until an official announcement is made concerning the opening of the Salado Course. The golf course staff apologizes for any inconvenience this causes to valued patrons. Golf patrons are welcome to utilize the Lomas Course until the reopening of Salado. For more information, call 221-5863.

**Harlequin Dinner Theatre, 222-9694**

"Season's Greetings," a comedy by Alan Ayckbourn, will be performed at the Harlequin Dinner Theatre Wednesday through Dec. 16. Performance tickets are \$24.95 Wednesdays and Thursdays and \$27.95 Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. The theater is handicap accessible. For more information or to make reservations, call 222-9694.

**MWR ticket office, 226-1663**

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

**CHILD AND YOUTH SERVICES****Web site for military families**

A new Web site, <http://www.militaryavenue.com>, gives military families information on more than 200 installations and surrounding communities. At the present time, the only school information on the site is for private schools. For public school information, call the School Liaison Office at 221-9613 or e-mail [keith.toney@samhouston.army.mil](mailto:keith.toney@samhouston.army.mil).

**Before- and after- school program**

Register youth for the before- and after-school program for middle school and open recreation. Participants must have a Child and Youth Services membership. To register for membership, patrons will need to provide a leave and earnings statement or W-2 form, two local emergency designees, \$18 registration fee and youth's Social Security number.

**Pre-k before- and after-school care**

The Child Development Center offers before- and after-school care for the Fort Sam Elementary pre-kindergarten program. Children must be enrolled in the elementary pre-k program. Patrons must be registered with Child and Youth Services. Spaces are

limited. For more information, call Central Registration at 221-4871 or 221-1723.

**Fee increase**

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

**Total family income change**

Childcare fees are based on total family income. Total family income is now based on W-2 forms from spouses and civilians instead of pay stubs. Soldiers will still continue to provide current leave and earnings statement, updated child's shot records, two local emergency designees, physical or sport physical

within the last year, child's Social Security number and an \$18 registration fee.

**Basketball coach needed**

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

**Basketball registration**

Basketball registration will be held Dec. 2 from 9 a.m. to 2 p.m. at the Youth Center. Participants must be registered with Child and Youth Services. To register, patrons must bring a current leave and earnings statement or W-2 form, current shots for kindergarten through fifth grade, a sport physical within the last year, two local emergency designees, \$18 registration fee and activity fee.

**Care packages for Soldiers**

The Youth Services Middle School Teen program is accepting donations for a community service project. The youth will prepare care packages to send to Soldiers overseas. Donations can be made at the Youth Center, Building 1630, Mondays through

Fridays from 10 a.m. to 8 p.m. and Saturdays from 3 to 10 p.m. A list of suggested items is available at the Youth Center. Suggested donation items include: granola bars, cereal in single-size servings, personal hygiene articles, individual-size servings of soups and entrée pop-top cans, travel-size games, DVD movies and pens and paper. For more information, call the Youth Center at 221-3502.

**Headstart seeks applicants**

Parent Child Incorporated is seeking applicants for the Headstart program. This is a free childcare program designed to help Soldiers, E-5 and below, and low income Department of Defense civilian employees. Applicants must meet federal guidelines, and entry is based on annual income. For more information, call 221-3788.

**Hourly childcare**

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

## Events

### Free concert at Trinity

Trinity University presents composer James Romig and pianist Ashlee Mack Friday at 2:30 p.m. in the Ruth Taylor Recital Hall. The event is free and open to the public. For more information, call the music department at 999-8212 or visit [www.trinity.edu/departments/music](http://www.trinity.edu/departments/music).

### Trinity's Staging of Romeo and Juliet

Trinity University's speech and drama department presents Romeo and Juliet with a contemporary twist at the Stieren Theater Friday and Saturday at 8 p.m., Sunday at 2:30 p.m., Wednesday and Nov. 16 at 7 p.m., and Nov. 17 and 18 at 8 p.m. The play will be set during the San Antonio Fiesta season rather than on the streets of Verona, Italy. The cost is \$8 for adults, \$6 for seniors and \$4 for students. Reservations are recommended; call the box office at 999-8515 weekdays from 2 to 5 p.m. or purchase tickets one hour prior to each performance.

### Veterans Day in Fredericksburg

Various Veterans Day ceremonies will take place throughout the day Saturday beginning at 11 a.m. at the National Museum of the Pacific War's Plaza of Presidents, 340 East Main St., Fredericksburg, Texas. Author Douglass H. Hubbard Jr. will sign books in the museum's George Bush Gallery at 1:30 p.m. Free parking is available behind the Visitor's Center on East Austin Street.

### Veterans Day Motorcycle Rally

The Viet Nam Vets/Legacy Vets Motorcycle Club will host a Veterans Day Motorcycle Rally Saturday starting at 10 a.m. at the El Rincon De Maria Restaurant, 2511 Ackerman Road. The Veterans Day ceremony begins at 11 a.m. An after party will be held from 12 to 6 p.m. at the Deer Crossing Saloon, 4810 FM 1518, Selma, Texas. The party will include music, vendors, raffles and dancing. The event is open to the public. All proceeds will benefit the San Antonio Veterans Center and the Brooke Army Medical Center's Fisher Houses. For more information or vendor information, call "Turtle" at 520-3271 or "Ever Ready" at 273-7337.

