

# FORT SAM HOUSTON News Leader

"HOME OF ARMY MEDICINE"

## Army Family Covenant

### Signing reiterates Family strength is crucial for Army mission

Story and photo by Cheryl Harrison  
Fort Sam Houston Public Information  
Office

A covenant, in its most general sense, is a solemn promise to do something specific.

A covenant, in contrast to a contract, is a one-way agreement whereby the covenanter is the only party bound by the promise.

A promise or covenant was voiced, in a heralded ceremony Nov. 8 at the Fort Sam Houston Club and Army wide to Army Families by introducing the Army Family Covenant, the heart of what the Installation Management Command does. Strengthening Soldier and Family readiness is the mission. Improving Family readiness is crucial to the success of the Army Family Covenant. It is impor-

tant for the Army, its Soldiers and its Families to know that everyone in IMCOM is committed to success.

Fort Sam Houston senior commanders attended the ceremony and command Sergeants Major, as well as their Families, representing each command all gathered together to the sign the covenant.

One of the senior leaders, Commander U.S. Army Garrison, Col. Wendy Martinson, spoke of the covenant plan as an Army strategy to reinforce the commitment and sacrifices made by Army Families and the source of strength for our Soldiers. The Secretary of the Army and the Chief of Staff of the Army recognized the signifi-

See **COVENANT P4**



Lt. Gen. Thomas Turner, commanding general, U.S. Army North holds five-year old Saul Salas Jr. on his lap as he signs the Army Family Covenant. The historic signing is a promise and commitment to build a partnership with Army Families that enhances their strength and resilience. Witnessing Turner's signature are the Salas Family, Sgt. Saul and Jessica Salas with their children, Angelika, age 8, Victoria, age 6, Saul, Rogleio, 3 years old, Command Sgt. Maj. George Nieves, his wife Mary Beth and Susan Turner.

## President visits wounded warriors at Center for the Intrepid

Whenever a wounded warrior is hospitalized a major part of their recovery and rehabilitation is the people who visit and support them. Family members are usually the visitors a hospitalized Soldier will call visitor. November 8 the wounded warriors at the Center for The Intrepid found themselves visited by their commander in chief, President George W. Bush.

President Bush spent about two hours at the Center for the Intrepid, visiting with wounded Soldiers show-

ing his support of their sacrifice for their country.

Bush on his tour through the state-of-the-art facility, received first hand an intimate view of poignancy and powerful scenes one can encounter during visits at the CFI.

Bush appeared relaxed and upbeat as he toured the privately funded facility and greeted Soldiers who had lost limbs and suffered grievous burns from roadside bombs and other

See **PRESIDENT P6**



Photo by Jen Rodriguez

President Bush greets Army Sgt. James Kevin Downs, Kingston Springs, Tenn., who lost both legs while serving in Iraq in 2005, as he visits the physical therapy gym at the Center for the Intrepid at Brooke Army Medical Center Nov. 8.

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"CFC . . . Changing Lives One Gift at a Time" To donate, contact a unit representative.

# Cemetery hosts large Veterans Day crowd

Story and photos by Phil Reidinger  
Fort Sam Houston Public Affairs Office



Rear Adm. J.W. Goodwin, commander, Naval Air Force Atlantic talks to local veterans prior to his speech during the Veterans Day ceremony, Nov. 11, at the Fort Sam Houston National Cemetery. He also participated as a military grand marshal during the Veterans Day parade Saturday.

Cars everywhere and hard-to-find parking spaces signaled the Fort Sam Houston National Cemetery Veterans Day tribute. Music by the Army Medical Command Band and the Texas Children's Choir filled the air as hundreds of veterans and their families trekked from parked cars along Harry Wurzbach, Winans and Nursery roads and inside the cemetery walls.

Veterans groups and military leaders were joined by congressional, county and city leaders to honor the nation's veterans. Army North commander, Lt. Gen. Thomas Turner, directed the posting of the colors presented by the Fort Sam Houston Joint Services Color Guard.

Following the presentation of the service flags by the Special Forces Association, accompanied by the playing of the service songs, members of local scouting organizations escorted military and community leaders as they presented memorial wreaths. Members of the Native American community also performed a traditional salute to warriors.

Keynote speaker Rear Adm. J.W. Goodwin, commander, Naval Air Force Atlantic noted that Veterans Day not only remembers those who were lost, but also what was gained by their service and sacrifices. "It is fitting that we honor all American patriots who stepped forward to serve, who left their families to protect and defend our great nation," he said. He continued saying that Americans have never ceased to honor those who gave all. "Today, the eloquence of words cannot match the power of the sacrifices made by so many," he added.

Goodwin emphasized that the history of America's bat-

See **VETERANS DAY P7**

## Mandatory ethics training

Soldiers and civilian employees must attend one hour of face-to-face ethics training taught by an ethic attorney in 2007, as directed by the Secretary of the Army. The following classes will be taught in Blesse Auditorium, Willis Hall, Building 2841:

Today from 9 to 10 a.m.  
Dec. 3 from 9 to 10 a.m.  
Dec. 14 from 1 to 2 p.m.

For more information, call Gerald Krimbill, Shelby Tanner or Capt. White at 221-2373 or 221-0485.



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## News Briefs

### Pre-deployment briefing

A deployment information and discussion briefing will be held today from 9:30 to 11 a.m. at Army Community Service. Attendees will receive a Family preparation checklist and other useful materials. For more information or to register, call 221-0946 or 221-9821.

### Combatives tournament

The 32nd Medical Brigade combatives tournament will be held Saturday at 8 a.m. at the Jimmy Brought Gym. The uniform of the day is battle dress uniform, desert camouflage uniform or Army combat uniform. Participants must have tennis shoes and mouth guard. Students must sign up with their battalion. For more information, call Staff Sgt. Jeff Deickman at 221-7323 or e-mail Jeff.deickman@amedd.army.mil

### JAG closure

The Fort Sam Houston Office of the Staff Judge Advocate, including the claims division and the legal assistance office will be closed Monday from 11 a.m. to 1:30 p.m. for a Thanksgiving celebration. In case of an emergency, call the on-call duty officer at 393-3042.

### Housing water outage

There will be a water outage Wednesday from 9 a.m. to 5 p.m. This outage will affect housing units along Service Road S-22 from Lawton Road to Schofield Road as well as addresses 2751 and 2761 on Chaffee Road. On Thursday, housing units 873 and 826 will have restricted access along the service road due to boring.

### Combined Federal Campaign

The 2007 Combined Federal Campaign at Fort Sam Houston will run through Nov. 21. To make a difference in someone's life, give one gift at a time by contacting a unit CFC representative.

### Quadrangle closed

The Quadrangle will be closed Nov. 29 for the U.S. Army North Organization Day. U.S. Army North will be hosting a blood drive Nov. 29 from 7:30 to 11:30 a.m. in the Quadrangle.