### Fall open house

The Aloha Roses and Flowers will host a Hula Halau Ohana Elikapeka open house Saturday from 12 to 8 p.m. at 1242 Austin Highway. The open house will feature a Hawaiian Paniolo Hoedown, a variety of Hula and Tahitian dances and a fire show finale. Purchase a Huli Hula chicken plate for \$5. The event is free and open to the public. For more information, call Renée Park at 822-9933 or visit [www.alohasanantonio.com](http://www.alohasanantonio.com).

### Historic old Austin walk

The Colorado River Walkers Volksmarch Club will host a 5K and 10K walk Saturday and Sunday in historic old Austin, Texas, starting at the parking lot of the Comptroller's Field Office, 1711 San Jacinto Blvd. For more information, call Stephanie Menteer at 512-832-8546, e-mail [zenteer@sbcglobal.net](mailto:zenteer@sbcglobal.net) or visit [www.coloradoriverwalkers.org](http://www.coloradoriverwalkers.org).

### San Antonio Zoo military discount

On Sunday, the San Antonio Zoo, located at 3903 N. Saint Mary's St., will offer military personnel and their immediate families a 50 percent discount on admission tickets. Patrons must show a military ID card to receive the discount.

### USO 'Strike Force Bowl-A-Thon'

The USO San Antonio presents "Strike Force Bowl-A-Thon" Sunday at 2 p.m. at the AMF Country Lanes, 13307 San Pedro, in San Antonio. Registration forms are available at [www.alamouso.org](http://www.alamouso.org). For more information, call Julie Nichols at 227-9373, ext. 12 or e-mail [nichols@alamouso.org](mailto:nichols@alamouso.org).

### OCSC November luncheon

The Officer and Civilian Spouses' Club will host a luncheon Tuesday at 11 a.m. at the Sam Houston Club. The luncheon will include a "Thanksgiving dinner" for lunch and a shopping bazaar with jewelry, Polish pottery, decorative items, Western art and much more. The cost is \$14. For more information or reservations, call Sigrid Reitstetter at 226-8806.

### SOLI Chamber Ensemble concert

Trinity University presents the SOLI Chamber Ensemble concert performing Michael Twomey's "Blue Plate Special," as well as other works Tuesday at 7:30 p.m. in the Ruth Taylor Recital Hall. The cost is \$15. For more information, call the music department at 999-8212 or visit [www.trinity.edu/departments/music](http://www.trinity.edu/departments/music).

### VFW Post 8541 luau

The Veterans of Foreign Wars Post 8541 will host a Veterans Appreciation Luau Nov. 19 from 2 to 6 p.m. The VFW Post 8541 is located at 2222 Austin Highway in San Antonio. Free food, live music and refreshments will be served. For more information, call 655-2944 or visit [www.vfwpost8541.org](http://www.vfwpost8541.org).

### Thanksgiving food drive

Operation Homefront will sponsor a Thanksgiving food drive through Nov. 20. People can drop off non-perishable food items and gift cards at any San Antonio Mattress Pro Mondays through Fridays from 10 a.m. to 8 p.m., Saturdays from 10 a.m. to 7 p.m. and Sundays from 12 to 6 p.m. For more information or for active duty military personnel, E-1 to E-6, needing assistance with a Thanksgiving dinner, call Karla Ayala at 659-8039 or e-mail [texas@operationhomefront.net](mailto:texas@operationhomefront.net).

### USO Thanksgiving meal

USO Downtown will host a Thanksgiving meal for all military and their families Thanksgiving Day from 11:30 a.m. to 2:30 p.m. at the downtown community center, 420 E. Commerce St. All military are invited to share this joyous event with their USO family and volunteers. The Boudro's on the Riverwalk will provide the meals and H.E.B. will provide the pastries. For more information or to attend, call Julie Nichols at 227-9373, ext. 12.

### Pandemic influenza

The Cody Branch Public Library will host a seminar on pandemic influenza Nov. 28 from 7 to 8 p.m. at 11530 Vance Jackson Road. The guest speaker, Tracy Brown of the San Antonio Metro Health Department, will give advice on how people can protect themselves and their family from the flu. The event is free and open to the public. For more information, call 696-6396.

### SA Symphony military discounts

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

## Meetings

### Warrant Officer Association meeting

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

### SAMC study group

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

### BAMC chess club

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

### BOSS seeks single Soldiers

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

## Training

### English as a Second Language

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

### Undergraduate evening studies

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

### Army ROTC Lateral Entry Program

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

### Green to Gold briefings

Fort Sam Houston's Education Center will host Green to Gold briefings for Soldiers interested in the ROTC program. The briefings will be held through Nov. 22 at 9 a.m. and 1 p.m. in the Army Learning Center, Building 2247, Stanley Road and New Braunfels Avenue. Army ROTC cadre from local universities and the 12th ROTC Brigade Recruiting Office will conduct briefings and answer questions. For more information, call Maj. Parker at 458-5607 or Amy Gagnon at 295-2005.