# U.S. Army South coordinates relief in Dominican Republic

By Robert Appin  
U.S. Army South

**SANTO DOMINGO, Dominican Republic** — U.S. Army South deployed key command and control personnel and a humanitarian-assistance survey team to the Dominican Republic recently to assist with disaster-relief efforts in areas flooded by Tropical Storm Noel on Nov. 3.

Upon arrival, the personnel immediately began to integrate themselves into the ongoing relief efforts.

"We focused on how best we could be part of this large team," said Lt. Col. Kevin Charlton, the Civil Affairs officer-in-charge of the U.S. Army South effort. "We met with various organizations, starting with the leadership of the American Embassy."

The teams' main effort was to coordinate air missions that included search-and-rescue operations as well as the delivery of humanitarian-relief supplies, an effort in which the work of U.S. Army South aviation officer Chief Warrant Officer 5 Robert Dillard has been pivotal.

Dillard's extensive knowledge of helicopters was instrumental in ensuring the smooth flow of assistance to those who were severely affected by the storm, said Maj. Daniel Matthews, logistical officer, U.S. Army South.

The Dominican Republic Air Force, U.S. Coast Guard, Puerto Rico National Guard and the British Royal Navy provided the helicopter support.

See **DOMINICAN REPUBLIC P8**

## Army North teams answer call during California wildfires

As soon as the call came for federal assistance, U.S. Army North answered it by sending Defense Coordinating Elements to Southern California and Idaho to coordinate potential Department of Defense support.

By Oct. 22 when the two teams deployed, 23 wildfires had scorched 200,000 acres and, fueled by 70 mph winds, were threatening thousands of homes in Malibu and San Diego.

Army North deployed its teams as part of a unified, coordinated federal effort supporting the local and state officials leading the response, said Col. Jim Kennedy, Army North's chief of current operations.

"The key to success in a mission like this is the ability to provide state-requested DoD support as quickly as possible," Kennedy said. "The defense coordinating officer is the focal point for requesting DoD support."

Army North currently has defense coordinating officers assigned to the 10 Federal Emergency Management Agencies regions. They work daily with federal, state, local and tribal consequence managers to become familiar with emergency plans and to build strong interagency partnerships before a disaster.

The Region IX DCO and his defense coordinating

See **WILDFIRES P9**



Photo by Juan Torres-Diaz

U.S. Army Sgt. Jose Simmons, a UH-60 crew chief in the Puerto Rico Army National Guard, and a paramedic from Santo Domingo assists an elderly woman evacuated from the isolated community of San Jose de Ocoa in the Dominican Republic. U.S. Southern Command forces are deployed in the Dominican Republic to conduct disaster-relief operations in the wake of Tropical Storm Noel. U.S. Army South from San Antonio is the lead agency for this joint, multinational, interagency effort.



Photo by Tech. Sgt. Roy A. Santana

Air Force Master Sgt. Tom Freeman (right) and Tech. Sgt. Lamont Wood of the 302nd Airlift Wing from Peterson Air Force Base, Colo., prepare to deploy fire retardant over the Poomacha Fire in northern San Diego County, Calif. In their fifth day of supporting firefighting efforts in California on Oct. 28, specially equipped C-130 Hercules aircraft and their crews made a record number of air drops.

## News Briefs cont.

### Flu vaccinations available

This year, the influenza vaccine, both the shot and nasal mist, will be offered to all beneficiaries, including all Brooke Army Medical Center staff. The flu vaccine is mandatory for all active duty members, and highly recommended for all hospital staff. For beneficiaries age 18 and older, vaccinations will be given Dec. 3 and 4 from 8 a.m. to 4 p.m., Roadrunner, Building 2797, Stanley Road. For more information about vaccines for children under age 18, visit [www.bamc.amedd.army.mil](http://www.bamc.amedd.army.mil). For more information about BAMC staff-only events, check the BAMC daily bulletin. For active duty assigned to Fort Sam Houston, check with the chain of command.

### Federal Benefits Open Season

The open season for the Federal Employees Health Benefits Program, Flexible Spending Accounts and the Federal Employees Dental and Vision Insurance Program will be held government-wide through Dec. 10. Employees can make open season enrollments, changes or cancellations through the Army Benefits Center-Civilian Web site at <https://www.abc.army.mil> or by calling toll-free 877-276-9287. For more information, call the Civilian Personnel Advisory Center at 221-2526.

### Social Security representatives at BAMC

Men and women serving in the U.S. Military who become disabled while on active duty are receiving 'expedited processing' of disability claims from Social Security. The expedited process is for military service members disabled on or after Oct. 1, 2001, regardless of where the disability occurs. People in the military can apply for and receive benefits even while receiving military pay. Social Security representatives are available at Brooke Army Medical Center to assist individuals in answering questions and applying for benefits. The Social Security Administration office is located in the Troop Command, Building 3642, Room 131. The office hours are Monday through Thursday from 8 a.m. to 4 p.m. and closed each day from noon to 1 p.m. for lunch. Warriors may visit the office or schedule an appointment at 916-9746 or 916-7651 or 857-5208. Additionally, SSA reps are available to visit wounded Warriors in wards with prior notice. For more information, visit at [www.socialsecurity.gov/wounded](http://www.socialsecurity.gov/wounded).

### COVENANT from P1

icant contributions and provided a plan and resources to improve the quality of life for Army Families Army wide.

"We want Soldiers and their Families to stay with the Army," said Martinson who gave an overview of the covenant's design, what has been accomplished so far and the future for the Army Soldier and their Families.

Major General Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, spoke on the Army as a Family of Army Families. He vowed to work together as a unit with the other commands on Fort Sam Houston to improve the quality of living where Families can flourish. "I believe in our Army and I believe in our Army Families. They are the cornerstone of our nation's readiness and without them we would not be Army strong. The center of our society is the Family and the center of our Army is our Army Families."

Czerw vowed to work together as a team with each senior commander and their Command Sergeants Major on Fort Sam Houston to "make this fort a better place to live."

Following the reading of the covenant, the senior commanders and their Command Sergeants Major signed the Army Family covenant. Family representatives from each command joined them to sign the covenant on display.

Signing were Lt. Gen. Thomas Turner, commanding general, U.S. Army North, Command Sgt. Maj. George Nieves, with Sgt. Saul and Jessica Salas with their children, Angelika, 8 years old, Victoria, 6 years old, Saul, Jr., 5 years old and Rogelio, 3 years old; Maj. Gen. Russell Czerw, commanding general Fort Sam Houston and Army Medical Department Center and School, Command Sgt. Maj. Howard Riles and Staff Sgt. Isagani and Toni Maawac with

Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School was the first to sign the Army Family Covenant, Nov. 8 in a ceremony held at the Sam Houston Club. Family representative Staff Sgt. Isagani Maawac and four-year-old son Kyle watched and waited for their turn to sign the covenant.

their children, Zanita, 7 years old, Mackenzie, 6 years old and Kyle, 4 years old; Mr. J. Randall Robinson, director, Installation Management Command West, with Command Sgt. Maj. Terry Braddock and First Lt. Ricky David and Sandra Yvette Simpson, daughter Kiana Marie, 9 years old; Brig. Gen. James Gilman, commanding general, Great Plains Regional Medical Command and Brooke Army Medical Center, Command Sgt. Maj. Donna Simmons with Pvt. 1st Class Randall and Diana Taylor,

son, Caden, 2 and-a-half years old with Reighlynn, 9 months old; Brig. Gen. Manuel Ortiz, deputy commander, U.S. Army south with Sgt. Maj. James Matthews, Mrs. Wendy Strycula and children Lauren, 17 years old, Mark, 15 years old, Kathleen, 14 and Mary, age 9. Wendy is the wife of Lt. Col. John Strycula, commander, 201st Military Intelligence Battalion, (currently deployed); Col. Wendy Martinson, commander U.S. Army Garrison, Command Sgt. Maj. Pedro Class, Sgt. Francisco and wife Spec. Yaritza Rodriguez, and children Kiara, 2 years old and Folen, 2 months old.

Keynote speaker Lt. Gen. Thomas Turner, commanding general, Army North concluded the signing ceremony with a round of applause for the "great Army brats" and their great behavior in the room. He said, "For an Army of values we cherish and demand of our Soldiers loyalty, duty, respect, selfless service,



Photos by Cheryl Harrison

Brig. Gen. Manuel Ortiz, deputy commander, U.S. Army South signs his name to the Army Family Covenant, Nov. 8 in a ceremony held at the Fort Sam Houston Club. Col. Wendy Martinson, commander U.S. Army Garrison witnesses Ortiz and then signs her name.

honor, integrity and personal courage. These values remain the foundation of trust with the American people and the foundation of trust among warriors. And just as Soldiers made a commitment to each other, today the Army is making a formal commitment to Army Families."

"The Army Family Covenant means we need to resource our programs and plans properly. Caring for our warriors Families is integral to our mission today. The covenant is an obligation to our Army Families, to care for them the way they deserve. This covenant binds us to a commitment and recognition that Army Families are critically important to the Army mission," concluded Turner.

The Army Family Covenant displays will be available for viewing at various locations on Fort Sam Houston.

### America's Army: The Strength of the Nation Army Family Covenant

We recognize...

The commitment and increasing sacrifices that our Families are making every day.

The strength of our Soldiers comes from the strength of their Families.

We are committed to...

Providing Soldiers and Families a Quality of Life that is commensurate with their service.

Providing our Families a strong, supportive environment where they can thrive.

Building a partnership with Army Families that enhances their strength and resilience.

We are committed to improving Family Readiness by:

- Standardizing and funding existing Family programs and services
- Increasing accessibility and quality of health care
- Improving Soldier and Family housing
- Ensuring excellence in schools, youth services and child care
- Expanding education and employment opportunities for Family members

## Annual Pow Wow draws crowd

The annual Native American Pow Wow held Nov. 10 at the Jimmy Brought Fitness Center featured food, displays, and traditional Native American dancing. The Pow Wow is an event whose purpose is to communicate and strengthen the ways of the Native American community, family life and spirituality.



Photos by Esther Garcia



Without a drum, there is no Pow Wow. The drum, consisting of the instrument and its singers, is the center of the arena and the center of attention. The drum sings songs for all occasions — from a contest song to a birthday song, the drum can provide a song for the job. The drum is made from a wooden shell covered in rawhide. Today, cowhide is usually used although buffalo hide is not unheard of. The average size drum is about twenty-six inches in diameter and can seat about eight men around it.



Photo by Sgt. 1st Class Rosalba Chambers

The Pow Wow featured many different styles of Native American dancing from gourd dancing to traditional dancing.

**PRESIDENT from P1**

attacks while supporting Operation Enduring Freedom and Operation Iraqi Freedom. Some of the troops told the president that they are anxious to return to service despite their injuries.

Bush sat down and chatted with a number of Soldiers, received a T-shirt bearing the words "Operation Iraqi Freedom 2006," from one badly burned Marine Lance Corporal and watched two double amputees sitting on giant gym balls play catch with a smaller ball.

During his brief but memorable visit with the Soldiers Bush spoke to them and thanked them for their service.

Bush said, "This center was funded entirely by contributions of more than 600,000 Americans through what's called the Intrepid Fallen Heroes Fund. This center is a tribute to the generosity of the American people. Make no mistake about it, the American people support the men and women who wear our nation's uniform. This center is a testament to our deep belief that someone wounded in the defense of America needs all the help he or she can get. The servicemen and women here have borne the burdens of battle. They have kept our country safe. We honor them and their Families by helping them with all we can."

(Source: White House News Release)



Photos by Jen Rodriguez

President Bush watches as Marine Lance Corp. Matt Bradford, who lost his legs and his eyesight while serving in Iraq, climbs a simulated rock wall at the Center for the Intrepid at Brooke Army Medical Center Nov. 8.

#### **Brooke Army Medical Center Health Promotions - November Class Schedule**

**Asthma management** will be held Nov. 27 from 2 to 3:30 p.m. at BAMC, Health Promotions lower level, Room #L31-9V. To schedule a class, call 916-9900, choose option No. 4.

For more information on **hypertension management** or to schedule an appointment, call Susie Ferrise at 916-2261.

**Body fat testing** will be held Friday from 8 to 11 a.m. For more information, call Nutrition Care at 916-7261.

**Breast and GYN cancer support group** will be held Wednesday at 9:30 a.m. For more information and location, call 916-3352.

**Diabetes management** will be held Monday and Tuesday; and Nov. 26 to 27 at BAMC. To participate, call Lila Kinser at 916-0794.

**Diabetic foot care** will be held Monday at 1 p.m. at BAMC, fourth floor conference room #413-11.

**Tobacco cessation orientation** will be held Wednesday from 3:30 to 4:30 p.m. at BAMC, second floor, general surgery conference room 262-1. To schedule a class, call 916-9900, choose option No. 4.

**Yoga** class will be held Wednesday and Nov. 28 from 12 to 1 p.m. at BAMC, fifth floor, Room # 531-14.



Photos by Phil Reidinger

Veterans organizations present memorial wreaths honoring members who served in the armed forces during the Veterans Day ceremony.

Lt. Gen. Thomas Turner, Army North (Fifth Army) commanding general prepares to receive the colors and direct the posting of the colors by the Fort Sam Houston Joint Services Color Guard.