### Green to Gold program

The Army ROTC at the University of

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

### Computer certification

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

### St. Mary's University education office

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

## Volunteer

### Free eye exams

The Ophthalmology Department at Wilford Hall Medical Center will offer free eye exams Nov. 17 for military beneficiaries over age 65. The clinic will provide exams for glasses prescriptions, glaucoma screening, cataract evaluations and age-related macular degeneration screening. No consult is necessary. For more information or appointments, call 292-6583 or 292-4415, or stop by the Ophthalmology Clinic, Room 1147.

### Endodontics patients needed

The Endodontics department at MacKown Dental Clinic on Lackland Air Force Base seeks patients who need root canal therapy. Applicants must be a military retiree, family member of a retiree or family member of active duty and recently diagnosed by a dentist as having an endodontic condition requiring root canal therapy. Patients should obtain a written consult from their referring dentist and fax it to 292-6431 or bring it the MacKown Dental Clinic during normal duty hours. For more information, call 292-7214.

### Holiday 'eCarePackages'

Adopt a service member or military family for the holidays by sending an "eCarePackage" online. "eCarePackage" is an extension of Operation Homefront, which is a national nonprofit organization that provides emergency support and morale to military troops. Visitors can select individual items to create a customized care package and a personal message for their chosen service member or family. To register, visit [www.ecarepackage.org](http://www.ecarepackage.org). For more information, call Meredith Leyva at 850-438-5710, e-mail [cinc@cinhouse.com](mailto:cinc@cinhouse.com) or visit [www.operationhomefront.net](http://www.operationhomefront.net).

### Host families needed

The "SHARE!" High School Exchange Program seeks families to host six teens from China as foreign exchange students for the school spring semester. The students speak English and have medical insurance and a spending allowance. For more information, call Yvette Coffman at 800-941-3738 or visit [ycoffman@sharesouthwest.org](mailto:ycoffman@sharesouthwest.org).

### USO seeks volunteers

The United Services Organization Council of San Antonio has volunteer positions available in the downtown community center and the San Antonio airport. Volunteers in the downtown center will serve as greeters, servers and cooks, and volunteers at the airport will staff the reception center. For more information, call Luis Sandoval at 227-9373, ext. 11 or e-mail [lsandoval@alamouso.org](mailto:lsandoval@alamouso.org).

**Submission guidelines:**

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

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



**For Sale:** Wooden bar, holds wine glasses, folds, \$125; brown glider rocker, \$40; twin sofa sleeper, \$250; cherry wood electric fireplace, \$375. Call 650-0337.

**For Sale:** 1992 Ford conversion van, loaded, \$3,300; two hard shell car and van top luggage carriers, large, \$75; or small, \$30; computer desk, \$50. Call 659-6741.

**For Sale:** Cherry wood dinette table with six chairs and two-piece dish cabinet, two end tables and living room table, \$1,000 obo; clothes dryer, \$100; microwave, \$15. Call 232-7738.

**For Sale:** La-Z-Boy couch with reversible cushions, \$185. Call 495-2296.

**For Sale:** Blue Ox tow bar, includes safety and light cables, \$250; step-down trailer hitch, \$50. Call 437-0042.

**For Sale:** King-size headboard, white-washed oak, with drawers and cabinet space; nine-drawer dresser with mirror, \$500 obo. Call 822-9646.

**For Sale:** Saint Bernard puppies, parents on site, A.K.C. Call 661-6944.

**For Sale:** Two-inch receiver hitch, mounting hardware and instructions, fits 1994 and newer Ford Ranger or Mazda pickup, \$75. Call 295-3210 or 494-8401 evenings.

**For Sale:** Sony Trinitron WEGA stan-

dard 36-inch TV with stand, \$300; Panasonic home theater system, SC-RT50, five speakers, woofer, DVD recorder with HDMI output, \$300. Call 725-7472.

**For Sale:** White tailgate for 1998 full-size Dodge pickup, fifth wheel tripod, heavy duty, wheel lock for tandem axle fifth wheel. Call 824-9968.

**For Sale:** Panasonic 24-inch color TV, \$95; stained glass hummingbird windows, \$75 each; beige California rug, 8 feet by 10 feet, \$125; executive swivel leather chair, \$75. Call 262-3892.

**For Sale:** Pillow-top king-size mattress, \$250. Call 824-6360.

**Free To Good Home:** Medium-size short-haired female dog, mixed breed, spayed, housebroken, 1 year old, doghouse, must have a yard, can send picture. Call 844-1516.

**Free To Good Home:** Four-year-old black and gray male cat with white face, up-to-date shots, neutered, declawed, microchip; best in a home with no other cats or small children, rescued cat and very timid and loving. Call Gail Rooks at 257-5244.

**Free To Good Home:** Two-year-old basset hound, spayed, all shots, microchip, great with kids. Call 569-9581.