**VETERANS DAY from P2**

ties are all connected to the larger pursuit of freedom that continues today. "Those serving in Afghanistan and Iraq embody the ideals of those who fought at Normandy, the Battle of the Bulge and North Africa," Goodwin said.

Goodwin noted the warm reception he received as one of the military grand marshals during the Veterans Day parade Saturday. "Though we remain devoted to sea duty, today's Navy serves throughout the heartland of the country, including right here in San Antonio. Today more than 3,500 Navy personnel proudly serve with Soldiers, Marines, Airmen and Coast Guard here in San Antonio," he said.



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Ricardo Herrera, OFDA, hands relief supplies to Lt. Col. Kevin Charlton to load on a U.S. Coast Guard helicopter during a joint, interagency and multinational disaster-relief response effort in the Dominican Republic. U.S. Army South is the lead agency for the U.S. military's relief efforts there in the wake of Tropical Storm Noel.



Photo by Juan Torres-Diaz

### DOMINICAN REPUBLIC from P3

According to Howard White, the USCG officer-in-charge, they arrived with one H65 and two H67 helicopters from the islands of Grand Inagua, Bahamas and Aguadilla, Puerto Rico, and began relief operations in the northern part of the country.

They then shifted their focus and began to help in the area known as San Jose de Ocoa, located on the western part of the island.

Matthews managed coordination of the relief supplies. He worked with a variety of organizations such as the Peace Corps, U.S. Agency for International Development, Red Cruz from Spain, and the United Nation's World Food Program.

"In this emergency we have been working very closely with the Americans to get to those remote areas that have been isolated," said Nelson Ortega, logistics officer, WFP. Working with the U.S. military has allowed us to get to severely-affected areas we would not otherwise have been able to reach," Matthews added.

"We have worked extremely well with all the organizations involved with the disaster-relief response," said Col. Ricardo Riera, deputy chief of staff for operations, U.S. Army South. "This has been a successful Joint, Combined, Interagency, Intergovernmental and Multinational effort. We completed the search-and-rescue mission and have a few pallets of relief supplies left to deliver. We'll probably be finished moving supplies in a few days and are reviewing plans to see what more can be done here."

As of today, U.S. Army South's coordination of air missions has ensured the delivery of more than 200,000 pounds of supplies to assist with the ongoing disaster- and humanitarian-relief operations in the Dominican Republic.

### WILDFIRES from P3

element deployed from Oakland, Calif., to Pasadena.

"I'm permanently assigned in Region IX and work in the same building as the Federal Emergency Management Agency," Army North Region IX DCO Col Mark Armstrong said. "We've established a very comfortable working relationship within the region, and we've been able to build trust and confidence with the various agencies involved in consequence management."

The standing relationships between the state and federal government and other agencies paid off, Armstrong said, because the DCO was able to quickly coordinate DoD assistance in partnership with the lead federal agency to get help to local and state officials when and where they requested it.

"We've provided transportation and robust communications equipment for the emergency relief efforts," Armstrong said. "Fortunately in this situation, we haven't had to employ the capability to evacuate on a large scale because the state was capable of handling the situation."

Additionally, the Region IX DCE helped coordinate the use of helicopter and fixed-wing aircraft for fire suppressant support, along

with bulldozers and cots.

The other defense coordinating element deployed in response to the Southern California wildfires was from Region X in Bothell, Wash.

The team, led by Col. Gary Stanley, traveled to the National Interagency Fire Center in Boise, Idaho to serve as a liaison between the Fire Center and DoD to coordinate any resources needed to fight the California wildfires.

"The coordination between NIFC and the DCE has never been better," said Lt. Col. Kevin Murphy, Region X DCE operations officer.

Murphy attributes this to having an Air Force emergency preparedness liaison officer helping the team. Lt. Col. Scott Tagg, the Air Force EPLO, has been working at NIFC since the start of the fire season.

During the Southern California wildfires, Tagg was able to keep the information flowing between NIFC and U.S. Northern Command, Army North's parent headquarters and the unified command responsible for civil support and homeland defense.

When the call came to provide C-130s equipped with modular airborne firefighting systems, the DCE was able to respond quickly, which according to Tagg, may have been the fastest MAFFS deployment ever.

"Approximately 44 hours after receiving the request from NIFC, the MAFFS aircraft were ready to launch missions," Tagg explained.

The six aircraft flew 74 sorties, dropping water or retardant in support of civilian ground firefighting crews.

Joining the defense coordinating elements was one of Army North's two operational command posts, which deployed Oct. 24 to March Air Reserve Base, Calif.

The rapidly deployable command post provides command and control capability for DoD units that may be tasked to conduct a range of civil support missions, including medical, logistics, engineering or aviation support, said Kennedy, who served as the OCP chief of staff.

"For this mission, DoD deployed a mobile aero medical staging facility to provide initial medical treatment and prepare patients for movement to hospitals

outside the area," Kennedy said. "When requested, DoD is able to provide critical capabilities like these in order to rapidly meet potential life-saving needs."

More than 90 military and civilian personnel from Army North deployed in response to the wildfires. They deployed on order from U.S. Northern Command, the unified command responsible for homeland defense and civil support in the United States.

(Source: U.S. Army North Public Affairs Office)

# Holiday cooking 'keep it safe'

Parties with mouth-watering food buffets are sure to be in abundance during this holiday season. The U.S. Department of Agriculture is reminding consumers to be "food smart" for themselves and their children when enjoying these holiday goodies.

## The Holiday Buffet

When serving food at a holiday gathering, it is important to maintain safe temperatures. Hot foods like turkey, ham, stuffing, chicken fingers and meatballs should be served hot and replenished frequently. Cold foods, such as chicken salad or potato salad, should be kept cold. Perishable foods

on the buffet table that are not served with a hot source (such as chafing dishes or slow cookers) or cold source (such as nesting serving dishes in bowls of ice) should be discarded after two hours at room temperature.

Bacteria can also multiply quickly in moist desserts that contain dairy products.

Keep eggnog, cheesecakes, cream pies and cakes with whipped-cream and cream-cheese frostings refrigerated right up to the serving time.

## Risky foods entice unknowing consumers

A variety of holiday foods may contain raw eggs or lightly cooked eggs. Most commercially sold eggnog is pasteurized, however, if you're making your own eggnog, be sure to use a recipe that calls for slowly heating the mixture to 160 °F. This will maintain the taste and texture while also killing bacteria.

Do not let your child eat raw cookie dough or lick the beaters after mixing cake batter. Batter and cookie dough contains raw eggs and could contain Salmonella — a leading cause of foodborne illness.

## Follow four basic Steps to Food Safety

USDA reminds consumers to follow the four basic food

## Lincoln Military Housing resident activities

LMH will host several activities during November and December and residents are encouraged to participate.

In addition to the Yard of the Month for November, homes will be judged for the Fall Décor of the Month. The prize is a \$50 gift cer-

safety steps:

- **Clean.** Wash hands and surfaces often.
- **Separate.** Separate raw meat, poultry and egg products from cooked foods to avoid cross-contamination.
- **Cook.** Raw meat, poultry and egg products need to be cooked thoroughly. Use a food thermometer to ensure foods have reached a high enough temperature to kill any harmful bacteria that may be present.
- **Chill.** Store leftovers within two hours of cooking.

For more information about food safety, about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline at 800-535-4555 or visit <http://www.fsis.usda.gov>.

Additional information can be found at the US Department of Agriculture Meat and Poultry Hotline at 1-800-535-4555 or e-mail [mphotline.fsis@usda.gov](mailto:mphotline.fsis@usda.gov). (Source: Food safety inspection service)

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

During December there will be a Holiday Decorating Contest in addition to the Yard of the Month. The prize is a \$50 gift certificate to Home Depot. Four winners will be announced Jan. 3.

LMH will also give away five hams from the Honey Baked Ham Company. Residents need to complete an entry form and submit the form to the Housing Office or e-mail their name and address to [www.samhoustonlpc.com](http://www.samhoustonlpc.com). The deadline to enter is Dec. 14, winners will be notified Dec. 18.

Santa is coming to town. Get a glimpse of Santa as he drives through your villages to bring holiday cheer and candy. Santa will also be making a special stop at the Housing Office. Residents are encouraged to come and have a picture taken with Santa.

For photos and upcoming activities, residents can visit LMH's interactive Web site at [www.samhoustonlpc.com](http://www.samhoustonlpc.com). For more information, call 270-7638.

(Source: Residential Communities Initiative)

# Conservation tips for heating homes



Heating and cooling a home uses more energy and drains more energy dollars than any other system in the house. The average family spends more than \$1,000 a year on energy bills, much of which goes to heating and cooling. Typically, 58 percent of a utility bill goes for heating and cooling.

This winter, use less energy in the home and save money on utility bills. Saving energy also means doing our part to protect the environment and reduce the risks of global climate change.

No matter what kind of heating system is in the house, people can save money and increase their comfort. Follow these simple tips to keep a house warmer in the winter, save energy on heating and lower utility bills.

- Set the thermostat at 68 to 70 degrees during the winter months.
- Clean or replace furnace air filters quarterly or as needed. Check the filter every month, especially during heavy use months (winter and summer). A dirty filter will slow down air flow and make the system work harder to keep the air warm or cool — wasting energy.
- Wash the windows so there is no dirt to block the sun's rays. During the day clean windows allow sunlight to enter the home, making a home feel warmer.
- Keep the draperies and shades on the south, west and east-facing windows open during the day to allow sunlight to enter the home and closed at night to reduce the chill felt from cold windows. Insulated drapes put an added barrier between the home and the great outdoors.
- Cover cold floors with rugs

or carpet.

- Close an unoccupied room that is isolated from the rest of the house, and turn down the thermostat or turn off the heating for that room or zone. However, do not turn the heating off if it adversely affects the rest of the system.
- Close exterior doors as quickly as possible when entering or exiting the house.

• Install gaskets under the cover plates of light switches and electrical outlets on exterior walls. This can cut down on air leakage by as much as 20 percent.

• Clean warm-air registers as needed; make sure they are not blocked by furniture, carpeting, or drapes.

• Use kitchen, bath, and other ventilating fans wisely; in just one hour, fans can pull out a houseful of warmed or cooled air.

In the winter, reverse the motor and operate the ceiling fan at low speed in a clockwise direction. This produces a gentle updraft, forcing warm air near the ceiling down into the occupied space.

Turn the temperature down to 68 degrees Fahrenheit during the day when someone is home and 55 degrees at night and during days when no one is

home. For every degree a home's thermostat is turned down, it can take about 2 percent off an energy bill.

If the thermostat is lowered 5 degrees at night and 10 degrees during the day when no one is home, it cuts as much as 20 percent of the heating costs. Variations in temperature do make a

difference, and can affect monthly bills. The chart below demonstrates how thermostat settings can affect utility bills.

When properly used, a programmable thermostat can save as much as \$150 a year in energy costs.

For more information, call Lincoln Military Housing at 270-7638 or email [\[houstonquestions@lpsi.com\]\(mailto:houstonquestions@lpsi.com\) or visit \[www.ista-direct.com\]\(http://www.ista-direct.com\).](mailto:ftsam-</a></p>
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Conservation tips were provided by City public Service, [www.cpsenergy.com](http://www.cpsenergy.com); US Department of Energy, [www1.eere.energy.gov/consumer/tips/save\\_energy.html](http://www1.eere.energy.gov/consumer/tips/save_energy.html); Energy Star, [www.energystar.gov](http://www.energystar.gov).

(Source: Residential Communities Initiative)



# Modern Army Combatives



## 32nd MED BDE Combatives Tournament



Who: 32nd MED BDE Students  
Where: Jimmy Brought Gym  
When: 17 November @ 08:00-UTC  
Uniform: BDU/DCU/ACU tennis shoes & mouth guard  
Sign up With your Battalion

Sponsored by 264th Med Bn

Are You up to the Challenge???

Contact Info  
SSG Deickman @ 221-7323  
Jeff.deickman@amedd.army.mil

## Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



## Golf Course re-opening

The long awaited re-opening of the La Loma and Salado Courses at the Fort Sam Houston Golf Club has arrived! Fort Sam Houston MWR has invested \$3.6 million into the renovations of the 36-hole golf course, that is now open to the community. This two-year revitalization project was handled by Kevin Tucker Design Group and began with renovating the Salado Del Rio Course which came back online earlier this year. This scenic course was redesigned and lengthened to more than 6,500 yards. These multi-million dollar renovations weren't meant to make the courses more difficult, but rather make them more player-friendly for golfers of all skill levels.

The La Loma Grande was

developed by A.W. Tillinghast and built by Soldiers in the 1930's and is the only military golf course to host a PGA TOUR event, two Texas Opens that were won by Hall of Famers Arnold Palmer and Gene Littler. This course, though flatter than the Salado Del Rio Course, has been said to be the more difficult of the two.

Ceremonies for the re-opening of the courses will begin at 7:30 a.m. Friday at the La Loma Course, with the tournament at 8:20 a.m. The celebration continues into the afternoon with more fun and food. For more information, call 222-9386.

(Source: Directorate of Morale, Welfare and Recreation)

## Sports Briefs

### **Intramural basketball**

The Fort Sam Houston Garrison intramural basketball league begins Nov. 26. A coaches' meeting will be held Friday at 1 p.m. at the Brigade

Gym. Letters of intent should be mailed to Earl Young at 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX 78234 by Monday. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

### **Intramural bowling**

The Fort Sam Houston Garrison intramural bowling league begins Jan. 7. Letters of intent for intramural bowling are due Dec. 3 to Earl Young at 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, Texas 78234. A coaches' meeting will be held Dec. 12 at 1 p.m. at the Fort Sam Houston Bowling Center. For more information, call 221-3185 or email earl.t.young@us.army.mil.

# Post salutes Veterans

Members of the Headquarters Headquarters Company, U.S. Army Garrison rifle platoon stand at the ready in front of the Alamo during the wreath presentation.



B Company, 264th Medical Battalion, 32nd Medical Brigade, led by Staff Sgt. Erin Trudden, joined more than 100 organizations from the local community in the eighth Annual Veterans Day parade.



Sgt. Emmett Smith, Pfc. Luis Garcia and Spec. Keith Mack, Headquarters Headquarters Company, U.S. Army Garrison, join Capt. Paul Jackman, representative from Air Force Intelligence Surveillance and Reconnaissance Agency, and Brooks City Base representative, on the military float at the annual Veterans Day parade Nov. 10.



(From left) Brig. Gen. Manuel Ortiz, deputy commander, U.S. Army South, Col. Marc Magram, Director, Joint Electronic Warfare Center, Rear Adm. John W. Goodwin, Commander, Naval Air Force Atlantic, and Maj. Gen. Irvin Halter, commander, 19th Air Force, Randolph Air Force Base, salute at the Veterans Day Wreath Presentation held in front of the Alamo Nov. 10. The ceremony honors all veterans past and present. The event is sponsored by the U.S. Military Veterans Parade Association. Representing their respective services, Ortiz, Magram, Goodwin and Halter also participated in the Veterans Day Parade as the 2007 Grand Marshals immediately following the wreath presentation ceremony.

Photos by Esther Garcia



(Above) Chief Warrant Officer Douglas Paarmann, commander, U.S. Army Medical Command Band, leads the Army band down Commerce Street during the annual Veterans Day Parade.

(Left) Representing Better Opportunity for Single Soldiers, President, Sgt. Milfred Williams (center) and members march in the Veterans Day Parade.



Fort Sam Houston Installation Chaplain (Col.) Gilley Richardson and his daughter, Grace, ride in the WWI ambulance during the Veterans Day parade Nov. 10.



Fort Sam Houston hosted the second annual Texas Honor Ride at Salado Creek Nov. 10. More than 800 motorcycle riders arrived from across the state to salute wounded warriors and their families. The riders presented a cash donation and 1,500 pounds of Starbuck's coffee.



Members of the Sergeant Major of the Army Van Autreve Chapter, Sgt. Audie Murphy Club, led by club president, Master Sgt. Clay Istre joined by members of the Noncommissioned Officers Academy, march in front of the Alamo during the Veterans Day Parade Nov. 10.

## Religion

### Two new worship services

A Christ for the Intrepid contemporary worship service will be held Sunday nights with a free coffee house at 5:30 p.m. followed by a service at 6 p.m. at the Center for the Intrepid Coffee House, on the first floor of the CFI. For more information, call Maj. Chaplain Jim Duke or Capt. Chaplain Jim Combs at 916-1105.

An Episcopal/Lutheran Rite traditional worship service will be held Thursdays at 12:30 p.m. at the Brooke Army Medical Center Chapel. For more information, call Capt. Chaplain Phil Kochenberger at 916-1105

### Reminder of schedule change

Due to the closure of the Army Medical Department Center and School Chapel for renovations services have been moved. Church of Latter Day Saints service Sundays at 9:30 a.m. in the Noncommissioned Officer Academy; and Catholic Mass at 8 a.m. Sundays and Protestant service at 9:30 a.m. Sundays will be held in Evans Auditorium.

### Journey to Bethlehem

The Fort Sam Houston Chapel community will host the annual Christmas outreach activity, "Journey to Bethlehem" Dec. 13 to 15 from 5:30 to 8:30 p.m. on the

grounds of Main Post Chapel. All members of our community are invited to participate. A Bethlehem village will be created and participants will be actively involved in making crafts, participating in Family traditions, and other customs of the time. Positions for helpers and coordinators for the event are available. People interested in helping with the annual holiday event, call Brian Merry at 221-5006 or e-mail Bedell Springs at bedell.springs@amedd.army.mil.

### Bible club for children

The Installation Chaplain's Office sponsors a mid-week Bible club Wednesdays from 4 to 5:30 p.m. at Dodd Field Chapel for children in kindergarten through fifth grade. Register students at Dodd Field Chapel, 1721 Dodd Blvd., between Cole High School and School Age Services. For more information, call Robb Wood at 221-3749 or e-mail robb.wood@us.army.mil.

### PWOC Bible study

The Protestant Women of the Chapel invite all women to participate in the fall Bible study classes. Classes are held Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 8 p.m. at Dodd Field Chapel. Childcare is available up to age 5. For more information or a list of classes, call Paulette Jordan at 462-7676.

## Elementary students celebrate America's military

Elementary students celebrated the contributions of those who have served our country with a week of educational events.

Pre-kindergarten and kindergarten students waved flags and sang patriotic songs while on parade throughout the school grounds. Veteran's shared

personal experiences with students. Other classes read books and watched educational videos about the important contributions of our military servicemen and women.

Students also celebrated those currently serving our country. Cards and banners

were sent to Soldiers in Iraq. Active duty service members worked with students on school projects, sharing in the special events.

Fourth grade teacher Jennifer Bertschy wanted her students to truly understand and appreciate the meaning of Veteran's Day.

One afternoon after dismissal, Bertschy removed the desks from her room. The next day, students were surprised to find the desks gone, and began questioning why.

"What have you done to deserve the right to sit in a desk?"

The question became the springboard for discussion and activities reflecting on the contributions of our veterans. Current and former military service members returned the desks to the room following the day's discussions and activities.

Fourth grade student Xavier O'Neal saw the relevance of the lesson and expressed his appreciation for our veterans. He said,

"We are Americans and we live in a free country!"

"I have never seen children so excited to see their parents and desks before. The students gained a great appreciation for what we have in life – all thanks to our veterans. I believe that each child now understands what a veteran really is and how they can come in many forms – mom, dad, grandma, grandpa and more. The looks on the students' faces says it all. I am proud to be an American." shared Bertschy.

Bertschy gave the students a poem to present to their parents on the 11th day of the 11th month at the 11th hour in celebration of their contributions.

### Cole rolls into football playoffs

The Robert G. Cole High School varsity football team rolled into the 2007 football playoffs Friday with a convincing 52-13 blowout of the Natalia Mustangs. Seniors R.J. Evans and Chauncey Holmes each scored two touchdowns, and senior Lukas Sheridan scored 16 points with a touchdown, field goal, and

seven extra points as the Cougars won the district 30-2A title. Cole was never threatened; leading 31-7 at the half, and 45-7 at the three quarter mark. The Cougars enter the playoffs with a 7-2 record and will meet the district 29-2A Stockdale Brahmas Friday at 7:30 pm at Jourdanton.

### Cole cross-country runner competitive at state meet

Robert G. Cole High School cross-country runner, junior Richard Well, competed in the Texas state 2A cross-country championships held last Saturday in Round Rock.

"The competition was really tough,"

said Well, finishing 22nd out of 160 runners competing in the event. "The course was on open and quite hilly terrain. It was also very hot and windy."

Though running a quick 5:03 first mile, the conditions eventually got to him

and Well finished with a respectable 17:50 over the three-mile course.

"I was really proud to make it to state," he added. "I hope to go back next year and at least come back with a medal."

**Fort Sam Houston  
Independent School District  
Weekly Campus Activities  
Monday through Nov. 23**

**Thanksgiving Holiday**  
School resumes Nov. 26

**Robert G. Cole Middle and High  
School  
Tuesday**

Girls basketball at Hondo, 5:30 and 7 p.m.

Boys basketball vs. La Vernia at Cole, 6 and 7:30 p.m.

**Nov. 24**

Girls basketball vs. Devine at Cole, 11 a.m. and 12:30 p.m.

### FSHISD board meeting

The Fort Sam Houston Independent School District Board of Trustees will meet Nov. 29 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

## MWR Community Recreation

### Turkey Bowl

The Fort Sam Houston Bowling Center will hold the Third Annual Thanksgiving Turkey Bowl Saturday from 7 p.m. to 12 a.m. Free bowling will be offered for the entire family. Lanes with bumpers and gutters are available. For more information, call 221-4740.

### Post garage sale

A post garage sale will be held Dec. 1 from 10 a.m. to 4 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but individuals selling items must pre-register. A valid Department of Defense ID is required to participate. Participants may rent tables and chairs on-site from the Outdoor Equipment Center. Table rentals will be on a first-come, first-serve basis as supplies last. The selling of firearms, animals, arts and crafts, or food and beverage items is not permissible. For more information, visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or call 221-5224 or 221-5225 to register.

## Dining and Entertainment

### Sam Houston Club

#### MWR TGIF

Visit the Sam Houston Club every Friday at 5 p.m. for free karaoke. Practice your vocals or just come out and have fun with friends to celebrate the end of another long work week. No cover charge and appetizers will be served. For more informa-

tion, call 224-2721.

### Harlequin Dinner Theatre 'My Three Angels'

The comedy by Sam and Bella Spewack, "My Three Angels" will be presented at the Harlequin Dinner Theatre from Nov. 23 through Dec. 15. Performance tickets are \$28 on Wednesdays and Thursdays and \$31 on Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet from 6:30 to 7:30 p.m., and the show begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

### Auditions

Auditions for the play "Appointment with Death," a mystery by Agatha Christie will be held Monday and Tuesday from 7 to 8:30 p.m. William Champlin will be directing. For more information, call 222-9694.

### MWR Ticket Office

The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. and closed Saturday through Monday. Come by for discounted tickets on local attractions, as well as theme parks like Disney World and Universal Studios. For more information, visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) or call 221-1663 or 224-2721.

## Army Community Service

### Financial Readiness Program classes

The Financial Readiness Program will hold classes on Personal Financial Management, Understanding Your

Credit Report, Financial Planning, Identity Theft and Checkbook Maintenance. Classes are held from 2 to 4 p.m. in Building 2797. Seating is limited. For more information or to register, call 221-1612.

### Financial planning

The Financial Readiness Program is offering a Financial Planning class today from 2 to 4 p.m. in Building 2797. Seating is limited. For more information or to register, call 221-1612.

### Reunion, reintegration briefing

A reintegration briefing and discussion will be held today at Army Community Service from 1:30 to 3 p.m. for Families who are preparing for their Soldier to return from deployment. Spouses, parents and extended family members are welcome. For more information or to register, call 221-0946 or 221-9821.

### Personal Development

The Army Family Team Building Level 2 course will be conducted through Nov. 26 from 9 a.m. to 4 p.m. at Army Community Service, Building 2797, Stanley Road. This class is on personal development and teaches topics such as communication skills, stress management, personality traits, team dynamics, creative problem solving, Family Readiness Groups, personal conflict management and much more. Lunch is provided. For more information, call 807-3111 after 5 p.m.

### AER Scholarship Programs

The Maj. Gen. James Ursano Scholarship Program is for dependent children of active, retired and deceased Soldiers. The Maj. Gen. James Ursano Scholarship Program offers scholar-

ships based on financial need, academics and leadership/achievement. For more information or to apply for the scholarship, visit [www.aerhq.org](http://www.aerhq.org) or call Army Community Service at 221-1612.

## Child and Youth Services

### Parent Advisory Council

A Child and Youth Services Parent Advisory Council meeting will be held Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an oppor-

tunity to meet staff, attend parent workshops and learn about upcoming events. PAC meetings are held the third Tuesday of each month. For more information, call 221-4871 or 221-1723.

### FCC providers

Family Child Care is seeking Family members interested in becoming certified FCC providers. There is a no-cost start-up plan.

For more information, call 221-3828.

### CYS needs instructors

Child and Youth Services is

recruiting instructors for driver's education, cooking, leadership skills, mentoring, tutoring, voice, guitar and Spanish. For more information, call 295-4806 or 221-1103.

## Fort Freebies

### Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active,

**For Sale:** 2000 Kia Sportage, bucket seats, alloy wheels, AM/FM/CD player, alarm, \$2,895. Call 454-0019.

**For Sale:** Antique white bedroom set, \$300 obo; five gallon plastic aquarium with accessories, \$15; women's formals and suits, size 10/12, \$25. Call 826-0882.

**For Sale:** Lighted holiday train with motion, two cars and engine, \$40; oak veneer king-size bed frame and lighted headboard with two

tier/dressers, 55 inches high, \$450; artificial fir Christmas tree, 7.5 foot tall with over 1,700 branch tips, \$75. Call 490-5240 or 213-2182.

**For Sale:** Antique mahogany dining room drop leaf table, 63.5 inches long by 38-inch wide open, comes with protective cover and three leaves each, 10.25 inches wide, three pedestal, \$300; light oak, like new sofa table, 48 inches long by 16.25 inches wide, one drawer, \$75. Call 630-3936.

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 or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

**For Sale:** Female Pomeranian, ten weeks, orange/sable, first shots and dewormed, \$300. Call 363-2056.

**For Sale:** Barbie Jeep, battery operated, \$80; Coach bag, \$30; pet carrier, \$10; fox terrier \$75; bookcase/entertainment center, \$100. Call 633-3859.

**For Sale:** Artificial Christmas tree with stand, 9.5 foot tall, very full, \$75. Call 221-1031 or 262-5501.

**For Sale:** Kirsch 5.1 surround sound system, \$750 obo. Call 831-4887.

**For Sale:** Compaq laptop, 80 GB hard drive, 512 Mega Ram, 1700 processor, wide screen monitor and operating system, Microsoft Vista, \$500. Call 827-3026.

**For Sale:** 2002 Chevrolet Impala LS, A/C, four-door, gold colored exterior, light tan interior, cloth with front bucket seats, AM/FM/Cassette/CD, 3.8L engine, 88K miles, automatic, cruise control, remote key entry and trunk release, power door locks and windows and more, good condition, \$8,000. Call Randy at 916-2560 or 508-1697.

**Free To Good Home:** Beagle-Sheltie mix dog, female, spayed. Call Melinda at 661-0220 or 843-7385.

**Multi-Family Garage Sale:** Saturday at 8 a.m., 191 and 195 Guilford Forge, Universal City, off of Kitty Hawk between 1604 and Toepperwein.

## COMMUNITY

### Events

#### Warrant Officer Association meeting

The Lone Star Chapter of the U.S. Army Warrant Officer Association will meet today at 11:30 a.m. at the Sam Houston Club, Building 1395, Chaffee Rd. There will be a briefing on Social Security Benefits. All active duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. For more information, call Juan Gomez at 296-6076 or 296-6077, e-mail juan.gomez@us.army.mil, or Suzan Farrell at 378-0422, e-mail suzan.farrell@us.army.mil.

#### Pony Express Courier swearing-in ceremony

The 19th Annual Pony Express Christmas Courier swearing-in ceremony will be held Saturday at 10 a.m. at the U.S. Post Office, downtown across from the Alamo. The event is free and open to the public. The Alamo Area Council of Governments, the Alamo-La Bahia Corridor Committee and the U.S. Postal Service sponsor the event.

#### Community clean up

The American Society of Military Comptrollers will sponsor a community cleanup project Saturday from 9 a.m. to 12 p.m. at the Sunshine Plaza apartments, 455 E. Sunshine Dr. The project involves light cleaning for senior residents. School students can earn a certificate for up to three hours of community service. To volunteer, call Janie Keller at 573-6702.

#### Disabled American Veterans meeting

The Disabled American Veterans, Alamo Chapter 5, will meet Saturday at 10 a.m. at the Rolling Oaks Christian church, 7150 Stahl Road, behind Wal-Mart. For more information, call Albert Erazo at 651-7303 or Duck Hendershot at 830-624-1949; visit www.davalmot.org.

#### ASMC luncheon

The Alamo Chapter of the American Society of Military Comptrollers will host a luncheon Tuesday from 11 a.m. to 1 p.m. at the Fort Sam Houston Golf Club. The guest speaker will be James Salter Jr., assistant auditor general for Support and Personnel Audits, speaking about "Succeeding in Financial Management Careers." Reservations are due Saturday. For more information, call Ellen Hester at 536-3311.

#### USO Thanksgiving feast

Active duty service members, retired military and their Families are invited to a free United Service Organizations Thanksgiving Feast donated by Boudro's Nov. 22 from 11 a.m. to 3 p.m. at the USO Downtown Community Center, 420 E. Commerce St., San Antonio. For more information, call 227-9373.

#### Retired Officers Wives, Widows Club luncheon

The San Antonio Area Retired Officers' Wives and Widows Club will host a luncheon Nov. 27 at 11 a.m. at the Sam Houston Club. For more information and reservations, call Arline at 822-6559.

#### River boat dinner cruise

The Spouses Club of the Fort Sam Houston area invites you to enjoy the holiday lights while dining on the river Nov. 29 at 6 p.m. at the Casa Rio. Cost of the dinner cruise is \$35. Carpoolers will meet at the commissary parking lot near the PXtra at 5:30 p.m. For more information or reservations, call Alicia at 807-3111 or e-mail a-to-z@earthlink.net.

#### Newcomers Extravaganza

Newcomers' Extravaganza will be held Nov. 27 from 9:30 to 11 a.m. at the Sam Houston Club. This event is mandatory for all permanent party military members E-1 through O-6 within 60 days of arrival to Fort Sam Houston. Everyone who attends the extravaganza will receive a voucher for a \$4.95 lunch at the Sam Houston Club following the event. Commanders and supervisors are encouraged to allow soldier and civilian employees' administrative time to attend. Children are wel-

come. For more information, call Army Community Service, Relocation Assistance Program at 221-2705 or 221-2418.

#### NCO Wives' Club

The Fort Sam Houston Noncommissioned Officers' Wives Club invites all spouses to join them, the first Tuesday of the month at the Sam Houston Club at 10 a.m. For more information, call Angie Luna at 333-0821 or 386-8265.

## Training

#### Green to Gold Program

The Fort Sam Houston Education Center will hold a Reserve Officers' Training Corps Green to Gold briefing today at 11 a.m. and 1 p.m. at the Army Learning Center, Building 2247, at the corner of Stanley and New Braunfels Ave. The Army ROTC Green to Gold Program allows active duty service members to attend college, to earn a bachelors' degree or advanced degree and commission as a Second Lieutenant. Qualified enlisted Soldiers with officer potential, who have served at least two years on active duty, may apply for enrollment in Army ROTC. For more information, call St. Mary's University representative Capt. Varela at 436-3415; University of Texas San

Antonio ROTC representative Maj. Smith at 458-5638, or 12th Brigade representative Amy Gagnon at 295-2005.

#### Overseas orientation

The Relocation Assistance Program is conducting an overseas orientation Wednesday at 10 a.m. and 5 p.m. at the Roadrunner Community Center. The orientations are targeted to destinations such as Korea, Germany, Japan, Italy and will cover entitlements, reimbursements, household goods shipments, employment, education, non-command sponsor tours and reunion tours. If you are able to make one of the scheduled dates, call the Relocation Program for an appointment. For more information, or reservations, call 221-12418.

#### Senior Leader Equal Opportunity training

The Senior Leader Equal Opportunity training will be held Dec. 4 from 1 to 5 p.m. in the Wood Auditorium, Building 2792. This training is mandatory for Colonels and above, Command Sergeant Majors and Sergeant Majors in accordance with AR 600-20 and the Fort Sam Houston commanding general. This training is highly encouraged for Majors, Lieutenant Colonels and General Series 13s and above. For more information, call MSgt. Evans at 295-0561 or Sgt. First Class Chambers at 221-4240.